

Post: A Lakota story of meat and health



Created by [Brittany Bunk](#) on 15-Nov-2020

 Article

 [Being Vegan, Health & Nutrition](#)



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"their diet, largely reliant on the massive buffalo herds, was leading to protein poisoning, which caused kidney failure and eventually death. Trade with their eastern Dakota cousins and with Missouri River-based tribes like the Arikara brought in crucial farmed carbohydrates, but one remarkable wild tuber high in vitamin C, calcium, and iron helped the Lakota fill their nutritional gap as their nomadic empire grew to encompass most of the Northern Plains*. And while it was inarguably once the most important vegetables in the diet of the Plains nomadic people, its consumption now is something of a rarity."

<https://www.seriousseats.com/2020/10/thinpsinla-the-edible-bounty-beneath-the-great-plains.html>

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