

QUARTERLY ALASKA NATIVE HEALTH NEWS • 2022, ISSUE 2

MUKLUK



CELEBRATING TRADITIONAL FOODS

Yum!



**HEALTHY SNACK HACKS
TRADITIONAL FOODS
NUTRITION**

Snack Hacks

To promote healthy snacking and eating habits to improve overall health, ANTHC's Health Promotion program shares some healthy snack hacks.

GO FOR GREAT WHOLE GRAINS

Offer whole-wheat breads, cereals, rice and pastas and popcorn that are high in fiber and low in added sugars, saturated fat and sodium. Limit refined-grain products such as snack bars, cakes and sweetened cereals.



EAT COLORFUL VEGGIES

Spice up raw vegetables with dips. Try dipping bell peppers, carrots, cucumbers and other raw veggies in hummus, tzatziki, guacamole or salmon spread.



CHOOSE LEAN PROTEIN

Pick lean protein foods such as dry fish, meats or unsalted nuts. Spread nut butter or low-fat cheese on an apple wedge. Store hard-boiled eggs in the refrigerator for kids to enjoy any time.



QUICK AND EASY FRUITS

Fresh, frozen, dried or canned (in natural juice or light syrup) berries and fruits are easy "grab-and-go" options that require little preparation. Limit the amount of 100% juice served.



SWAP OUT SUGAR

Keep healthier foods, like dried fruit, handy so kids avoid sweet cookies, pastries or candies between meals. Instead of soda, try adding sparkling water to 100% fruit juice.



These tips and more can be found at the U.S. Department of Agriculture website ChooseMyPlate.gov.

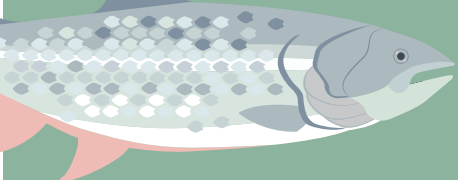
The Mukluk Telegraph is published by the Alaska Native Tribal Health Consortium to share health and wellness information for Alaska Native people.



ALASKA NATIVE
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CONTACT US

Have a suggestion or a compliment for the Mukluk Telegraph? We would love to hear from you. Email the ANTHC Marketing & Communications Department at akamarketing@anthc.org. More information is online at anthc.org.



Traditional foods are part of the **healing prescription** at ANMC

Food plays an important role in our health and thanks to generous donors and the skills of our Food Services staff, patients at the Alaska Native Medical Center have the option to include traditional foods as part of their healing and comfort.

BENEFITS OF TRADITIONAL FOODS FOR ANMC PATIENTS

Familiar flavors and sense of comfort when away from home.

Meeting the needs of our Alaska Native people.

Healing for the mind, body and soul.



Our foods have a way of instantly bringing us back to good memories of childhood, our families and home. When chicken soup just won't cut it, ANMC has smoked hooligan, pickled fiddlehead ferns and even Tundra Meatloaf with moose and reindeer for holidays or special occasions.

Be a part of the healing for our Alaska Native people! Donate traditional foods such as seal, moose, caribou, fish and more to serve to our people at ANMC. If you are interested in donating or have questions about traditional foods being served for our patients at ANMC, please email NativeFoods4Life@anthc.org.

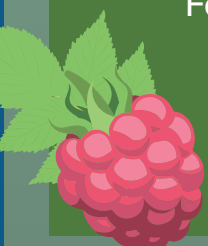


Did you know about the ANMC Traditional Garden?

In addition to donations of traditional foods, ANMC also sources its own plants and berries from the ANMC Traditional Garden located in the courtyard next to the ANMC Cafeteria.

Planted in 2018 through funding from ANTHC's Healthy Alaska Natives Foundation, the garden includes plants in three sections: Tundra Garden, Bog Garden and Birch Forest Garden. Favorites include yarrow, high bush cranberries, Labrador tea and wild chives.

Take a peek the next time you visit ANMC!



Celebrate the traditional foods we Hunt, Fish, Gather and Grow

Alaska Native people inherited the best parts of Alaska - all the traditional foods available across our state!

Eating traditional foods is a healthy way to add diversity to our diets, stay connected to our cultures and traditional practices, add physical activity to our seasonal routines,

and provide comfort to our families and communities.

