Native Nutrition 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

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

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.

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.
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
Thank You!

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