

Nutrition is NOT "One Size Fits All"

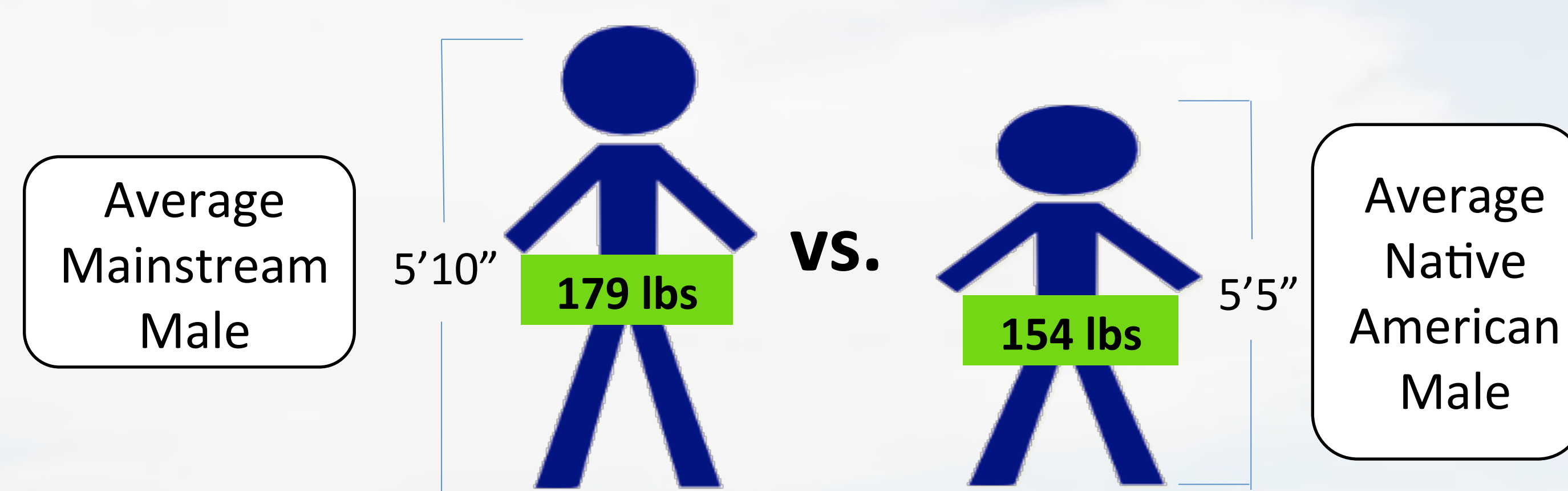
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Problem

- Malnutrition among Native Americans
- Inappropriate dietary direction



Mainstream vs. Native American Nutrition



Benefits

- Educated Native Americans
- Healthier Communities
- Knowledgeable constituents
 - leads to reforming ChooseMyPlate

