

Ancestral Diet Resources: Terry Maresca, M.D. terrym@sihb.org
One Voice Navajo Nutrition Educators Conference, August 2016

American Indian Health and Diet Project

<http://www.aihd.ku.edu/>
<http://www.aihd.ku.edu/http://weekofeatingindigenousfoods.blogspot.com/>

Dr. Devon Abbott Mihesuah, professor at University of Kansas, developed this website for her classes on indigenous food traditions. You'll find various food lists for the Americas, recipes, and links to tribal web sites. It provides practical information for those wanting to try an indigenous food challenge, or to help others improve overall diet patterns using Native foods. She is the author of Recovering Our Ancestor's Gardens.

Decolonizing Diet Project

<https://share.nmu.edu/moodle/course/view.php?id=33>

Professor Martin Reinhardt (Anishinaabe Ojibway) of Northern Michigan University developed this site as a resource for his American Indian studies class. He subsequently obtained IRB permission to do a small research project on the impacts of eating indigenous foods from the Ojibwe tradition for a year.

<https://prezi.com/83acyx4dafi1/decolonizing-diet-project-a-six-month-overview/>

<http://america.aljazeera.com/articles/2013/10/24/eating-indigenouslychangesdietsandlivesofnativeamericans.html>

Erdrich, Heid. *Original Local: Indigenous Foods, Stories, and Recipes from the Upper Midwest*. Minnesota Historical Society Press, 2013.

Fond G et al. The "psychomicrobiotic": targeting microbiota in major psychiatric disorders: a systematic review. *Pathol Biol (Paris)*. 2015 Feb;63(1):35-42. doi: 10.1016/j.patbio.2014.10.003. Epub 2014 Nov 2.

Jim Duke's American Indian ethnobotanical and phytochemical database

<https://phytochem.nal.usda.gov/phytochem/search>

This site describes food plant and medicinal plant historical use. You can search it for plants with high concentrations of certain ingredients. Unfortunately, it's not the easiest site to navigate, and often requires a plant's Latin name.

Krohn, Elise and Valerie Segrest. *Feeding the People, Feeding the Spirit: Revitalizing Northwest Coastal Indian Food Culture*. Bellingham, WA: Northwest Indian College, 2010.

Muckleshoot Traditional Food Map

<http://www.muckleshoot.nsn.us/media/28833/july%202011%20insert,%20traditional%20food%20map.pdf> and Muckleshoot Tribe Food Sovereignty project <http://nwicplantsandfoods.com/muckleshoot>

Valerie Segrest is a Muckleshoot Tribal member and Bastyr University graduate nutritionist who is active in the tribal food revitalization/food sovereignty movement regionally in the Pacific Northwest. Their culturally specific traditional food access map may serve as a model for others. Her TED talk is at <http://www.tedxrainier.com/speakers/valerie-segrest/>

Native American Ethnobotany database

<http://herb.umd.umich.edu/>

This site was compiled by Daniel E. Moerman, a nationally known anthropology professor at University of Michigan. It lists foods, dyes, drugs and fibers used by North American tribes and Native Hawaiians,

focused on historical use patterns. See also his book *Native American Food Plants: An Ethnobotanical Dictionary*. Portland: Timber Press, 2010.

Native Seeds/SEARCH

<http://www.nativeseeds.org/>

This non-profit organization based in Tucson, Arizona emphasizes ecology and preservation of traditional food and medicinal plant diversity of the Sonoran Desert region. Free or discounted seeds are available to American Indians. They also sell locally sourced desert foods used traditionally to fight diabetes.

Perlmutter, David. *Brainmaker: The Power of Gut Microbes to Heal and Protect Your Brain for Life*. New York: Little, Brown and Company, 2015.

<http://www.drperlmutter.com/eat/brain-maker-foods/>

Puget Sound (WA) Midden Study

<http://faculty.washington.edu/plape/tradfoods/tradfoodresearch.htm>

Store Outside Your Door

<http://www.storeoutside.com/about-us.html>

Developed within the Alaska Native Tribal Health Consortium, this project promotes the incorporation of traditional foods in modern diets as a core tenet of healthy living. They have beautiful short YouTube vignettes of elders and other community members gathering and preparing food from around the state that have been well-received by tribal communities in the lower 48. It is considered a model program within and outside of Alaska.

Swentzell, Roxanne and Patricia M. Perea. *The Pueblo Food Experience Cookbook: Whole Food of Our Ancestors*. Santa Fe: Museum of New Mexico Press, 2016.

U.S. Department of Agriculture

Agricultural Research Service, National Plant Germplasm System

http://www.ars-grin.gov/npgs/acc/acc_queries.html

Use this site to learn what tribal foods/seeds/herbs from North America may be in the national seed databank. These are freely accessible to the public for planting, education, or research by application.

United States Department of Agriculture, Agricultural Research Service

National Nutrient Database

<http://ndb.nal.usda.gov/ndb/search/list>

In the home page search function "Limit to food group", use the drop down menu to select American Indian/Alaska Native foods. You can find out specifics of calories and core nutrients for fish, game, berries, and other plant foods here. Currently, only 165 entries exist. (Non Native foods are also included in the main search function.) It can help clinicians who want to direct patients towards foods high in certain nutrients and may dispel myths about actual food composition.

Vancouver Island & Coastal Communities Indigenous Food Network

<http://www.indigenousfoodsvi.ca>

Their Pacific Northwest Plant Knowledge card deck is a portable resource for all ages. It helps encourage edible plant identification and knowledge exchange with Elders, and could be culturally adapted.