

Spirit Within Project

Indigenous Youth

Toolkit



September is Childhood Obesity Awareness Month

1 in 5 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen in adults, like **type 2 diabetes, high blood pressure, and heart disease**. The Good news? Childhood obesity can be **PREVENTED**. You can help by promoting the **5-2-1-0** initiative.

(health.gov)

What Can YOU do daily?

5

veggies to eat



2

hours or less
of screen time



1

hour of physical
activity



0

sugary drinks



HEALTH & WELLNESS PROGRAM

TRADITIONAL FOODS COLORING SHEET



MY NATIVE PLATE



Fruit



Use your plate as a guide to help you eat in a healthy way!

1. Fill half of your plate with vegetables.
2. Fill the other half of your plate with a grain/starch and a protein.
3. Add a side of fruit.

Pictured here:

- Mixed berries
- Cooked spinach
- Baked squash with peppers and herbs
- Steamed wild rice
- Baked deer meat with sage
- Water

Take a picture with your cell phone. Look at the picture later as a reminder!



Produced by:
Indian Health Service, Division of
Diabetes Treatment and Prevention.
07/2018



Water

**Grain/
Starch**

Remember:



Stay active



Drink water



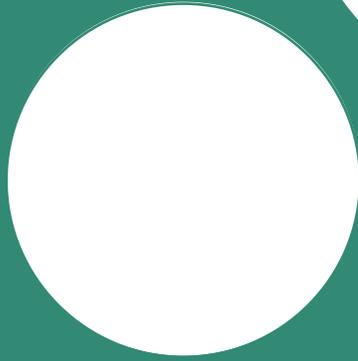
Use a 9-inch plate

Notes:

