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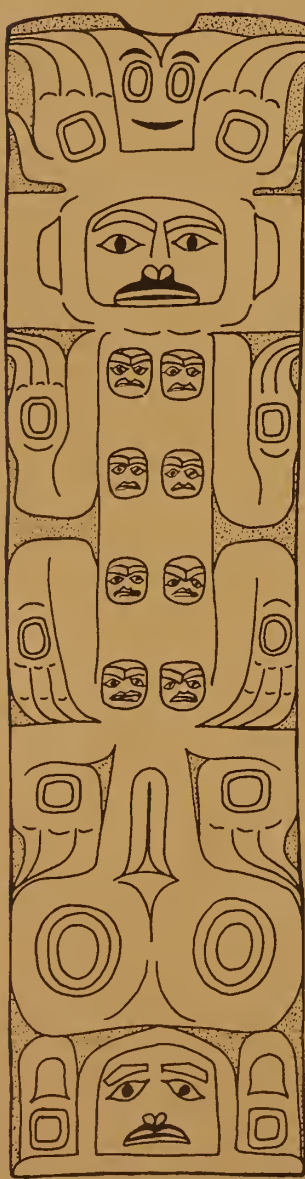
Nutrition and
Technical
Services
Division

Nutrition
Science and
Education
Branch

FNS-254

Nutrition Education Resource Guide for American Indians and Alaska Natives

A Selected Annotated Bibliography for the Food Distribution Program on Indian Reservations



Acknowledgments

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Preface

Improving the nutritional and health status of American Indian and Alaska Native populations continues to be a major goal of many government and other agencies and organizations.

The health status of American Indians and Alaska Natives has improved during the past 30 years. Since the early 1950's, there have been significant improvements in controlling infectious diseases. Today, chronic diseases are the prevalent health concerns. Heart diseases, cancer, liver diseases, and diabetes are among the 10 leading causes of death. Obesity, hypertension, and alcohol and substance abuse contribute to these diseases. The role of nutrition in the promotion of health, as well as in the treatment and prevention of disease, is well documented in the scientific literature. Adequate nutrient intakes are necessary for health maintenance throughout the life cycle.

Improving eating behavior through nutrition education and other nutrition interventions will help maintain health, assist in preventing some diseases, and reduce the complications of other diseases. The Food and Nutrition Service, U.S. Department of Agriculture, and the Indian Health Service, U.S. Department of Health and Human Services, are combining their efforts in nutrition education and other health interventions to promote health and prevent disease among American Indians and Alaska Natives.

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INTRODUCTION

In 1985 the Food and Nutrition Service (FNS) formed a task force to review whether the nutrition education component of the Food Distribution Program on Indian Reservations (FDPIR) was meeting the needs of the target population. This review showed a need for more structure in the delivery of nutrition education. While some innovative materials and activities focused on the health and nutritional needs of American Indians and Alaska Natives, many educators did not have easy access to such resources. Additionally, there was no formal process for sharing existing nutrition education materials among programs serving these groups.

This guide was developed as an initial effort to begin sharing existing, culturally relevant nutrition education materials written for and/or by the American Indian and Alaska Native people. This guide lists useful and culturally specific nutrition education materials, and establishes a formal process for FDPIR and Indian Health Service (IHS) staffs to access needed materials. Through a lending agreement with the U.S. Department of Agriculture's National Agricultural Library, Food and Nutrition Information Center (FNIC), all of the materials in this guide will be available for borrowing by FNS program cooperators and IHS and tribal nutrition staffs.

Preparing This Resource Guide

Collection of Materials: The majority of materials in this guide were obtained from individuals currently working in American Indian and Alaska Native communities. A mailing list was compiled of Indian Health Service and Tribal Nutrition staffs; Public Health Service Regional Nutrition Consultants; FDPIR Program staff and cooperators; tribal and WIC (Special Supplemental Food Program for Women, Infants, and Children) consulting nutritionists; tribal chiefs; State Cooperative Extension Services; libraries; and professional groups and organizations known to be working with American Indians and Alaska Natives. A letter was sent to each address soliciting copies of materials being used and information about other materials appropriate for the guide. Other materials were pulled from the existing American Indian/Alaska Native collection at the National Agricultural Library via a computer title search.

Review of Materials: Each submitted material was reviewed for its appropriateness and usefulness to American Indian and Alaska Native participants and their nutrition educators. Then, each one was evaluated by a nutritionist for its nutritional accuracy, formatting, and presentation.

The 1980 edition of the *Recommended Dietary Allowances* of the National Academy of Sciences was a primary reference used in reviewing the nutrition content of materials. Both the 1980 and 1985 editions of the *U.S. Dietary Guidelines for Americans* (jointly developed by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services) and the 1986 *Exchange Lists For Meal Planning*, copublished by The American Dietetic Association and the American Diabetes Association, were also consulted as resources. However, a number of the materials, particularly recipe and menu planning guides, were published too long ago to fully reflect the information in these last two resources.

Abstract of Materials: Each material was professionally reviewed, abstracted, and edited by a team of qualified nutritionists.

Note: Compilation and publication of the resources listed in this guide do not imply endorsement by the Food and Nutrition Service, U.S. Department of Agriculture, or Indian Health Service, U.S. Department of Health and Human Services.

Using This Resource Guide

Organization of Materials: The materials are divided into two categories, those for participants and those for nutrition educators. The materials for participants have been subdivided into seven separate sections:

- Pregnancy and Breastfeeding
- Infant Feeding and Child Feeding
- Weight Control and Obesity
- Diabetes
- Alcoholism and Substance Abuse
- General Nutrition, Diet, and Health
- Foods and Food Preparation

All of the materials for educators are grouped together in a separate section. This eighth section contains materials on a variety of subjects. Both audiovisual and print materials are mixed in each section.

The appendixes contain an alphabetized title index and a handy checklist for reference by persons writing new materials, or revising or adapting materials from this guide for use with a specific tribe or reservation.

Description of Materials: Each entry in the guide has been formatted in the same way:

- *Title, Author, and Date Published*—These are shown in the top left corner of each entry. Each title appears in bold print. Often, the author cited is also the name of the producing staff or organization. When a date is not given on the materials, the words “not dated” are used.
- *Format*—This describes the type of material. For books, pamphlets, and booklets the number of pages is given. For audiovisuals the length of playing time is provided and any accompanying materials are listed.
- *User*—In sections 1-7 of the guide the user entry refers to the target audience (Participant, American Indian; Participant, Alaska Native; Participant, general; or sometimes tribal specific). Since materials in the eighth section are specific to educators only, the user is not stated. Educators are encouraged to find materials for participants other than those they serve and to adapt them to their own clientele. Pictures and food examples often can be easily changed and the material duplicated if it is not copyrighted.

- *Source*—The name and address to contact for further information or to order materials is given.

When *Source* lists “FNIC on loan” write or call:

Food and Nutrition Information Center
National Agricultural Library, Room 304
10301 Baltimore Boulevard
Beltsville, MD 20705

Telephone: (301) 344-3719

- *Cost*—Information on the price of each item is given for items that may be purchased. Some materials are available only on a single-copy basis. A few entries are part of a series or set; prices are given both for the set and for single copies. Next to the series price are listed the other entry numbers in this guide that comprise the series. If ordering in quantity, we recommend you confirm the price before placing an order. Many materials are not available for purchase but may be borrowed from FNIC.

Materials for Participants on

Pregnancy Breastfeeding



Materials for Participants on Pregnancy Breastfeeding

1 A Healthful Food Plan For You—Baby—Family. Billings, MT: Billings Area Nutrition and Dietetics Program, Indian Health Service; 1979.

Format: Pamphlet, multifolded

User: Participant, general

Source: FNIC on loan

ABSTRACT: A daily food guide for pregnancy and breastfeeding is outlined in this pamphlet. The food guide suggests a specific number of daily servings for adults, and for pregnant and breastfeeding women, of foods in each of the following groups: milk and milk products, fruits and vegetables, meat and meat substitutes, breads and cereals, and other foods (fats and sweets). Health benefits provided by eating foods from each of the major groups are identified. Additional suggestions include using iodized salt and drinking adequate amounts of fluids each day.

2 Breastfeeding. Bismarck, ND: North Dakota Native American Maternal and Child Health Program, North Dakota State Department of Health; not dated.

Format: 8-page booklet

User: Participant, American Indian

Source: WIC Program, Utah Department of Health, 44 Medical Drive, Salt Lake City, UT 84113

Cost: Single copy free

ABSTRACT: Guidelines for successful breastfeeding are presented without the use of pictures. Suggestions are provided for getting the baby started, timing feedings, ending each feeding, and preventing leakage of milk. The advantages of breastfeeding for both mother and infant are discussed. The importance of a nutritious diet that contains adequate calories and fluids is emphasized. Additional topics include burping the infant, the introduction of solid foods, normal bowel movements, determining whether the infant is getting enough milk, and weaning.

3 Breastfeeding Fact Sheet. Tahlequah, OK: Cherokee Nation WIC Program; not dated.

Format: 1-page fact sheet

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: This fact sheet presents the advantages of breastfeeding for both mother and infant. It serves to motivate a new mother to breastfeed her baby by reminding her that breastfeeding is a universal art handed down through the generations and that breastfeeding continues to be a familiar personal heritage.

4 Breastfeeding Promotion Series. Sells, AZ: Tohono O'odham Community Health Department; not dated.

Format: 5 posters, 17" x 11"

User: Participant, American Indian

Source: Tohono O'odham Community Health Department, Maternal-Child Health, P.O. Box 837, Sells, AZ 85634

Cost: Contact source

ABSTRACT: Breastfeeding is promoted in a variety of ways in this set of posters used by the Tohono O'odham Community Health Department as part of the Papago Breastfeeding Education Project. The posters project a positive image of breastfeeding by showing women contentedly nursing their babies. Posters also recommend that women interested in more information about nursing contact a breastfeeding "helper" through the Papago Nutrition Improvement Program.

5 Breast Feeding...the very best beginning. Phoenix, AZ: Dietetic Department, Phoenix Indian Medical Center, Indian Health Service; 1985.

Format: 8-page booklet

User: Participant, general

Source: FNIC on loan

ABSTRACT: Guidelines for successful breastfeeding are outlined in this booklet. Advantages of breastfeeding for both mother and infant are defined. A food guide specifies the number of servings from the four major food groups that are recommended for pregnant and breastfeeding women. Cautions are given about the potential danger of drugs, alcohol, and smoking to pregnant and breastfeeding women. Suggestions are included for preparing oneself for breastfeeding during the last few weeks of pregnancy.

6 Breastfeeding Your Baby. Madison, WI: Division of Health, Wisconsin Department of Health and Social Services; 1986.

Format: Eight single-topic fact sheets

User: Participant, general

Source: Department of Health and Social Services, P.O. Box 7850, Madison, WI 53707

Cost: Single copy free; single topic pad (25 sheets) \$2.70

ABSTRACT: Breastfeeding guidelines and recommendations for coping with some common breastfeeding problems are outlined in this series of eight fact sheets. Basic guidelines are provided for nursing infants from birth through 1 month of age, and for determining whether the baby is getting enough milk. Possible causes and treatments for sore nipples, engorgement, and leaking breasts are discussed. Tips on pumping or hand expressing breast milk and on continuing to breastfeed after returning to work or school are presented. A daily food guide for breastfeeding women outlines the recommended number of servings from the following food groups: milk and milk products, protein foods, breads and cereals, dark-green vegetables, vitamin C-rich fruits and vegetables, and other fruits and vegetables.

7 Breastfeeding Your Baby. Sells, AZ: Tohono O'odham Community Health Department; 1981.

Format: 30-page booklet

User: Participant, American Indian

Source: Tohono O'odham Community Health Department, Maternal-Child Health, P.O. Box 837, Sells, AZ 85634

Cost: 1-5 copies free

ABSTRACT: Basic breastfeeding guidelines are outlined in this easy-to-read illustrated booklet from the Papago Nutrition Improvement Program in Arizona. The guidelines review (1) benefits of breastfeeding, (2) prenatal preparation for breastfeeding, (3) how the breast produces milk, (4) how to begin nursing, (5) when to feed the infant, (6) nipple care, (7) how to ensure an adequate supply of milk, and (8) how to tell if the baby is getting enough milk. Helpful hints are provided for problems such as engorgement, "leaking," sore nipples, separation from the infant, and pregnancy.

8 Daughters of Earth—Cradle the Future. Madison, WI: Division of Health, Wisconsin Department of Health and Social Services; 1986.

Format: Poster, 17" x 22"

User: Participant, American Indian

Source: Diane Johnson, Division of Health, Wisconsin Department of Health and Social Services, P.O. Box 309, Madison, WI 53701-0309

Cost: Free

ABSTRACT: This two-sided poster depicts young Indian mothers before and after the birth of their child. One side of the poster shows a young woman holding an empty cradle board with the advice to avoid drugs, alcohol, and smoking while receiving early prenatal care. The other side shows a mother holding her child in the cradle board. The message reminds mothers that a healthy child is the Indian's future. Several poems written by Indian women about children accompany this message.

9 Feeding Your Baby—Before It's Born. Hogansburg, NY: Nutrition Department, St. Regis Mohawk Health Services; not dated.

Format: 4-page pamphlet

User: Participant, American Indian

Source: St. Regis Mohawk Health Services, Nutrition Program, St. Regis Mohawk Community Building, Hogansburg, NY 13655

Cost: Single copy free

ABSTRACT: This pamphlet was designed to help American Indian women to follow good prenatal nutrition practices. It addresses why some of the important nutrients are needed and gives the recommended number of daily servings from each of the four major food groups for women before and during pregnancy and while they are nursing. A list shows what elements contribute to an average weight gain of 24 pounds during pregnancy.

10 Have You Thought About How You Want to Feed Your Baby?
Sells, AZ: Tohono O'odham
Community Health Department;
1981.

Format: 4-page pamphlet

User: Participant, American
Indian

Source: Tohono O'odham
Community Health Department,
Maternal-Child Health,
P.O. Box 837, Sells, AZ 85634

Cost: 1-5 copies free

ABSTRACT: The advantages and disadvantages of breastfeeding and bottle feeding are identified in this 4-page pamphlet from the Papago Nutrition Improvement Program in Arizona. The two feeding methods are compared with respect to (1) convenience, (2) infant health, and (3) impact on the mother-infant relationship. Additional facts about breastfeeding and breastfed infants are also provided.

11 Ours To Care For, by Vern
Korm and Dewayne Blacketer.
Arcata, CA: Shenandoah Film
Productions; 1977.

Format: 46 slides/9-minute
audiocassette and brochure

User: Participant, American
Indian

Source: Nancy Flynn, M.P.H.,
Nutritionist, United Indian
Health Services, Inc., P.O.
Drawer "O," Trinidad, CA
95570

Cost: Contact source

ABSTRACT: The nutrition of the Native American diet in relation to pregnancy is explored. An accompanying brochure outlines food groups, provides a daily food guide, and suggests activities.

12 Pregnancy and Your Weight.
Oklahoma, OK: Oklahoma City
Area, Indian Health Service;
1984.

Format: 4-page pamphlet

User: Participant, general

Source: FNIC on loan

ABSTRACT: The importance of gaining proper weight during pregnancy is addressed in this pamphlet. It provides information on how much weight should be gained during pregnancy, when one should gain it, what should be eaten to gain, and how to get back into shape after delivery. A prenatal weight gain grid to help chart one's weight gain is also included.

13 Pregnant? Eat Healthy for the Two of You! Tahlequah, OK: Cherokee Nation WIC Program; not dated.

Format: 1-page flyer

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: This flyer presents a daily food guide for the pregnant Indian woman. Planned around the major four food groups, recommended daily intakes are provided, along with a sample day's menu.

14 Prenatal Care. Bismarck, ND: North Dakota Native American Maternal and Child Health Program, North Dakota State Department of Health; 1980.

Format: 4-page pamphlet

User: Participant, American Indian

Source: North Dakota State Department of Health, Maternal and Child Health Division, State Capitol Building, Bismarck, ND 58505

Cost: Single copy free

ABSTRACT: This pamphlet informs the pregnant American Indian woman about the importance of prenatal health. It stresses the importance of visiting the doctor, getting the proper nutrition, and avoiding cigarette smoking and alcohol.

15 Spacing of Babies. Bismarck, ND: North Dakota Native American Maternal and Child Health Program, North Dakota State Department of Health; 1982.

Format: 10-page booklet

User: Participant, American Indian

Source: North Dakota State Department of Health, Maternal and Child Health Division, State Capitol Building, Bismarck, ND 58505

Cost: Single copy free

ABSTRACT: This pamphlet provides basic information on birth control methods. Pills, intrauterine devices, diaphragms, condoms, vaginal medications, and natural family planning are explained thoroughly and with a drawing of each. A short summary of Native American family planning both past and present is included, along with a checklist of good health practices that accompany the spacing of babies.

