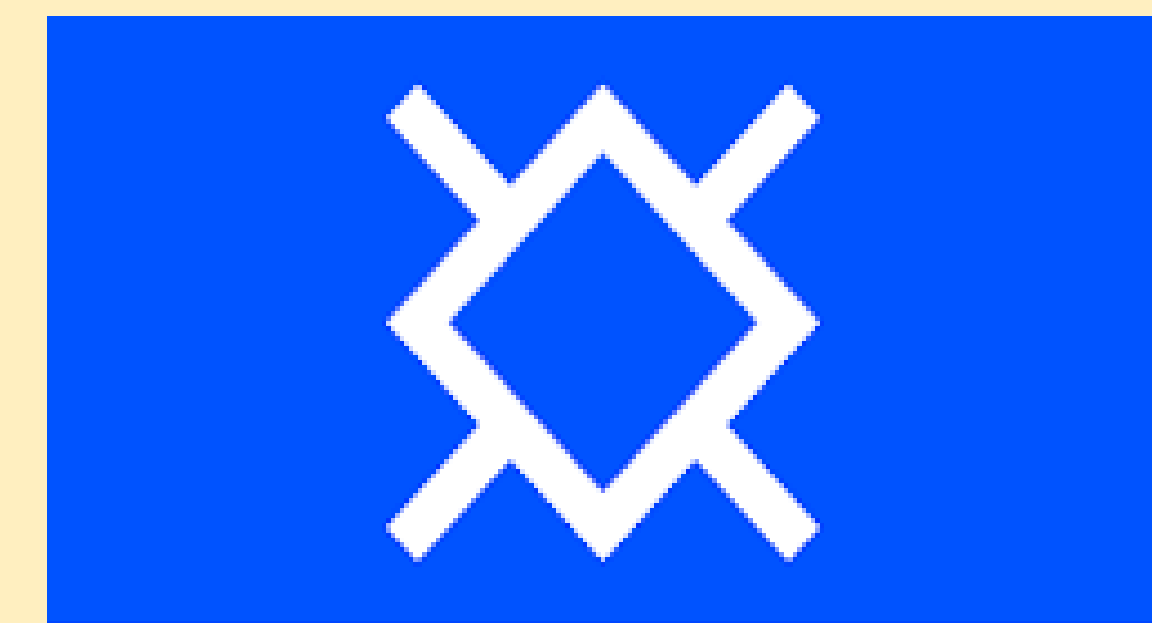


Dietary Screening for Students at St. Labre Indian School



<http://www.stlabre.org>

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Three sisters - corn, beans and squash



<http://www.healthycommunitieshealthyfuture.org/view-resources/goal-iii/>

Introduction

The purpose of the study was to collect information regarding the dietary choices for Native American students at St. Labre Middle School Indian Catholic Academy located in Ashland, Montana. The school serves primarily the Northern Cheyenne and Apsalooke Indian tribes.

Hypothesis Tested: Dietary choices play an important role in St. Labre middle school student's nutrition and hence, influence health.

Materials and Methods

- 17-question survey. The questions were modified and reviewed for comprehension at the seventh-grade level.
- After receiving approval by MSU IRB and Jake Gion, principal at St. Labre Indian Middle School, consent forms and surveys were emailed to Mr. H. Alexander for delivery to students.
- **Participants:** total of 17 students, eleven females and 6 males between ages of 11 to 15.

