

Welcome to

The NEW You!

Providing you with information on:

N – Nutrition

E – Exercise

W – Wellness



Catch Your Dream

Last year, UIH began a grant project for Native American children and youth in Pierre and Aberdeen called Catch Your Dream. It gives them an opportunity to grow healthy for stronger lives, to believe in themselves, and to dream of what they can and want to be as adults.



Pierre UIH Clinic began a youth Reading Circle as part of our Catch Your Dream grant. (Pictured left to right) Auddy Roach and Marcus Gobert increase reading skills and their awareness of Native American culture. The children also learn about Native American art, traditions, history, and healthy lifestyle habits such as being more

South Dakota Urban Indian Health

Providing holistic care
to the entire family.

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physically active and choosing healthy foods to eat. Mentors, such as parents, grandparents, brothers or sisters, aunts or uncles, or family members are welcome to share their time and talents with this youth group. Contact Bobbie Ziegler at the Pierre UIH clinic (224-8841) for more information.

The Bike to Book Program provides bikes (and helmets) for youth to use. This encourages Native American children to become more active by peddling a bike to school. Program goals are to promote an interest in education, increase school attendance, improve reading skills, and provide awareness of bike safety.

In Aberdeen, UIH staff will meet twice a month with youth staying at the New Beginning Center and Dakota House facilities. Youth will have the opportunity to learn about healthy eating and activity levels, menu planning, food safety tips, and assist with some snack or food preparation.

The dream catcher is our grant's symbol as we follow the beliefs of Lakota tradition. The projects and education offered to the children and youth will encourage them to sustain quality characteristics (behaviors, talents, traditions, education, ambitions) in their lives and to avoid habits that are harmful (poor eating habits, lack of exercise, not attending school, low reading skills, lack of the "own" heritage/traditions, addictions, or lack of good judgment and decision making skills).



Some of the Best!

Healthy eating is a lifestyle choice that influences our physical and mental health. We are encouraged to eat many kinds and colors of food during the day. Some foods give us more vitamins, minerals, and other nutrients than others. Some foods are higher in protein, fat, or carbohydrate.

Everyone needs to eat a variety of foods for a healthy mix of nutrition. The following foods are some of the best sources of important nutrients.

☉ **Beans** of all types provide fiber, protein, and vitamins. They are a complex carbohydrate which helps slow the rise in blood sugar during digestion of the meal. This is good news for people with diabetes. Enjoy fresh beans or dried beans or peas – green, snap, Lima, pinto, navy, kidney, black-eyed pea, split-pea, and chick-pea.

☉ **Oats and other whole grains** are also a complex carbohydrate and high fiber source. Whole grain products give us iron and other vitamins and minerals. Enjoy brown or wild rice, barley, millet, buckwheat, rye, bulgur, quinoa, yellow corn, amaranth, and couscous as hot and cold starchy foods at meal times. These whole grain starches are often found in the grocery store near the pasta area.

☉ **Berries** are a great source of vitamins and minerals. Enjoy fresh, frozen, dried or canned (in water, natural juices or light syrup) blueberries, cranberries, raspberries, blackberries, strawberries, and boysenberries all year long. Berries and other fruits provide simple (easy to digest) carbohydrates from their natural sugars.

☉ **Oranges and other citrus fruits** are well known for the Vitamin C they provide. They also give cancer fighting compounds and pectin that helps control blood sugar and cholesterol. Have a citrus fruit (oranges, tangerines, grapefruit, clementines, pomelo, tangelo, kumquats, ugli fruit, and lemon or lime juice) every day.

☉ **Broccoli and other vegetables in the cabbage family** – cauliflower, Brussels sprouts, cabbage, and bok choy, and turnips are full of cancer-fighting compounds, fiber, iron, and even calcium. Enjoy them raw or cooked.

☉ **Pumpkin and other deep yellow/orange fruits and vegetables** are great sources of the antioxidant Vitamin A. Carrots, winter squash, sweet potatoes or yams, orange bell peppers, apricots, and cantaloupe should be eaten often.

☉ **Fish** is a lower-fat protein source. Some types of fish - salmon, canned albacore tuna or blue fin tuna, sardines, mackerel, trout, and herring – are also good Omega 3 fatty acid sources. Eat these types of fish two times a week to help prevent heart disease.

☉ **Spinach.** Eat dark leafy greens such as spinach, collard greens, beet tops, kale, mustard greens, Swiss chard, turnip greens, bok choy, romaine lettuce, arugula, and baby greens for the many vitamins, minerals, and plant compounds that fight against cancer and other diseases.

