



O'ODHAM & PIIPAASH

TRADITIONAL & NATIVE FOODS







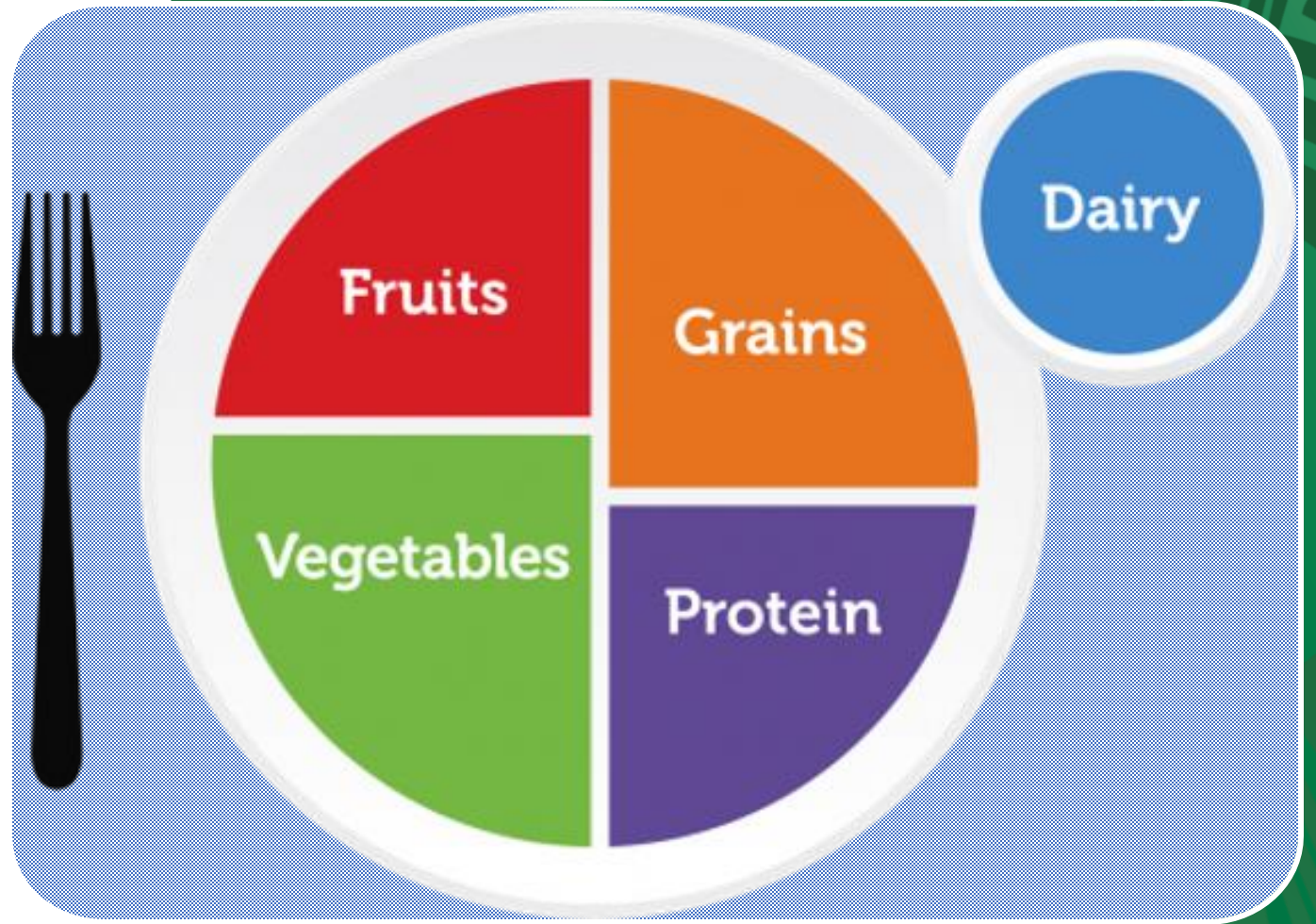
2011

In 2011, the USDA replaced the Food Pyramid with MyPlate. This icon served as reminder for healthy eating.



