

Nutrition Packet

JANUARY



Hominy Corn Soup

INGREDIENTS*

- 1 to 1½ pounds **pork loin chops**, cubed
- 4 - 15.5 oz. cans **hominy**, drained and rinsed
- 5 or 6 medium-sized **potatoes**, peeled and diced
- 2 or 3 - 15.5 oz. cans **kidney beans**, drained and rinsed
- Salt and pepper

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

LINKS:

YouTube: <https://youtu.be/EZnWlpWkCAY>

Instagram: https://www.instagram.com/tv/CKeszTCBHh4?utm_source=ig_web_copy_link

Facebook: <https://www.facebook.com/InterTribalCouncilMichigan>

Download: https://itcmy.sharepoint.com/:v:/g/personal/mwillette_itcmi_org/EZkdjR4YyuRAg0sAqktGwpsBZx02MmuTSCokLW4hYb0TPw?e=1Dn2Lc

INSTRUCTIONS

1. Wash your hands before preparing food.
2. Place pork pieces into a large pot with 1 ½ quarts of water. Add ½ teaspoon salt and simmer for about 1 hour.
3. Add the drained and rinsed hominy to pot. Continue to boil gently for another hour.
4. In the meantime, boil the potatoes separately in a pan of salted water until just tender. Drain, and discard water. Cool potatoes to prevent further cooking.
5. After 2 hours, add the potatoes and the drained and rinsed kidney beans to cooking pot. Add an additional 1 quart of water, or more to desired consistency. Reheat to boiling and serve with salt and pepper.

NOTES AND IDEAS:

- If you like, you may add more cans of hominy.
- If you use a fattier cut of pork, you may decide to remove and discard any excess fat from the meat and also skim the fat from the cooking water, before adding the hominy.

Hominy Black Bean Bowl

INGREDIENTS*

- 1 to 2 cups **romaine** leaves, washed and broken into bite-sized pieces
- ½ to ¾ cup **hominy**, drained and rinsed
- ¼ to ½ cup **black beans**, drained and rinsed
- ¼ **green pepper**, washed and chopped into pieces or thin slices
- ¼ cup canned **diced tomatoes**, drained, OR fresh tomatoes, washed and diced
- ¼ cup **cheese**, grated
- 1 to 2 Tablespoons Ranch dressing OR sour cream OR plain yogurt
- 2 Tablespoons salsa, red or green
- 2 Tablespoons pumpkin OR sunflower seeds

Source: LTBB Odawak FDPIR and Community Health programs

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INSTRUCTIONS

1. Wash your hands before preparing food.
2. In a large bowl, or on a plate, layer or place all ingredients in order listed, finishing with seeds sprinkled on top.

NOTES AND IDEAS:

- Avocado slices or guacamole make tasty additions.
- **Whole kernel corn** - canned, frozen, grilled or fresh - can be added to this bowl.
- **Roasted squash** pieces would make this a Three Sisters bowl.
- Leftover taco meat, or shredded **canned chicken**, leftover steak pieces, or browned **ground beef** or **bison**, or **canned ground beef**, drained, would be delicious added to the bowl.

Plant-Based Foods

Eating more plant-based foods may help you lower your blood pressure, maintain a healthy body weight, and improve your heart health. These are foods that come from various plants, including vegetables, fruits, whole grains, legumes, seeds, and nuts. For the greatest benefits, eat a wide variety of the plant-based foods described in this handout.

FRUITS AND VEGETABLES

Aim to eat at least 4½ cups of fruits and vegetables every day. Different colored fruits and vegetables contain different nutrients, so it's best to select a full range of colorful choices. Here are some tips to get you started:

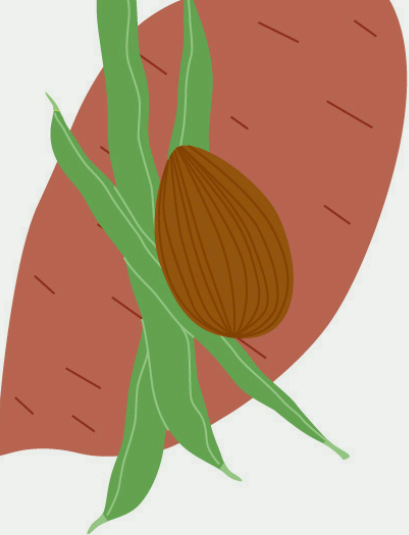
- Include at least 1 fruit or vegetable at each meal or snack.
- Wash and cut up fruits and vegetables in advance for a quick snack or addition to a meal.
- Keep fruits and vegetables in the front of your refrigerator where you can see them. Don't hide them in the produce drawer.
- Choose fresh or plain frozen fruits and vegetables. If you eat canned products, choose low-sodium or no-salt-added vegetables, and stick to fruits canned in water or natural juices (instead of syrup).