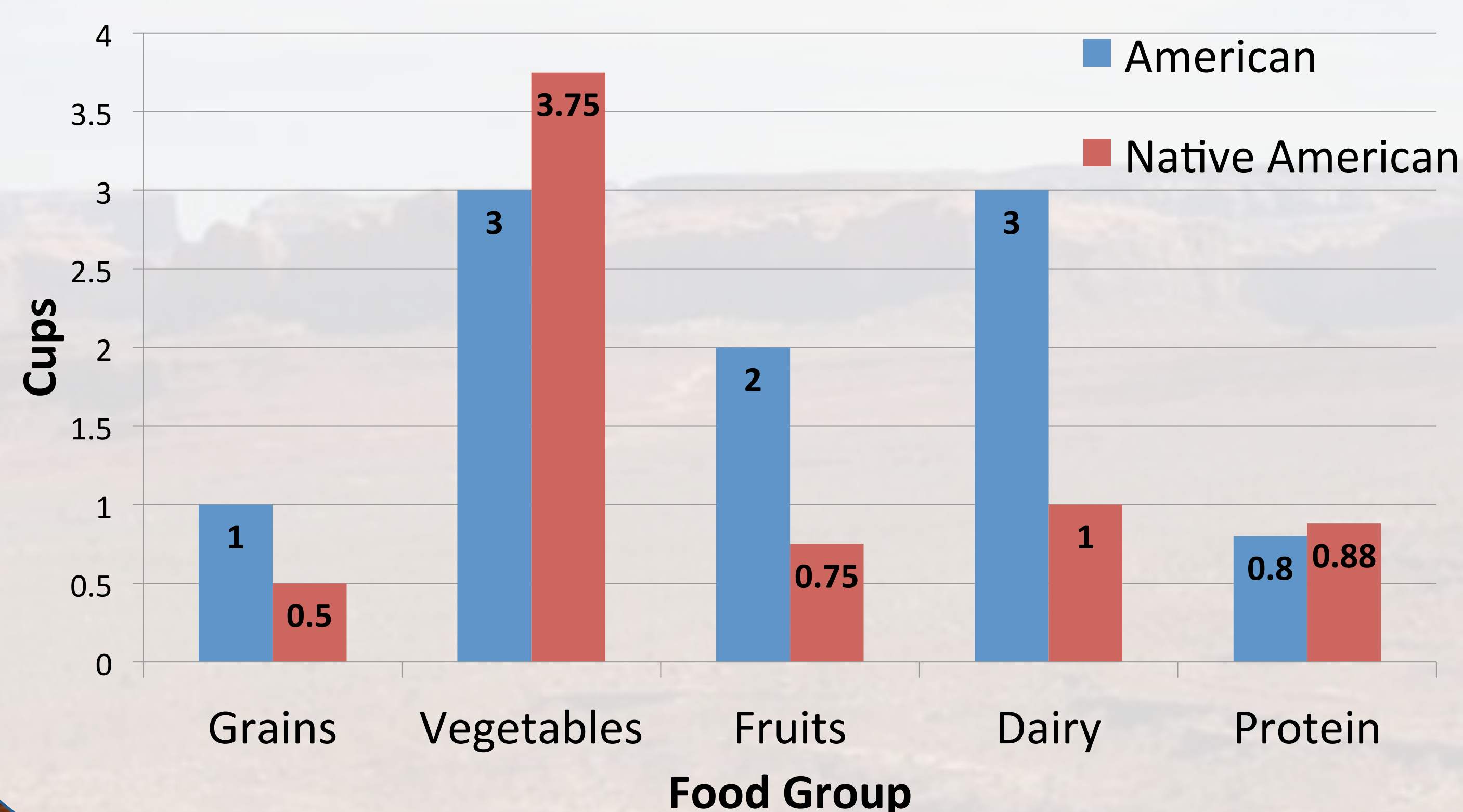
Costs

- Money
- Time
- Interference with culture and religion

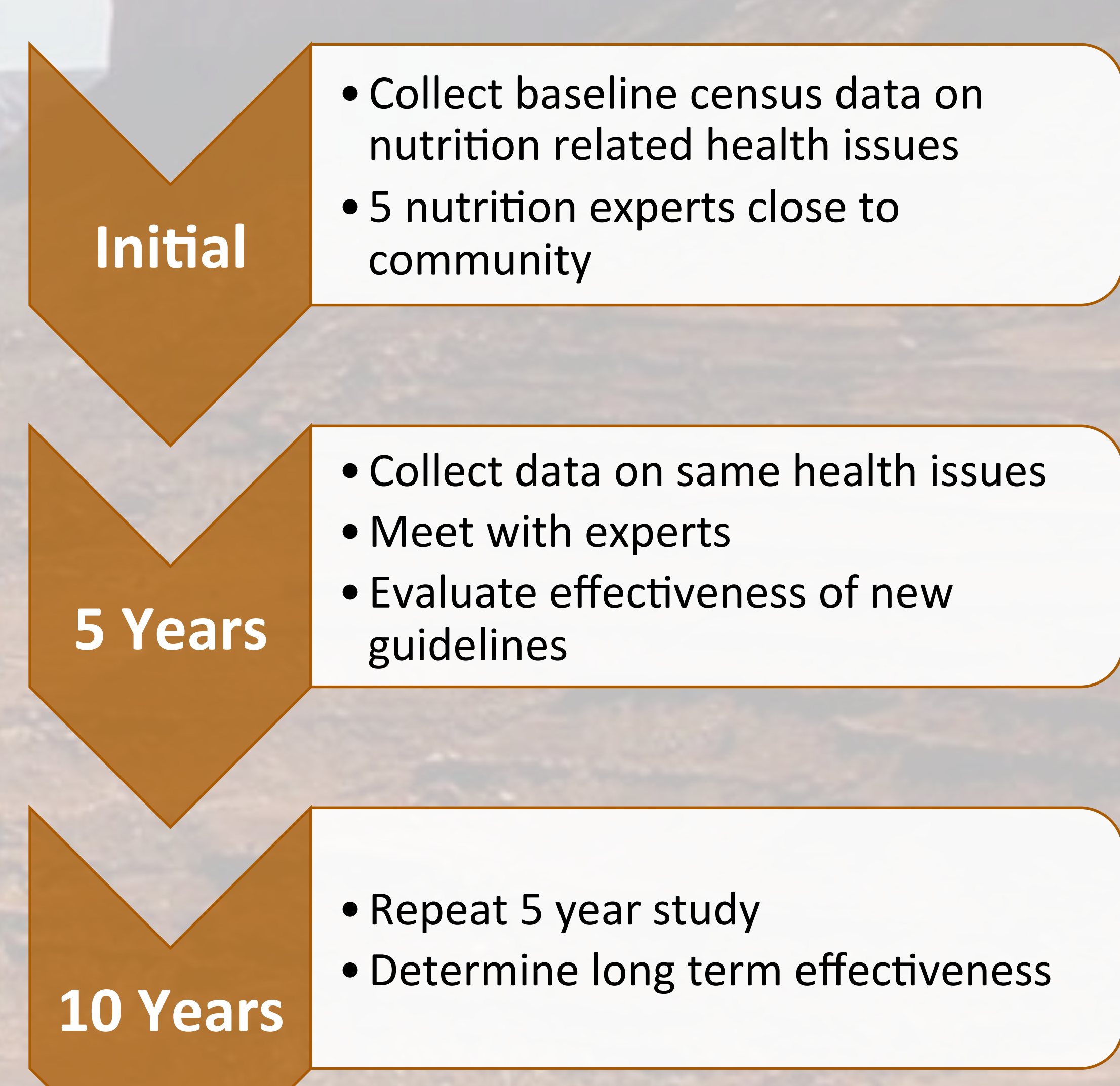
Background