16 Take Care Of Yourself During Pregnancy Wherever You Are!

Juneau, AK: Nutrition Services, Alaska Department of Health and Social Services; 1983.

Format: Pamphlet, multifolded

User: Participant, Alaska Native

Source: Alaska Department of Health and Social Services, Division of Public Health, Nutrition Services, Box H, Juneau, AK 99811-0612

Cost: Contact source

ABSTRACT: Guidelines for a healthy pregnancy are outlined in this pamphlet. Recommendations include (1) getting early prenatal care, (2) eating adequate amounts of foods from each of the major groups each day, (3) refraining from smoking cigarettes and drinking alcoholic beverages, (4) getting plenty of exercise and plenty of rest, and (5) taking medications and supplements only as prescribed by a physician. Warning signs that can indicate a medical problem are identified.

17 Weight Gain During Pregnancy.

Sells, AZ: Tohono O'odham Community Health Department; 1984.

Format: Fact sheet and card

User: Participant, general

Source: Tohono O'odham Community Health Department, Maternal-Child Health, P.O. Box 837, Sells, AZ 85634

Cost: 1-5 copies free

ABSTRACT: Recommendations on the proper rate and amount of weight gain during pregnancy are provided in this handout from the Papago Nutrition Improvement Program. Of particular interest are the drawings showing the weight gain distribution for the infant, and maternal components contributing to the total recommended weight gain during pregnancy. A sample card is provided for women to record their weight at each prenatal clinic visit.

Materials for Participants on

Infant Feeding Child Feeding



Materials for Participants on Infant Feeding Child Feeding

18 Adding Solid Foods. Phoenix, AZ: Dietetic Department, Phoenix Indian Medical Center, Indian Health Service; 1980.

Format: 4-page booklet

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: Guidelines for introducing solid foods to infants are provided in this booklet. Specific recommendations are provided for preparing and feeding cereals; fruits, vegetables, juices, meat, egg yolk, beans; finger foods; and table foods. Foods that should not be given to young infants are identified. Recommendations are given for adjusting infants' milk and water intakes as solid foods make up a larger part of the total diet.

19 Baby's Food. Kotzebue, AK: Public Health Service Native Hospital; 1985.

Format: 4-page pamphlet

User: Participant, Alaska Native

Source: FNIC on loan

ABSTRACT: Feeding babies requires special care and attention to important details. This pamphlet covers the basics of infant feeding: the what and whens of introducing foods, preparation methods, supplement usage, and tooth care. Subjects on breast milk, formulas, solid foods, vitamins/minerals, and general guidelines for keeping the baby healthy are presented simply.

20 But Mom...I Hate Vegetables. East Palo Alto, CA: Drew Health Foundation; 1983.

Format: 4-page pamphlet

User: Participant, general

Source: FNIC on loan

ABSTRACT: Tips on ways to cook and/or use vegetables to make them more popular with kids are presented in this pamphlet. Some vegetables to consume for their nutrient density are included.

21 Feeding Little Children. Oklahoma City, OK: Oklahoma City Area, Indian Health Service; 1983.

Format: 8-page booklet

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: Designed to educate the American Indian population about nutritious eating for children from 1 to 6 years of age, this booklet presents several suggestions. Tips on meal serving, types of foods, and bottle feeding are reinforced by short descriptions of foods to include and exclude in the child's diet. Two charts are presented: one suggests some appropriate meal patterns, serving sizes, and sample menus for children; the other is a height-and-weight chart.

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- 22 Feeding Your Baby.**
Hogansburg, NY: Nutrition Department, St. Regis Mohawk Health Service; not dated.
- Format:** 4-page pamphlet
- User:** Participant, American Indian
- Source:** St. Regis Mohawk Health Service, Nutrition Program, St. Regis Mohawk Community Building, Hogansburg, NY 13655
- Cost:** Single copy free
- ABSTRACT:** Designed to assist the American Indian mother in feeding her baby, two separate pamphlets present advice on either bottlefeeding or breastfeeding. Both pamphlets describe feeding methods, fluid needs, and the introduction of solid foods. A chart indicates the amount of formula a baby should consume daily from birth to 1 year of age, and when to introduce solid foods.
- When contacting FNIC or source, specify either the bottlefeeding or breastfeeding version.
-
- 23 Food for Baby's First Year.**
Juneau, AK: Nutrition Services, Alaska Department of Health and Social Services; 1984.
- Format:** Pamphlet, multifolded
- User:** Participant, general
- Source:** Alaska Department of Health and Social Services, Division of Public Health, Nutrition Services, Box H, Juneau, AK 99811-0612
- Cost:** Contact source
- ABSTRACT:** General recommendations on infant feeding and suggestions about the appropriate age to introduce specific foods are provided in this pamphlet. Developmental milestones and infant foods appropriate during the first year of life are described for each of the following age categories: newborn to 4 months, 4 to 6 months, 6 to 8 months, 8 to 10 months, and 1 year. Vitamins, iron, and fluoride should be given as prescribed by a health care provider. Other guidelines focus on how to introduce new foods to infants and on appropriate kinds and amounts of foods to offer.
-
- 24 Foods for the First Year.**
Kotzebue, AK: Public Health Service, Native Hospital; not dated.
- Format:** 3-page pamphlet
- User:** Participant, Alaska Native
- Source:** FNIC on loan
- ABSTRACT:** Recommended ages for introducing foods to an infant's diet are illustrated in this chart. The food groups include milk and water; cereal; vegetables; fruits and juices; meat, fish, and egg yolk; finger foods; and table foods. Guidelines are provided on the recommended amounts of specific foods to feed and on appropriate food preparation methods to use with infants. Cautions are given about the addition of salt, fat, and sugar to baby food and offering bedtime bottles containing liquids other than water.
-
- 25 Foods for Young Children.**
Tahlequah, OK: Cherokee Nation WIC Program; not dated.
- Format:** 1-page flyer
- User:** Participant, general
- Source:** FNIC on loan
- ABSTRACT:** This daily food guide for the 1- to 5-year-old child presents the four major food groups and, for each group, lists the number of servings appropriate for children. Serving sizes are given in ranges so adjustments can be made for a child's age. Hints for healthy and successful meals are provided.

26 Honey: Not For Babies.
Oklahoma City, OK: Oklahoma
City Area, Indian Health
Service; 1984.

Format: 1-page fact sheet

User: Participant, general

Source: FNIC on loan

ABSTRACT: This fact sheet cautions against feeding honey to infants less than 12 months of age. It explains that honey can cause botulism in some infants because their immune systems are not yet fully able to fight the disease. The symptoms and treatments of infant botulism are described.

**27 How to Mix Food and
Toddlers.** Phoenix, AZ: Dietetic
Department, Phoenix Indian
Medical Center; 1980.

Format: 4-page pamphlet

User: Participant, American
Indian

Source: FNIC on loan

ABSTRACT: Guidelines to make feeding toddlers both nutritious and pleasurable are presented in this pamphlet. Some of the feeding tips for toddlers include (1) following a set routine for mealtimes and snacks each day, (2) offering small servings of foods, (3) introducing new foods with familiar foods when children are hungry, (4) serving a variety of foods, and (5) setting a good example with one's own eating patterns. Parents should expect children's appetites and food likes and dislikes to vary from week to week. They should also resist using food as a reward, withholding food as punishment, or forcing children to eat more than they want. Examples of both nutritious and empty-calorie snack foods are identified.

**28 If You Bottle Feed Your Baby,
Boil the Water to Make It Safe
to Drink! It's A Good Way to
Help Keep Your Baby Healthy!**
Juneau, AK: Nutrition Services,
Alaska Department of Health
and Social Services; 1984.

Format: Pamphlet, multifolded

User: Participant, general

Source: Alaska Department of
Health and Social Services,
Division of Public Health,
Nutrition Services, Box H,
Juneau, AK 99811-0612

Cost: Contact source

ABSTRACT: Basic guidelines for bottle feeding infants are outlined in this pamphlet. Illustrated instructions are provided for (1) sterilizing water and equipment used to prepare formula, (2) measuring and mixing formula from both powder and liquid concentrate, and (3) storing formula for later use. General recommendations are included on appropriate amounts of formula to feed infants of varying ages (newborn to 1 year).

29 Infant Feeding I-IV. Tahlequah, OK: Cherokee Nation WIC Program; not dated.

Format: Four 1-page fact sheets

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: Infant feeding guidelines through the first year of life are outlined in this series of illustrated fact sheets. Information is covered for the following age levels: birth to 3 months, 3-6 months, 6-9 months, and 9-12 months. Topics covered in the fact sheets include (1) hunger signals, and how much breast milk or formula babies should be fed; (2) introducing cereal, feeding with a spoon, giving juice in a cup, avoiding bedtime bottles; (3) progressing from strained to mashed to finger foods, drinking from a cup; and (4) appropriate types of table foods. Physical development and abilities are described for infants at each age level, showing how closely feeding practices follow physical development.

30 Making Baby Food. Sells, AZ: Tohono O'odham Community Health Department; 1983.

Format: 4-page pamphlet

User: Participant, American Indian/Alaska Native

Source: Tohono O'odham Community Health Department, Maternal-Child Health, P.O. Box 837, Sells, AZ 85634

Cost: 1-5 copies free

ABSTRACT: Recommendations for selecting, preparing, and storing foods for infants between 6 and 10 months of age are provided in this pamphlet. Some good food choices from the fruit and vegetable and meat groups are listed. Food preparation guidelines emphasize safety, cleanliness, and a baby preference for plain foods. Food storage guidelines for the refrigerator and freezer are provided. A brief reminder summarizes the gradual introduction of cereals, fruits/vegetables, and protein foods to infants between the ages of 6 and 10 months.

31 Making Homemade Baby Food. Tahlequah, OK: Cherokee Nation WIC Program; not dated.

Format: 1-page flyer

User: Participants, general

Source: FNIC on loan

ABSTRACT: This flyer instructs American Indian WIC participants in making appropriate baby food at home. Illustrations of necessary utensils are provided.

32 Milk—Baby's First Food. Phoenix, AZ: Dietetic Department, Phoenix Indian Medical Center, Indian Health Service; 1980.

Format: 4-page pamphlet

User: Participant, general

Source: FNIC on loan

ABSTRACT: Guidelines for both breastfeeding and bottle-feeding young infants are outlined in this pamphlet. Breast milk is the food of choice for the newborn infant. Advantages of breastfeeding for both mother and infant are discussed and a nursing schedule is outlined. A feeding schedule for formula-fed infants defines the number of feedings and amounts per feeding recommended for infants of different ages. Suggestions are also included for adding solid foods to infant diets and for weaning infants from the breast or bottle. A food guide chart for nursing mothers is presented.

33 Parents Helping Parents Stop Baby Bottle Tooth Decay.

Tahlequah, OK: Child Development Center, Cherokee Nation WIC Program; 1986.

Format: 20-page flip chart, 8-1/2" x 11"

User: Participant, American Indian

Source: Cherokee Nation WIC Program, P.O. Box 948, Tahlequah, OK 74465

Cost: Single copy \$15 with pictures, \$5 without pictures

ABSTRACT: Geared primarily toward American Indian populations, this flip chart is aimed at helping parents avoid tooth decay in infants. The color photographs give a convincing picture as to why American Indians and Alaska Natives need to take the necessary steps to prevent this dental condition. What baby bottle tooth decay is, its prevalence among American Indians and Alaska Natives, and suggestions on its prevention are topics covered. The flip chart is presented in an easily understood lesson format.

34 Some Questions You May Have About Overweight Children. Oklahoma City, OK: Oklahoma State Department of Health; 1987.

Format: 4-page pamphlet

User: Participant, general

Source: The Chickasaw Nation, P.O. Box 1548, Ada, OK 74820

Cost: Contact source

ABSTRACT: An interesting discussion on overweight children is presented in a question and answer format. Included is information on whether a fat child is healthy or physically in danger; detecting whether a child is overweight; and why some children are overweight and others are not. Tips on what to do when a child is overweight and some ideas on how to improve the child's eating habits are addressed.

35 The Shocking Truth About Baby Bottle Tooth Decay. Window Rock, AZ: Navajo Nation WIC Program; not dated.

Format: Pamphlet, multifolded

User: Participant, Navajo

Source: FNIC on loan

ABSTRACT: Developed for the Navajo Nation WIC Program, this pamphlet emphasizes the high rate of baby bottle tooth decay found among this population. The nature, causes, and problems of this dental disease are described. The pamphlet contains photographs of diseased teeth. Prevention is advised primarily through dental hygiene and proper weaning methods.

36 To Parents, Grandparents, Aunts, Uncles, Neighbors, Cousins—We All Love Children Very Much and Want to Make Them Happy, But...
Mt. Edgecumbe, AK: Alaska Area Native Health Service; not dated.

Format: 4-page pamphlet

User: Participant, general

Source: FNIC on loan

ABSTRACT: This pamphlet cautions family members against giving young children candy and other sweets as snacks. The drawbacks of giving children sweets are defined. Various nutritious snacks are recommended instead of sweets, including fresh and dried fruits; raw vegetables; unsweetened juices; milk and cheeses; meat, poultry, and fish; nuts; popcorn; sugarless gum; and seaweed.

37 Weaning Baby from the Bottle. Tahlequah, OK: Cherokee Nation WIC Program; not dated.

Format: 1-page flyer

User: Participant, general

Source: FNIC on loan

ABSTRACT: Designed to instruct the American Indian mother on weaning her baby from the bottle, this flyer emphasizes having a child weaned by the age of 1 year. When to start the process, how to do it, and tips for a successful outcome are included.

38 When Your Baby Has Diarrhea, by Bertie Hagberg, R.N., and Bertha Gepp, R.N., Bismarck, ND: North Dakota State Department of Health; 1987.

Format: 1-page fact sheet and 10-page booklet

User: Participant, general

Source: North Dakota State Department of Health, Division of Maternal and Child Health, State Capitol Building, Bismarck, ND 58505

Cost: Single copy free

ABSTRACT: The fact sheet discusses the symptoms of diarrhea and the importance of giving babies plenty of liquids for treatment of this condition. It suggests a way to feed both breastfed and formula-fed babies for 2 days. Symptoms to note for seeking physician care, and some liquid recipes, are included. As a supplement to this fact sheet there is a tabbed booklet "A Parent's Guide, When Young Babies Have Diarrhea," which is designed to assist parents with feeding and caring for their babies with diarrhea.

Materials for Participants on

Weight Control Obesity



Materials for Participants on Weight Control Obesity

39 Calorie Controlled Diet Series. Oklahoma City, OK: Oklahoma City Area, Indian Health Service; 1985.

Format: Four pamphlets, multifolded

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: This series of pamphlets outlines daily meal plans for 1,200-, 1,500-, 1,800-, and 2,200-calorie diets. Daily meal plans (breakfast, lunch, dinner, snacks) specify the recommended number of servings of foods from each of the following groups: milk and milk products; breads, cereals, grains, and starchy vegetables; fruits; vegetables; and fats. In each diet food items and serving sizes for each group are presented. Food preparation tips discuss low-calorie cooking methods appropriate for meats, broths, eggs, vegetables, fruits, and breads and doughs.

40 Chewing the Fat on Food Habits. Portland, OR: Portland Area Indian Health Service; 1980.

Format: 1-sheet, multifolded

User: Participant, general

Source: FNIC on loan

ABSTRACT: Behavioral guidelines for improving one's eating habits are outlined in this photocopied participant handout. The guidelines focus on weight control principles and techniques. Some topics include (1) make eating a pure activity, (2) slow the rate of eating, (3) plan meals and snacks in advance, (4) control the number and size of portions eaten, and (5) avoid "problem" foods. Specific suggestions for putting the guidelines into practice are listed under each guideline.

41 Hints for Losing Weight. Oklahoma City, OK: Oklahoma City Area, Indian Health Service; 1976.

Format: 4-page pamphlet

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: Behavior modification guidelines for weight loss are briefly outlined in this pamphlet. Some suggestions discussed include (1) losing weight slowly, (2) keeping a food diary to become familiar with personal eating patterns and habits, (3) following a nutritious food pattern in planning meals, and (4) changing food attitudes and eating habits to encourage weight loss and long-term maintenance. Good ways are suggested to "cut corners on calories" when selecting and preparing foods for a calorie-controlled diet.

42 Lose Weight the Sensible Way. Portland, OR: Portland Area Indian Health Service; 1979.

Format: 8-page booklet

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: A four-step approach to weight loss is outlined in this booklet: (1) exercising regularly, (2) substituting lower-calorie foods for higher calorie or empty calorie foods, (3) changing food habits to make weight control easier, and (4) setting both long-range and realistic short-range goals. There are charts showing the calories burned during different physical activities, plus information on low-calorie snack ideas, lower-calorie and higher-calorie food choices in each of the major food groups, and behavioral changes that can help decrease total food intake. Diet books are recommended for further reading.