WHOLE GRAINS

Whole grains are packed with dietary fiber, B vitamins, and minerals such as iron, magnesium, and selenium. Aim to eat at least 3 servings of whole grains each day. (At least half of your daily grain servings should be whole grains.) 1 serving of whole grains equals ½ cup cooked whole grain pasta, wild rice, brown rice, or oatmeal; 1 slice of whole grain bread; or 3 cups of popcorn.

Here are some ways to eat more whole grains:

- Switch to 100% whole grain bread and whole wheat flour.
- Eat oatmeal or 100% whole grain cereal for a quick and easy breakfast.
- Substitute brown rice or wild rice for white rice.
- Choose whole wheat pasta.
- Explore different types of grains like quinoa, bulgur, whole grain barley, millet, and amaranth.



Plant-Based Foods (continued)



LEGUMES (BEANS)

1 serving of beans ($\frac{1}{2}$ cup cooked) is packed with nutrients. Beans are rich in dietary fiber, vitamins, minerals, antioxidants, and protein. Beans can count as vegetables or protein foods: 1 cup of cooked beans count as 1 cup of vegetables, or $\frac{1}{4}$ cup of cooked beans count as 1-ounces equivalent in the protein foods group.

To add more beans to your meals, try these tips:

- Include black beans, soybeans, kidney beans, chickpeas, or white beans in salads, soups, and main dishes.
- Use beans instead of some or all of the beef, chicken, and pork in your favorite recipes.
- Make a tasty soup using dried lentils or split peas, which cook faster than other dried legumes.
- Rinse canned beans to remove extra salt. You can also choose canned beans without added salt or cook with dried legumes.

NUTS AND SEEDS

Nuts and seeds are full of heart-healthy fats (monounsaturated and polyunsaturated fats). They also provide dietary fiber, vitamins, and minerals.

1 serving of nuts or seeds is about $\frac{1}{2}$ ounces. Examples of a serving are 12 almonds, 24 pistachios, 7 walnut halves, $\frac{1}{2}$ ounces of pumpkin or sunflower seeds, or 1 Tablespoon of peanut butter or almond butter.

Here are a few ideas to get you started:

- Enjoy a serving of unsalted nuts or seeds as a heart healthy snack.
- Add unsalted nuts or seeds to salads or stir-fries.
- Snack on a slice of whole grain bread spread with 1 Tablespoon of nut butter.



How to Measure Ingredients

Knowing how to correctly measure dry and liquid ingredients is a key skill for recipe success. The questions and answers below can help you to master your skills.

WHICH MEASUREMENTS DO RECIPES USE FOR DRY AND LIQUID INGREDIENTS?

Recipes may call for ingredients by volume, by weight, or by both volume and weight.

- Dry ingredients (like flour, sugar, rice, and oatmeal) are measured by volume in teaspoons, tablespoons, cups, and fractions of cups. Dry ingredients are sometimes measured by weight on a food scale.
- Liquid ingredients (like oil, milk, stock, or water) are measured by volume in teaspoons, tablespoons, cups, pints, quarts, gallons, fluid ounces, milliliters, and liters.

WHICH MEASURING TOOLS ARE USED FOR DRY AND LIQUID INGREDIENTS?

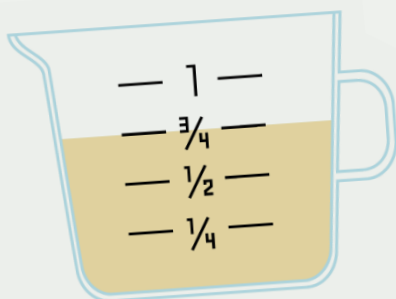
MEASURING CUPS: There are separate types of measuring cups for liquid and dry ingredients:

- **Liquid measuring cups** are usually glass or plastic with a small spout for pouring. They're marked with graduated lines showing fractions of cups, ounces, and/ or milliliters. Common sizes are 1, 2, and 4 cups.
- **Dry measuring cups** are usually metal or plastic and often come in sets of 1 cup, $\frac{1}{2}$ cup, $\frac{1}{3}$ cup, $\frac{1}{4}$ cup, and $\frac{1}{8}$ cup.