There are many different ways to prepare traditional foods and the best ones are usually passed down from our parents and Elders. We are resilient and adaptive people, regardless if we live in urban or rural settings, we find ways to access our traditional foods wherever we are; we have

the ability to carry on traditions by learning about the local plants, berries or new hunting grounds. No matter how you prepare them, our traditional foods are excellent sources of Vitamin C, fiber and protein compared to the store bought foods. Learn about the nutrition of foods we Hunt, Fish, Gather and Grow.

GATHERING & EATING TRADITIONAL FOODS

- ◆ Gives our bodies healthy sources of essential vitamins and minerals.
- ◆ Contributes to physical fitness.
- ◆ Connects us to nature and the land.
- ◆ Shares our traditional knowledge with family.
- ◆ Encourages sharing and community connection, which supports spiritual well-being.
- ◆ Provides life skills in food preservation and preparation.



Caribou have been eaten in Alaska for thousands of years and are considered an important food of many Alaska Native people. The liver, tongue, brain, blood and kidneys are delicacies that add valuable nutrients to the diet. Caribou has more protein and iron than the same amount of beef and less saturated fat.

PREPARATION

Caribou, Sitka black-tail deer and reindeer can be boiled, roasted, grilled and dried.

NUTRITION

- ◆ Excellent source of protein and iron
- ◆ Low in saturated fat
- ◆ Low in sodium

Halibut is the largest of the flat fish and can grow to over 600 pounds. The species tends to inhabit deep ocean waters. Alaska Native people once fished for halibut with wooden hooks suspended below floats made from seal stomachs.

PREPARATION

Halibut can be baked, broiled, poached, fried, or steamed. The meat from the bottom of the halibut is used in soups and chowders, and the top side for steaks.

NUTRITION

- ◆ Excellent source of protein
- ◆ Low in fat
- ◆ Free of saturated fat
- ◆ Low in sodium

Blueberries are found in wooded areas along waterways and on the tundra. They can be eaten fresh or frozen. Wild blueberries are very rich in vitamins. A recent study showed that Alaska wild blueberries are even more nutrient rich than wild blueberries in the Lower 48 states.

PREPARATION

Alaska lowbush blueberries have a tart, fresh flavor that can be used a variety of ways: Eaten raw, pies, muffins, sauces, jam or jelly.

NUTRITION

- ◆ Excellent source of Vitamin C
- ◆ Good source of fiber
- ◆ Low in fat
- ◆ Very low in sodium

Snap Peas grow well in Alaska in the ground or in containers in sunny areas. They grow on vines, so it's a fun way to see how your crop is doing throughout the growing season compared to root vegetables such as potatoes and carrots that grow underground. They can be eaten fresh off the vine or boiled and frozen for storage.

PREPARATION

Snap peas have a fresh flavor and can be eaten right off the plant or with dip for a healthy snack. They can also be chopped and used in stir fry, salads and soups.

NUTRITION

- ◆ Excellent source of Vitamin C
- ◆ Good source of fiber
- ◆ Fat-free
- ◆ Sodium-free

Nutritional information is sourced from the *Traditional Food Guide for Alaska Native People*, a publication from the Alaska Native Tribal Health Consortium.



QUIT TOBACCO

YOUR BODY WILL THANK YOU!

What we put into our bodies has a big impact on our overall health. When you smoke or chew tobacco, there are long-term risks and harms to your health. But the good news is that when you quit tobacco, there are immediate improvements for your body and the longer you go without tobacco the healthier you will become.

BENEFITS TO QUITTING TOBACCO

**20 MINUTES**

Blood pressure and pulse rate drops to normal levels.

**2 WEEKS TO 3 MONTHS**

Blood circulation improves. Activities become easier because lung function increases up to 30%.

**5 YEARS**

Lung cancer death rate for average smoker (one pack a day) decreases by almost half. Stroke risk is reduced to that of a nonsmoker.

**8 HOURS**

Carbon monoxide and oxygen levels in blood return to normal.

**1 TO 9 MONTHS**

1 to 9 months: Coughing, sinus congestion, fatigue and shortness of breath decrease. Overall energy increases.

**10 YEARS**

Precancerous cells are replaced by healthy cells. Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.

**24 HOURS**

Risk of heart attack decreases.