43 Plan...to Control Your Weight.
Mt. Edgecumbe, AK: Nutrition
Department, Mt. Edgecumbe
Native Hospital; not dated.

Format: 12-page booklet

User: Participant, general

Source: FNIC on loan

ABSTRACT: Planning is explained as an essential component of the weight control program outlined in this booklet. Guidelines are provided on planning weight-loss diets around choosing appropriate foods from the basic four food groups, and on developing eating habits that will help with weight loss. The importance of behavior modification and exercise in successful weight control is discussed. Additional tips are provided for (1) making one's food dollar go further, (2) cutting back on fat and sugar in the family diet, and (3) making small but helpful behavioral changes.

44 Weight Control: A Family Project. Phoenix, AZ: Dietetic
Department, Phoenix Indian
Medical Center; 1984.

Format: 4-page pamphlet

User: Participant, general

Source: FNIC on loan

ABSTRACT: This pamphlet aims to help family members control each other's weight. It introduces some simple lifestyle changes, particularly with eating habits, that can be easily adopted. Practical ways to reduce both sugar and fat intakes through food selection and preparation are given in a list. Additional suggestions are given on controlling weight through behavior modification and exercise.

**45 Wellness Booklet—
Featherlight Weight Control.**
Clinton, OK: Frances Bode,
M.S., R.D., Clinton Service Unit
Indian Health Service; 1986.

Format: 19-page booklet

User: Participant, American
Indian

Source: FNIC on loan

ABSTRACT: Geared to the lifestyle and language of the American Indian, this wellness booklet stresses self-image, diet and exercise, behavior modification, and stress management. Weight/frame size charts, caloric estimations, and food exchange lists are presented in a simple manner. A practical method of determining meat portion sizes using paper models is included.

Materials for Participants on

Diabetes



Materials for Participants on Diabetes

46 Diabetes. Fort Defiance, AZ: Navajo Area, Indian Health Service; not dated.

Format: 4-page pamphlet

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: This pamphlet provides basic answers to frequently asked questions on diabetes. It defines diabetes and discusses information on who can get it, what the symptoms are, and what it does to the body. Also included are tips on how to prevent and control diabetes, such as by losing weight and exercising.

47 Diabetes. Sells, AZ: Tohono O'odham Community Health Department; 1986.

Format: 20-page booklet

User: Participant, Tohono O'odham

Source: Tohono O'odham Community Health Department, Maternal-Child Health, P.O. Box 837, Sells, AZ 85634

Cost: 1-3 copies free

ABSTRACT: Treatment and control of diabetes mellitus are outlined in this booklet developed for a nutrition workshop series. A cartoon reviews the importance of losing weight in lowering risk for diabetes, high blood pressure, and gall bladder disease. Following the cartoon the symptoms, cause, health risk, and control of diabetes are briefly summarized and illustrated with simple pictures and drawings. Guidelines are outlined concerning (1) proper diet, (2) exercise, (3) monitoring of blood and urine sugar levels, (4) medications, and (5) taking care of one's body to prevent diabetic complications.

48 Diabetes and You. Minneapolis, MN: Nursing Staff and Public Relations Department, Hennepin County Medical Center; not dated.

Format: 16-page booklet

User: Participant, general

Source: Nutrition Services, ADABEC 852, Hennepin County Medical Center, 701 Park Avenue, Minneapolis, MN 55415

Cost: Contact source

ABSTRACT: Designed for the diabetic patient, this booklet presents both general and specific information related to the disease. Symptoms of diabetes, the role of exercise, urine testing, the purpose of insulin and how to administer it, hypoglycemia/hyperglycemia, and risk factors/good health habits comprise many of the topics addressed. A chart for recording urine/blood tests and illustrations of administering injections are included.

49 Diabetes Care and Freedom Zones. Winnebago, NE: Winnebago/Omaha Diabetes Project, Indian Health Service; 1986.

Format: 1-page chart, 8-1/2" x 11"

User: Participant, general

Source: FNIC on loan

ABSTRACT: This chart categorizes diabetic patients with three freedom zones: (1) the caution zone, (2) the danger zone, or (3) the extreme danger zone. The freedom zones are based on how well a diabetic person adjusts to a number of factors relating to diabetes and diabetic care habits. Factors include blood sugar levels, body weight, nutritional habits, attitude, food intake, exercise level, self-care, clinic attendance, hospitalization, amputations, vision, and kidney failure.

50 Diabetes Handout Series. Oklahoma City, OK: Oklahoma City Area, Indian Health Service; 1985.

Format: Series of 1-page flyers

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: The causes, symptoms, complications, and management of diabetes are overviewed in this series of single-page handouts. One is a checklist that identifies common diabetic symptoms, including overweight, family history of disease, constant hunger, fatigue, thirst, and slow wound healing. Several other conditions are discussed that result from diabetic complications including atherosclerosis, impaired blood circulation, kidney failure, nerve damage, visual changes, and increased risk of infection. Some handouts present ways to manage diabetes through weight control and give information about food selection and preparation, selecting and ordering meals away from home, and controlling diabetes while on travel for business or pleasure. Another reviews the symptoms and emergency treatment measures for insulin reaction (hypoglycemia) and diabetic acidosis (hyperglycemia). Some handouts include recipes for low-calorie salad dressings. The benefits of diet counseling and counseling services available through the local Indian Health Service are identified.

51 Diabetes Screening Form and Educational Sheet, by Karen Fischbeck. Hogansburg, NY: St. Regis Mohawk Health Services; 1986.

Format: 1-page questionnaire and 1-page fact sheet

User: Participant, American Indian

Source: Sharon Thompson, Food Distribution Program, St. Regis Mohawk Reservation, Hogansburg, NY 13655

Cost: Contact source

ABSTRACT: This is a client questionnaire. Respondents are asked a series of questions about the major diabetic symptoms and risk factors, and about their personal and family history of diseases that are known to be associated with diabetes. A fact sheet accompanying the questionnaire defines diabetes, identifies common symptoms, describes conditions that increase risk for diabetes, and discusses treatment measures.

52 Diabetes: What's It All About?

Minneapolis, MN: Hennepin County Medical Center; not dated.

Format: 17-page booklet

User: Participant, general

Source: Nutrition Service
ADABEC 852, Hennepin County Medical Center,
701 Park Avenue,
Minneapolis, MN 55415

Cost: Available separately or as part of a set. Single copy \$1.75, booklet set \$15. Other booklets in the series are Entries Nos. 65, 76, 77, 78, 79, and 81 in this guide.

ABSTRACT: This is one booklet in a series of seven providing information on important aspects of diabetic health care. This booklet gives some answers to common questions about the diagnosis, symptoms, and management of diabetes. Questions explore (1) who is most likely to develop diabetes, (2) how diabetes affect insulin production and blood glucose, (3) tests used to diagnose diabetes, (4) symptoms of diabetes, and (5) the diabetic's increased risk for developing other diseases. The importance of medical supervision and active individual participation in managing diabetes is emphasized.

53 Diet Handbook. Albuquerque, NM: Indian Health Service Diabetes Program and Swanson Center for Nutrition, Inc.; 1979.

Format: 23-page booklet

User: Participant, Southwestern American Indian

Source: Indian Health Service Diabetes Program, 2401 12th Street, N.W., Room 211N, Albuquerque, NM 87102

Cost: Single copy free

ABSTRACT: Traditional Indian foods of the Southwest are illustrated and described in terms of calories per serving to help plan diets for diabetics. An individual plan, suggested by a dietitian, is based on color-coded servings from eight food groups, including milk, vegetables, fruits, meats, fats, combinations, breads, and a "free group." Some of the commonly consumed ethnic foods such as cholla buds, chili peppers, atole, piñon nuts, and menudo are included along with typical American foods.

54 Diet Handbook. Albuquerque, NM: Indian Health Service Diabetes Program and Swanson Center for Nutrition, Inc.; 1980.

Format: 21-page booklet

User: Participant, Plains Indian

Source: Indian Health Service Diabetes Program, 2401 12th Street, N.W., Room 211N, Albuquerque, NM 87102

Cost: Single copy free

ABSTRACT: Developed for use by the Plains Indians with diabetes, this booklet emphasizes diet as a means for controlling the disease. Introduced by a color-coded dietary guide, the basic food groups are presented to include recommended foods and serving sizes. Combination foods, foods with fat, foods to avoid, foods to freely use and those allowed in reasonable amounts are presented in the same manner. Cautions and reminders accompany each section; pictures illustrating serving sizes and other concepts addressed are included with each section.

55 Drink Less Alcohol. Omaha, NE: Swanson Center for Nutrition, Inc.; 1980.

Format: 19 slides/4-minute audiocassette and illustrated self-test booklet

User: Participant, American Indian

Source: Swanson Center for Nutrition, Inc., 502 South 44th Street, Room 3007, Omaha, NE 68105

Cost: Available separately or as part of a set. Single copy of booklet \$2.25; slides/cassette \$45. Set of booklets \$14; slides/cassettes \$280. Other items in series are Entries Nos. 57, 59, 61, 63, 67, and 80 in this guide.

ABSTRACT: One in a series of seven slide/cassette units on Indian health, this presentation emphasizes the high caloric content and low nutrient content of alcohol since it adds unnecessary calories as well as "mixers" to alcoholic beverages. Two hours of exercise is equated with using up the calories from three cans of beer. The illustrated booklet reinforces information learned from the slide presentation. Correct answers are automatically shown as each page is turned.

56 Eat Less Fat. Albuquerque, NM: Indian Health Service Diabetes Program; 1987.

Format: 20-page flip chart, 8-1/2" x 14"

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: Designed to assist the American Indian with diabetes in cutting down on the amount of fat in the diet, this flip chart emphasizes weight control through reduced fat consumption. Each tip for fat reduction in the diet is accompanied on the opposite page by a drawing illustrating the points presented. Review questions are included.

57 Eat Less Fat. Omaha, NE: Swanson Center for Nutrition, Inc.; 1980.

Format: 27 slides/7-minute audiocassette and illustrated self-test booklet

User: Participant, American Indian

Source: Swanson Center for Nutrition, Inc., 502 South 44th Street, Room 3007, Omaha, NE 68105

Cost: Available separately or as part of a set. Single copy of booklet \$2.25; slides/cassette \$45. Set of booklets \$14; slides/cassettes \$280. Other items in series are Entries Nos. 55, 59, 61, 63, 67, and 80 in this guide.

ABSTRACT: One in a series of seven slide/cassette units on Indian diabetes, dietary guidance is presented for reducing fat intake for diabetics. Visible and hidden fats are identified in a discussion of the dietary uses of fats. Ways to reduce fat consumption are suggested. The booklet reinforces information learned from the slide presentation. Correct answers are automatically shown as each page is turned.

58 Eat Less Food. Albuquerque, NM: Indian Health Service Diabetes Program; 1987.

Format: 26-page flip chart, 8-1/2" x 14"

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: Designed to assist the American Indian with diabetes, this flip chart emphasizes weight control through eating less food as the best way to control the disease. Each tip for eating less is accompanied on the opposite page by a drawing illustrating the concept presented. Review questions are included.

59 Eat Less Food. Omaha, NE: Swanson Center for Nutrition, Inc.; 1980.

Format: 33 slides/5-minute audiocassette and illustrated self-test booklet

User: Participant, American Indian

Source: Swanson Center for Nutrition, Inc., 502 South 44th Street, Room 3007, Omaha, NE 68105

Cost: Available separately or as part of a set. Single copy of booklet \$2.25; slides/cassette \$45. Set of booklets \$14; slides/cassettes \$280. Other items in series are Entries Nos. 55, 57, 61, 63, 67, and 80 in this guide.

ABSTRACT: One in a series of seven slide/cassette units on Indian diabetes, calorie control tips for diabetics are presented. The script explains how extra calories and added pounds of body weight can be controlled by eating smaller portions and taking fewer servings at meals, not tasting foods while cooking, and not eating leftovers during clean-up. Tips are given on how to quickly identify the higher calorie foods from the lower calorie foods. The illustrated booklet reinforces information from the slide presentation. Correct answers are automatically shown as each page is turned.

60 Eat Less Sugar. Albuquerque, NM: Indian Health Service, Diabetes Program; 1987.

Format: 22-page flip chart, 8-1/2" x 14"

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: Designed to assist the American Indian with diabetes in cutting down on the amount of sugar in the diet, this flip chart emphasizes that being overweight is a cause of diabetes and sugar is a contributor to becoming overweight. Each tip for consuming less sugar is accompanied by a drawing illustrating the concept presented. Review questions are included.

61 Eat Less Sugar. Omaha, NE: Swanson Center for Nutrition, Inc.; 1980.

Format: 28 slides/6-minute audiocassette and illustrated self-test booklet

User: Participant, American Indian

Source: Swanson Center for Nutrition, Inc., 502 South 44th Street, Room 3007, Omaha, NE 68105

Cost: Available separately or as part of a set. Single copy of booklet \$2.25; slides/cassette \$45. Set of booklets \$14; slides/cassettes \$280. Other items in series are Entries Nos. 55, 57, 59, 63, 67, and 80 in this guide.

ABSTRACT: One in a series of seven slide/cassette units on Indian diabetes, this presentation advises diabetics to decrease their sugar intake to reduce caloric intake, lower blood sugar, and decrease body fat. The various kinds of sugar are discussed and food examples are given in which sugars are sometimes "hidden." Some label reading tips are given. The illustrated booklet reinforces information learned in the slide presentation. Correct answers are automatically given as each page is turned.

62 Exchange Lists for Meal Planning. Chicago, IL: The American Dietetic Association and the American Diabetes Association, Inc.; 1986.

Format: 34-page booklet

User: Participant, general

Source: The American Dietetic Association, 208 South LaSalle Street, Suite 1100, Chicago, IL 60604-1003, or call: The American Diabetes Association, Inc., Diabetes Information Service Center, (800) ADA-DISC

Cost: \$1.25 per copy

ABSTRACT: The revised 1986 standard exchange system for diabetics is introduced in this booklet. It was devised to help diabetic patients achieve a moderate degree of day-to-day consistency in macro-nutrient intake and still allow food variety. As a tool to teach and implement diet training in weight control programs, it groups foods according to similar nutrient/caloric content. The text defines diabetes, lists the goals of nutrition in diabetes management, describes how to accomplish these goals, defines meal plans and exchange lists, outlines management tips, and has a glossary. A weight graph is included, plus a chart to mark down a client's values, weight, glycosylated hemoglobin, cholesterol, triglycerides, and blood pressure. There is space for the dietitian to fill in a sample menu next to the meal plan and another column where the client can fill in his or her own menu so the dietitian can assess the client's understanding of the meal plan.

63 Exercise and Energy. Omaha, NE: Swanson Center for Nutrition, Inc.; 1980.

Format: 32 slides/5-minute audiocassette and illustrated self-test booklet

User: Participant, American Indian

Source: Swanson Center for Nutrition, Inc., 502 South 44th Street, Room 3007, Omaha, NE 68105

Cost: Available separately or as part of a set. Single copy of booklet \$2.25; slides/cassette \$45. Set of booklets \$14; slides/cassettes \$280. Other items in series are Entries Nos. 55, 57, 59, 61, 67, and 80 in this guide.

ABSTRACT: One in a series of seven slide/cassette units on Indian diabetes, this presentation discusses energy balance for diabetics who need to watch their weight. Energy requirements for a person's age, sex, body size and activity level are mentioned. Exercise and food are equated to reducing body fat, weight, and blood sugar for diabetics. The illustrated booklet reinforces information learned in the slide/cassette script. Correct answers are automatically given as each page is turned.

64 Family Food Choices: A Guide to Weight and Diabetes

Control. Albuquerque, NM: Indian Health Service Diabetes Program; 1986.

Format: 13-page booklet

User: Participant, American Indian

Source: Indian Health Service Diabetes Program, 2401 12th Street, N.W., Albuquerque, NM 87102

Cost: Single copy free

ABSTRACT: Designed to assist American Indians in controlling diabetes, this booklet explains causes of diabetes specific to the group as well as tips on how to control the disease through the amounts and kinds of food eaten. The factors to control including weight loss, fats, sugar, and alcohol are addressed in separate sections. Each section includes ways to help plan meals. Specific food lists are given.

65 Food Becomes You.

Minneapolis, MN: Hennepin County Medical Center; not dated.

