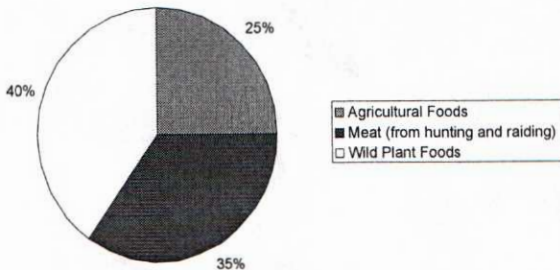


WHITE MOUNTAIN APACHE FOODS

*Nohwizq'ye' n'ii nlt'éégo adádilzih,
chiyán nlt'éé hí dayiyaa'goo doo la'
nezgai dah. Nyee'go nada'iziig la'ii
chiyán nlt'éí dayiyaa hí beego kaa
doo la' bee dilní dah.*

*Our ancestors' diet was diverse and
healthy. They worked hard and ate
well and did not suffer from the
diseases common today.*

Traditional Apache Diet



Ch'iyán Nestán

Nadá'
Be'ikkan
Nanligi biyige
Be'ists'oos
Sadiiya
Tl'oh naghái

Namasé

Itsi'

nadalzhee hí bichq'ye':
Bijh ta'ii tsé'e

Jaage
Bijh naldeeh
Dibécho
Gah, gahcho, gah diboolé

Na'itsoh
Taazhi, hashbigi, hawu, dló'

Shash

da'inijh:

Ljí'
Magashi
Dzadeezi
Tulgaye
Dibelíí'

Nohwi ch'iyán nadant'jhi

Nadah
Chich'il
Iyah
Hosh
Nanolzheegi bich'il
Goshk'an
Obé'
Diltafé
Ch'ildiiye
Nestán
Izee'
Itaa

Ts'iltshih

Agricultural Foods

Corn
Pumpkins
Sunflowers
Beans
Melons
Wheat
Barley
Potatoes

Meat

from hunting:
Deer (mule and whitetail)
Pronghorn
Elk
Bighorn sheep
Rabbits (jackrabbits and cottontails)
Squirrels
Turkeys, quail, dove, and other birds
Bears

from raids:

Horses
Cattle
Mules
Donkeys
Sheep

Wild Plant Foods

Mescal (agave)
Acorns
Mesquite pods
Prickly pear cactus fruit
Saguaro fruit
Banana yucca fruit
Piñon nuts
Juniper berries
Walnuts
Berries and fruits
Herbs
Amaranth and other greens
Wild onions