Traditional Navajo Food Pyramid

How did people know what to eat before the food pyramid was invented? Our ancestors ate what they grew and hunted, but everything they ate still had its place in our modern pyramid. This version of the food pyramid shows how traditional foods helped Navajo ancestors stay healthy.

- **Fats**
  - Intestine with mutton fat
  - Sheep brain
  - Mutton fat
  - Sheep head
  - Goat milk (fat)
  - Pinyon nuts
  - Blood sausage
  - Fried bread (lard & fat)
  - Ribs (fat)
  - Use sparingly

- **Sweets**
  - Sugar
  - Corn cake

- **Meat and others**
  - Antelope meat
  - Sheep feet
  - Squirrel
  - Mutton
  - Tamale
  - Prairie dog
  - Tongue
  - Sheep head
  - Beef
  - Donkey
  - Horsemeat
  - Ribs
  - Deer meat
  - Liver
  - Rabbit
  - Wild turkey
  - 2–3 servings

- **Milk**
  - Goat milk
  - Goat milk cottage cheese
  - 2–3 servings

- **Vegetables**
  - Parsley
  - Wild onions
  - Wild spinach
  - Rhubarb
  - Squash
  - Mutton stew (carrots)
  - Roots
  - 3–5 servings

- **Grains, beans, & starchy vegetables**
  - Piki bread
  - Tortillas
  - Corn meal
  - Corn cake
  - Tamale
  - Kneel down bread
  - Fried bread

- **Fruits**
  - Watermelon
  - Peaches
  - Cantaloupe
  - Wild berries
  - Yucca fruit
  - Apples
  - 2–4 servings

Adapted from the Navajo Nation Museum, Window Rock, Arizona

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