Protein

Vegetables

MAKE MY NATIVE PLATE

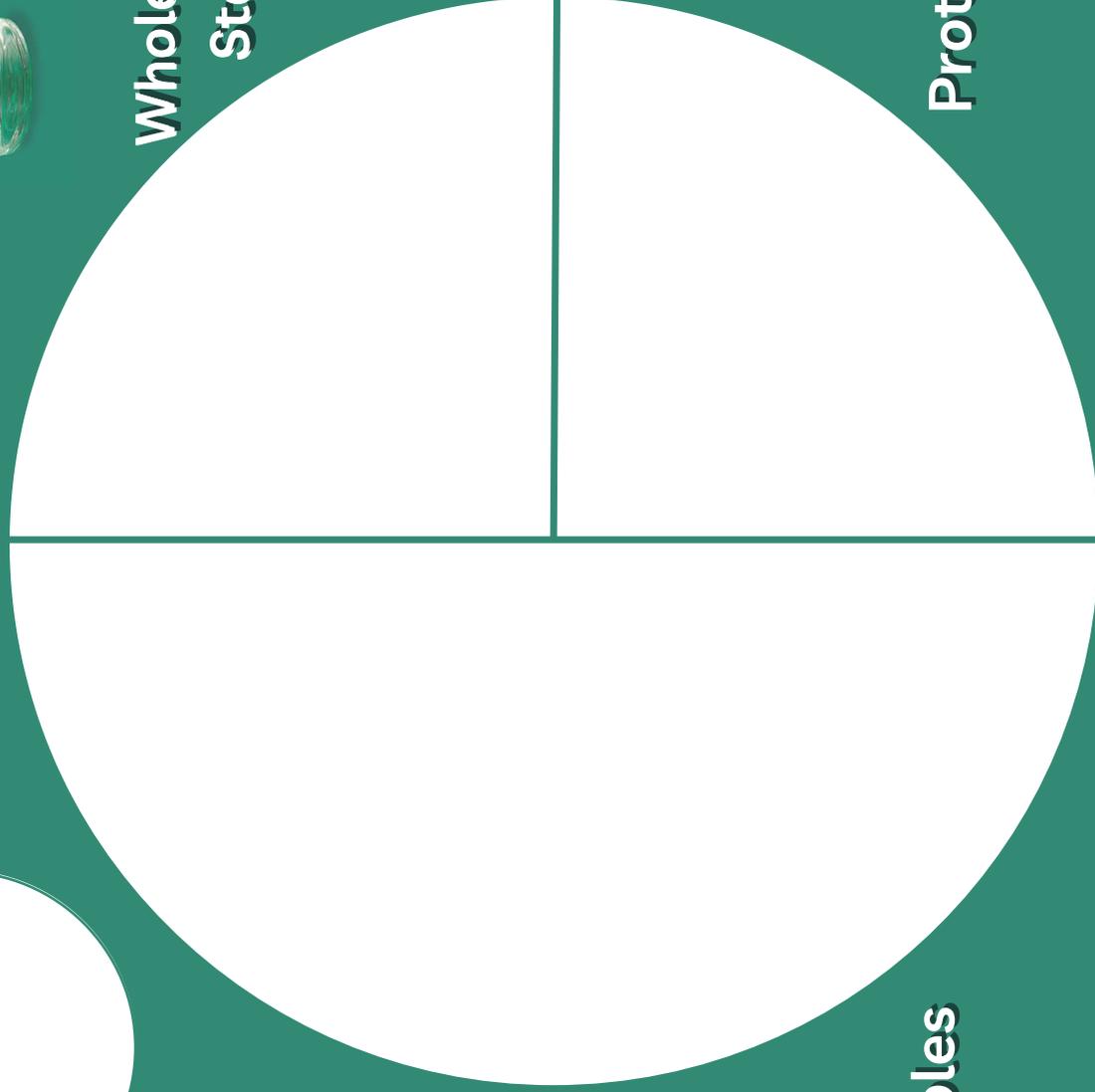


Fruit



Water

- | | | |
|---------------|------------------------|---------------|
| Bison/Buffalo | Shrimp | Ham |
| Chicken | Crab | Tofu |
| Turkey | Mutton/Pork Tenderloin | |
| Eggs | Venison | Pork Chops |
| Yogurt | Scallops | Burger |
| Sausage | Nuts | Ground Beef |
| Turkey Bacon | Seeds | Ground Turkey |
| Tempeh | Nut | Beans |
| Fish | Butter | Chickpeas |



**Whole Grain/
Starch**

- | | |
|--------------|----------------------|
| Potatoes | Corn Tortilla |
| Corn | Whole Wheat Tortilla |
| Peas | Baked Frybread |
| Wild Rice | Whole Wheat Pasta |
| Brown Rice | Whole Wheat Bread |
| Quinoa | Lentils |
| Cous Cous | Corn Bread |
| Popcorn | Egg Noodles |
| Pretzels | Crackers |
| Oats/Oatmeal | Chips |

Vegetables

- | | |
|-------------|-----------------|
| Carrots | Eggplant |
| Broccoli | Cabbage |
| Cauliflower | Tomatoes |
| Asparagus | Squash |
| Green Beans | Bell Peppers |
| Celery | Onions |
| Spinach | Cucumbers |
| Lettuce | Beets |
| Kale | Brussel Sprouts |
| Zucchini | |

Protein

- | | |
|--------------|-------------|
| Strawberries | Mangoes |
| Blueberries | Apples |
| Blackberries | Bananas |
| Raspberries | Pineapples |
| Cantaloupe | Honey dew |
| Grapes | Peaches |
| Watermelon | Apricots |
| Oranges | Pears |
| Cherries | Clementines |
| Papayas | Plums |

Spirit Within Project

EVENTS HAPPENING

Family Fun Walk



2 MILE WALK

at Denver Indian Health and Family Services

Thursday, Sept. 20th

5:30 PM

KIDS HEALTHY SNACKS WORKSHOP

Childhood Obesity Awareness Month

Online Virtual Workshop

Tuesday, Sept. 27th

5:30PM

Spirit within Project at DIHFS provides workshops to connect the community through cultural, physical, and mental wellness. Prevention is key to our work by getting the family together for cultural events while educating about healthy ways of living and nutrition.

Feel free to contact us at 720-510-2069 or email [wellness@dihfs.org](mailto:wellness@ dihfs.org)