



POPULAR FOODS

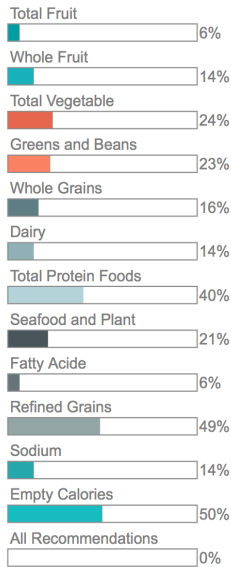
BUILT FOOD ENVIRONMENT (N = 77)

Household	% Responses	Community	% Responses
Beef	40.26	Hamburgers	22.08
Vegetables	38.96	Meat	22.08
Fruits	37.66	Pasta	20.78
Pasta	25.97	Fry Bread	16.88
Potatoes	23.38	Potatoes	16.88
Chicken	22.08	Fast Food	15.58
Cereal	19.48	Wild Game	14.29
Game Meat	18.18	Bread	12.99
Pork	12.99	Pizza	12.99
Pizza	11.69	Soda	10.39
Fish	11.69	Processed Foods	10.39
Tacos	10.39	Chips	10.39
Bread	10.39	Hot Dogs	9.09

NATURAL FOOD ENVIRONMENT (N = 77)

Natural Environment	% Responses
Fish	37.66
Deer	32.47
Elk	25.97
Berries	20.78
Bison	12.99
Roots	6.49

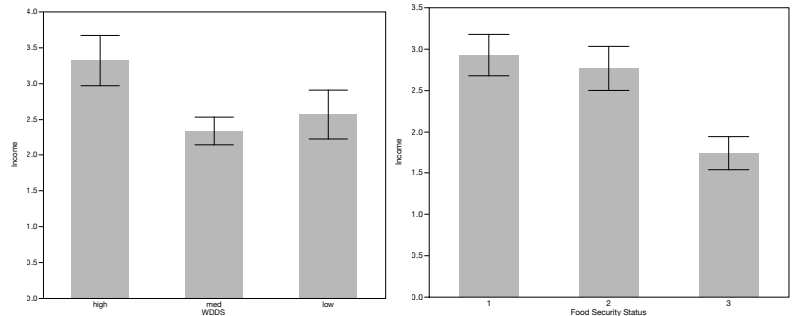
PERCENT MEETING DIETARY RECOMMENDATIONS (HEALTHY EATING INDEX 2010)



N = 79

Individuals meeting dietary recommendations also had the most diverse diets.

INCOME, DIETARY DIVERSITY, AND FOOD SECURITY



N = 79

Individuals reporting more income have more diverse diets and are more food secure.

**WHAT NOW?** Nutrient-dense dietary patterns contribute to the avoidance of nutrition-related weight gain and chronic diseases. Findings from this study suggest that culturally-relevant food environment and behavioral interventions designed to modify dietary choices on the Flathead Reservation in order to improve dietary quality and food security to support public health are warranted.

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