Format: 11-page booklet

User: Participant, general

Source: Nutrition Services
ADABEC 852, Hennepin County
Medical Center, 701 Park
Avenue, Minneapolis, MN 55415

Cost: Available separately or as part of a set. Single copy \$1.75, booklet set \$15. Other booklets in the series are Entries Nos. 52, 76, 77, 78, 79, and 81 in this guide.

ABSTRACT: This is one in a series of seven booklets providing information on important aspects of diabetic health care. In this booklet the basic components of a diabetic diet and guidelines for weight reduction are discussed. The nutrient functions of and needs for protein, carbohydrates, fat, vitamins, minerals, and water are briefly described. Also included are guidelines for drinking alcoholic beverages.

66 Food Hints for People with Diabetes. Billings, MT: Billings Area, Indian Health Service; 1987.

Format: 4-page pamphlet

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: Simple suggestions to help diabetic patients lose weight are presented in this pamphlet. The keys to successful weight loss are identified as eating less and exercising more. Foods that can be eaten more often and those that should be eaten less often to decrease total fat and sugar and to increase fiber in the diet are identified. An instruction sheet is included for the nutritionist to use during patient counseling.

67 Food Preparation Affects Calories. Omaha, NE: Swanson Center for Nutrition, Inc.; 1980.

Format: 33 slides/6-minute audiocassette and illustrated self-test booklet

User: Participant, American Indian

Source: Swanson Center for Nutrition, Inc., 502 South 44th Street, Room 3007, Omaha, NE 68105

Cost: Available separately or as part of a set. Single copy of booklet \$2.25; slides/cassette \$45. Set of booklets \$14; slides/cassettes \$280. Other items in series are Entries Nos. 55, 57, 59, 61, 63, and 80 in this guide.

ABSTRACT: One in a series of seven slide/cassette units on Indian diabetes, the selection of an appropriate food preparation method is described for diabetics who must watch their caloric intake. Food preparation methods, seasoning tips, and food substitutions are presented. The booklet reinforces information learned from the slide presentation. Correct answers are automatically shown as each page is turned.

68 Foot Care for Diabetics. Kotzebue, AK: Public Health Service; Native Hospital; 1986.

Format: 3-page pamphlet

User: Participant, Alaska Native

Source: FNIC on loan

ABSTRACT: Basic foot care guidelines for diabetics are outlined in this illustrated pamphlet. The foot care tips appear as captions to each illustration. The topics presented include: (1) cleaning feet and changing socks daily, (2) keeping feet warm and dry at all times, (3) wearing shoes that fit properly, and (4) checking feet often for irritations or sores that could develop into more serious infections.

69 General Guidelines for the Diabetic. Nome, AK: Norton Sound Regional Hospital; 1981.

Format: 1-page flyer

User: Participant, general

Source: Norton Sound Regional Hospital, P.O. Box 966, Nome, AK 99762

Cost: Single copy \$.25

ABSTRACT: Since lifestyle changes with proper diet and planned exercise programs can often control a diabetic condition, this flyer defines and instructs diabetics on what is proper nutrition. Information is included on foods to avoid, tips for an exercise program, and problems for diabetics that are connected to stress.

70 Gestational Diabetes—How to Have a Healthy Baby.

Claremore, OK: Claremore Indian Hospital, Indian Health Service; 1986.

Format: 16-page booklet

User: Participant, general

Source: FNIC on loan

ABSTRACT: This booklet addresses the various facets of gestational diabetes: origin, diet precautions, weight control, exercise, and health care. Topics such as breastfeeding, smoking, alcohol consumption, and specific foods to avoid are presented simply in a question-and-answer format. Emphasis is placed on seeking and maintaining proper health care before, during, and after pregnancy.

71 Healthy Food Choices.

Chicago, IL: The American Dietetic Association and the American Diabetes Association, Inc.; 1986.

Format: Poster, 11" x 17"; folds to 5-1/2" x 8-1/2" pocket-sized handout

User: Participant, general

Source: The American Dietetic Association, Inc., 208 South LaSalle Street, Suite 1100, Chicago, IL 60604-1003, or call: The American Diabetes Association, Diabetes Information Service Center, (800) ADA-DISC

Cost: \$6.25 per package of 25

ABSTRACT: In poster format, foods are grouped by calories into six food groups. Approximate portion sizes of commonly used foods are listed. Blank lines are provided for the nutrition counselor to write in a suggested menu or meal plan for the client. The poster is a simplified meal planning tool for beginning-level education. It is a supplementary tool to be used along with the revised 1986 American Dietetic Association's *Exchange Lists for Meal Planning*.

72 Holiday Treats for Diabetics and Weight Watchers.

Phoenix, AZ: Dietetics Department, Phoenix Indian Medical Center; 1984.

Format: 38-page cookbook

User: Participant, general

Source: FNIC on loan

ABSTRACT: Illustrated with Christmas motifs, this holiday recipe booklet presents festive recipes for diabetics and calorie counters. Each entry is accompanied by information on calories per serving and food exchanges per serving. Food modification tips and a calorie guide to frozen desserts are included.

73 Mexican Food Portions.
Phoenix, AZ: Dietetic
Department, Phoenix Indian
Medical Center, Indian Health
Service; 1980.

Format: 1-page flyer

User: Participant, American
Indian

Source: FNIC on loan

ABSTRACT: The calorie content and food exchange equivalents (protein, starch, and fat) for a variety of popular Mexican foods are presented in this handout for diabetic patients. Sample foods include tacos, enchiladas, burritos, tortillas, chili, refried beans, spanish rice, guacamole, posole, albondigas, and menudo.

74 Pregnancy and Diabetes.
Sacaton, AZ: Gila River Indian
Community, Human Resources
Department; 1981.

Format: 8-page booklet

User: Participant, American
Indian

Source: FNIC on loan

ABSTRACT: Designed for pregnant American Indian women with diabetes, this booklet presents specific steps to follow in order to keep the disease under control. Symptoms of both hypoglycemia and hyperglycemia are listed, as well as signs indicating the need for immediate medical attention. The necessity for weight control is emphasized. Drawings illustrate the concepts presented.

**75 Sickday Eating Guide for
Diabetics.** Phoenix, AZ: Dietetic
Department, Phoenix Indian
Medical Center, Indian Health
Service; 1984.

Format: 4-page pamphlet

User: Participant, general

Source: FNIC on loan

ABSTRACT: Eating guidelines that diabetics can follow on days they are sick are briefly outlined in this pamphlet. In general, diabetics are instructed to follow their usual meal pattern as closely as possible. Suggestions are given for meeting an increased need for fluids, sodium, and potassium when vomiting and diarrhea occur. Dietary substitutions within the fruits, bread/cereal, and milk exchanges are given. Additional recommendations for continuing prescribed medications and for monitoring blood sugar levels and urine sugar and ketone levels several times a day are given.

76 Support Your Feet—They Support You. Minneapolis, MN: Hennepin County Medical Center; not dated.

Format: 6-page booklet

User: Participant, general

Source: Nutrition Services
ADABEC 852, Hennepin County
Medical Center, 701 Park
Avenue, Minneapolis, MN 55415

Cost: Available separately or as part of a set. Single copy \$1.75, booklet set \$15. Other booklets in the series are Entries Nos. 52, 65, 77, 78, 79, and 81 in this guide.

ABSTRACT: This is one in a series of seven booklets providing information on important aspects of diabetic health care. In this booklet basic guidelines on proper foot care for diabetics are outlined. Some general recommendations are given including (1) cleaning and drying feet thoroughly, (2) wearing comfortable and well-fitting shoes and socks, (3) cutting toenails straight across, (4) avoiding extremely hot and cold temperatures, and (5) getting prompt medical attention for any blisters, calluses, in-grown toenails, or sores that develop.

77 The Long and Short of Glucose. Minneapolis, MN: Hennepin County Medical Center; not dated.

Format: 8-page booklet

User: Participant, general

Source: Nutrition Service
ADABEC 852, Hennepin County
Medical Center, 701 Park
Avenue, Minneapolis, MN 55415

Cost: Available separately or as part of a set. Single copy \$1.75, booklet set \$15. Other booklets in the series are Entries Nos. 52, 65, 76, 78, 79, and 81 in this guide.

ABSTRACT: This is one booklet in a series of seven providing information on important aspects of diabetic health care. This booklet gives the definition, causes, symptoms, and treatment of both hyperglycemia and hypoglycemia in easy-to-understand terms. A clear differentiation between hyperglycemia and hypoglycemia is made. Simple drawings show the importance of insulin in controlling blood glucose levels and illustrate common causes and symptoms of both high and low blood sugar. Prompt medical attention is recommended for symptoms that do not disappear quickly with treatment.

78 The Ups and Downs of Glucose When You Exercise.
Minneapolis, MN: Hennepin County Medical Center; not dated.

Format: 5-page booklet

User: Participant, general

Source: Nutrition Service
ADABEC 852, Hennepin County Medical Center, 701 Park Avenue, Minneapolis, MN 55415

Cost: Available separately or as part of a set. Single copy \$1.75, booklet set \$15. Other booklets in the series are Entries Nos. 52, 65, 76, 77, 79, and 81 in this guide.

ABSTRACT: This is one in a series of seven booklets providing information on important aspects of diabetic health care. This booklet outlines the effects of exercise on the calorie needs and insulin requirements of diabetics. Regular exercise is recommended to help diabetics control body weight and to improve blood circulation. The importance of keeping exercise levels constant from day to day in order to prevent fluctuations in blood glucose levels is emphasized.

79 What Happens When I'm Short on Insulin Is...
Minneapolis, MN: Hennepin County Medical Center; not dated.

Format: 17-page booklet

User: Participant, general

Source: Nutrition Service
ADABEC 852, Hennepin County Medical Center, 701 Park Avenue, Minneapolis, MN 55415.

Cost: Available separately or as part of a set. Single copy \$1.75, booklet set \$15. Other booklets in series are Entries Nos. 52, 65, 76, 77, 78, and 81 in this guide.

ABSTRACT: The booklet is one in a series of seven providing information on important aspects of diabetic health care. It discusses the role of insulin in controlling blood glucose levels and the diabetic's need to take extra insulin to control glucose levels. Reasons why a different type and amount of insulin is required by individuals are summarized. Guidelines are outlined for planning a rotation schedule for insulin injections. Step-by-step instructions for self-administering insulin are accompanied by simple illustrations. Uses of oral hypoglycemic agents are briefly outlined.

80 What Is Diabetes. Omaha, NE: Swanson Center for Nutrition, Inc.; 1980.

Format: 36 slides/8-minute audiocassette and illustrated self-test booklet

User: Participant, American Indian

Source: Swanson Center for Nutrition, Inc., 502 South 44th Street, Room 3007, Omaha, NE 68105

Cost: Available separately or as part of a set. Single copy of booklet \$2.25; slides/cassette \$45. Set of booklets \$14; slides/cassettes \$280. Other items in series are Entries Nos. 55, 57, 59, 61, 63, and 67 in this guide.

ABSTRACT: One in a series of seven slide/cassette units on Indian diabetes, this slide/cassette presentation describes diabetes as a disease anyone can develop, but that is not contagious. Ways to keep diabetes under control and disorders that are common health complications for diabetics are mentioned. The illustrated booklet is in a "check-the-right-answer" format and reinforces information learned from the slide/cassette script. Correct answers are automatically given as each page is turned.

81 You and Diabetes—When You Are Sick. Minneapolis, MN: Hennepin County Medical Center; not dated.

Format: 6-page booklet

User: Participant, general

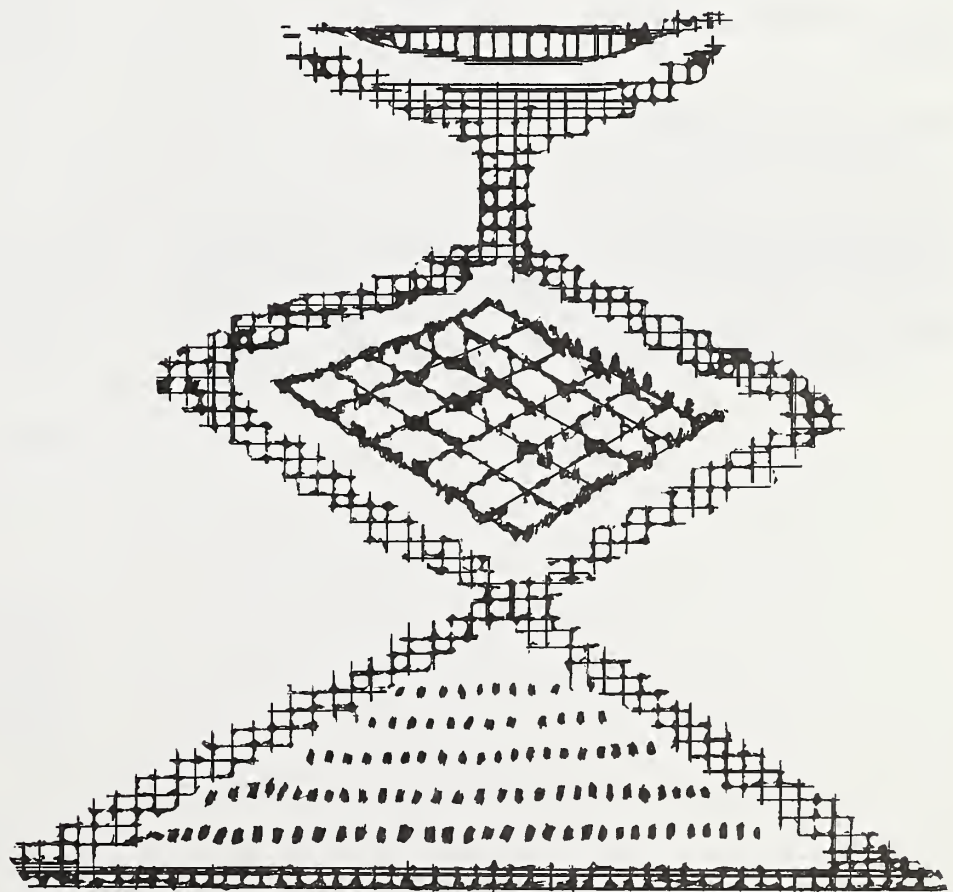
Source: Nutrition Services ADABEC 852, Hennepin County Medical Center, 701 Park Avenue, Minneapolis, MN 55415.

Cost: Available separately or as part of a set. Single copy \$1.75, booklet set \$15. Other booklets in the series are Entries Nos. 52, 65, 76, 77, 78, and 79 in this guide.

ABSTRACT: Basic guidelines for managing diabetes during illness. Some topics that are covered include: (1) continuing insulin or oral hypoglycemic medication, (2) testing urine for glucose and acetone often, (3) drinking plenty of fluids, and (4) contacting the doctor if illness persists.

Materials for Participants on

Alcoholism Substance Abuse



Materials for Participants on Alcoholism Substance Abuse

82 **Advice for Indian Women for a Safer Pregnancy and Healthier Baby.** Albuquerque, NM: All Indian Pueblo Council; not dated.

Format: 4-page pamphlet

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: Designed to assist the American Indian woman in having safer pregnancies, this pamphlet presents several "dos" and "don'ts" regarding health and nutrition habits. The emphasis is on taking responsibility for having healthy babies.

83 **Alcohol and Pregnancy - How Drinking May Harm the Unborn Baby!!** Rockville, MD: National Indian Fetal Alcohol Syndrome Prevention Program, Indian Health Service; 1986.

Format: Pamphlet, multifolded

User: Participant, American Indian

Source: Fetal Alcoholism Coordinator, Alcoholism and Substance Abuse Program, Indian Health Service, 5600 Fishers Lane, Room 6A-53, Rockville, MD 20857

Cost: Single copy free

ABSTRACT: Potential harmful effects of drinking alcoholic beverages during pregnancy are described in this pamphlet. The following types of characteristics of fetal alcohol syndrome are described: abnormal facial features, impaired brain development, physical deformities, growth problems, and personality problems. Since there is no known safe level of drinking during pregnancy, women who are pregnant or who plan to become pregnant are strongly advised to refrain from drinking alcoholic beverages altogether.

84 An Inner Voice Tells You Not To Drink. Rockville, MD: National Institute on Alcohol Abuse and Alcoholism; not dated.

Format: Poster, 19" x 31"

User: Participant, American Indian

Source: National Clearinghouse for Alcohol and Drug Information, Box 2345, Rockville, MD 20852

Cost: Contact source

ABSTRACT: Pregnant women are strongly advised against drinking alcoholic beverages in this colorful poster depicting a pregnant Indian woman. The poster warns about the risks of permanent mental and physical birth defects that are associated with heavy drinking during pregnancy.