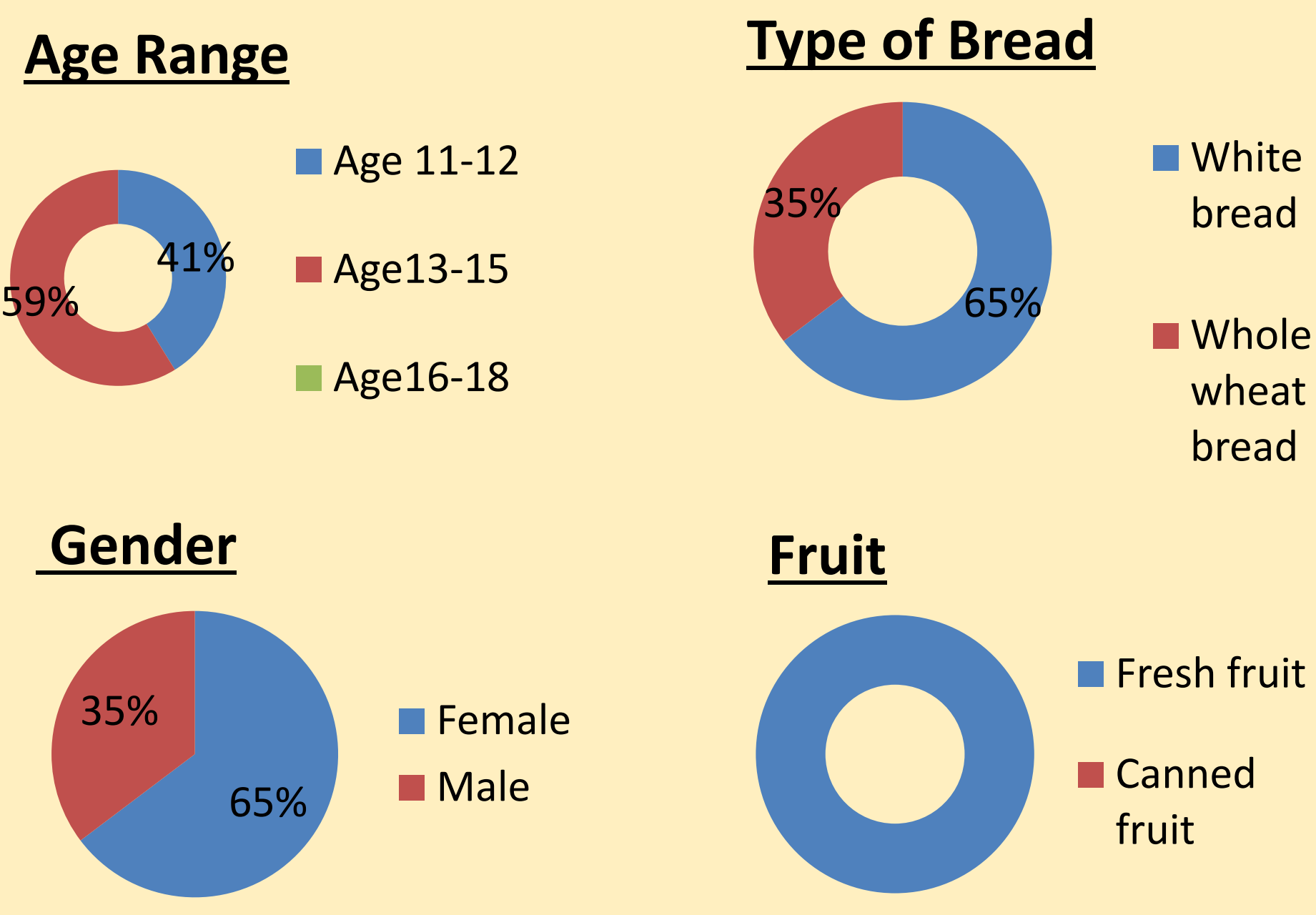
Conclusions

1. 65% of students prefer white bread over whole wheat bread; 100% prefer fresh fruit over canned fruit.
2. Frybread is rarely eaten while vegetable salad is eaten rarely to sometimes. Pop is mostly drink sometimes as well as desserts. Salty snacks and processed meats are eaten sometimes to most of the time.
3. Most students don't eat traditional wild turnips, most do eat nuts and seeds.
4. Most preferred drink when thirsty is water followed by juice. Next preferred drinks are sweet tea and pop. Milk and smoothies are not preferred.
5. Meat most frequently eaten is beef followed by chicken, and deer. Fish, bison, pork, and elk are eaten by fewer participants. Giblets, tripe, and gizzards are not eaten by any participants.
6. Preparation method most frequently used for meats is baked followed by fry and deep fry. Next are boiled and stewed meat. Grilling was least used method.

