



Ordering Nutritious & Indigenous Foods

GUIDELINES & CHECKLIST



American Indian
Cancer Foundation®



Section 1: Guidelines for Food and Beverages

Recommendations for Meetings, Gatherings and Events

- Choose these foods and beverages most often: water, fruits, vegetables, whole grains, lean proteins and less processed foods.
- Limit these foods and beverages: sugary drinks and processed foods high in sugar, sodium and saturated fat.
- Avoid foods and beverages with trans fat (check nutrition labels for hydrogenated or partially hydrogenated oils).
- Recommended cooking methods: roasting, baking, boiling, broiling, steaming, stir-frying or poaching.
- Choose fresh, whole, unprocessed and less processed foods.
- Choose food retailers that use Indigenous, local and fresh foods.

Serving Guidelines and Checklist

Guideline

Checklist (mark when purchased or ordered)

<ul style="list-style-type: none">• Use 9 inch plates• Use 12 ounce bowls	<ul style="list-style-type: none"><input type="checkbox"/> Select 9 inch plates<input type="checkbox"/> Select 12 ounce bowls
<ul style="list-style-type: none">• Fill half of the plate with colorful vegetables (fresh, frozen without sauce or low-sodium canned)• Serve fresh fruit on the side or as a salad topping	<ul style="list-style-type: none"><input type="checkbox"/> Select vegetables (carrots, dark leafy greens, squash, etc.)<input type="checkbox"/> Select fruit as a side or salad topping (apples, berries, pineapple, etc.)
<ul style="list-style-type: none">• Fill one quarter of the plate with lean protein• Ensure protein is not stacked higher than 1-1.5 inches off the plate	<ul style="list-style-type: none"><input type="checkbox"/> Select a lean protein (beans, bison, venison, etc.)<input type="checkbox"/> Ensure protein servings are not stacked higher than 1-1.5 inches
<ul style="list-style-type: none">• Fill one quarter of the plate with whole grains	<ul style="list-style-type: none"><input type="checkbox"/> Select whole grain products (brown rice, wild rice, corn, etc.)
<ul style="list-style-type: none">• If providing soup, request a low sodium broth based option	<ul style="list-style-type: none"><input type="checkbox"/> Select broth based, low sodium soup
<ul style="list-style-type: none">• If providing bread, request a 100% whole grain without added sugar option	<ul style="list-style-type: none"><input type="checkbox"/> Select 100% whole grain bread
<ul style="list-style-type: none">• Request foods are seasoned with herbs and spices rather than added salt• Choose low sodium options when processed items are served	<ul style="list-style-type: none"><input type="checkbox"/> Select foods seasoned with herbs and spices rather than added salt (basil, thyme, sage, etc.)<input type="checkbox"/> Select processed foods labeled “reduced sodium,” “low sodium,” or “sodium free” (condiments, pickles, salad dressing, etc.)
<ul style="list-style-type: none">• Ensure dessert dimensions are not larger than 2 inch by 2 inch• Choose fresh fruit for half or more of the dessert• Choose desserts that are 100 calories or less	<ul style="list-style-type: none"><input type="checkbox"/> Select dessert size 2 inch by 2 inch or smaller<input type="checkbox"/> Select desserts that are made with “reduced sugar,” or “low sugar.”<input type="checkbox"/> Select low-calorie dessert option
<ul style="list-style-type: none">• Do not serve candy at community events• Serve better-for-you snack options* if candy is provided at holiday events (*see section 2)	<ul style="list-style-type: none"><input type="checkbox"/> Do not select candy for community events<input type="checkbox"/> Select better-for-you options for holiday events

Healthy Beverage Guidelines and Checklist

Guideline

Checklist (mark when purchased or ordered)

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| <ul style="list-style-type: none">• Always provide a regular unsweetened water option | <input type="checkbox"/> Select water (including sparkling water or fruit-infused water) |
| <ul style="list-style-type: none">• Do not serve sugary beverages• Choose beverage options without added sugar or artificial sweeteners | <input type="checkbox"/> Did not select sugary beverages (pop, sports drinks, energy drinks, flavored sugar based drink mix, etc.)
<input type="checkbox"/> Select unsweetened: coffee, tea, low fat or nonfat milk, lactose-free or dairy-free options (lactose-free milk, soy milk, almond milk, etc.) |
| <ul style="list-style-type: none">• Choose 8 ounce servings for calorie containing beverages | <input type="checkbox"/> Select 8 ounce cups for calorie containing beverages (unsweetened milk, soy milk, almond milk, etc.) |
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Section 2. Guidelines for Snacks

Recommendations for Snack Selections

Choose these Better-for-you options:

Examples

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| <ul style="list-style-type: none">• Indigenous selections• Fresh fruits• Fresh vegetables• Unsalted, non-candied nuts• Unsweetened dried fruit• Low-fat, low sodium baked selections• Unsweetened, low-fat dairy selections• Unsweetened, whole grain selections | <ul style="list-style-type: none">• Bison jerky, puffed wild rice, ground cherries• Bananas, berries, oranges• Broccoli, carrots, celery• Almonds, cashews, trail mix• Apples, apricots, cranberries• Crackers, chips, granola bars• String cheese, cottage cheese, greek yogurt• Fruit bars, oatmeal, high fiber cereals |
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Avoid these options:

Examples

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| <ul style="list-style-type: none">• Fried, high fat or sweetened bakery selections• Fried selections• Sweetened fruit snacks• Candy or candied selections• Processed and ready to eat selections• Frozen convenience selections | <ul style="list-style-type: none">• Cake, cupcakes, doughnuts• Frybread, chips, french fries• Fruit snacks, fruit cups, fruit leather• Candy, glazed nuts, caramel popcorn• Lunch meat, meat sticks, sausages• Pizza, corn dogs, cheese bread |
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