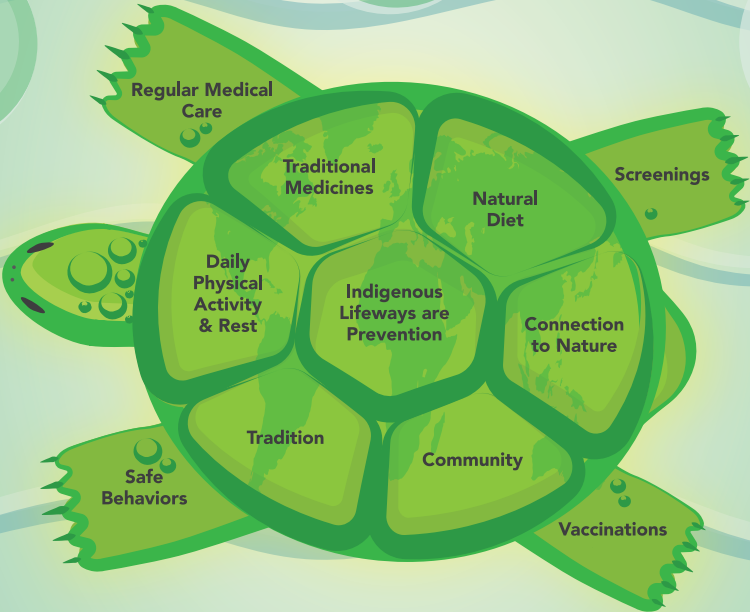


Indigenous Lifeways Are Prevention


Interrelated


Sustainable



Non-Linear




Respect for All Living Things


Lifeways Rooted in Culture


Respect


Balance

Our ancestors recognized that our lives are *wakan** (*sacred*) and how we take care of *uŋkíthaŋčhaŋpi** (*our bodies*) is important.

Indigenous lifeways focus on the spirit, mind, body, heart, earth, and community. Each aspect is a thread in a web that is related to our past, living and future ancestors:



Use traditional medicines



Consume a natural diet, free from processed foods



Maintain daily physical activity and rest



Engage with the community in traditional activities

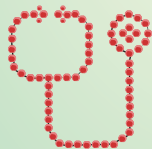


Connect with nature

We can enhance our resilience and protection against chronic illness by embracing contemporary activities to achieve health equity. The combination of our traditional ways and these modern practices is essential to advance the health of our communities:



Stay up to date on vaccinations



Seek regular medical care



Practice safe behaviors (alcohol, drugs, sex, etc.)



Schedule regular preventative screenings



American Indian
Cancer Foundation.

7 Cancer Prevention Tips

30-40% of types of cancer are directly related to food, exercise, and weight.
30% of types of cancer are directly related to tobacco use.
That means that 60-70% of cancer can be prevented by lifestyle change alone!



Maintain a Healthy Weight

Being overweight increases your risk of certain cancers by 50%. If you are overweight, losing even as little as 5-10% of your current weight can be beneficial!

Limit Calorie-Dense, Nutrient Deficient Foods

Avoid foods with added sugars or solid fats that have lots of calories but little nutrition benefit: processed snack foods, desserts, and sugar-sweetened beverages.



Eat Fruits, Vegetables, Whole Grains, and Legumes

Eating whole foods helps lower your risk for cancer. They have the added benefit, too, of containing few calories and being naturally-rich in nutrients!

Moderate Meat Portions

There might be a connection between ham, bacon, and hot dogs and colon cancer. Limiting animal proteins and enjoying plant proteins can help lower your risk.



Limit Alcohol

Alcohol might increase the risk of mouth, throat, liver, breast, and colon cancer. It is especially risky when paired with smoking. If you do drink, drink in moderation! (1 drink per day for women, and 2 for men)

Eat Whole Foods

Research suggests that nutrients found naturally in foods are protective against cancer. This is not true of supplements. Therefore, always eat Food First!



Eat the Rainbow

Even the pigments in foods can help protect against cancer, so it is important to eat foods of every color!

Contact your Registered Dietitian with questions!
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