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## Assessment of Traditional Diets in Supplementing Food Security

### Babawale Odunuga

*Department of Environment and Geography University of Manitoba, 220 Sinnott Building, 70A Dysart Road Winnipeg, Manitoba, Canada*

Traditional diets were known to be free from chemical contaminants and Genetically Modified Organisms (GMO). Since, they are promising in augmenting food security, traditional diets were adopted as an indicator of food security from an Indigenous perspective. This study used 126 participants from three Indigenous communities of western Canada: (i) Côte, (ii) Keeseekoose and (iii) Alexis Nakota. The aims of this investigation were to: (i) evaluate possible threats to traditional diets (ii) document the current state of food insecurity using traditional diets as an indicator of food security (iii) identify the potentials of traditional diets in achieving food security. The three-year study used two different methodologies: (i) interviews and (ii) Focus Group Discussion (FGD) in achieving the aims of the study. The results of the study showed that the Indigenous people have tremendously benefited from traditional diets. The degree of access to traditional diets has been impacted by chemical contaminants sprayed by mechanized farmers in Indigenous territories. To advance this work, this paper suggests that more work is needed to understand the perceptions of the mechanized farmers in Indigenous territories of western Canada. The implication of this study is that significant consequences of lack of access to traditional food are a threat to food security and Indigenous identity.