85 Be Smart. Albuquerque, NM: All Indian Pueblo Council; 1986.

Format: Pamphlet, multifolded

User: Participant, American Indian

Source: Fetal Alcoholism Coordinator, Alcoholism and Substance Abuse Program, Indian Health Service, 5600 Fishers Lane, Room 6A-53, Rockville, MD 20857

Cost: Single copy free

ABSTRACT: Pregnant women are warned about harmful effects associated with drinking alcoholic beverages during pregnancy (fetal alcohol syndrome, birth defects), and strongly advised to refrain from drinking in this brief pamphlet. Illustrations indicate that beer and wine, as well as hard liquor, should be avoided.

86 Do You Know How You Can Prevent a Major Birth Defect? —Fetal Alcohol Syndrome. Albuquerque, NM: All Indian Pueblo Council; not dated.

Format: Pamphlet, multifolded

User: Participant, American Indian

Source: Fetal Alcoholism Coordinator, Alcoholism and Substance Abuse Program, Indian Health Service, 5600 Fishers Lane, Room 6A-53, Rockville, MD 20857

Cost: Single copy free

ABSTRACT: Pregnant women are strongly advised to refrain from drinking all types of alcoholic beverages (beer, wine, and liquor) during pregnancy in this illustrated handout. Women who are not pregnant are encouraged to pass the message along to their friends.

87 Drinking While Pregnant. Phoenix, AZ: Phoenix Bureau of Nutrition, Arizona Department of Health Services; 1980.

Format: Pamphlet, multifolded

User: Participant, American Indian

Source: Arizona Department of Health Services, Bureau of Nutrition, 4324 North Central Avenue, Suite 300, Phoenix, AZ 85012

Cost: Single copy free

ABSTRACT: The physiological effects of alcohol on infants' and children's birthweight, growth, and mental development are described. The maternal-fetal exchange of alcohol is explained simply. Tobacco and other drug use is discouraged during pregnancy, and alcohol use is also discouraged during breast-feeding. Adequate diet, exercise, and prenatal care are advised. Illustrations depict Native Americans. Special emphasis is placed on the father's role in aiding and informing family members of the dangers of alcohol.

88 Eating Guidelines for the Recovering Alcoholic. Santa Fe, NM: Nutrition and Dietetics Training Program, Indian Health Service; 1984.

Format: 10-page booklet

User: Participant, general

Source: FNIC on loan

ABSTRACT: Health consequences of drinking alcoholic beverages and dietary guidelines for recovering alcoholics are outlined in this booklet. Eating habits and guidelines that promote good health, and a daily food guide that shows the recommended number of daily servings from each major food group, are provided. Good food sources of vitamin C, vitamin A, and calcium are identified. Suggestions are provided for coping with lactose intolerance. Moderation is recommended when consuming caffeine and sugar; overeating and smoking should be avoided when possible.

89 Home of the Red Lake Indians. Red Lake, MN: Red Lake Band of Chippewa Indians; 1986.

Format: Pamphlet, multifolded

User: Participant, American Indian

Source: Public Health Nutritionist, Public Health Service, Indian Hospital, Red Lake, MN 56671

Cost: Contact source

ABSTRACT: Basic guidelines for a healthy pregnancy are outlined in this pamphlet. Recommendations are given for avoiding the use of alcoholic beverages, drugs, and cigarettes during pregnancy. Other guidelines emphasize the importance of good prenatal care, a proper diet, vitamin supplements, and exercise. Ways in which the father can support the pregnant woman to help insure a healthy baby are also identified.

90 Listen Indian Women. Salem, OR: The Commission on Indian Services; 1982.

Format: Pamphlet, multifolded

User: Participant, American Indian

Source: Jeff Kushner, Assistant Director, Office of Programs for Alcohol and Drug Problems, 301 Public Services Building, Salem, OR 97310

Cost: Single copy free

ABSTRACT: Fetal Alcohol Syndrome (FAS) is briefly described in this pamphlet. The mental and physical abnormalities that characterize FAS are identified. Since there is no known level of safe drinking during pregnancy, and since alcohol is most likely to have harmful effects during the first 3 months of pregnancy, women who are pregnant or planning to become pregnant are strongly urged to refrain from drinking alcoholic beverages.

91 Protect Our O'odham Future—Prevent Fetal Alcohol Syndrome. Sells, AZ: Tohono O'odham Community Health Department; 1985.

Format: Pamphlet, multifolded

User: Participant, American Indian

Source: Tohono O'odham Health Department, Maternal-Child Health, P.O. Box 837, Sells, AZ 85634

Cost: Contact source

ABSTRACT: This pamphlet discusses the effects of alcohol on the unborn child. Specific topics addressed are the differences between Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE), the resulting physiological manifestations of both in the affected child, and how much alcohol consumption is considered safe during pregnancy. Included are tips for men and women on preventing Fetal Alcohol Syndrome.

92 Thanks for Caring Enough Not to Drink. Sells, AZ: Tohono O'odham Community Health Department; 1985.

Format: Poster, 28" x 24"

User: Participant, American Indian

Source: Tohono O'odham Health Department, Maternal-Child Health, P.O. Box 837, Sells, AZ 85634

Cost: 1-5 copies free

ABSTRACT: Designed for the Fetal Alcohol Syndrome Prevention Project for American Indians, this poster colorfully depicts a pregnant Indian woman interacting with supportive family members and friends in a traditional village setting. The written message encourages a mother-to-be not to drink during pregnancy.

93 What Can a Man Do To Help His Wife and Unborn Baby?

Albuquerque, NM: All Indian Pueblo Council; not dated.

Format: 4-page pamphlet

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: To assist the pregnant American Indian women in avoiding Fetal Alcohol Syndrome, this pamphlet offers several suggestions as to how the male can be supportive. Suggestions on some good eating and health practices are listed for the father-to-be, in addition to ways he can provide support to the mother of his child to insure a healthy baby.

94 Will My Drinking Hurt My Baby?

Red Lake, MN: Red Lake Indian and Free Drug Program; 1986.

Format: Pamphlet, multifolded

User: Participant, general

Source: Public Health Nutritionist, Public Health Service, Indian Hospital, Red Lake, MN 56671

Cost: Contact source

ABSTRACT: Pregnant women are strongly encouraged not to drink alcoholic beverages in this pamphlet. In addition, women who drink heavily are advised not to become pregnant. Women are urged to spread the message about the harmful effect of alcohol to their friends, and to contact local drug and alcohol programs for more information.

95 You Have a Choice, but Your Baby Doesn't.

Compton, CA: The American Indian Free Clinic; not dated.

Format: Pamphlet, multifolded

User: Participant, general

Source: The American Indian Free Clinic, P.O. Box 4068, 1330 South Long Beach Boulevard, Compton, CA 90221

Cost: Contact source

ABSTRACT: Drinking alcohol, smoking, and consuming drugs or medications during pregnancy can be harmful to the fetus. Both alcohol and smoking have been shown to cause problems: drugs/medications should only be taken under a doctor's care. Ways to successfully cope with these habits as well as the risks of each are presented in the pamphlet.

Materials for Participants on

General Nutrition Diet Health



Materials for Participants on General Nutrition Diet Health

96 A Guide for Low Fat and Low Cholesterol Eating. Oneida, WI: Nutrition Department, Oneida Community Health Center; 1987.

Format: Pamphlet, multifolded

User: Participant, general

Source: Oneida Community Health Center, Attn: Susan Millard, 824 Double EE Road, De Pere, WI 54115

Cost: Single copy—contact source; \$15 per 100 copies

ABSTRACT: Guidelines for a low-fat, low-cholesterol diet are outlined in this pamphlet. A chart divides food items in the major food groups into three categories: (1) use most often, (2) use moderately, and (3) avoid. Characteristics and food sources of cholesterol and other types of fat (saturated, polyunsaturated, monounsaturated, hydrogenated) are identified. Food selection and preparation actions are listed, and the reader is asked to note which steps he or she is willing to take for a healthy heart.

97 Avoid Too Much Fat and Cholesterol. Indianapolis, IN: Indiana State Board of Health; 1986.

Format: Pamphlet, multifolded

User: Participant, general

Source: Indiana State Board of Health, Division of Nutrition, 1330 W. Michigan Street, P.O. Box 1964, Indianapolis, IN 46206-1964

Cost: Single copy free (contact Ms. Gerry Seifert, R.D., for reprint information)

ABSTRACT: This pamphlet defines cholesterol, why too much can be a problem, and how much is really needed from the diet, and gives ways to cut down on its consumption. Some tips on learning to read labels, how to enjoy low-fat foods, and trying new cooking methods are given to help lower dietary fat and cholesterol intakes. The 1985 edition of the Dietary Guidelines for Americans is included with descriptive pictures.

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- 98 Basic Foods.** Zuni, NM: Pueblo of Zuni WIC Program; 1986.
- Format:** 4-page pamphlet
- User:** Participant, American Indian (Pueblo)
- Source:** Pueblo of Zuni WIC Program, P.O. Box 339, Zuni, NM 87327
- Cost:** Single copy free
- ABSTRACT:** This pamphlet is basically a chart of the basic four food groups. Within each food group is a list of foods in ascending order of caloric content, and the daily minimum number of servings for adults, teens, children, and pregnant women. Foods to be considered extra to each food group are listed separately.
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- 99 Calcium,** by Jill Randell. Ithaca, NY: Cornell University; not dated.
- Format:** 4-page pamphlet
- User:** Participant, general
- Source:** Choctaw Nation of Oklahoma, WIC Program, Drawer 1210, Durant, OK 74702-1210
- Cost:** Contact source
- ABSTRACT:** This pamphlet describes why calcium is needed by babies, children, and adults. It discusses the importance of eating foods high in calcium and provides a list of high calcium foods. The amounts of calcium needed by adults, children, growing teenagers, and pregnant or nursing women are given both pictorially and in words. Also included is information on using dry milk powder as an inexpensive low-calorie source of calcium. Examples on using dry milk powder in soups, sauces, breads, and cereals are given.
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- 100 Calcium.** Zuni, NM: Zuni WIC Program; 1986.
- Format:** 4-page pamphlet
- User:** Participant, general
- Source:** Pueblo of Zuni WIC Program, P.O. Box 339, Zuni, NM 87327
- Cost:** Single copy free
- ABSTRACT:** This pamphlet lists sources of dietary calcium from both single foods and combination dishes. Calcium daily needs are given in terms of milk equivalents. Space is provided for an individual to list the calcium-rich foods eaten each day and others that could be easily added to the diet. Since the booklet does not address the reason why calcium is an important part of the diet, it is useful as a supplementary handout.
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- 101 Calcium Sources for Those Who Do Not Drink Milk.** Portland, OR: Portland Area Office, Indian Health Service; 1981.
- Format:** 5-page pamphlet
- User:** Participant, general
- Source:** FNIC on loan
- ABSTRACT:** This pamphlet identifies sources of calcium for those who do not have milk in the house or who cannot consume milk or other dairy products because of lactose intolerance. Serving sizes for a variety of foods are given which make the calcium in them equal to that in 1 cup of milk. In addition, information is included on lactose intolerance and on how to cope with the condition.

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- 102 Check Out This Booklet If You Feel...Weak, Tired, Sleepy, Sick and Grouchy, and Don't Feel Like Eating.** Window Rock, AZ: Navajo Nation WIC Program; 1986.
- Format:** 12-page booklet
- User:** Participant, American Indian
- Source:** FNIC on loan
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- 103 Diarrhea Prevention.** Author unknown; not dated.
- Format:** 8-page booklet
- User:** Participant, general
- Source:** FNIC on loan
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- 104 Eat Better!—Feel Great!** Phoenix, AZ: Dietetic Department, Phoenix Indian Medical Center, Indian Health Service; 1984.
- Format:** 5-page pamphlet
- User:** Participant, general
- Source:** FNIC on loan
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- 105 Eat the Right Foods to Prevent Anemia,** by Helen Hooper. Mt. Edgecumbe, AK: Mt. Edgecumbe Native Hospital, Indian Health Service; 1983.
- Format:** Pamphlet, multifolded
- User:** Participant, Alaska Native and Coastal Indian Tribes
- Source:** FNIC on loan
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- ABSTRACT:** This booklet is concerned with the importance of iron in the diet. Information is presented on what iron is, how the body uses it, and symptoms of iron deficiency anemia and its prevention. Food sources and cooking tips to increase dietary iron are given. Both the pictures and written material are simply presented.
- ABSTRACT:** This booklet discusses how people get diarrhea, including how to stop it before it starts. It provides a list of danger signs of diarrhea in babies and how to care for babies during the first 3 days they have diarrhea. Some easy-to-read and understand tips on how to stay healthy are presented by pictures with captions.
- ABSTRACT:** Designed to educate the American Indian population about better eating habits, this pamphlet explores several eating ideas. Fruits, vegetables, whole grains, and legumes are emphasized in innovative ways for maximizing nutrition; creative tips for cutting back on sugar, salt, and fats are included.
- ABSTRACT:** Geared for the Alaska Native population, this pamphlet presents in a simple way some basic information about anemia. Addressed are: what anemia is, its symptoms, the importance of iron to health, direct food sources of iron, and foods with nutrients that help the body absorb iron. Laboratory diagnostic tests for anemia and acceptable values for men and women are included.

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- 106 Fiber ("Nature's Broom").** San Juan Pueblo, NM: Eight Northern Indian Pueblos Council WIC Program; 1986.
- Format:** 1-page flyer
- User:** Participant, American Indian
- Source:** Carol Rose, Nutritionist, Eight Northern Indian Pueblos Council WIC Program, P.O. Box 969, San Juan Pueblo, NM 87566
- Cost:** Single copy free
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- 107 Focus Your Efforts on Things That Matter.** Oklahoma City, OK: Oklahoma City Area, Indian Health Service; 1986.
- Format:** 1-page flyer
- User:** Participant, general
- Source:** FNIC on loan
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- 108 Food for Red Blood.** Oklahoma City, OK: Nutrition Branch, Oklahoma City Area, Indian Health Service; 1984.
- Format:** 8-page booklet
- User:** Participant, American Indian
- Source:** FNIC on loan
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- 109 Foods to Eat Each Day.** Bemidji, MN: University of Minnesota, Cooperative Extension Service; not dated.
- Format:** 4-page pamphlet
- User:** Participant, American Indian
- Source:** County Extension Office, Court House, Bemidji, MN 56601
- Cost:** Contact source
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- ABSTRACT:** This flyer is designed to inform the American Indian about the benefits of dietary fiber. It presents food sources as well as suggested serving amounts. Highlighted is fiber's role in preventing constipation as well as a potential preventive in various diseases. A fiber quiz is included.
- ABSTRACT:** Smoking, alcohol consumption, fad diets, exercise, smoke detectors, seat belts, blood pressure checks, and obesity are the topics briefly discussed in this flyer. It gives advice on the steps to take to improve one's health and recommends a strong commitment to achieving good health.
- ABSTRACT:** Dietary recommendations for increasing iron intake and preventing iron-deficiency anemia are outlined in this booklet. Common causes and symptoms of iron-deficiency anemia are described. Iron-rich foods are identified in each of the following groups: meat and meat substitutes, breads and cereals, fruits and fruit juices, vegetables, and miscellaneous foods. A daily food guide specifies the recommended daily number of servings for each of the major food groups, and identifies common foods in each group. A sample meal plan and menu emphasizes iron-rich foods; a recipe for braised liver and stewed tomatoes is also included.
- ABSTRACT:** Designed to educate the American Indian about the importance of good nutrition for good health, this pamphlet lists several reasons for eating nourishing foods. A chart showing the four food groups is included, along with examples of food sources from each group.

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- 110 Good Growth Is...the Road to Health.** Sells, AZ: Tohono O'odham Community Health Department; 1981.
- Format:** Two pamphlets, multifolded (one for boys and one for girls)
- User:** Participant, American Indian
- Source:** Tohono O'odham Health Department, Maternal-Child Health, P.O. Box 837, Sells, AZ 85634
- Cost:** 1-5 copies free
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- 111 Healthy Teeth for Happy Smiles.** Sacramento, CA: WIC Supplemental Food Section, California Department of Health Services; 1984.
- Format:** 4-page pamphlet
- User:** Participant, general
- Source:** WIC Supplemental Food Section, California Department of Health Services, 1103 North "B" Street, Sacramento, CA 95814
- Cost:** Contact source
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- 112 High Blood Pressure.** Sells, AZ: Tohono O'odham Community Health Department; 1982.
- Format:** 12-page booklet
- User:** Participant, Tohono O'odham
- Source:** Tohono O'odham Health Department, Maternal-Child Health, P.O. Box 837, Sells, AZ 85634
- Cost:** 1-3 copies free
- ABSTRACT:** A height/weight chart and a graph, an immunization record, and good nutrition tips for infants and children are found in these pamphlets which were developed as part of the Papago Nutrition Improvement Program. There are spaces for keeping record of a child's growth and immunizations, as well as a reference standard against which to compare a child's growth from birth to 5 years. There are two different versions of this publication, one for boys and one for girls.
- ABSTRACT:** Guidelines for protecting infants' teeth and preventing future dental problems are outlined in this brochure. Recommendations are provided on proper feeding from both bottle and cup. Toothbrushing and flossing guidelines are provided for infants from birth to 6 years of age. Eating habits that help promote healthy teeth and gums are presented.
- ABSTRACT:** Treatment of high blood pressure is outlined in this health information booklet developed for a nutrition workshop series. Via a cartoon story the importance of weight loss in lowering the risk for diabetes, high blood pressure, and gall bladder disease are reviewed. The definition, risk factors, and treatment of high blood pressure are summarized and illustrated with simple figures and drawings. Recommendations for dietary changes (weight loss, reduced salt intake), exercise, and medications used to treat high blood pressure are provided.

