

# **Native Nurition Principles**

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# A Time of Change

14,000 years pre-contact

1792: Captain Vancouver Enters the Salish Sea

1833: Hudsons Bay Company

1850: Donation Land Claims Act

1855: Stevens Treaties

1870-1930: Indian Boarding Schools

1930: Commodity Foods Program (FDPIR)

1950: 1st Documented Diabetes in PNW

1960-75: Fish Wars - Boldt Decision

1978: American Indian Religious Freedom Act





## Salish Nutrition & Nutrient Guidelines for Americans

<b>Nutrient</b>	<b>Current U.S. Intake</b>	<b>Nutrient Guidelines for Americans</b>	<b>% of Current U.S. Intake</b>	<b>Coast Salish Ancestral Diet</b>	<b>% of Current U.S. Intake</b>
Vitamin C	74.4 mg	65-90 mg	96%	604 mg	12.3%
Vitamin E	6.8 mg	11-15 mcg	52.3%	33 mg	20.6%
Calcium	856 mg	1300 mg	65.8%	1,956 mg	43.8%
Magnesium	278 mg	360 mg	77.2%	700 mg	39.7%
Potassium	2,695 mg	4,700 mg	57.3%	10,500 mg	25.7%
Zinc	11.2 mg	11 mg	100%	43 mg	26.0%
Fiber	10 grams	22 grams	45.5%	50-104 mg	13%

*Based in part on: NHANES Study 2003-2006, Crayon, R. (1998). The Carnitine Miracle. New York, NY, M. Evans and Company, Inc.  
Center for World Indigenous Studies*



# Micronutrients

*Essential Nutrients: Vitamins & Minerals*

Plants and animals make vitamins that are necessary for proper energy production and immune function. y

Minerals derive from soil and water and are vital to growth, bone health and balancing fluids in the body.

\*A part of EVERY PROCESS in the human body and MUST BE obtained from food.





# Malnutrition



## Vitamin C Deficiency

Directly associated with an increased prevalence of developing diabetes, cardiovascular disease, and cancer.



## Magnesium Deficiency

Symptoms include fatigue, muscle weakness, seizures, and irregular heart rhythms.

Directly connected to an increased risk of diabetes and high blood pressure.



## Calcium Deficiency

Leads to dental carries and issues, cataracts, alters brain function and perpetuates osteoporosis





# The Remedy





# Native Nutrition Principles



**Live with the  
Seasons**



**Diversify  
Your Diet**



**Traditional  
Foods are  
Whole Foods**



# Native Nutrition Principles



**Gather  
Wild  
Foods**



**Cook & Eat  
with Good  
Intention**



**Give Back  
to the  
Land**



A photograph of a forest path with tall trees and vibrant green foliage. Sunlight filters through the leaves, creating a warm, golden glow. The path is covered in fallen leaves and leads into the distance.

