Nunavut Food Guide

Choose country foods and healthy store-bought foods for a strong body.

Variety is important

Traditional values teach us to eat a variety of country foods. A traditional way of eating is balanced.

When you eat store-bought foods...
A balanced meal has 3 to 4 food groups. Healthy snacks have 2 to 3 food groups.

Unhealthy

If you don’t buy these, you will have more money for healthy food.

Choose fats wisely
Fats from fish and sea animals are very good for you.

Choose healthy store-bought fats.

Eat less of these:

Grain

Meat and Alternatives

Vegetables and Fruit

Meat and Alternatives

Grain Products

Vegetables and Fruit

For more information on health and nutrition visit www.hss.gov.nu.ca
Country foods are a healthy choice

Choose healthy store-bought foods
Choose a balance from the 4 food groups.

For strong muscles
Meat and Alternatives

For strong bones and teeth
Milk and Alternatives

For energy
Grain Products

For good eyes, skin and less illness
Vegetables and Fruits