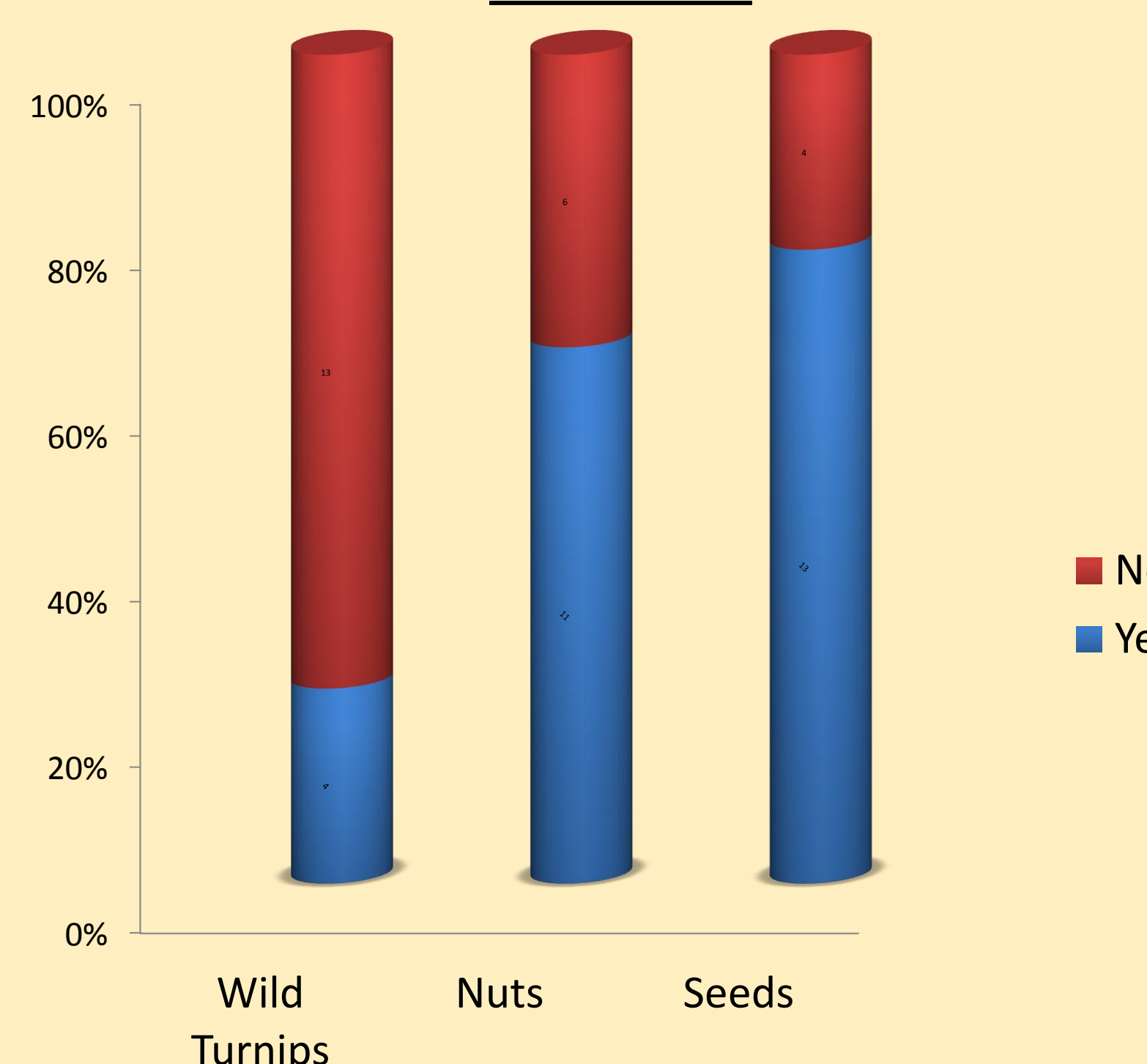
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