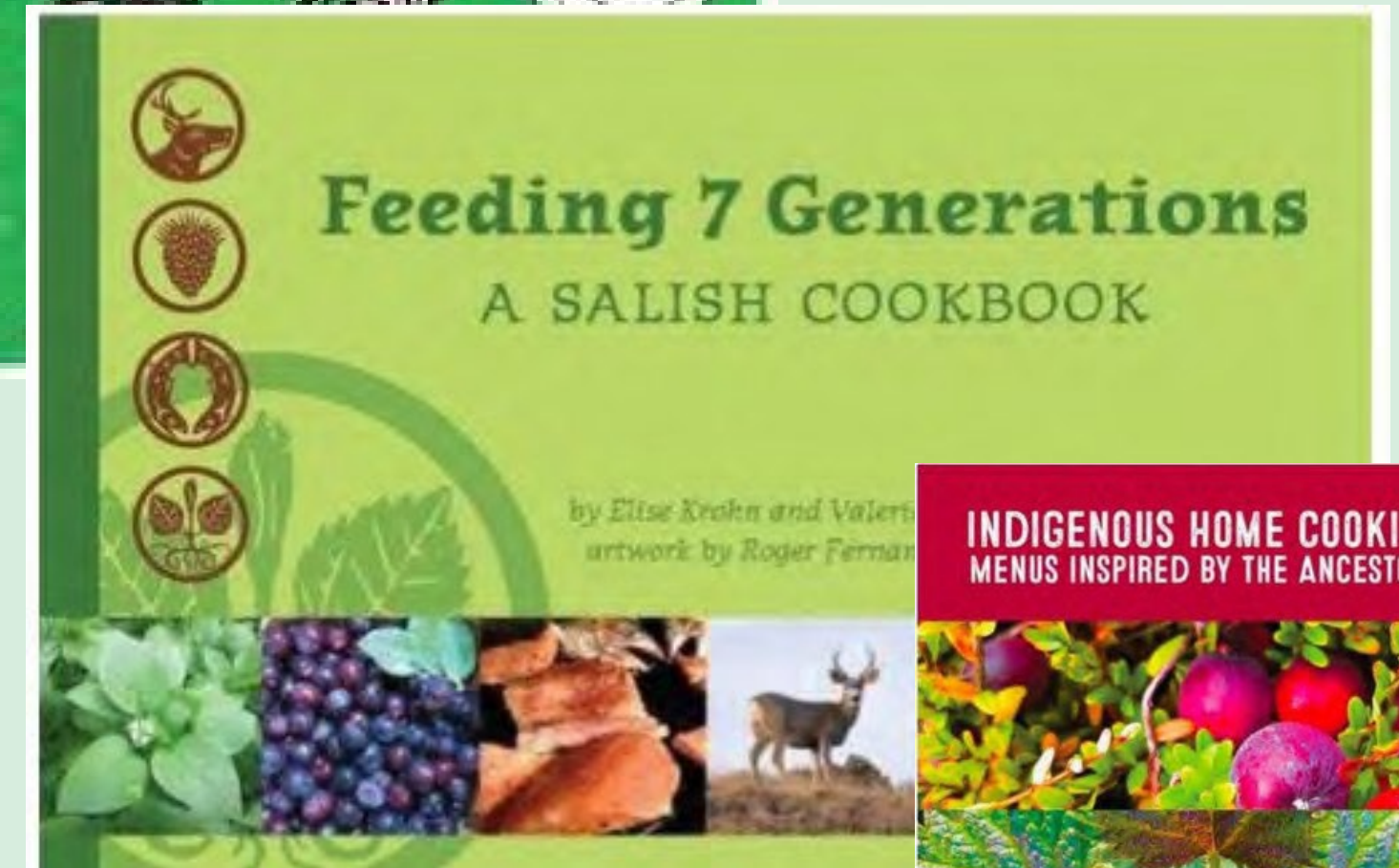
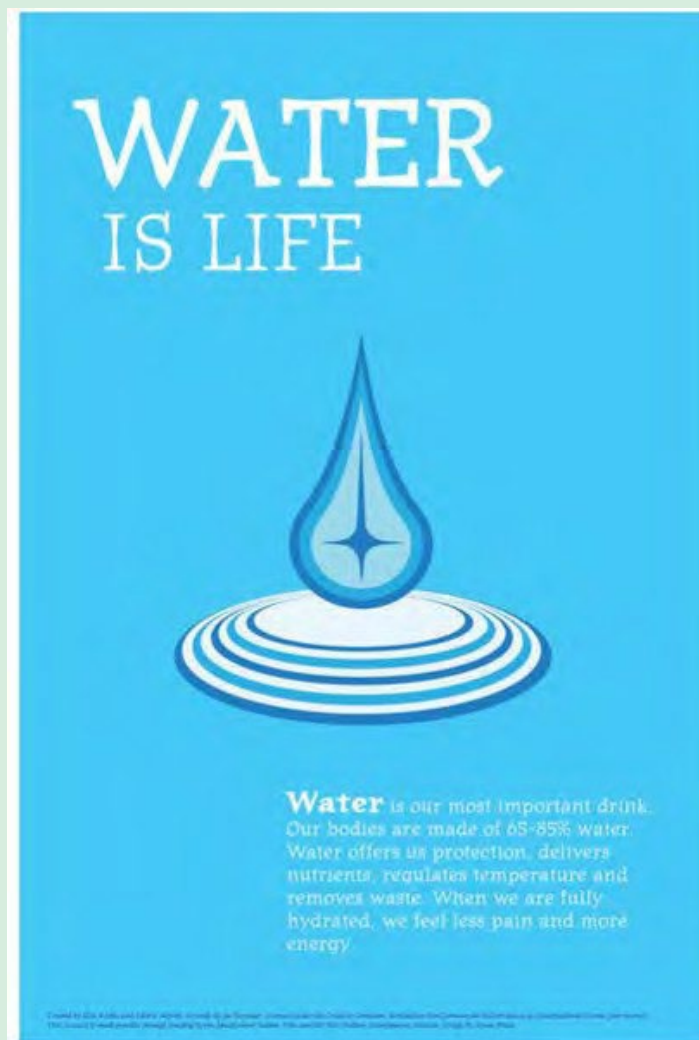
# Thank You!

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