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- 113 High Blood Pressure and Commodity Foods.** Kincheloe, MI: Indian Health Center; 1985.
- Format:** Pamphlet, multifolded
- User:** Participant, general
- Source:** FNIC on loan
- ABSTRACT:** Guidelines for using commodity foods while following a diet to control blood pressure are outlined in this pamphlet. Specific food selection and preparation suggestions are outlined for each of the following recommendations: decrease sodium intake, eat less fat and cholesterol, and achieve normal weight. The importance of exercising regularly and taking medications as prescribed to control blood pressure is also discussed. Health risks associated with high blood pressure are identified.
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- 114 Hyperlipidemia - What Is It?** Oklahoma City, OK: Oklahoma City Area, Indian Health Service; 1985.
- Format:** 1-page flyer
- User:** Participant, general
- Source:** FNIC on loan
- ABSTRACT:** This flyer defines hyperlipidemia and its causes. Further information is provided about how circulation is affected and the seriousness of the disease. The prescribed dietary treatment is presented along with advice to seek the help of a qualified dietitian/nutritionist.
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- 115 Iron Foods + Vitamin C = A Great Combo.** Juneau, AK: Nutrition Services, Alaska Department of Health and Social Services; 1984.
- Format:** Pamphlet, multifolded
- User:** Participant, Alaska Native
- Source:** Alaska Department of Health and Social Services, Division of Public Health, Nutrition Services, Box H, Juneau, AK 99811-0612
- Cost:** Contact source
- ABSTRACT:** Recipes that combine foods that are high in iron with foods that are good sources of vitamin C to enhance iron absorption are introduced in this brochure. Recipe items include Alaskan goulash, tabouli, lentil chili, fruit soup, garbanzo salad, and salmon-broccoli casserole. "Mini-recipes" suggest simple food combinations that provide both iron and vitamin C.

116 Iron: The Blood Builder. Ada, OK: Chickasaw Nation WIC Program; 1986.

Format: 4-page pamphlet

User: Participant, American Indian

Source: Melinda Newport, Nutrition Coordinator, Chickasaw Nation WIC Program, P.O. Box 1548, Ada, OK 74820

Cost: Single copy free (can be duplicated)

ABSTRACT: This pamphlet is designed to inform American Indians about the importance of dietary iron. It explains why iron is necessary and which foods are rich sources. Tips are given on how to increase iron absorption and includes a list of vitamin C-rich foods.

117 Moderate Sodium Restricted Diet, 2-3 Grams. Oklahoma City, OK: Oklahoma City Area, Indian Health Service; 1986.

Format: Pamphlet, multifolded

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: This pamphlet is designed to assist those people who must follow a sodium-restricted diet of 2-3 grams per day. Grouped according to the major food groups, foods to be avoided are listed next to foods that can be eaten instead. Suggestions for seasonings and cooking ingredients to be used or avoided are also given. Emphasis is placed on reading labels carefully when buying canned, packaged, and frozen foods.

118 Nutrient Fact Sheets. Tahlequah, OK: Cherokee Nation WIC Program; not dated.

Format: Five 1-page fact sheets

User: Participant, general

Source: FNIC on loan

ABSTRACT: This collection of nutrition fact sheets provides information on vitamins A and C, calcium, iron, and food fiber. Food sources, nutrient functions, preparation and food handling methods, and nutrient requirements comprise some of the contents. Four of the five fact sheets are illustrated.

119 Nutrific Notes: A Nutrition Newsletter for Parents. Billings, MT: Nutrition Association of Montana; 1986.

Format: 2-page flyer

User: Participant, general

Source: Nutrition Association of Montana, 1236 N. 28th Street, Suite 106, Billings, MT 59101

Cost: Single copy—contact source; subscription \$10 per year

ABSTRACT: This flyer is one of a series of nutrition newsletters for parents. Designed to instruct the consumer on food sources of vitamin C, it lists some common food sources as well as Recommended Dietary Allowances for infants, children, adults, and pregnant women. Proper storage and cooking methods are presented, along with snack ideas for children.

120 Nutrition Primer. Santa Fe, NM: Nutrition and Dietetics Training Program, Indian Health Service; not dated.

Format: 14-page tabbed booklet

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: Designed to educate the American Indian population about good nutrition, this booklet summarizes some basic information on nutrition-related topics. What nutrition is and how nutrients are absorbed is discussed. The importance of water, carbohydrates, fats, proteins, vitamins, and minerals in the diet is addressed. Proper food combinations according to a daily food guide are shown. Throughout the booklet, references are made to apply the information to the special needs of American Indians. Charts of the major vitamins and minerals are included.

121 Personal Hygiene. Ada, OK: Chickasaw Nation WIC Program; not dated.

Format: 4-page pamphlet

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: A brief discussion on the importance of having good personal hygiene is presented. Tips are given on such topics as eating a balanced diet, washing, grooming, exercising regularly, and getting plenty of rest.

122 Prevent Constipation with a Balanced Diet... Oklahoma City, OK: Oklahoma City Area, Indian Health Service; 1978.

Format: 4-page pamphlet

User: Participant, American Indian

Source: FNIC on loan

ABSTRACT: Health and eating habits that can help prevent constipation are outlined in this pamphlet. Recommendations include (1) eating regular meals and snacks, (2) choosing foods high in fiber, such as fruits, vegetables, and whole-grain breads and cereals, (3) exercising regularly, (4) drinking plenty of fluids, and (5) avoiding laxatives unless prescribed by a doctor. A sample menu plan that contains a variety of fiber-rich food is suggested to provide adequate nutrients and calories, as well as fiber.

123 Search For Nutrition.

Alexandria, VA: Food and Nutrition Service, U.S. Department of Agriculture; 1983.

Format: 80 slides/10-minute audiocassette

User: Participant, American Indian

Source: Photography Division, U.S. Department of Agriculture, Office of Governmental and Public Affairs, Room 4407 South Building, 14th and Independence Avenue, S.W., Washington, DC 20250.

Cost: \$30 per slide set and cassette

ABSTRACT: Materials developed for the American Indian food assistance program discuss ways in which the Indians originally secured foods. Drying and storing foods for use in the winter season and for medicine were important functions. Several medical problems (diabetes, hypertension) are discussed with particular emphasis placed on foods that can aggravate the conditions. Suggestions are provided that will help the individual choose foods carefully, select a wide variety of foods, and stretch the food dollar. The food groups and the reasons for their importance in health are explained. Exercise and calorie counting are stressed.

124 Snacks. Sacramento, CA: WIC Supplemental Food Section, California Department of Health Services; not dated.

Format: 4-page pamphlet

User: Participant, general

Source: WIC Supplemental Food Section, California Department of Health Services, 1103 North "B" Street, Sacramento, CA 95814

Cost: Contact source

ABSTRACT: Various nutritious snack foods and recipes are presented in this brochure. Snacks that are high in fat and sugar and foods that contain hidden sugars are identified. Suggestions for juicy, crunchy, "hungry?," and "thirsty?" snacks are listed. Recipes for an orange shake, make-your-own kabobs, pizza muffins, and veggies and dip are given.

125 The Vegetarian Follows the Star Guide to Good Eating. New York, NY: New York City Department of Health; 1987.

Format: 12-page booklet

User: Participant, general

Source: Catherine Cowell, Ph.D., Director, Bureau of Nutrition, New York City Department of Health, 93 Worth Street, Room 714, New York, NY 10013

Cost: Single copy free with 8-1/2" x 11" self-addressed envelope and \$.44 postage

ABSTRACT: Guidelines for planning nutritious vegetarian diets are outlined in this booklet. A daily food guide shows the recommended number of servings, sample foods, and nutrients provided by the following food groups: protein foods, vitamin A-rich fruits and vegetables, vitamin C-rich foods and vegetables, whole-grain and enriched breads and cereals, dairy products, oils and fats, and potatoes and other fruits and vegetables. Strict-vegetarian, lacto-vegetarian, and lacto-ovo vegetarian diets are differentiated. The concept of protein "pairing" is defined, and sample food combinations and recipes that demonstrate this technique are provided for each type of vegetarian diet. Two sample menus and the accompanying recipes are presented for each type of vegetarian diet. Calorie, protein, carbohydrate, and fat totals are calculated for each menu. Good food sources of calcium and plant sources of iron are identified.

126 Type IV-Hyperlipoproteinemia Diet, 1,500 Calories. Oklahoma City, OK: Oklahoma City Area, Indian Health Service; 1987.

Format: Pamphlet, multifolded

User: Participant, general

Source: FNIC on loan

ABSTRACT: Guidelines for following a 1,500-calorie diet to control Type IV hyperlipoproteinemia (controlled carbohydrate, modified fat, moderately restricted cholesterol) are presented in this pamphlet. A daily meal plan outlines the number of servings from each food group recommended for breakfast, lunch, dinner, and snacks. Food items in each food group are identified, along with their appropriate serving units. Lists of allowed foods, beverages, and seasonings, and of foods that should be avoided, are provided. Guidelines are presented for food selection, food preparation, meal planning, and the use of alcoholic beverages.

127 Vitamin A. Zuni, NM: Pueblo of Zuni WIC Program; 1986.

Format: 4-page pamphlet

User: Participant, general

Source: Pueblo of Zuni WIC Program, P.O. Box 339, Zuni, NM 87327

Cost: Single copy free

ABSTRACT: Food sources of vitamin A are identified in this brochure. A short self-evaluation activity is included to help readers identify vitamin A foods they already eat and others they could eat more often. Snacks are suggested that can be important sources of vitamin A, particularly for pregnant or breastfeeding women.

128 Vitamin C. Zuni, NM: Pueblo of Zuni WIC Program; 1986.

Format: 4-page pamphlet

User: Participant, general

Source: Pueblo of Zuni WIC Program, P.O. Box 339, Zuni, NM 87327

Cost: Single copy free

ABSTRACT: This pamphlet lists excellent and good dietary sources of vitamin C. Proper cooking methods of vitamin C-containing foods are illustrated. Sources of vitamin C for infants are addressed. An educational activity for identifying vitamin C-rich foods provides the reader with a personal evaluation of vitamin C intake.

129 Where's the Salt? Oklahoma City, OK: Oklahoma City Area, Indian Health Service; 1986.

Format: 2-page flyer

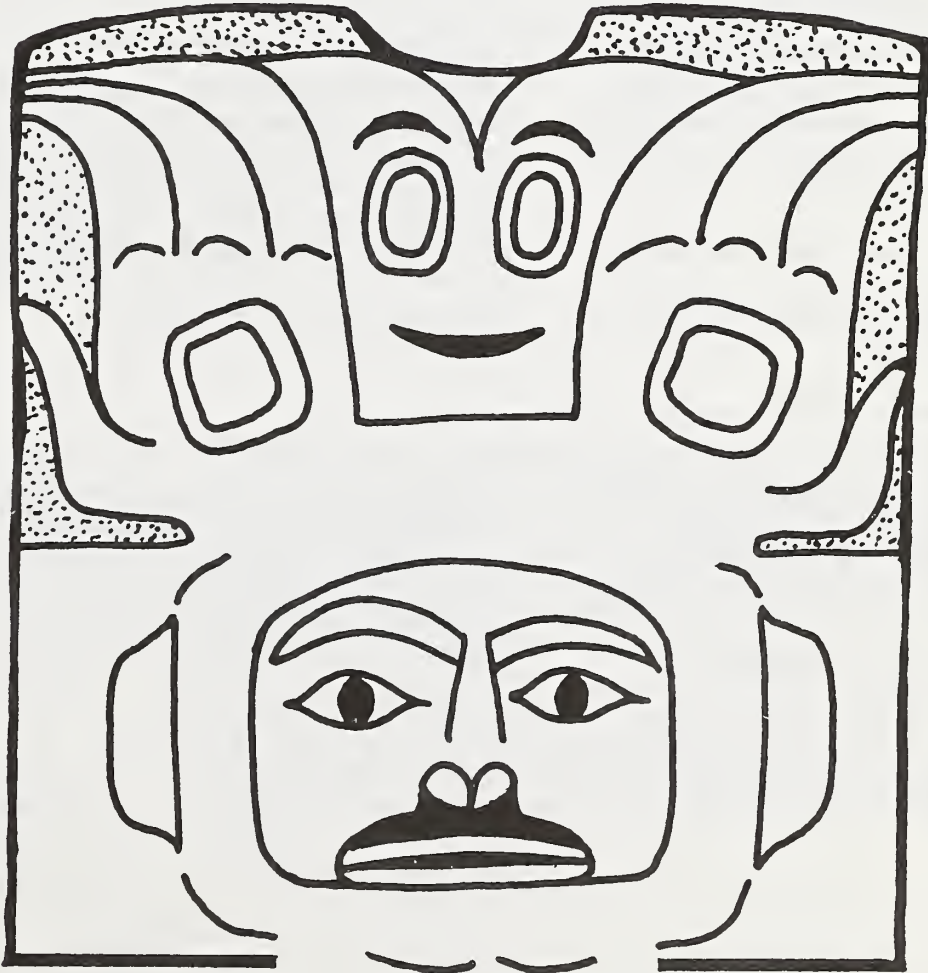
User: Participant, general

Source: FNIC on loan

ABSTRACT: Designed to instruct on acceptable consumption levels of salt, this flyer describes what salt is and the risks associated with excess intake. Where salt is found in the diet, food choices for decreasing salt consumption, recommended daily intakes, cautions with salt tablets, and exercise are covered. Sodium content of foods often eaten by American Indians is included.

Materials for Participants on

Foods Food Preparation



Materials for Participants on Foods Food Preparation

130 Classy Commodity Cooking.
Bismarck, ND: Fort Berthold
Cooperative Extension Office
and Child Nutrition and
Food Distribution Programs,
Department of Public
Instruction; 1985.

Format: 104-page cookbook

User: Participant, general

Source: Kathryn Grafsgaard,
Director, Office of Child
Nutrition and Food Distribution
Programs, Department of Public
Instruction, State Capitol
Building—11th Floor,
Bismarck, ND 58505

Cost: Single copy \$5

ABSTRACT: Designed to turn commodity foods into creative cuisine, this recipe booklet is a compilation of main dishes, soups, vegetables, breads, desserts, jams/jellies, and beverages. The cookbook gives general tips on preparing each type of food, cooking terms, dried food tables, food substitution and measurement equivalents, and microwave usage. The simple recipes are generic enough for national use.

131 Classy Commodity Cooking.
San Juan Pueblo, NM: Santa
Fe Service Unit, Indian Health
Service; 1986.

Format: 33-page cookbook

User: Participant, American
Indian

Source: FNIC on loan

ABSTRACT: Simple and convenient recipes using commodity foods are presented in this cookbook. Some recipes were introduced in food demonstration and tasting sessions at several Northern Indian Pueblos Commodity Food Distribution Program distribution sites. Recipes are categorized into vegetables and fruits, milk dishes, meat and meat substitutes, and breads and grains. Currently available commodity foods in each of the basic four food groups are identified.

**132 CNO WIC Presents: Freezing
Fruits and Vegetables.**
Tahlequah, OK: Cherokee
Nation WIC Program; not dated.

Format: 1-page flyer

User: Participant, general

Source: FNIC on loan

ABSTRACT: This flyer provides both general and specific tips for choosing and storing summer produce. The general tips cover such topics as choosing the right container and how to seal and label it, packing food, and proper storage. The specific tips cover choosing, washing, and preparing fruits and vegetables for freezing.

133 Commodity Cooking—Menus and Recipes for Use with Donated USDA Commodities.

San Francisco, CA: U.S. Department of Agriculture, Food and Nutrition Service; 1985.