2020

In 2020, the graphic was updated to reflect a color palette that presents a bolder, cleaner visual.
[MyPlate.gov](https://www.mypyplate.gov)





O'ODHAM PIIPAASH NATIVE FOODS:

Grains Group

English: *Mesquite*

O'odham: *kui*

Piipaash: *'anaaly*

English: *Mesquite "bean"*

O'odham: *viohogi*

Piipaash: *'iiyaa*



Amazon
16oz
Price \$14





O'ODHAM PIIPAASH NATIVE FOODS:

Grains Group

English: *Corn*

O'odham: *hu:ñ*

Piipaash: *thadish*

Commercial corn is readily available, however, most commercial corn contains higher levels of sugar.





O'ODHAM PIIPAASH NATIVE FOODS:

Grains Group

English: *Amaranth*
O'odham: *cuhugia*
Piipaash: 'akwav



Amazon
16oz
Price \$5



Amazon
16oz
Price \$15



O'ODHAM PIIPAASH NATIVE FOODS:

Grains Group

English: *Wheat*
O'odham: *Pilkan*
Piipaash: *npee*



Ramona Farms
1.5 lbs
Price \$11





O'ODHAM PIIPAASH NATIVE FOODS:

Grains Group

English: *Ironwood*

O'odham: *Ho'idkam*

Piipaash: *'iiver / xpaly*

**Should be leached
before consuming in
large quantities.**





O'ODHAM PIIPAASH NATIVE FOODS:

Vegetable Group

English: *Squash / Pumpkin*

O'odham: *ha:l*

Piipaash: *xmath*

**Commercial squash is
readily available.**





O'ODHAM PIIPAASH NATIVE FOODS:

Vegetable Group

English: *Cholla*

O'odham: *hanam*

Piipaash: *that*

San Xavier Coop Farm

3 oz

Price 20.00





O'ODHAM PIIPAASH NATIVE FOODS:

Vegetable Group

English: Amaranth

O'odham: cuhugia

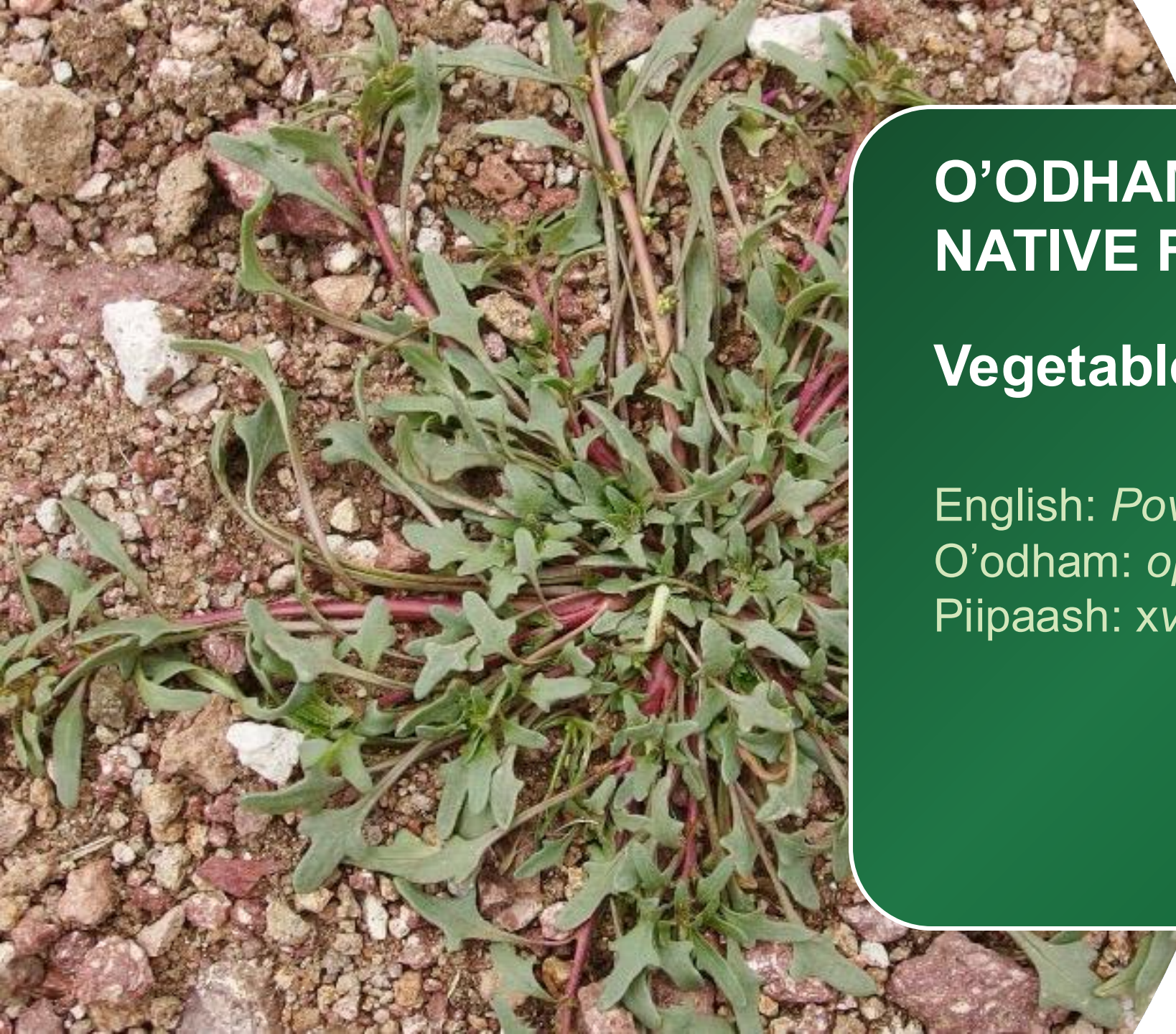
Piipaash: 'akwav

Grosury.com

16 oz

Price 3.50





O'ODHAM PIIPAASH NATIVE FOODS:

Vegetable Group

English: *Poverty Weed*

O'odham: *opoñ*

Piipaash: *xvshoo*





O'ODHAM PIIPAASH NATIVE FOODS:

Fruit Group

English: *Saguaro*
O'odham: *haṣaṇ*
Piipaash: 'a

Ajo Farmers Market
1.5 oz
Price 15.00-25.00





O'ODHAM PIIPAASH NATIVE FOODS:

