Ketti-Maneto

Meskwaki

Hunter-Gatherer Traditional Foods Pyramid

E di ki di se to na gi, Ma ne to wa,
Wi i di se nye wa gi, Ma i ni
Wi i di, A be na mo wi ya gi,
I me nwi ma te si wa gi

Eating the foods Manetowa gave us will honor him and give us good Health.

Traditional Sweet & Oils
•Besega, Amowi, Mesiyea

Healthy Modern Additions:
Extra Virgin Olive Oil, Butter, Coconut Oil, Stevia

Traditional Fruits and Berries
•Wild berries, blueberries, strawberries, raspberries, blackberries, gooseberries, cranberries •Wild crab apples

Citrus, Bananas, & all other fresh fruits

Traditional Vegetables
•Squash, summer & winter •stems and sprouts
•New shoots •Wild Rhubarb •Spring Greens (dandelions)
•Wild Mushrooms •Wild Roots (bitter root, camas, cattail)
•nenote abenyeki, Manenia

Spinach, Swiss Chard, & other lettuce greens, misc. fresh herbs (dill, mint, basil, oregano, ginger, etc.), onion, peppers, carrots, parsnips, potatoes, yams, string beans, cauliflower, broccoli, etc.

Traditional Grains, Nuts, & Beans
•Dried corn (Meskwaki corn, tagaani, babakena & hominy) and popcorn •Wild Rice
•Acorns, Hazelnut •Small red beans, Biwaa •Wild Oats
Healthy Modern Additions: Whole grains (barley, wheat, steel-cut oats, flaxseed, buckwheat, amaranth,etc.) almonds, walnuts, and other nuts and nut butter; all bean and lentil varieties

Avoid processed man-made things like sugar, artificial sweetners (aspartame, saccharin, splenda) pop, bleached flour, partially hydrogenated vegetable oil, etc.

Traditional Meats, Fish, Birds, Eggs
•Deer, elk, buffalo, rabbit, raccoon, squirrel, beaver, bear, muskrat, groundhog •Organ meats and lard •Fish
•Duck, geese, pheasant, grouse, quail •Eggs

Healthy Modern Additions: Wild salmon, cod and other ocean or river fish; Organic beef, Free –range turkey, chicken, and "caged-free" eggs

A Note on DAIRY: Dairy, while included in "American" food pyramids, is **not** a traditional food for the Meskwaki people.

Traditional Calcium and Mineral Sources Include:

- Breast Milk for babies and children under 2yrs •Bone soup or broth •Vegetables and greens

Processed homogenized dairy products have been found to increase the risk of Type 2 Diabetes, while only **raw milk from healthy cows** is a healthy and beneficial addition to a traditional diet. Cultured dairy (yogurt, buttermilk, etc.) from raw milk is digestible for those who are otherwise lactose intolerant.

Eat According to the Seasons and the Land

Bebowi
Increases the need for heavier foods such as meat (kobitti-nenoswa, bedikesiwa), it's naturally occurring fat (like lard) and starches found in potatoes, winter squash and wild rice (and other foods tat can be stored over the winter months). This could also include dried berries, corn, etc.

Winter

Emenokamiki
Is a time of renewal. Nemesa, owawanani, Fresh shoots (such as cattails) and tender greens (such as wild spinach, dandelion, mint,) help us to cleanse our systems from the heavy winter foods.

Spring

Ebenawiki
We tend to be more active and need more high energy foods like berries, nettles, and nemesa. An abundance of fresh greens and vegetables from gardens are available now to be enjoyed, some are canned for winter. Summer is not a good time to hunt because of ticks, bacteria and it's too warm to hang the animal.

Summer

Tagakiwi
Is a time to enjoy the harvest and to prepare for the winter months. Cooler weather brings hunting season, some which is dried or smoked to save for winter. Wabikonani, tubers (like abenyeki, yams, and carrots) mesiga, mediminiaki, and other fall harvested fruits and vegetables and nuts (walnuts, etc.) are collected and many are stored for winter use.

Fall

Local & Organic Foods
Traditional foods were obtained locally and raised or grown without pesticides, artificial fertilizers, drugs or hormones.

FOCUS on LOCAL

Eating local foods grown in the soil and the climate that you live in is very important. These STAPLE foods provide the specific nutrients your body needs. The Ketti-maneto has given us everything we need literally with in walking distance from where we live (nenote atamini, bedikesawa, aniga,biwaa and other traditional foods.) This is how we survived all these years thousands of years ago, we didn't have modern transportation.

While citrus and other tropical fruits may be another source of healthy eating for us, their nutrition is better geared for those who live in the region they are grown in.
If Ketti-maneto would have thought we needed that type of nutrition (such as bananas, pineapples and coconuts) he would have made it so that they can grow in this area, but they cannot. This does not mean we cannot ever enjoy them, it simply means they **should not be the STAPLES.**

2014 Created for the Meskwaki people to promote healthier eating, Avis J. Bear-Bass FEC Food Sovereignty Initiative Resource Anishinaabe Center www.anishinaabe.org