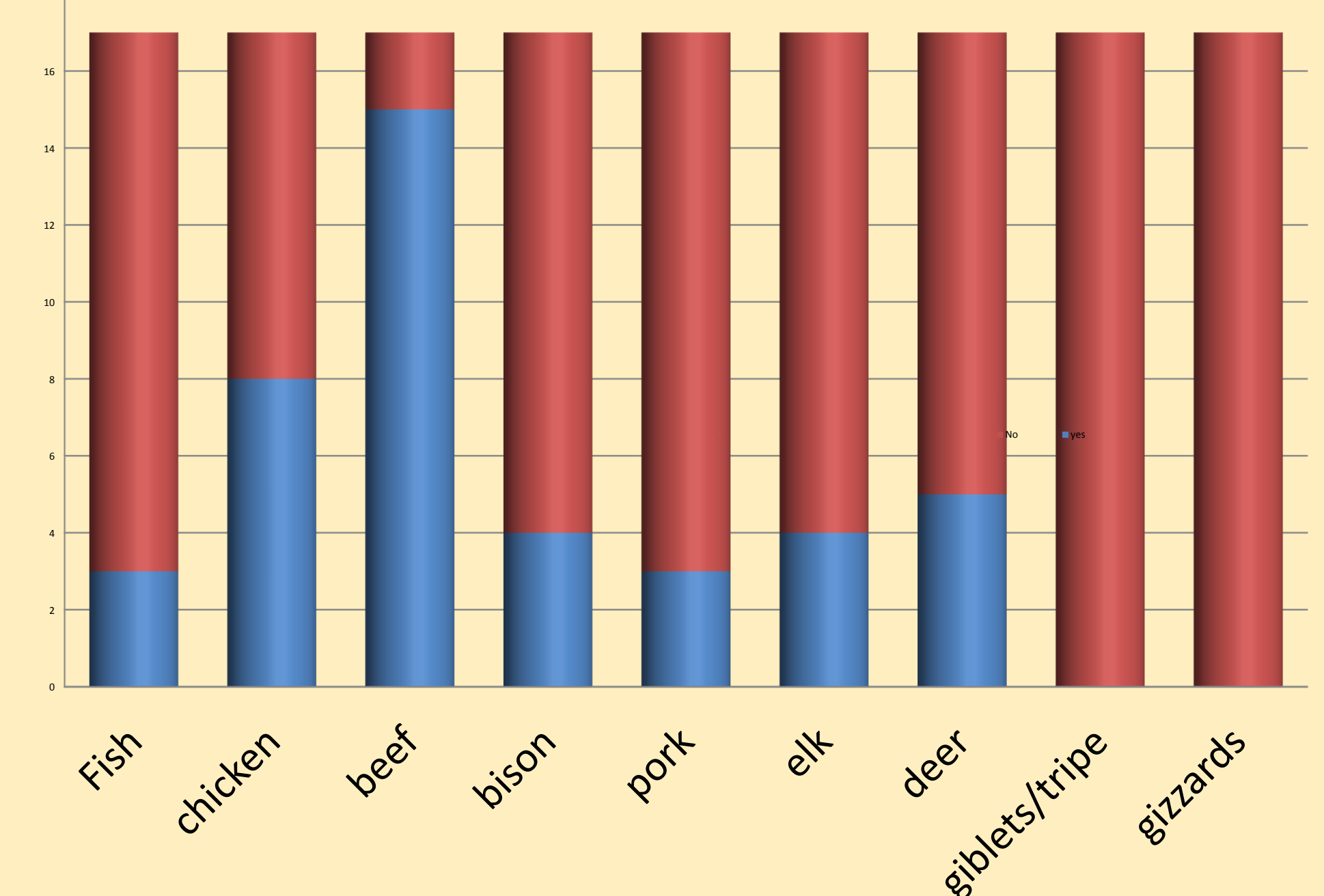
Results



