



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

UTTC LAND GRANT EXTENSION

MyPlate

Considering Native American Culture



UTTC's Nutrition and Foodservice Educational Shield

UTTC's Nutrition and Foodservice shield is based on USDA's MyPlate®.

This cultural food guide includes water, the original soft drink. Water is placed on the left side, recognizing that water from a thunderstorm comes from the west. The early thunderstorms wake Mother Earth, which starts the planting and growing season in the northern plains.

Water is sacred and necessary for people, plants and animals. Water supports healthy food choices, throughout the year.

Food Choice Guidelines

- Fill half of your plate with colorful fruits and vegetables
- Make half of your grains whole grains
- Drink water, milk or 100% juice (save soda, sports drinks, or sugary drinks for special events, not every day)
- Choose a variety of lean protein sources (poultry, fish, eggs, dried beans and peas, low-fat cheese, soy foods or meat)

Go to www.ChooseMyPlate.gov or www.choosemyplate.gov/tools-supertracker for more details or tracking your diet.



2017