Format: 60-page book

User: Participant, general

Source: U.S. Department of Agriculture, Food and Nutrition Service, Western Regional Office, 550 Kearny Street, Room 400, San Francisco, CA 94108

Cost: Single copy free

ABSTRACT: Thirty-one days' worth of menus and recipes that use USDA commodities are presented in this cookbook. The menus and recipes use commonly available ingredients and were home tested for acceptability. The cooking time for each recipe is minimized by preparing foods in quantity and using "planned overs" for later meals. Although the recipes were developed for normal diets, the amounts of fat, salt, and sugar in the recipes were modified to the extent possible without affecting taste or overall acceptability. Recipe categories include soups and sandwiches, salads, sauces and dressings, vegetables, main dishes, breads, desserts, and breakfast recipes. A list of commonly used USDA commodities and a recipe index are included.

134 Commodity Food Distribution Program Newsletter.

San Juan Pueblo, NM: Eight Northern Indian Pueblos Council, Food Distribution Program; not dated.

Format: Six newsletters

User: Participant, American Indian

Source: Eight Northern Indian Pueblos Council, Food Distribution Program, P.O. Box 969, San Juan Pueblo, NM 87566

Cost: Contact source

ABSTRACT: Nutrition tips, suggestions for using commodity foods from the Food Distribution Program, and numerous recipes are presented in these quarterly newsletters. Recent feature articles include menu planning, food safety and sanitation, snacking, and cold weather foods. Crossword puzzles test reader knowledge of current commodity foods. Background information (uses, storage, nutritive value) and recipes are provided for new commodity food items to introduce them to Food Distribution Program participants.

135 Cook Book, by Bertha W. Jennings, Editor. Washington, DC: American Indian Society; 1975.

Format: 75-page cookbook

User: Participant, American Indian

Source: American Indian Society, 519 5th Street, S.E., Washington, DC 20003

Cost: Contact source

ABSTRACT: The many contributions of American Indians to cookery are featured in this cookbook of traditional recipes. Many foods commonly eaten today that originated with the American Indian are presented. Some foods may be considered exotic (moose, snapping turtle, buffalo, beaver, opossum, quail, rattlesnake), but serve to illustrate Indian resourcefulness. Native dishes from many regions and tribes include venison stew (Mohawk), fried razor clams (Alaska), wild rabbit (Onandaga), wild rice casserole (Chippewa), piñon nut soup (Paiute), prickly pear jelly (Pawnee), and Seneca bean bread. Poems, drawings, and photographs complement the recipes. Some modification would be necessary to lower the sugar, fat, and salt in these traditional recipes.

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- 136 Cookin' with Commodities**, by Mark Keeley, M.P.H., R.D., Editor. Tahlequah, OK: Cherokee Nation of Oklahoma; 1987.
- Format:** 64-page cookbook
- User:** Participant, American Indian
- Source:** Cherokee Nation Donated Food Program, P.O. Box 948, Tahlequah, OK 74465
- Cost:** Single copy free
- ABSTRACT:** A compilation of recipes, this booklet is designed to help the recipient in the Cherokee Nation Donated Foods Program prepare meals with commodity foods. Main dishes, breads/grain products, and desserts constitute the recipe sections. Each recipe is simply stated and basic enough for national use. In each recipe the commodity ingredients are highlighted in large print, and nutrient information is given for calories, fat, cholesterol, and sodium. Two interesting features include "how to" hints on using commodity foods for those with diabetes and high blood pressure, and a commodity food substitutions and equivalents table.
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- 137 Don't Fry? How Else Can I Cook?** Phoenix, AZ: Dietetic Department, Phoenix Indian Medical Center, Indian Health Service; 1984.
- Format:** 4-page pamphlet
- User:** Participant, general
- Source:** FNIC on loan
- ABSTRACT:** Cooking methods that can be used instead of frying to control calories and fat in foods are described in this pamphlet. Step-by-step instructions are provided for preparing foods by baking, broiling, boiling, steaming, and poaching. Simple drawings illustrate preparation instructions. Specific foods that can be prepared using each method are identified.
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- 138 Food Storage.** Santa Fe, NM: Santa Fe Service Unit, Indian Health Service; not dated.
- Format:** 1-page flyer
- User:** Participant, general
- Source:** FNIC on loan
- ABSTRACT:** This flyer provides some general guidelines on the long- and short-term storage of food at home. Of particular interest is the list of foods that can be safely stored on a shelf at 70 °F or cooler for 6 months, 12 months, 18 months, 2 years, and 5 years.
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- 139 From The Cooking Kettle: Try These Recipes Using Commodity Foods.** Phoenix, AZ: Dietetic Department, Phoenix Indian Medical Center, Indian Health Service; 1986.
- Format:** 5-page cookbook
- User:** Participant, general
- Source:** FNIC on loan
- ABSTRACT:** Recipes using USDA commodity foods are presented in this cookbook. Dry milk recipes include peanutty milk drink, banana milk, milk gravy, and cheese sauce. A "Quickie Mix" is the basic ingredient in recipes for biscuits, pancakes, muffins, and egg dumplings. A "Basic Cookie Mix" is used in a variety of cookie recipes. Instructions are provided for reconstituting dried egg mix. Recipes are given that use dried and reconstituted egg mix.

140 Guide to Plants Shown in Alaska's Garden and Wild Vegetables and Fruits. Juneau, AK: Nutrition Services, Alaska Department of Health and Social Services; 1985.

Format: Poster, 17-1/2" x 23"

User: Participant, general

Source: H. Jeanne Jones, Alaska Department of Health and Social Services, Division of Public Health, Nutrition Services, Box H, Juneau, AK 99811-0612

Cost: Contact source

ABSTRACT: Alaska's garden and wild vegetables and fruits are colorfully displayed on this poster. The poster depicts an American Indian woman and child surrounded by a variety of nutritious fresh fruits and vegetables. A plant guide on the reverse side identifies each of the fruits and vegetables shown on the poster by both common and scientific name (genus and species).

141 Harmony Thru Native Navajo Foods. Tucson, AZ: Community Nutrition Education Program, Department of Food and Nutrition of the University of Arizona; 1983.

Format: Pamphlet, multifolded

User: Participant, American Indian

Source: The Navajo Tribe, Division of Health Improvement Services, Department of Food and Nutrition, Drawer 1390, Window Rock, AZ 86515

Cost: Contact source

ABSTRACT: This pamphlet provides information about Navajo native foods in a chart format. In addition to the Navajo basic four food groups (corn and wheat, plants and berries, protein, and milk substitutes) that coincide with basic four food groups used for non-Indian foods, the pamphlet includes the recommended number of servings per day from each group and reasons to eat these foods daily.

142 Holiday Meals...Serve Them Safely. Oklahoma City, OK: Oklahoma City Area, Indian Health Service; 1984.

Format: 1-page flyer

User: Participant, general

Source: FNIC on loan

ABSTRACT: Designed for instruction in the safe handling of foods for prevention of food-borne illnesses, this flyer focuses on holiday meals for group feedings and buffets. Hints on the safe preparation and handling of food at holiday time are listed.

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- 143 Pueblo Indian Cookbook**, by Phyllis Hughes. Santa Fe, NM: Museum of New Mexico Press; 1977.
- Format:** 64-page cookbook
- User:** Participant, American Indian
- Source:** FNIC on loan
- ABSTRACT:** A wide variety of authentic traditional recipes derived from the Pueblo Indians of the American Southwest is compiled for homemakers and food culturists. The recipes are organized under breads; vegetables and chili; soups, stews, and dumplings; meats; desserts; drinks; wild foods; and miscellaneous. All of the recipes are time-honored, have been kitchen-tested, and have been modified to convert "a pinch of this" into accurate measurements for modern kitchens. Several esoteric recipes (e.g., piki bread) have been included, along with many easily prepared standard items, such as fry bread and San Juan squash. These recipes represent virtually the entire repertoire of Pueblo cooking, ranging from chickpea soup to piñon nut cake.
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- 144 Recipes.** Santa Fe, NM: Nutrition and Dietetics Training Program, Indian Health Service; 1986.
- Format:** 28 recipes in folder
- User:** Participant, general
- Source:** FNIC on loan
- ABSTRACT:** A variety of quantity recipes using USDA commodities is presented in this recipe folder. Recipes contain information on (1) ingredients and amounts, (2) preparation procedures, (3) portion size, and (4) nutrient composition (calories, protein, carbohydrate, fat, sodium). Recipe categories include main dishes (meats, casseroles, soups, omelettes), dry beans, potatoes and vegetables, fruits, breads, desserts, and beverages.
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- 145 Seminole Tribe of Florida WIC/Commodity Programs—Cookbook**, by Debbie Wiggins. Hollywood, FL: Seminole Tribe, WIC/Commodity Programs; 1985.
- Format:** 44-page cookbook
- User:** Participant, American Indian
- Source:** WIC Program, Seminole Tribe, 6353 Forrest Street, N.W., Hollywood, FL 33024
- Cost:** Contact source
- ABSTRACT:** Nutritious and economical recipes made with foods from the WIC and Commodity Supplemental Food Packages are presented in this cookbook. Basic recipes that have national appeal are included for meat, milk, fruits and vegetables, and breads and cereals. Commodity ingredients include instant nonfat dry milk, canned meat, fruit juices, canned fruits and vegetables, and enriched grains and cereals. A daily food guide identifies the major nutrients provided by the basic food groups and outlines the recommended number of daily servings for children and pregnant and breastfeeding women. Additional information includes (1) a list of weight and measure equivalents, (2) food shopping tips, (3) a glossary of cooking terms, (4) food preparation guidelines, (5) dietary modifications to lower fat intake, and (6) instructions for cooking with sugar substitutes.

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- 146 Southwestern Indian Recipe Book—Volume 1: Apache, Papago, Pima, Pueblo, and Navajo**, by Zora Getmanky Hesse. Palmer Lake, CO: Filter Press; 1973.
- Format:** 60-page cookbook
- User:** Participant, American Indian
- Source:** FNIC on loan
- ABSTRACT:** A collection of 39 traditional recipes contributed by five Indian tribes of the American Southwest features staple foods traditionally grown in Indian village gardens. These native foods include corn, squash, pinto beans, red and green chilis, pumpkin, and wild desert plants, e.g. prickly pear, mesquite, tepary, squawberry, and cholla. Many recipes of the Apache, Papago, Pima, Pueblo, and Navajo originated before contact was made with Spanish culture; others include foods introduced with colonization. Most ingredients found in these recipes, however, are available in local supermarkets and grocery stores.
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- 147 Spilling the Beans...Into These Recipes.** Frazee, MN: Northharvest Bean Grower's Association; not dated.
- Format:** Pamphlet, multifolded
- User:** Participant, general
- Source:** Northharvest Bean Grower's Association, RR, Box 520, Frazee, MN 56544
- Cost:** Contact source
- ABSTRACT:** Dry beans are described as a good protein buy: low in cost, high in nutrition, and useful in an endless variety of dishes. Combined with complementary foods, the protein quality equals that of animal sources. Hints on successful buying, soaking, and cooking of beans are presented. along with information on bean nutrition. The pamphlet includes several recipes.
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- 148 Stretch Your Food Dollars.** Phoenix, AZ: Dietetic Department, Phoenix Indian Medical Center, Indian Health Service; 1980.
- Format:** 4-page pamphlet
- User:** Participant, general
- Source:** FNIC on loan
- ABSTRACT:** Shopping tips designed to give the most nutrition for one's food dollar are presented in this pamphlet. Specific tips are provided for high protein foods (eggs, meat and poultry, dry peas and beans), dairy foods, fruits and vegetables, and breads and cereals. General suggestions are provided on (1) good shopping habits, (2) how to take advantage of sales and coupons, (3) how to recognize advertising ploys, and (4) how to cook and store foods to maintain nutrients and prevent spoilage.

149 The Navajo Homemaker Cookbook. Window Rock, AZ: Community Nutrition Education Program, The Navajo Tribe, Food and Nutrition Department; 1982.

Format: 138-page cookbook

User: Participant, Navajo

Source: The Navajo Tribe, Division of Health Improvement Services, Department of Food and Nutrition, Drawer 1390, Window Rock, AZ 86515

Cost: Contact source

ABSTRACT: Designed for use by the Navajo Tribe, this revised edition cookbook presents recipes illustrated with U.S. Department of Agriculture food items based on the basic four food groups. Basic kitchen essentials, shopping tips, and a glossary of Navajo nutritional terms accompany the recipes.

150 Tradition: Good Food for Life. Kotzebue, AK: Public Health Service Native Hospital; not dated.

Format: Two posters, each 17" x 23"

User: Participant, Alaska Native

Source: FNIC on loan

ABSTRACT: Designed for use in Alaska Native health programs, these two full-color posters depict traditional methods of salmon and seal food preparation. The message is that tradition and nutrition can be compatible.

151 USDA Commodity Fact Sheets. Springfield, IL: Illinois Department of Public Health; 1985.

Format: Three 4-page pamphlets

User: Participant, general

Source: Illinois Department of Public Health, Division of Health Promotion and Screening, 535 W. Jefferson Street, Springfield, IL 62761

Cost: Single copy free (can be duplicated)

ABSTRACT: This series of illustrated pamphlets give recipients of USDA commodity foods useful information about instant nonfat dry milk, peanut butter, and evaporated milk. Storage and preparation tips are presented along with several recipes.

152 Using Commodity Foods For Better Nutrition. Oklahoma City, OK: Oklahoma City Area, Indian Health Service; 1985.

Format: 26-page booklet

User: Participant, general

Source: FNIC on loan

ABSTRACT: Designed to be used in a demonstration workshop, this booklet organizes commodity foods into healthy eating patterns. Following a presentation of the four food groups is a chart showing the food group into which each commodity food fits. Additionally, food items are rated according to highest concentrations of salt, sugar, and other nutrients. How to use standard measuring cups and spoons and common recipe abbreviations, plus the importance of dietary calcium, are included. Several recipes are provided.

153 Wellness Cooking, by Frances Bode, R.D. Clinton, OK: Oklahoma City Area Indian Health Service; 1986.

Format: 82-page cookbook

User: Participant, American Indian

Source: Indian Health Service, Clinton Service Unit, Route 4, Box 213, Clinton, OK 73601

Cost: Single copy free

ABSTRACT: This recipe booklet is designed for low calorie, fat, and cholesterol cooking. Recipe sections are divided into beverages, breads, main dishes, desserts, salads/vegetables, and salad dressings/sauces categories. Each recipe includes calorie and food exchange information. Additional information is given on low calorie hints, recipe modifications, low sodium diets, sweetener equivalents, and seasonings, plus a glossary of spices and herbs.

154 WIC Coloring Book. Irving, NY: Seneca Nation of Indians, WIC Program; 1981.

Format: Coloring book

User: Participant, American Indian

Source: Seneca Nation of Indians, WIC Program, Cattaraugus Indian Reservation, Medical Center, 1510 Route 438, Irving, NY 14081

Cost: Contact source

ABSTRACT: Simple drawings of Native Americans are presented in this coloring book. The text describes the nutrient content of fruits, WIC cereals, beans and peanuts and their functions. The coloring book can be easily modified to exclude references to "WIC" cereals in the text, if necessary.

155 WIC Sponsors: WIC Recipe Booklet. Irving, NY: Seneca Nation of Indians, WIC Program; 1984.

Format: 40-page cookbook

User: Participant, American Indian

Source: Seneca Nation of Indians, WIC Program, Cattaraugus Indian Medical Center, 1510 Route 438, Irving, NY 14081

Cost: Contact source

ABSTRACT: The 78 entries submitted for a recipe contest sponsored by the Seneca Nation of Indians and WIC Program staff are published in this book. Winning recipes are listed for each category: main dishes, soups and sauces, breads and grains, vegetables, beverages, and desserts.

156 Wichita Commodity Foods Program Recipe Book, by Jo Parker. Anadarko, OK: Wichita Commodity Food Distribution Program; 1986.