**1 YEAR**

Risk of heart disease decreases to half that of a tobacco user.

**15 YEARS**

Risk of coronary heart disease decreases to the same rate of a nonsmoker.

**48 HOURS**

Damaged nerve endings start to regrow. Sense of smell and taste are enhanced.

Even if you've tried quitting tobacco before, the more times you try and the more help you get will lead to a healthier you!

Quit today or quit again with help!



If you would like help quitting tobacco, call the ANTHC Tobacco Information Line at (907) 729-4343.

Moose Stroganoff



FOOD CACHE

Moose is a very healthy meat

and is a better choice than beef.

Moose meat is lower in fat, low in sodium, full of protein, high in potassium and loaded with other vitamins and minerals. Such as iron, phosphorus, vitamins B13, niacin (B3) and contains essential amino acids your body needs to help metabolize food and support your Immune system.



"Moose is an important part

of Alaska Native culture and subsistence. Places are honored with the many names for moose; Dnigi Hut (Dena'ina name for moose), Dzisk'w Mountain (Tlingit name for Moose) and even Tuntuvak Subdivision (Yup'ik).

INGREDIENTS

- 1 and 1/2 lb. ground moose meat
- 8 oz. fresh mushrooms, sliced (about 2 1/2 cups)
- 1 medium onion, thinly sliced
- 3 garlic cloves, minced
- 1/4 cup butter
- 1 and 1/2 cups low-sodium beef-flavored broth
- 1/2 teaspoon salt
- 1 teaspoon Worcestershire sauce
- 1/4 cup all-purpose flour
- 1 and 1/2 cups sour cream
- 3 cups cooked egg noodles, served hot

PREPARATION

1. Cook mushrooms, onions and garlic in butter in 10" skillet over medium heat, stirring occasionally, until onions are tender; remove from skillet.
2. Cook ground moose meat in same skillet until brown. Stir in 1 cup of broth, salt and Worcestershire sauce. Heat to boiling; reduce heat. Cover and simmer 15 minutes.
3. Stir remaining 1/2 cup broth into flour, then stir into moose meat mixture. Add onion mixture; heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in sour cream; heat until hot (do not boil).
4. Serve over noodles. Serves six.



COOK'S TIP: This is a fast and easy recipe. You can substitute leftover moose roast cut into strips, start at Step 2 (instead of cooking the meat, add ingredients and simmer. Follow Step 3).





Behavioral Health Wellness Clinic

Alaska Native Tribal Health Consortium



CARE SOLUTIONS

ANTHC's Behavioral Health Wellness Clinic (BHWC) offers video telehealth appointments for easy connection to compassionate care in Alaska communities.



1. **Call** 1 (833) 642-2492 or (907) 729-2492 **or**
2. **Talk** to your provider about a referral **or**
3. **Visit** www.anthc.org/BHWC fill out an intake form

GROUP COUNSELING SESSIONS

Living in Balance - Weekly

Focus on early recovery skills and relapse prevention skills such as skills for cravings, refusal skills, social skills, coping skills for co-occurring mental health concerns, and strategies for engaging a meaningful life without alcohol and drugs.

Everyday Mindfulness - Monday, Wednesday & Friday

Mindfulness meditation, guided imagery, breathing methods and other practices to help relax the body and mind to reduce symptoms and stress.

Healthy Relationships - Weekly

Exercises and skills to have a healthy romantic relationship, social skills, decision-making abilities, refusal skills, setting and attaining goals, hygiene, self-care and sexual health.

Trauma Recovery and Empowerment - Weekly

Skills to work towards safety in your life, letting go of dangerous relationships, feeling control of your trauma and substance use symptoms, and discontinuing your substance use.

Anxiety, Depression and Stress - Tuesday, Wednesday & Thursday

Practical skills and techniques for addressing symptoms of anxiety, depression and stress.

Healing Complicated Grief

This provider-led group is offered as a series of 12 weekly sessions for those experiencing complicated grief, learn strategies to address stuck points and practice activities to help adjust to their loss.

Grief, Loss, and Bereavement

Support following the death of a loved one, providing space to process loss, learn about skills for coping and set grief aside for small amounts of time to focus on self-care activities.

Services:

- **Individual counseling**
- **Mental health and substance use assessments**
- **Case Management and Referral Support**