

Native Food for Life Online

Lesson 2: The Power of Your Plate



PARTNERS IN
NATIVE FOOD FOR LIFE
ONLINE



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[PCRM.org/NFFLOresources](https://www.pcrm.org/NFFLOresources).

Native Food for Life – Lesson 2

The Power of Your Plate

What Can You Expect?

In this lesson, we dig into the basics of diabetes: What type of diabetes is the most common among Indigenous peoples, and what is the primary cause? What is insulin resistance? How is insulin resistance made worse by fat in foods like meat, cheese, and oil?

Targets for measurements such as blood sugar, blood pressure, and cholesterol are reviewed because, according to business expert Peter Drucker, “If you can’t measure it, you can’t improve it.” You’ll be better prepared for your next medical checkup.

The last part of today’s lesson focuses on the magic of BEANS. Beans are rarely seen in TV commercials or featured on restaurant menus, yet this humble Indigenous food could be the answer to many modern problems! Beans are affordable, delicious, health-promoting, available in convenient cans, and easy to prepare in large quantities when dried. Maybe you think that your body does not tolerate beans? That most likely means you have not been eating them on a regular basis! Start with small servings, make sure they are thoroughly cooked, and be patient—before long, beans are no problem at all!

Beans Are a Traditional Diné Food

“[When we eat beans, corn, and squash], we’re practicing resiliency. This is culinary decolonization. We’re re-examining what’s healthy for us. Not just from a nutritional standpoint, but from a spiritual standpoint and historical standpoint and recovery standpoint. You get to eat this edible ancestral knowledge.”

—Chef Nephi Craig



Lesson 2 - What Is Diabetes?

Questions for Discussion

1. **True or False:** Diabetes is caused by bad genes.
2. **True or False:** If you have been told that you have prediabetes, you will get diabetes in the future.
3. **True or False:** People who have type 1 diabetes don't make enough insulin to control blood sugar, while people with type 2 make plenty of insulin but certain foods can cause insulin not to work.
4. **True or False:** The most common type of diabetes among Native Americans is type 1 diabetes.
5. **True or False:** Diabetes that develops during pregnancy (gestational diabetes) usually goes away after the baby is born but can mean the mom is at risk for getting type 2 diabetes later unless she makes changes in the types of foods she eats.
6. The name of the blood test that will tell you if your blood sugar level has been in good control over the last 3 months is called:
 - a. Blood Type
 - b. Hemoglobin
 - c. Hemoglobin A1c (or just "A1c")
7. Name a strong animal that gets all or almost all of its protein from plants:



How to Cook Dry Beans

Directions

1. **Sort** the beans to make sure there are no pebbles mixed in. Do this by dumping the beans 1-2 handfuls at a time onto a plate or paper towel. Pick out and throw away any pebbles. Put the sorted beans into a colander. Repeat until all beans are sorted and in the colander.
2. **Rinse** the beans with clean water.
3. **Soak** the beans. To do this, place the rinsed beans in a pot. Add water to cover the beans. Use about three times as much water as beans. Let beans soak for 10-12 hours, or overnight.
4. **Drain** off the soak water. (Use it to water plants!) Add fresh water to the pot—use the amount in the table below. For beans and chickpeas, add ½ teaspoon baking soda to the cooking water to help the beans soften. Bring to a boil for 10 minutes. Then turn heat to low and simmer uncovered for the cooking time listed in the table, or until tender:

Beans	Water needed to cook 1 cup dry beans	Cooking time* (These are high-altitude times—reduce by 10-15 minutes at sea level.)	Yield (after cooking)
adzuki (aduki) beans	4 cups	1 hour	3 cups
black (turtle) beans	3 cups	1½ - 2 hours	3 cups
black-eyed peas	3 cups	40 minutes	2½ cups
chickpeas (garbanzo beans)	4 cups	1½ - 2 hours	3 cups
great northern beans	3 cups	1½ - 2 hours	2⅔ cups
small red beans	3 cups	1½ - 2 hours	2¾ cups
lentils (brown)	2 cups	40 minutes	3 cups
lentils (green)	2 cups	45 minutes - 1 hour	2 cups
lentils (red)	2 cups	20-30 minutes	3 cups
lima beans	3 cups	1 - 1½ hours	3 cups
mung beans	3 cups	1 hour	3 cups
navy (pea) or small white beans	3 cups	1 - 1½ hours	2¾ cups
pinto or pink beans	3 cups	1 - 1½ hours	2¾ cups
soybeans	4 cups	3-4 hours	2¾ cups
split peas (green or yellow)	4 cups	1 - 1½ hours	2 cups



Note: You can also cook beans easily in a pressure cooker. Follow the directions that came with your cooker.

