




The Tribal Emergency Preparedness Department has received two high-volume (2500cfm) HEPA air filtration “scrubber” units as an equipment grant from the Oregon Department of Human Services’ Office of Resilience and Emergency Management. These units will allow the Tribe to operate a “cleaner air shelter” in the event that smoke from wildfires reaches unsafe levels. One unit will be positioned at the Siletz Rec Center and the other will be stored at the Tribal Community Center.

USDA distribution dates for November

Siletz			Salem		
Tuesday	Nov. 1	9 a.m. – 3 p.m.	Monday	Nov. 14	1:30 – 6:30 p.m.
Wednesday	Nov. 2	9 a.m. – 3 p.m.	Tuesday	Nov. 15	9 a.m. – 6:30 p.m.
Thursday	Nov. 3	9 a.m. – 3 p.m.	Wednesday	Nov. 16	By appt only
Friday	Nov. 4	9 a.m. – 3 p.m.			
Monday	Nov. 7	9 a.m. – 3 p.m.			

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541-444-8279; sammyh@ctsi.nsn.us
Fax: 541-444-8306 or 503-391-4296

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB page. 

Tribal employment information is available at ctsi.nsn.us.

Let’s talk about fat and the ketogenic diet: Benefits and drawbacks of each one

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

Fat seems to be a loaded topic. In my role as consulting nutritionist for Siletz Tribal Head Start, I offer practical nutrition information and this month my choice is to explore fat consumption.

The questions that follow are: Why is fat important? How can we know if a fat is healthy? How does a ketogenic diet relate to fat consumption and what is a ketogenic diet? How much fat is wise to consume? What is the history of fat consumption patterns and ketogenic diets? What are the benefits and claims associated with ketogenic diets? What are the potential risks or complications of a ketogenic diet? Is the ketogenic diet right for you or your child?

Why is fat important? Fat is a basic nutrient and it plays important roles in our bodies. Fat supplies energy, protects our organs, supports cell growth, is necessary to absorb the fat-soluble vitamins (A, D, E and K), and helps with regulating and signaling (which is very important work behind the scenes, including our hormone messengers and nerve impulses).

How can we know if a fat is healthy? Not all fats are created equally. Some are better choices than others. Research on fatty foods has been somewhat misleading because food quality was often not taken into account.

Natural, fresh, unprocessed and organic are good rules of thumb for healthy fats. Avocados, fatty fish, eggs and nuts are often good healthy sources. If a fatty food smells rancid, it is not fresh and is less likely to be healthy. Fat from fried foods is often less healthy due to the changes that occur at high temperatures.

Processed fats might include trans-fats, which are harder for the body to handle. Most trans-fats were eliminated from processed foods after labeling laws required disclosure.

Toxins can accumulate in the fat of animals and this means that choosing milk and meat products that are grown and processed with care is essential. Choosing

organic is one way to increase the chances of healthy fat.

How does a ketogenic diet relate to fat consumption and what is a ketogenic diet? A ketogenic (keto) diet is an eating plan that focuses on foods that provide a lot of healthful fats, adequate amounts of protein and very few carbohydrates.

The goal is to get more calories from fat than from carbohydrates. This results in the production of molecules called ketones that the body uses for fuel (rather than glucose). The state of producing ketones is known as ketosis.

It is important to focus on finding the ideal amount of **protein** to have enough for growth and repair, but not too much because when protein is in excess of what the body needs, it can be turned into sugar.

Carbohydrates are limited dramatically, but there is variation from person to person. Testing ketone levels is one way to determine the ideal amount of carbohydrate. The remaining calories are from **fat**.

You can follow this diet without counting calories or amount of fat by focusing on hunger and satiety. In simple terms, satiety is the absence of hunger. It is common for people in ketosis to report that they can go long periods of time without feeling hungry.

How much fat is wise to consume? In many cases, people may benefit from eating an increased quantity of healthy fat. High fat consumption, however, is not advised if there is a high intake of sugars and starches. In all cases, unhealthy fats are not wise to consume.

Excess food calories turn into fat whether the calories are from fat, protein or carbohydrates. It is important to be responsive to hunger cues to know when to stop eating.

What is the history of fat consumption patterns and ketogenic diets? There was period when low fat was considered healthy for most of the population. During this time, the health of the U.S. population declined. Some of this fear around fat continues.

A great deal of attention has been placed on ketosis and ketogenic diets in

more recent times. This diet is not actually new, but its uses have expanded.

The ketogenic diet was introduced as a treatment for epilepsy in the 1920s. As such, it was primarily used for children with uncontrolled seizures and continues to be used today.

Interestingly, ketosis was used to mimic fasting, which is an ancient practice with health benefits. In current times, ketogenic diets are used as a “gateway” to intermittent fasting as it allows a person to feel full longer, making it easier to fast or restrict the window of eating time (with healing benefits).

What are the benefits and claims associated with ketogenic diets? Many claims include the following: supporting weight loss, managing blood sugar for diabetes (primarily type 2, with less agreement for type 1), improving acne, possible reduction of risk for certain cancers, improving heart health, protecting brain function (including traumatic brain injuries and Alzheimer’s), reducing seizures and more.

Currently, adults tend to choose ketogenic diets more frequently than children. The most common use for children is to manage seizures. Research on ketogenic benefits for children is underway for diabetes, but there isn’t widespread agreement at this time.

What are the potential risks or complications of a ketogenic diet? Some populations are at higher risk and should avoid ketosis or seek medical support when following the keto diet. At-risk groups include insulin-dependent diabetics, people who have eating disorders, those with kidney disease or pancreatitis, and women during pregnancy or breastfeeding.

Additionally, people who take medications such as sodium-glucose cotransporter 2 (SGLT2) inhibitors for type 2 diabetes should not follow a keto diet. This medication increases the risk of diabetic ketoacidosis, a dangerous condition that increases acidity in the blood. Long term, some of the adverse effects on health may include kidney stones, excess protein in

the blood, mineral and vitamin deficiencies, and a buildup of fat in the liver.

Temporarily, when getting into ketosis, people often report feeling the effects of keto-flu, including possible constipation, fatigue, low blood sugar, nausea, vomiting, headaches and a low tolerance for exercise. People who follow ketogenic lifestyles often add intermittent fasting, interspersed with periods in which they are not in ketosis. This way they develop metabolic flexibility and improved health.

Is the ketogenic diet right for you or your child? This is clearly a personal choice and it is important to discuss this with a doctor, dietitian or trusted health care provider, especially for people who are trying to manage a health problem or disease.

Ketosis is so effective in lowering blood glucose that it could require immediate compensation. Special caution is advised when using this dietary approach for children and teens with diabetes. Any potential risk could be magnified for growing children, and therefore should be carefully monitored as it may entail changing medications or insulin in addition to monitoring growth and nutrient status. At this point, the potential risks for Type 1 diabetes may outweigh the benefits.

My position is that weight loss diets are not advisable for children. Rather, it is important to allow children to focus on healthy foods and behaviors, as well as hunger and satiety cues, while developing and growing taller.

Furthermore, due to the severe carbohydrate restrictions for this diet, specific nutrients may be hard to obtain. Many children and adults respond well to a less restrictive diet of nutrient dense, high fiber fruits and vegetables with adequate nutritious proteins and generous healthy fats.

Please know that Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist.