Nutrition is NOT “One Size Fits All”

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Problem
• Malnutrition among Native Americans
• Inappropriate dietary direction

Background
• Native Americans have different biological & nutritional needs than mainstream Americans
  ➢ Due to culture, tradition, and geographical origin
• Colonization (Introduction of dairy)
• Carbohydrate sensitivity
• ChooseMyPlate is a government website that provides nutrition guidelines to Americans

Approach
• Redesign ChooseMyPlate
• Create nutritional guidelines

Mainstream vs. Native American Nutrition

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Average Mainstream Male</th>
<th>Average Native American Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>5'10&quot; 179 lbs</td>
<td>5'5&quot; 154 lbs</td>
</tr>
<tr>
<td>Grains</td>
<td>1.75</td>
<td>1.90</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2.25</td>
<td>2.00</td>
</tr>
<tr>
<td>Fruits</td>
<td>2.75</td>
<td>2.13</td>
</tr>
<tr>
<td>Dairy</td>
<td>1.00</td>
<td>0.88</td>
</tr>
<tr>
<td>Protein</td>
<td>0.50</td>
<td>0.88</td>
</tr>
</tbody>
</table>

Recommended Daily Allowances

<table>
<thead>
<tr>
<th>Food Group</th>
<th>American</th>
<th>Native American</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Vegetables</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Fruits</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Dairy</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Protein</td>
<td>3</td>
<td>1</td>
</tr>
</tbody>
</table>

Benefits
• Educated Native Americans
• Healthier Communities
• Knowledgeable constituents
  ➢ leads to reforming ChooseMyPlate

Costs
• Money
• Time
• Interference with culture and religion

Assessment Plan

Initial
• Collect baseline census data on nutrition related health issues
• 5 nutrition experts close to community

5 Years
• Collect data on same health issues
• Meet with experts
• Evaluate effectiveness of new guidelines

10 Years
• Repeat 5 year study
• Determine long term effectiveness

References