Helpful Tips

- ◆ **Do not cook dry kidney beans at home if you live at a high altitude.** They contain a toxin that requires cooking at 212 F to destroy. If you live at a high altitude, this temperature cannot be reached. Use canned kidney beans instead. This is true only for kidney beans!
- ◆ Add extra water if water level gets too low.
- ◆ Add salt or acid ingredients (like tomatoes) **AFTER** cooking. Otherwise, the beans will not soften.
- ◆ Store cooked beans, covered, for up to four days in your refrigerator, or up to six months in the freezer.
- ◆ Use 1½ cups of home-cooked beans to replace a 15-ounce can of beans.
- ◆ To get rid of the salt in the canned beans, drain the beans, rinse, and drain again before using.

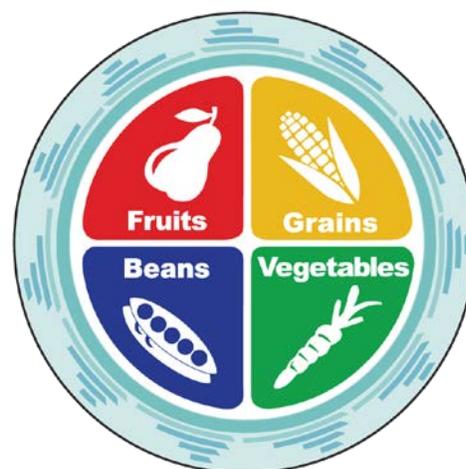
Seasoning Ideas for Beans

- ◆ **Black beans** + salsa + ground cumin + cilantro
- ◆ **Pinto beans** + onion + garlic + liquid smoke
- ◆ **Kidney beans** + chili powder + tomatoes
- ◆ **Lentils** + curry powder + onions + raisins
- ◆ **Navy beans** + sauteed squash + sweet corn + fresh tomatoes (Three Sisters)

Build up to three bean servings each day. If you are new to beans, start with just one serving a day and work your way up. For adults, three servings is 1½ cups/ day.

How Many Beans Should We Eat?

Age	Serving size of beans
Toddlers (2 - 3 years)	2 -3 tablespoons
Young kids (4 - 8 years)	⅓ cup
Preteens (9 - 13 years)	⅓ - ½ cup
Teens and adults (14+ years)	½ cup



Vegetarian Refried Beans

Makes 4 cups

This fat-free version of refried beans has a light texture and can be made with a variety of beans. It also makes a great warm bean dip or a delicious cold spread for sandwiches, wraps, or crackers. Freeze extra to eat another week.

Ingredients:

- ◆ 4½ cups cooked or 3 15-ounce cans black, small red, kidney, or pinto beans, rinsed and drained
- ◆ 1 teaspoon chili powder
- ◆ 1 teaspoon garlic granules or powder
- ◆ 1 teaspoon dried oregano
- ◆ 1 teaspoon ground cumin
- ◆ 1 teaspoon salt
- ◆ 2 tablespoons red wine vinegar
- ◆ 1 small onion, finely chopped
- ◆ A few dashes liquid smoke (optional)
- ◆ Carrot or celery sticks or corn tortillas (tortillas cut and toasted to make chips)

Directions:

1. Place beans, onion, vinegar, salt, cumin, oregano, garlic, chili powder, and hot sauce and liquid smoke, if using, in a food processor.
2. Blend for several minutes or until very smooth.
3. Transfer to a serving bowl and serve.
4. For a hot dip, microwave on high for about 3 minutes or heat in a skillet, stirring constantly.