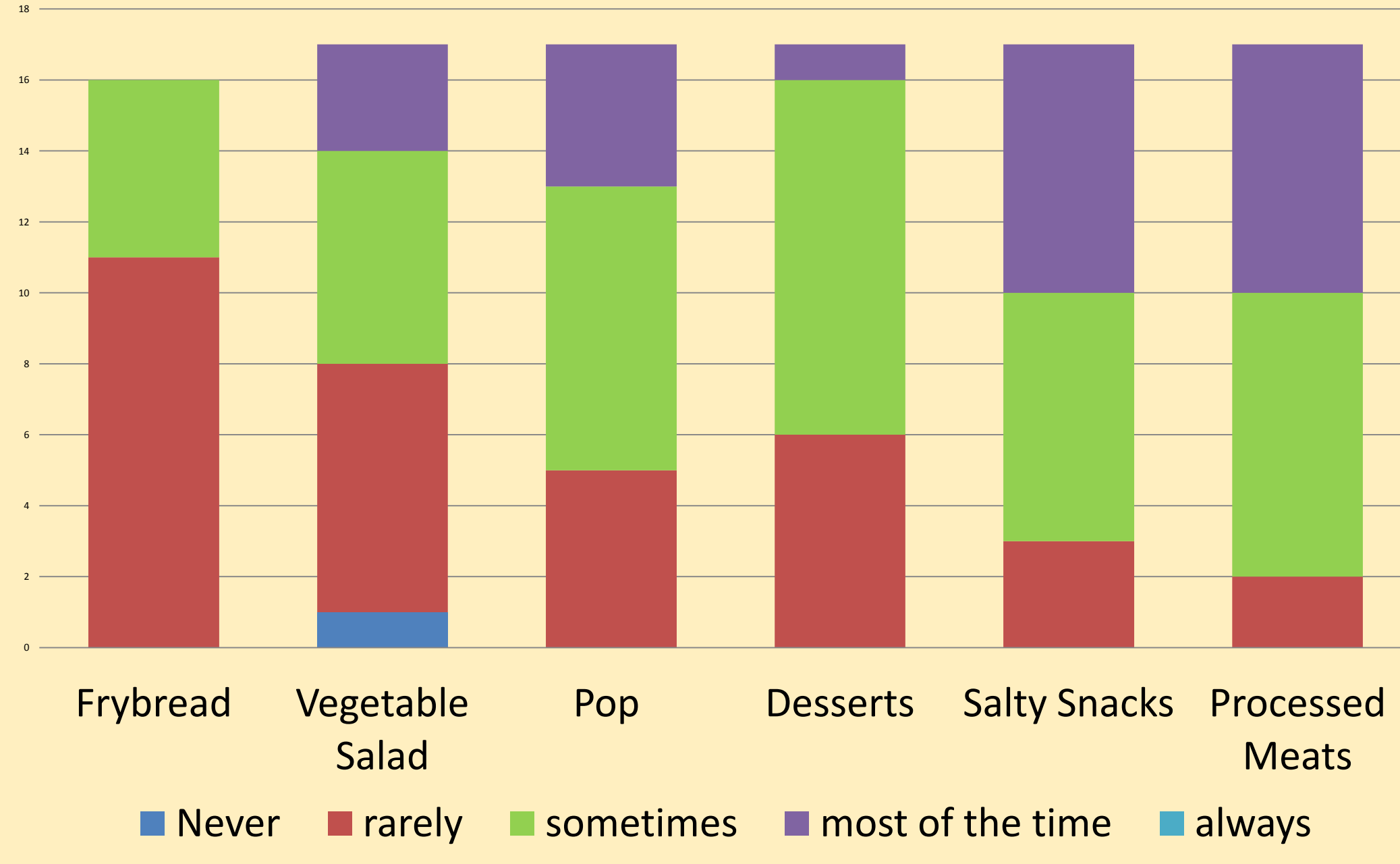
Consumption of Wild Turnips, Nuts, and Seeds