MEASURING SPOONS: The same measuring spoons are used for dry ingredients (like baking powder or salt) and liquid ingredients (like oil or vanilla). Measuring spoons are usually metal or plastic and come in sets with these spoon sizes: 1 tablespoon, 1 teaspoon, $\frac{1}{2}$ teaspoon, $\frac{1}{4}$ teaspoon, and $\frac{1}{8}$ teaspoon. Some sets also include less common measures, such as $\frac{1}{2}$ tablespoon, $\frac{3}{4}$ teaspoon, $\frac{1}{8}$ teaspoon, and $\frac{1}{16}$ teaspoon (sometimes called a pinch). Many spoons are marked with milliliters as well.

FOOD SCALES: When a recipe calls for ounces, pounds, or grams of a dry ingredient like flour, meat, tofu, or uncooked pasta, a food scale provides an accurate weight. Recipes for baked goods like cakes and muffins may rely on exact measurements, so it's especially important to weigh these ingredients if the directions call for it. Types of scales include digital scales, which require batteries, or mechanical spring scales, which display weights on a dial.

Tip: Choose a scale with a tare or zero function. This allows you to reset the displayed weight back to zero (0) so you can measure multiple ingredients in succession in the same container.



MEASUREMENT MATH

Keep these common measurement conversions handy whenever you make a recipe.

WEIGHT MEASUREMENTS

1 ounce =	28.35 grams
1 gram =	0.035 ounces
1 pound =	16 ounces or 454 grams

VOLUME MEASUREMENTS

1 teaspoon =	1/3 tablespoon
1 tablespoon =	3 teaspoons or ½ fluid ounce
1/8 cup =	2 tablespoons or 1 fluid ounce
¼ cup =	4 tablespoons or 2 fluid ounces
1/3 cup =	5 tablespoons + 1 teaspoon
½ cup =	8 tablespoons or 4 fluid ounces
¾ cup =	12 tablespoons or 6 fluid ounces
1 cup =	16 tablespoons or ½ pint or 8 fluid ounces
1 pint =	2 cups or 16 fluid ounces
1 quart =	4 cups or 2 pints or 32 fluid ounces
1 gallon =	4 quarts or 8 pints or 16 cups or 128 fluid ounces

How to Measure Ingredients (continued)

HOW DO YOU MEASURE DRY AND LIQUID INGREDIENTS?

- **To measure dry ingredients:** Fill a dry measuring cup to the top and level it off with the back of a knife. Use the same technique to measure dry ingredients in tablespoons and teaspoons.
- **To measure liquid ingredients:** Place a liquid measuring cup on a flat surface and pour liquid to the desired line. Check at eye level to make sure the bottom of the liquid curve (the meniscus) is at the measuring line (not below the line).

ARE OUNCES AND FLUID OUNCES THE SAME?

- No. Ounces are a measure of weight generally used with dry ingredients. Fluid ounces are a measure of volume used with liquid ingredients. Read recipes carefully to know how to measure correctly.

Manidoo Giizis – Spirit Moon

12TH MOON – JANUARY*

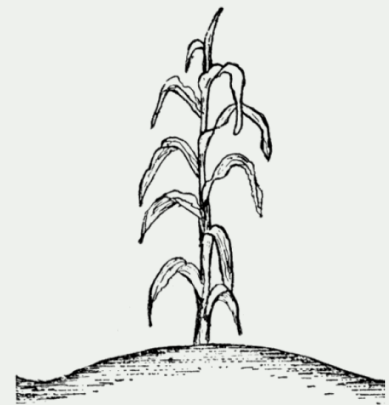
ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Manidoo Giizis	Mah-nih-dew-gee-zis	Spirit Moon
Ashi niizh	Uh-shih-neezh	Twelve
Mashkiki	Mush-kih-kih	Medicine
Mandaamin	Mun-dah-min	Corn
Miinikaan	Mee-nih-kahn	Seed

*In the White Earth Indian Community, the 12th Moon is called Spirit Moon. What is the name for the 12th Moon in your community? Who would you ask to find out?

CORN IS OUR RELATIVE

CORN NUTRITION INFO:

- High in antioxidants, folate, phosphorus
- High in fiber—plays an important role in a healthy digestive system and lowering cholesterol
- Contains Vitamins C, K, B1, B5
- Traditional processing of nixtamalization and grinding corn makes digesting corn easier, and increases the body’s ability to absorb its nutrients



13 Moons of Anishinaabe Nutrition: A Nutrition Curriculum Based of Traditional Anishinaabe Foods

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