



## The Healthiest Native and Natural Foods

- Healthy foods are whole foods with rich natural nutrients
- Healthiest and natural foods have not been highly processed
- They do not contain synthetic, artificial or irradiated ingredients

Simple, whole, natural foods tend to be much healthier than highly processed foods.

Most native people, in all parts of the world, had very few food choices, maybe six to ten, compared to 6,000+ food choices in supermarkets today. Native people ate foods that were in season—eliminating negative effects of overindulgence in sugary fruits and fats.

The problems of overeating, unhealthy bodies, and poor digestion is the result of our society being highly focused on food. We find ourselves craving that most delicious, exotic taste that in the end does nothing to satisfy our body's need for healthy, nutritious food.

We have been over stimulated, dulling our awareness of the real physical needs of our bodies. We eat when we are not really hungry but because we are used to eating by the clock. The hunger we respond to is created by our minds, our craving for taste sensations. These habits decrease our health. The loss of a real connection to true hunger is the main cause of overeating.

Make a commitment to a healthier lifestyle by giving up a non-healthy food choice, i.e., soda, chips, or doughnut. Try to introduce native foods into your and your family's diet.

Here are some of the most healthy native foods on the planet:

Acorn ~ Avocado ~ Celery ~ Epos ~ Fennel ~ Garlic ~ Green beans ~ Green peas ~  
Leeks ~ Mushrooms ~ Mustard greens ~ Onions ~ Lettuce ~ Sea vegetables ~ Spinach ~  
Squash ~ Tomato ~ Turnip greens ~ Potatoes ~ Pumpkin ~ Sweet potato ~ Yam ~ Yucca  
~ Cactus ~ Celery root ~ Apple ~ Apricot ~ Blackberries ~ Blueberries ~ Cranberries ~  
Huckleberries ~ Sour berries ~ Orange ~ Pear ~ Pine nuts ~ Plum ~ Prune ~ Raisins ~  
Raspberries ~ Strawberries ~ Watermelon ~ Dried peas ~ Lentils ~ Pinto beans ~ Peanuts  
~ Pumpkin seeds ~ Sea weed ~ Sunflower seeds ~ Walnuts ~ Corn ~ Wild rice ~ Chili ~  
Chili pepper ~ Dill ~ Mustard seeds ~ Sage ~ Ginger ~ Honey ~ Maple syrup ~ Quail ~  
Salmon ~ Trout ~ Eel ~ Pheasant ~ Turkey ~ Venison ~ Bison