

# Eating forum says that diet is about lifestyle

By Ron Karten

Smoke Signals staff writer

About half in attendance told stories or gave advice about lifestyle and health during a free-wheeling, almost raucous second monthly Clean Eating Forum held on May 15 at the Elders' Activity Center.

Nearly a dozen people attended, including 4-week-old Sophie Woods, who slept through the session.

Had Woods been paying attention, she would have learned from Kristy DeLoe that detoxing for a baby, based on what the average pregnant woman eats, could take two years of clean eating.

The Clean Eating Forum aims to make good eating more likely not just for attendees, but for coming generations, says DeLoe, the Tribe's Nutrition Department manager and organizer of the program.

"When parents follow a clean eating diet," she says, "and nobody does it 100 percent of the time, but when they follow it for say, 90 percent of the time, their children are being raised in that diet, and it's not just a diet, it's a way of life. When the children get older, they'll always have that diet to fall back on, and will end up choosing a healthy option over a bad option."

Had Woods heard that, she would likely encourage her mother, Kara Porter, to come up with a good eating plan.

In fact, DeLoe said, making a plan is the first order of business for anybody who wants to eat healthier. It involves knowing fresh, healthy foods, knowing how to combine them for a good meal and having a

willingness to prepare on weekends for the next week's meals.

Eating out, DeLoe says, makes the job of clean eating almost impossible.

"It's very hard to eat out and get good nutrition," she says. "It's not that you can't get good nutrition at a restaurant, but you really have to think about what you are eating, and often you don't really know everything that is being put in that meal."

Four healthy entrees were on the lunch menu for the meeting. DeLoe also passed out recipes.

For snacks, DeLoe put out mandarin oranges, Triscuits and string cheese. Two mandarins, five Triscuits and one string cheese is a healthy 200-calorie snack, she said.

She distributed lunch bags and healthy eating magazines as prizes.

In discussion, she also advised drinking plenty of water – in decaf tea and in natural fruit- or vegetable-sweetened water.

"Flavor up your water with cucumber. Cucumber is a natural fat flush," DeLoe says.

The group of nearly a dozen also received calorie counters, meal trackers and ideas for eating on a budget.

For people who use a computer, Nicole Estrada recommended, "My Fitness Pal," a free application that helps track food intake. Estrada is the Tribe's Youth Mental Health/Chemical Dependency counselor.

Also attending the lunch-time meeting were Elders Linda LaChance, Val Grout, Margaret

Provost and Linda Brandon, and employees Kim Mueller, Kara Porter and Shawn Bobb.

Provost told her niece, Linda Brandon, "We both have heart problems. Let's start coming."

"We've found new foods. So far, we've enjoyed it. We wanted to try something new to eat healthier," Brandon added.

Brandon has lost three pounds in the last four weeks, or since she started coming to the monthly meetings.

Bobb said that she freezes tomatoes in plastic bags.

Estrada said to save the fruits and vegetables until the end of the meal because they help with digestion.

Grout wanted to know if it costs more to buy healthy foods.

"Not if you shop smart," said DeLoe. "I buy in bulk, and Winco has that." She also offered some of "the tricks of the trade," for shopping, including shopping mainly along

the outside aisles where the fresh foods are kept. By comparison, almost all of the inside aisles are filled with processed foods.

The cost of eating well is way less than the cost of health care that may be needed if you don't, Estrada said.

"It is getting to be 'farmers market' season," DeLoe advised. "Buy there. The key is knowing what works for you."

"I love that she's flexible," said Estrada, who usually works out at the Tribal gym during lunch, "to better help participants get what they need."

Last month, the assignment was for participants to track their food intake. This month, the group is tracking water intake.

The next meeting will be held Wednesday, June 19, at the Elders' Activity Center. The meeting is open to all and there is no cost to attend. ■

## Community Committee members wanted

The Land and Culture Department is beginning the process of creating a Community Committee to help create the policies and procedures for accepting juried arts and crafts for the upcoming Grand Ronde Museum and Cultural Center store.

Persons in the community will be chosen to sit on a committee to oversee the policies for accepting local Native arts and crafts for the store. A portion of the store will be specifically set aside for local artisan sales. Please lend your voices to this effort and volunteer for this community committee. We are meeting on Thursday, June 13, from 4:30 to 7 p.m. in the Tribal Community Center and we will be serving pizza. For more information, please contact the Exhibits and Archives Program: Julie Brown, 503-879-2186; Veronica Montano, 503-879-2248; David Lewis, 503-879-1634. ■

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To learn about participation opportunities within CTGR CASA, contact Angela Fasana at 503-879-2303 or [angela.fasana@grandronde.org](mailto:angela.fasana@grandronde.org)