Healthy Eating in Indian Country: 2 Do You Weigh Too Much?

If you weigh too much, you are more likely to develop health problems. Being overweight is like carrying around heavy baggage all the time. Too much weight puts stress on your body, especially your heart. You can even feel all that extra pressure on your legs and feet. Losing those extra pounds is like letting go of that heavy suitcase.

Get the Right Help

If you feel you are overweight, talk to your Indian Health Service doctor or clinic. They can set up a healthy program for you to lose weight safely. Avoid diets that promise quick weight loss.

Maybe you have tried to lose weight before, but it didn't work. You can still lose weight now.

Why Should You Lose Weight?

Losing those extra pounds may lower your risk of health problems such as **high blood pressure, diabetes, heart disease, stroke,** and **certain cancers**. Losing weight may help you feel better, be more active, feel good about yourself, and possibly live longer.

Calorie-Saving Ideas

- Before you cook, trim fat from meat and take skin off chicken.
- Bake or broil instead of frying.
- Use less butter, margarine, and oil when you cook.
- Eat fruit more often for dessert and snacks, and less sugar and sweets.
- Drink water and fruit juice instead of soft drinks or alcoholic beverages. Soft drinks and alcoholic beverages have a lot of calories, and few vitamins or minerals.

Exercise

- Eating less + exercise = weight loss.
- Regular exercise helps to keep weight off.

Eating Tips

- Eat slowly.
- Use a smaller plate.
- Put less food on the plate.

FRUIT AND JUICE GELATIN

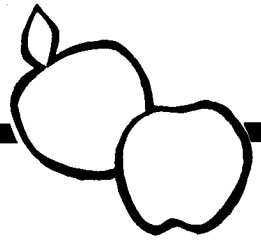
Makes 4 servings, 3/4 cup each

1 tablespoon unflavored gelatin
2 cups canned fruit juice (do not use pineapple juice; it will not gel)
1 cup canned fruit, drained and sliced (such as apricots, peaches, pears)

1. Mix together 1/4 cup juice and gelatin in a bowl.
2. Measure another 1/4 cup juice, bring it to a boil. Add hot juice to the gelatin mixture. Stir until gelatin is dissolved.
3. Add remaining juice and stir.
4. Put in refrigerator until gelatin is set.
5. After the gelatin begins to set, add the sliced fruit and return gelatin to refrigerator until firm.

Nutrition information for 3/4 cup

Calories = 91 Carbohydrates = 22 grams Protein = 2 grams
Total Fat = less than 1 gram Saturated Fat = less than 1 gram
Cholesterol = 0 milligrams Sodium = 8 milligrams

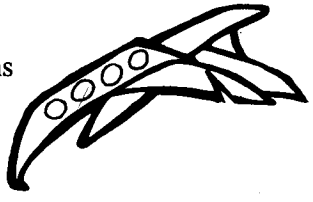


CREOLE BEANS

Makes 4 servings, 1 cup each

2-1/2 cups dry beans, cooked
1/2 cup celery, sliced
1/2 cup green pepper, chopped
1/2 cup onion, chopped
2 teaspoons vegetable oil
1 16-ounce can tomatoes, with juice (2 cups)
1/4 teaspoon garlic powder
1/8 teaspoon pepper

1. Cook celery, onion, and green pepper in vegetable oil in a large saucepan until soft, about 5 minutes.
2. Break up large pieces of tomatoes. Add tomatoes and seasonings to vegetable mixture.
3. Bring to a boil. Add beans and return to a boil.
4. Cover and cook over low heat until flavors are blended and liquid is cooked away, about 30 minutes. Stir once in a while to prevent sticking.

Nutrition information for 1 cup

Calories = 197 Carbohydrates = 33 grams Protein = 11 grams
Total Fat = 3 grams Saturated Fat = less than 1 gram
Cholesterol = 0 milligrams Sodium = 212 milligrams