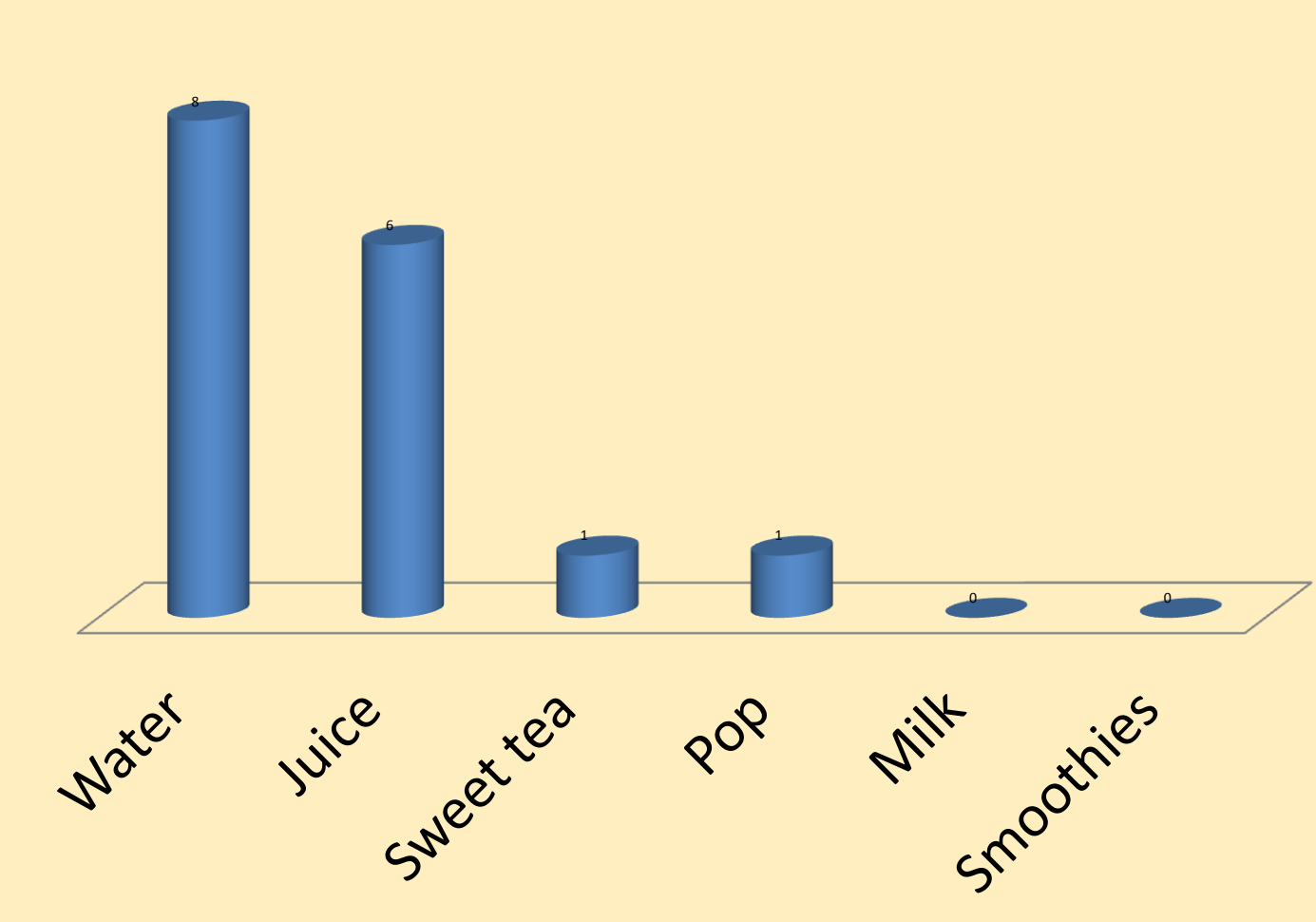
Type of Meat



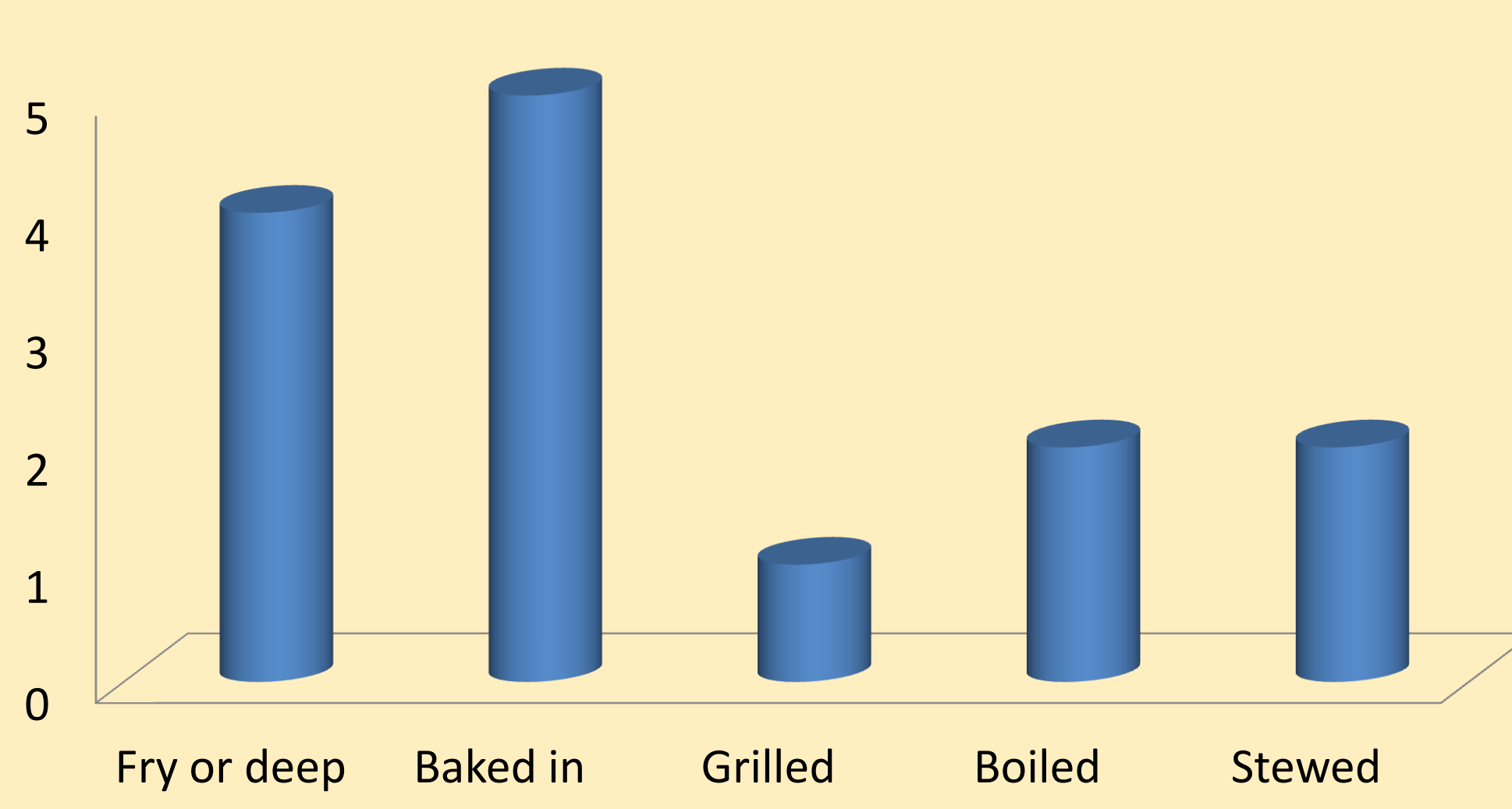
Random Foods Consumption Frequency



Preferred Drink



Cooking Method for Meat



Acknowledgments

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*"Let us put our minds together and see what life we can make for our children."
Sitting Bull*