☉ **Tea**, both green and black. Drinking 24 – 48 oz (3-6 cups) of tea a day MAY reduce the risk of stroke and heart disease, prevent certain cancers by stopping cancer cell growth, boost the immune system against both bacteria and viruses, reduce inflammation, and green tea has an antioxidant – EGCG – which MAY stimulate the body to burn more calories. The results of several animal studies suggest these benefits but human studies show inconsistent results. Scientists do not have enough proof to confirm that tea will provide these health benefits. Research is looking at tea's affect to lower cholesterol levels, prevent hearing loss, protect teeth from cavities, slow cataract formation, and block Parkinson's-like brain damage. Tea may contribute to anemia in children and some adults as tea binds up iron and it is removed from the body.

Scientific research has found that fresh brewed (steep leaves for 3 – 5 minutes) green and black tea provides many types of antioxidants. Instant tea and bottled teas do not provide as many antioxidants. Herbal teas do not contain tea leaves so do not have the same health benefits as real tea. Adding milk to tea seems to have no affect on the health benefits. Decaffeinated teas have slightly less antioxidant activity compared to regular tea.

Drink tea for refreshment and a source of your daily water needs. You will drink some antioxidants and other compounds released by the tea leaves. Tea will not hurt you but it has not been shown to be the “magic bullet” for good health or weight management.

☺ **Tomatoes** are a good source of Lycopene, a substance that has been shown to protect against diseases related to the aging process and several cancers. Lycopene in cooked or canned tomato products is absorbed better than Lycopene in fresh tomatoes. Red colored fruits such as watermelon, strawberries, persimmons, pink grapefruit, guava, and apricots are also good sources of Lycopene.

☺ **Walnuts and other nuts** (and their nut butters) are good sources of Omega 3 fatty acids that helps protect against heart disease. They are also a cholesterol-free plant based protein source for people following a vegetarian diet.

☺ **Yogurt** is a good protein and calcium containing dairy product. Read the label to find a brand that contains “live and active cultures” to help maintain a health digestive tract. Yogurt comes in many varieties and flavors and is usually better tolerated than milk by people with lactose intolerance.

☺ **Soy foods** provide cholesterol-free high quality plant protein and Omega 3 fatty acids to the diet. Try soy nuts, edamame beans, soymilk, tofu, tempeh, and miso.

The amount of food eaten should depend on our energy needs. The more active we are, the more we need to eat for the energy (calories) the foods provide. If you are overweight and not very active, you need to eat smaller servings of even healthy foods. This will reduce the calories your body must use for energy or store as fat.



SDUIH Clinics will be
closed on:

September 3rd for Labor Day



Try this recipe. It includes several foods from the “Some of the Best” list.

Asian Beef and Vegetable Stir-Fry (from the National Cattlemen’s Beef Association)

Total preparation and cooking time: 30 minutes
Serves: 6 portions

3 cups hot cooked brown rice or other whole grain of choice. Start rice cooking per package direction as you prepare the stir-fry. Whole grains often take 20 – 40 minutes to cook.

- 1 ¼ lbs boneless beef top sirloin steak, cubed (Other cuts of beef – chuck steak, stew meat, round steak, or beef roast – may be used.)
- 4 cups assorted fresh vegetables such as sugar snap peas, broccoli florets, red/orange/green bell pepper strips, carrot rings, shredded cabbage or bok choy, cherry tomatoes cut in half, and chopped onion. (The same amount of frozen vegetables or a combination of fresh and frozen vegetables may be used. Increase cooking time a few minutes to allow for thawing.)
- 1 clove garlic, minced
- ½ cup prepared stir-fry sauce, preferably sesame-ginger flavor
- 1/8 tsp – ¼ tsp crushed red pepper
- 2 Tbsp chopped unsalted dry-roasted peanuts or soy nuts for garnish

Combine vegetables and 3 Tbsp water in large nonstick skillet. Cover and cook over medium-high heat until tender-crisp, about 4 minutes. Remove from skillet to serving dish and cover to keep warm.

Return skillet to burner and medium-high heat. Add ½ the beef and ½ the garlic; stir-fry until outside surface of beef is no longer pink. Place cooked meat with vegetables in serving dish and cook remaining beef and garlic in skillet.

Return all cooked beef and vegetables to skillet. Add stir-fry sauce and crushed red pepper. Heat through.

Spoon 1/6 of mixture over ½ c cooked rice. Garnish with sprinkle of peanuts, soy nuts, or low sodium soy sauce if desired.

Nutrition Information per serving: 286 calories, 26 g protein, 31 g carbohydrates, 546 mg sodium.

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Medicine Wheel Tradition – Circle of Life

SOUTH is transformation and growth (red) – the middle of the day when the Sun is the hottest, with no shadows. SOUTH is fire and passion - when everything blooms and matures into nature's colors. SOUTH is the season of Summer. This is the Season when we mature and grow into an adult – still learning and changing from Spring we need to understand and embrace our own beautiful vibrancy and shine. Use this Season to grow through good exercise and expand your healthy choices in food.