- 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

Recommended Daily Allowances

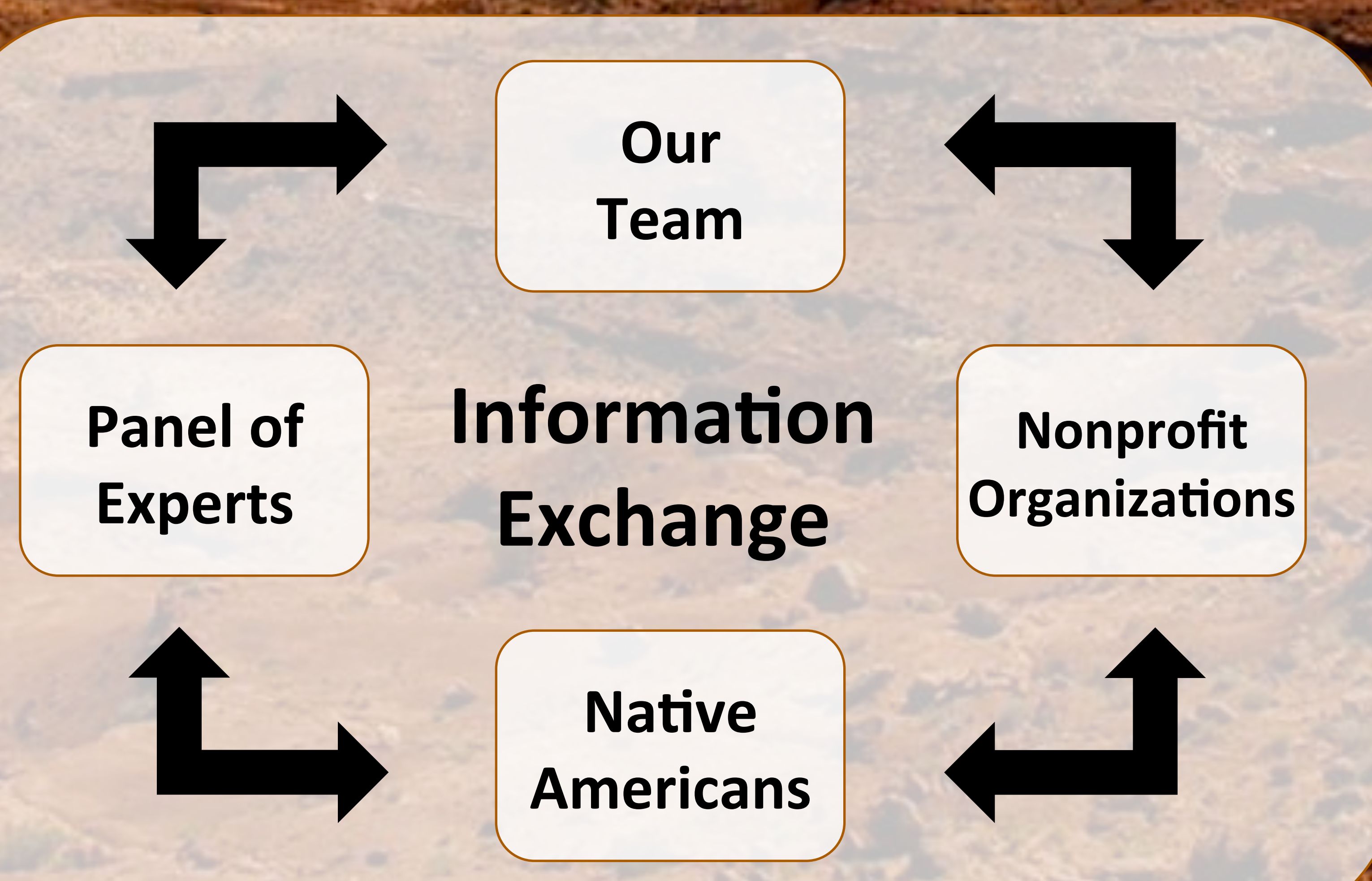
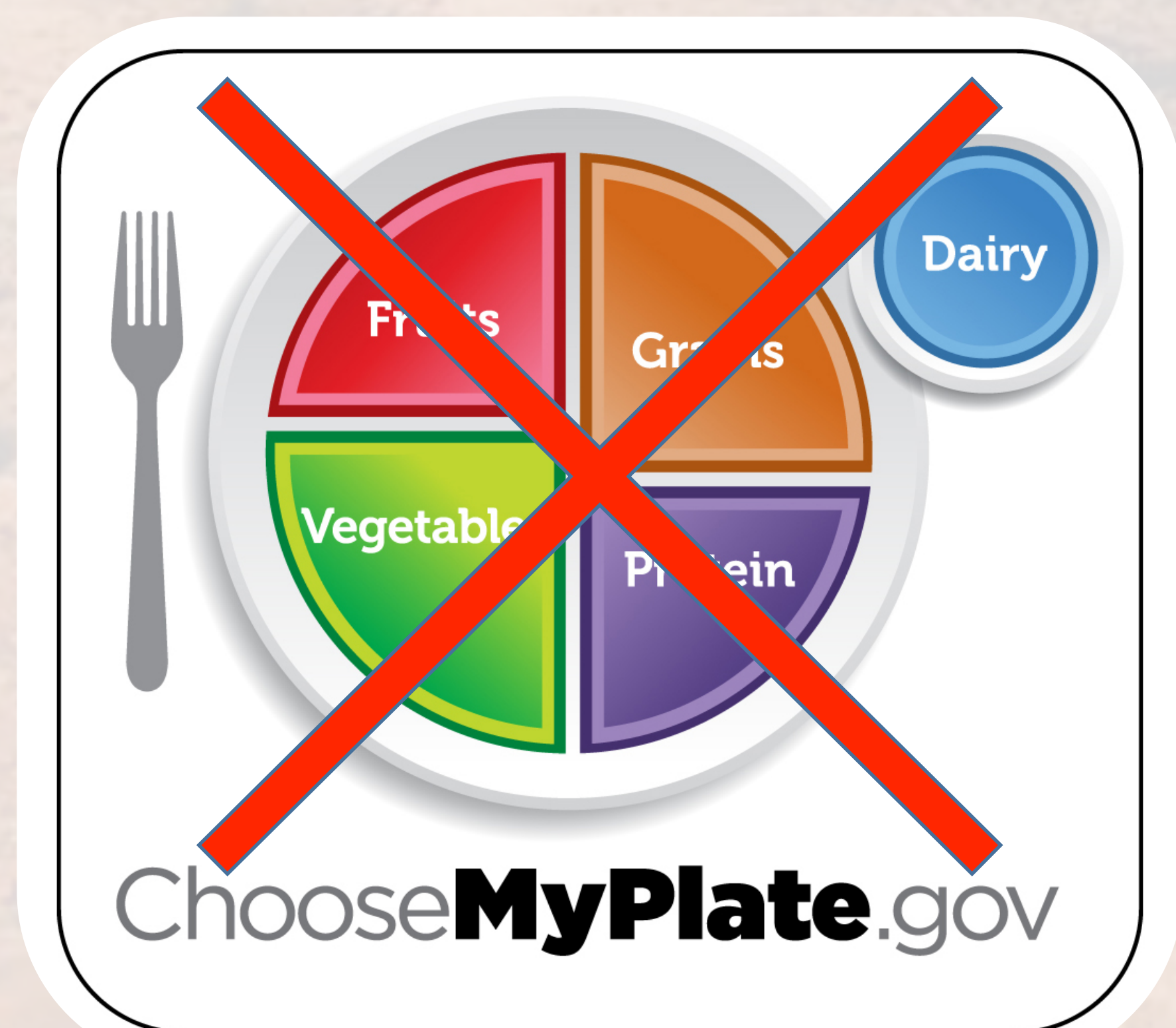


Assessment Plan



Approach

- Redesign ChooseMyPlate
- Create nutritional guidelines



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