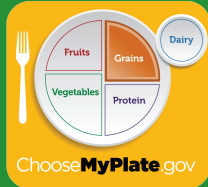


# The Path to a Healthier You

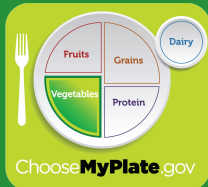


\*Keep the Tradition Physical Activity Nutrition

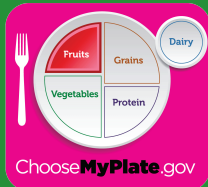
## Daily Ratio



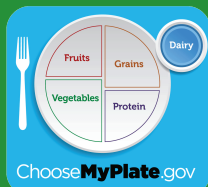
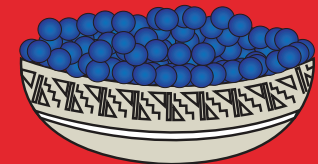
Acorn Dumplings, Apache Corn Dumplings, Ash Bread, Báń ditáné, Biscuits, Blue and White Marbles, Chumath, Corn Bread, Kneel-Down Bread, Mesquite Bean Flour Bread, Moon Bread, Mush, Oven Bread, Parched Corn, Piki Bread, Popovers, Pueblo Bread, Somiviki, Tortillas, Tsiid Ka sete



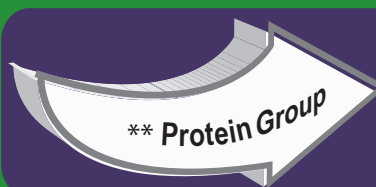
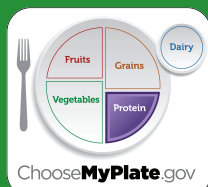
Amaranth Leaves, Asparagus, Beweed, Carrots, Chile, Corn, Goosefoot, Greens, Hominy, Hot Purslane, Navajo Spinach, Prickly Pear Pads, Pumpkin, Roots, Saltbush, Squash, Squash Blossoms, Wild Cabbage, Wild Onions, Wild Potato, Wild Spinach, Wild Tomato, Yampa, Yomba



Apples, Apricots, Avocados, Banana Yucca, Barberry, Buffaloberries, Cantaloupe, Casabas, Chokecherries, Fruit Juice, Grapes, Hackberry, Juniper Berries, Kith'eeh, Manaq, Manzanita, Mulberry, Navajo Melon, Oranges, Prickly Pear Fruit, Red Berry, Saquaro Cactus Fruit, Sourberries, Squawberry, Sumac Berries, Watermelon, Wild Figs, Wild Grapes, Wild Raspberries, Wild Rhubarb



Cheese, Goat's Milk, Lactose-Reduced Milk, Lowfat Milk, Non-Fat Milk, Whole Milk, Yogurt



Achili, Acorn, Antelope, Arizona Walnut, Bav, Beef, Black Walnut, Dried Meat, E mhee'ya, Elk, Fish, Groundhog, Grouse, Heart, Javelina, Kidney, Mariik Xmaaly, Mesquite Beans, Mutton, Nadisgi, Pheasant, Pinon Nuts, Pinto Beans, Pork, Quail, Rabbit, Tepary Beans, Turkey, Wild Game