Format: 84-page cookbook

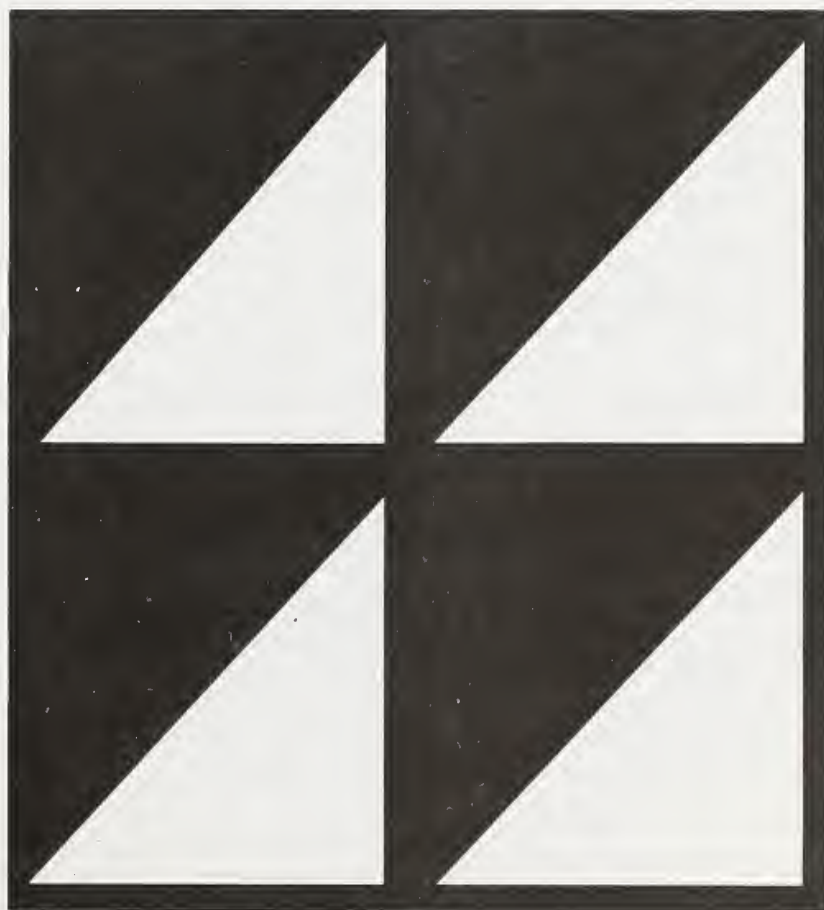
User: Participant, Southwest Indian

Source: FNIC on loan

ABSTRACT: This recipe collection emphasizes the use of commodity foods. Sections include main recipe dishes, breads/desserts, children's recipes, and a special collection of Indian recipes. Shorter sections contain tips on pasta-making, information on honey use/cautions, a place for note-taking, and a list of commodity foods.

Materials for

Educators



Materials for Educators

157 Cherokee Home Economics Food and Nutrition Curriculum, by Jody Adams and Mary Ann Bass. Cherokee, NC: Cherokee Health Delivery System; not dated.

Format: 78-page curriculum

Source: FNIC on loan

ABSTRACT: A 3-week food and nutrition curriculum for junior or senior high school students is designed to introduce nutrition principles and concepts within a home economics program. Ten behavioral objectives are identified, which the students should be able to attain upon completion of the 15-day unit. A topic to be studied is identified for each day, such as "nutrition and you." Activities, resources, and an evaluation are listed for each objective. Worksheets are included with supporting graphic illustrations. Puzzles and other instructional activities are designed to supplement the textbook materials. This curriculum is designed to be used with the text *Discovering Nutrition* by Helen Kowtaluk, Charles A. Bennett Company, Inc., publisher. A student opinion questionnaire is appended.

158 Cross-Cultural Counseling: A Guide for Nutrition and Health Counselors. Alexandria, VA: Nutrition and Technical Services Division, Food and Nutrition Service, U.S. Department of Agriculture; 1986.

Format: 33-page booklet

Source: Nutrition and Technical Services Division, Food and Nutrition Service, U.S. Department of Agriculture, 3101 Park Center Drive, Room 602, Alexandria, VA 22302

Cost: Free (limit of 25 copies per request)

ABSTRACT: Designed to promote more effective nutrition counseling by increasing sensitivity and understanding in cross-cultural counseling. Topics include understanding cultural values, health beliefs, approaches to dietary change, and verbal and nonverbal communication strategies. Sources of information and an appendix briefly describing four cultural minority groups are also included.

159 Diabetes Mellitus In Pregnancy—1986 Update of "The PIMC Recipes." Phoenix, AZ: Department of Obstetrics and Gynecology, Phoenix Indian Medical Center; 1986.

Format: 20-page booklet

Source: FNIC on loan

ABSTRACT: Presented in this booklet is an update on the Phoenix Indian Medical Center Obstetrics Department's protocols for the detection and management of diabetes in pregnancy. It describes the progress that has been made to control extremely high prevalence rates of diabetes mellitus in tribal groups served by this center. The center's philosophy of diabetes mellitus management is discussed: early diagnosis, strict control of blood sugar, frequent monitoring for complications of diabetes of pregnancy, monitoring of physiological parameters of fetal well-being and maturity, and early delivery of a healthy infant.

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- 160 Dietary Guidelines for Diseases of Alcoholism.** Santa Fe, NM: Nutrition and Dietetics Training Program, Indian Health Service; 1984.
- Format:** 1-page fact sheet
- Source:** FNIC on loan
- ABSTRACT:** Nutritional therapy for several diseases associated with alcoholism is outlined in this fact sheet. These diseases include acute alcohol intoxication, cirrhosis of the liver, and hypoglycemia. The nutrients and food components that comprise a nutritious diet to prevent or correct nutritional deficiencies are discussed, including calories, proteins, complex carbohydrates, fructose, sodium, and vitamins.
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- 161 Native Foods and Nutrition.** Ottawa, ON: Medical Services Branch, Health and Welfare Canada; 1985.
- Format:** 98-page book
- Source:** FNIC on loan
- ABSTRACT:** Nutritional concerns of the Indian and Inuit people in Canada as a result of changes in their traditional food habits are described in this reference resource for community workers and educators. This resource accompanies *Nutrient Bar Graphs for Native Foods* (Entry No. 162, below), a series of color-coded nutrient profiles for 60 common native foods. Educational objectives of the nutrient bar graphs and the reference resource are outlined, along with instructions for interpreting the bar graphs. Traditional food habits of the Indian and Inuit people and the nutrient contribution of common foods (meat; fish; bird and eggs; fats and oils) are discussed. Nutritional concerns of the Indian and Inuit people are identified. Guidelines for translating nutrient needs into food selections and a proposed community food guide that emphasizes a variety of traditional foods are provided.
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- 162 Nutrient Bar Graphs.** Ottawa, ON: Medical Services Branch, Health and Welfare Canada; 1984.
- Format:** 60-page book
- Source:** FNIC on loan
- ABSTRACT:** The nutrient contributions of some common native foods are depicted in this series of color-coded bar graphs. Educational objectives and instructions for interpreting the nutrient bar graphs are provided in an accompanying reference resource, *Native Foods and Nutrition* (Entry No. 161, above). Bar graphs are categorized into the following groups: meat, fish, vegetables/fruits, and cereals and fats. Each bar graph shows the percentage of the Recommended Nutrient Intake (Canada) provided by a specified quantity of the food for kilojoules and the following nutrients: fats, carbohydrate, protein, calcium, iron, vitamin A, thiamin, riboflavin, niacin equivalents, and vitamin C. Nutrients are color coded to allow quick comparisons of different foods. The Recommended Nutrient Intakes used to calculate the nutrient contributions for each food were those of the 12- to 15-year-old female.
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- 163 Nutrition Activity Cards: For Preschool Teachers and Cooks.** Bethel, AK: Association of Village Council Presidents; 1986.
- Format:** 46-page spiral book
- Source:** FNIC on loan
- ABSTRACT:** Designed for use in Alaskan Head Start programs, this book presents a variety of nutrition-related activities for teaching children that healthful eating is fun. Based on foods from the food groups, each activity includes the objective, preparation, instruction, and illustrated suggestions for creating fun items out of whole foods, as well as needed materials and general group-related information. With emphasis on using native cultural foodstuffs in teaching, health cautions related to many of these foods are addressed. Steps to prepare teachers for instructing children in cooking and good kitchen habits are included.
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164 Nutrition and Alcohol Fact Sheet—Alcohol and Blood Sugar. Santa Fe, NM: Nutrition and Dietetics Training Program, Indian Health Service; 1984.

Format: 1-page fact sheet

Source: FNIC on loan

ABSTRACT: The effects of alcohol on blood sugar levels are described in this fact sheet. The effects of alcohol that have been described include alcohol induced hypoglycemia, reactive hypoglycemia, and hyperglycemia. Dietary considerations in preventing and managing these conditions are outlined.

165 Nutrition and Alcohol Fact Sheet—Caffeine. Santa Fe, NM: Nutrition and Dietetics Training Program, Indian Health Service; 1984.

Format: 1-page fact sheet

Source: FNIC on loan

ABSTRACT: The physical effects of caffeine on the body and the caffeine content of some common beverages and medications are presented in this fact sheet. Some of the physical effects of caffeine mentioned include stimulation of the central nervous system, increased secretion of stomach acid, and increased blood glucose levels. Caffeine data is provided for various types of coffee, tea, soft drinks, chocolate, and nonprescription medications (weight control aids, alertness tablets, analgesics, cold/allergy pills). Reduced-caffeine and caffeine-free beverage alternatives are suggested.

166 Nutrition and Alcohol Fact Sheet—Nutrition and Alcohol. Santa Fe, NM: Nutrition and Dietetics Training Program, Indian Health Service; 1984.

Format: 1-page fact sheet

Source: FNIC on loan

ABSTRACT: The effects of chronic alcohol on nutrient absorption, utilization, metabolism, and excretion are outlined in this fact sheet. Discussed are general ways in which chronic alcohol abuse affects nutrients. A chart summarizes the effects of alcohol abuse on each of the following nutrients: proteins and amino acids, carbohydrates, lipids, vitamins (thiamin, pyridoxine, folacin, B12, A, D, K), and minerals (electrolytes, iron, magnesium, phosphorus, zinc).

167 Nutrition and Alcohol Fact Sheet—Nutrition and Alcoholic Liver Diseases. Santa Fe, NM: Nutrition and Dietetics Training Program, Indian Health Service; 1984.

Format: 1-page fact sheet

Source: FNIC on loan

ABSTRACT: The role of nutrition in the prevention and treatment of alcohol-related liver disease is briefly explored in this fact sheet. Fatty liver (steatosis), alcoholic hepatitis, and alcoholic cirrhosis are mentioned. Nutritional therapy for severe liver disease is discussed as four regimens: (1) a high calorie diet to reduce tissue breakdown, (2) controlled protein intake to prevent muscle wasting and hepatic coma, (3) water-soluble vitamin supplements, and (4) fluid and sodium restriction when endema and ascites are present.

168 Nutrition Education for Native Americans: A Guide for Nutrition Educators.

Alexandria, VA: Nutrition and Technical Services Division, Food and Nutrition Service, U.S. Department of Agriculture; 1984.

Format: 67-page booklet

Source: Nutrition and Technical Services Division, Food and Nutrition Service, U.S. Department of Agriculture, 3101 Park Center Drive, Room 602, Alexandria, VA 22302.

Cost: Single copy free

ABSTRACT: Designed to promote more effective nutrition counseling and community nutrition education through a better understanding of the cultural characteristics and basic health and diet-related problems of Native Americans. Various sections deal with nutrition-related illnesses, traditional and contemporary dietary practices, counseling strategies, and resources for nutrition educators.

169 Nutrition Technician Program.

Bismarck, ND: United Tribes Educational Technical Center; 1981.

Format: Set of 3 books

Source: FNIC on loan

ABSTRACT: This set of lesson plans was developed to be used in the United Tribes Educational Technical Center (UTETC) to train American Indians to work as paraprofessionals in the WIC Program. Each lesson has color-coded sections (e.g. blue for objectives, yellow for the self-study section, green for the answer section). The first module consists of two sections. One contains nine lessons related to basic nutrition (e.g., food composition, major nutrients, digestion, and nutrient needs). The other section contains six lessons that discuss nutritional assessment (clinical, anthropometric, laboratory, dietary, obesity, and diabetes). The second module discusses the WIC Program (two lessons), nutrition counseling skills (three lessons), and nutrition education techniques (one lesson). The third module consists of two major areas that discuss nutrition and pregnancy and community resources for health care.

170 Nutritional Assessment Manual: Standards and Procedures for Health Professionals.

Springfield, IL: Division of Health Promotion and Screening, Illinois Department of Public Health; 1984.

Format: 156-page book

Source: FNIC on loan

ABSTRACT: Since health screening is one of the most important tools available for the early identification of health problems, these guidelines have been issued in an effort to improve the effectiveness of screening programs throughout the State of Illinois. The intended design of this manual is to bring together the four aspects of nutrition assessment: health history, clinical evaluation, anthropometric measurements, and biochemical measurements, with the intention of assisting the health professional in developing accurate/thorough profiles of the client. Discussions of the purpose, equipment, procedure, errors to avoid, standards, and interpretation are included in each section. Additionally, dietary evaluations are discussed; forms and charts frequently used are provided. Included also several tables, food groups descriptions, definitions, and a glossary.

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- 171 Nutritional Therapy for Alcoholism.** Anchorage, AK: Alaska Area Native Health Service; not dated.
- Format:** 1-page flyer
- Source:** FNIC on loan
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- 172 Nuxalk Food and Nutrition Handbook.** Richmond, BC: The University of British Columbia and Nuxalk Health Clinic; 1984.
- Format:** 124-page book
- Source:** FNIC on loan
- ABSTRACT:** Practical information on how to find and prepare foods native to the Nuxalk people of Bella Coola, British Columbia, is offered in this handbook. The handbook emphasizes the nutritional benefits of native foods, as well as the contribution these foods make to the culture and lifestyle of the native people. The first section of the handbook describes a variety of native foods (fish, seafood, shellfish, berries, greens, roots, tea, tree foods, game) and traditional food preparation methods. Another section outlines the nutritional contribution of native foods and provides practical guidelines in keeping foods safe to eat, preserving foods, controlling food costs, losing weight, and choosing healthy snacks. The final section outlines the objective of the Nuxalk Food and Nutrition Program, and describes the following program activities: Nuxalk food use studies, native food availability studies, assessments of the nutritional quality of native foods, nutritional assessments the Nuxalk people, and efforts to improve the nutritional status of the Nuxalk people.
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- 173 The Idea Book.** Alexandria, VA: Food and Nutrition Service, U.S. Department of Agriculture; 1981.
- Format:** 92-page book
- Source:** Food and Nutrition Service, U.S. Department of Agriculture, Nutrition and Technical Services Division, 3101 Park Center Drive, Room 602, Alexandria, VA 22302
- Cost:** Single copy free
- ABSTRACT:** Nutrition education themes are elaborated specifically for the use of local WIC nutritionists, for use in educating WIC participants. Planning a nutrition education program, development of lesson plans, selection of educational materials, implementation of a program, and evaluation of program effectiveness are discussed. Guidance is given as well on documenting the delivery of nutrition education, extending and effectively using available personnel, and examining the mechanics of other effective local programs. A tabulation of key Government and private sector sources for nutrition education materials is provided.
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- 174 What's Cookin'—Head Start Nutrition Curriculum—Recipes for Fun and Good Health.** Juneau, AK: Tlingit and Haida Head Start; 1985.
- Format:** 83-page curriculum
- Source:** FNIC on loan
- ABSTRACT:** Developed by the parents and staff of the Tlingit and Haida Head Start Programs, this cookbook is designed to provide helpful suggestions/information for families in exploring healthy attitudes about food and nutrition, and to help parents in teaching these concepts to their young children. How children learn about nutrition, and the concepts they are able to learn, hints for helping the child develop healthy eating habits, dental health, and introduction of new foods comprise some of the topics addressed. Recipe ideas include the food groups as well as snacks, sugar/fats, and some favorite native meals of children. Drawings by children in the program are found throughout the cookbook.

APPENDIX I

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APPENDIX II

Checklist for Writing or Revising Materials at a Lower Reading Level

Check whether your materials meet some of the basic techniques on writing for adults with limited reading skills:

- The need for information is established.
- The information is useful without being extraneous.
- The target audience is identified, its characteristics are understood, and is not forgotten as the primary reader.
- The audience is made to feel personally involved and motivated to read the material.
- Sentences are simple, short, concise, and mostly in the active voice.
- Each idea is clear, logically sequenced, and limited to one page or two pages face to face. Important points are highlighted and summarized.
- The illustrations are relevant to text, meaningful to the audience, and appropriately located.
- The words used are familiar to the reader. Any new words are clearly defined. None (or very few) are three syllables or more.
- The readability level is determined to be close to the 5th grade level.
- The layout balances white space with words and pictures.

Reader Evaluation for Nutrition Education Resource Guide for American Indians and Alaska Natives

Your comments on the publication would be helpful to us.

Please fill out this page, fold it, seal with tape, and mail. Thank you!

1. Does the publication give you a better understanding of what resources exist and how to locate them?
Yes_____ No_____ If not, why not?

2. Is the publication easy to read and understand? Yes_____ No_____ If not, why not?

3. Does the publication omit any information you think should have been included?
Yes_____ No_____ If yes, what was omitted?

4. Does the publication contain any information you think should not have been included?
Yes_____ No_____ If yes, what should not have been included?

5. What is the most helpful part of this publication?

6. Other comments:

7. Do you know of any subject areas for which additional nutrition education resources need to be developed?
Yes_____ No_____ If yes, what subjects need further resource development?

Name (optional) _____

Title _____

Organization/Program name _____

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