Fruit Group

English: *Prickly Pear*

O'odham: *ibhai*

Piipaash: *kalyaap vqor*

**Fresh fruit can occasionally
be found at local grocery
stores or Mexican markets.**

**AZ Cactus Ranch
12 oz
Price 27.00**



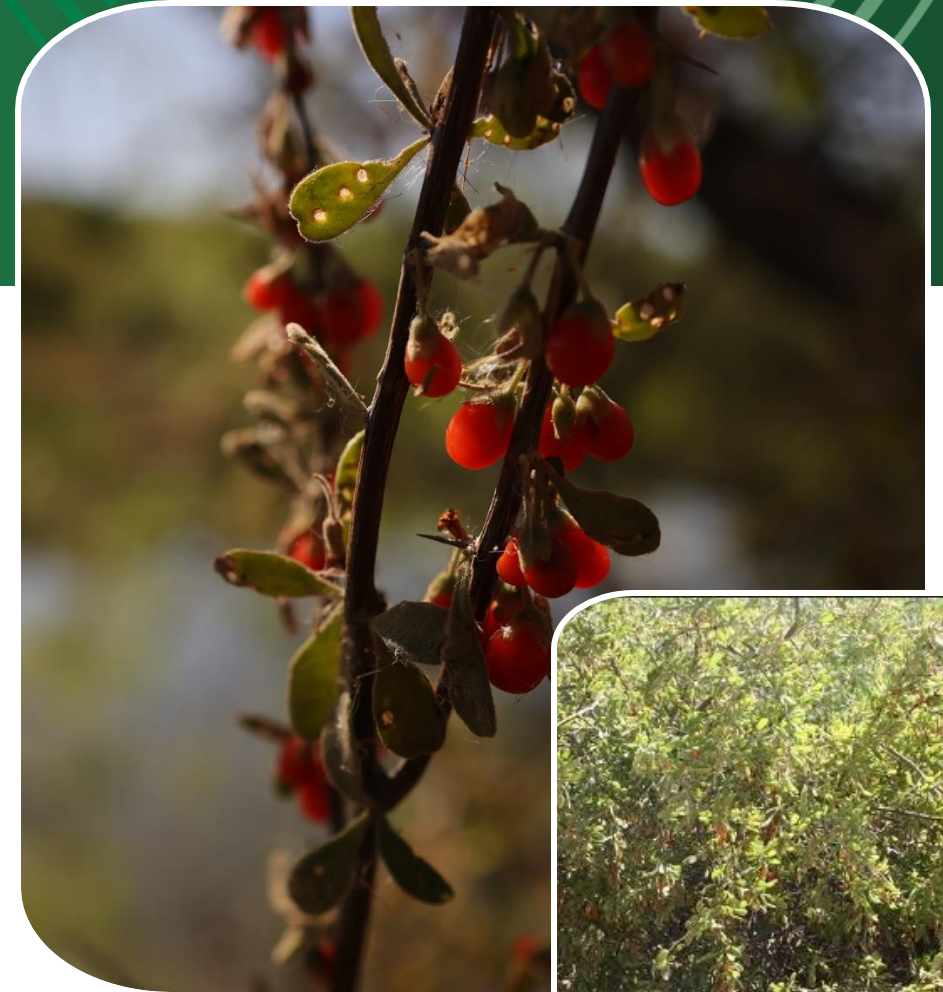


O'ODHAM PIIPAASH NATIVE FOODS:

Fruit Group

English: *Wolfberry*
O'odham: *kuavul*
Piipaash: *xthot*

Goji Berries
Amazon
32 oz
Price 28.00





O'ODHAM PIIPAASH NATIVE FOODS:

Fruit Group

English: *Graythorn*
O'odham: *u:sbaḍ*
Piipaash: owe





O'ODHAM PIIPAASH NATIVE FOODS:

Protein Group

English: *Tepary Beans*

O'odham: *bavi*

Piipaash: *mariik*



Ramona Farms
2 lbs
Price \$13



O'ODHAM PIIPAASH NATIVE FOODS:

Protein Group

English: *Fish*

O'odham: *vatopĩ*

Piipaash: *chii*

The native species are no longer in the Salt River where we live, but fish in general is still easily accessible as a healthy food source.





O'ODHAM PIIPAASH NATIVE FOODS:

Protein Group

English: *Jackrabbit / Cottontail*

O'odham: *cu:vĩ / tobĩ*

Piipaash: *k'uuly / xaly'aw*



**Blue Ridge Rabbit Meat
Co. (1 lb)
Price \$19**



O'ODHAM PIIPAASH NATIVE FOODS:

Protein Group

English: *Quail*

O'odham: *kakaicu*

Piipaash: *xma*



Cavendish Game Birds
Whole Quail (6pk)
Price \$42



O'ODHAM PIIPAASH NATIVE FOODS:

Dairy Group

- The only dairy consumed by O'odham and Piipaash was mother's milk as a child. No milk or milk byproducts were consumed beyond infancy in the native diet.
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- Calcium is abundant in many desert plants.
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- Vitamin D was acquired naturally with regular skin exposure to the sun.

- **Proteins and other nutrients found in milk were acquired by eating other native plants and animals**

- **Many O'odham and Piipaash today are lactose intolerant.**





O'ODHAM PIIPAASH NATIVE FOODS:

Oils

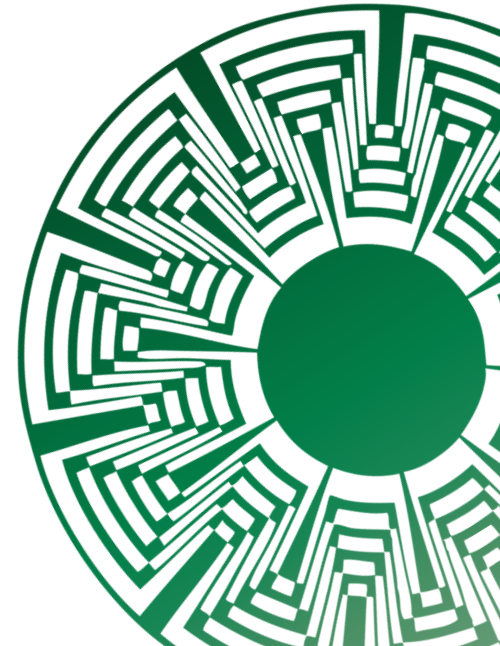
- The native diet of the O'odham and Piipaash was very low in fat (8%-15%). Natural fats were consumed with nuts, fish, insects and other animals.

- Because the native diet was so low in fat, sometimes animal fat was used for cooking beans, green vegetables and other foods.

- Because the native diet was so low in fat, it has been theorized that our people developed a “thrifty gene” for survival.



This adaptation was perfect for our native diet but is harmful in our modern diet where fat is abundant.





THANK YOU

SALT RIVER CULTURAL RESOURCES

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