Tips:

- ◆ No food processor? Mash the beans with the back of a large spoon or with a potato masher (good exercise!).
- ◆ The refried beans are rich in fiber, protein, and iron, AND low in calories!
- ◆ Beans can help you control your blood sugar the day you eat them AND the next day. This may be because they feed the good bacteria in your large intestine.
- ◆ Beans are good for lowering cholesterol. They are rich in soluble fiber that soaks up excess cholesterol like a sponge and cleans it from the body.
- ◆ Do you have trouble digesting beans? That means you have not been eating them every day! Start with small servings, cook them well, and stick with it!

Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs by Neal D. Barnard, MD (2007, 2017); recipe by Bryanna Clark Grogan



NFFLO Bonus: SMART Goals to Fight Diabetes

Choose from the list below of thing(s) you will do over the next week to help to get healthy and/or stay healthy. Self-care is health care!

- If not regularly eating beans already: Eat ½ cup or more beans daily.
- If already eating some beans: Eat 1½ cups of beans a day.
- Have at least 1 cup of leafy green vegetables every day.
- Eat 1 cup of berries every day.
- Add 1 tablespoon of chia seeds, hemp seeds, or ground flaxseed every day.
- Pack an apple or red pepper as a snack when I go out this week.
- Buy some apple cider or balsamic vinegar to make my own oil-free salad dressing. (One to two teaspoons of vinegar three times a day promotes weight loss if overweight and is good for circulation. Mix it with juice or maple syrup. Add a little mustard for a creamy salad dressing.)
- Bring my water bottle and drink two or more bottles of water a day.
- Plan out the next three days of oil-free plant-based meals.
- Find and try two new oil-free plant-based recipes this week.
- Adapt a favorite recipe to make it oil-free plant-based.
- Remove the foods to avoid from my shopping list (animal products like meat and cheese, foods with oil, sugary foods).
- Shop for healthy plant-based foods on Saturday (or day of choice).
- Order a vegan/plant-based meal at a restaurant (no-cheese pizza loaded with veggies; bean burrito without cheese, with spinach and rice; steamed tofu, veggie, and cashew stir-fry) this week.
- Avoid butter, margarine, oils, high-fat salad dressings, and fried foods for the next seven days.
- Avoid cheese for the next seven days.
- Avoid all animal products including meat, chicken, fish, dairy, and eggs for the next seven days.
- My other ideas: _____



NFFLO Lesson 2 Bonus: Check Out This Resource!



Swich is an online cooking community on a mission to help people improve their health by learning to cook with more plants! 100% free, personalized learning.

Join us and learn the basic cooking techniques and methods that will empower you to go beyond cooking with recipes to making your own nutritious meals.

Membership is 100% free (always!), and your learning experience is completely customized to your food and flavor preferences, skill level, and health goals. Learn at your own pace, with the support of our like-minded community.

Our goal is to teach 100 million people to cook by 2023.

What are you waiting for? Come cook with us!

TheBigSwich.com (no t in Swich)

Swich

“Because everyone deserves to know how to cook!”

Challenge of the Week – Week 2

“If you fail to plan, you plan to fail.” —author unknown

Plan to succeed by creating your own SMART goal for your challenge of the week. SMART stands for goals that are:

- ◆ Specific
- ◆ Measurable
- ◆ Achievable
- ◆ Relevant
- ◆ Time-Based

Not a SMART goal: “I will eat more healthy foods.”

A SMART goal: “For at least 5 of the next 7 mornings, I will eat a plant-based breakfast such as rolled oats with fruit and nuts, Bran Flakes with a banana and nondairy milk, or a bean, spinach, and potato burrito.”

Another SMART goal: “For the next 6 days, I’ll make myself a plant-based breakfast and text a photo of it to my sister.” (This one builds in partnership and accountability!)

Write your specific, measurable goal or goals here:

What will you need to do to be successful with your goal? Do you need to shop for something? Do some prep the night before? Ask your family to help you meet your goal?

List some barriers that might get in your way, and what you can do to get around these barriers:

Congratulations! You are on your way! At the beginning of the next class, we will ask you to tell us how you did. We are rooting for you!

