

Nunavut Food Guide

Enjoy a variety of foods from each food group everyday. Enjoy traditional foods.



For a healthy body, it is important to drink water everyday.



For Strong Muscles

For Strong Bones & Teeth

For Good Eyes,
Skin & Less Infection

For Energy



Meat, Fish, Birds, Eggs & Beans

Milk, Yogurt, Cheese & Bones

Berries, Fruit & Vegetables

Bannock, Bread,
Cereal, Rice & Pasta

Sometimes Food: High fat, high sugar.
(1 or less servings per day)

Enjoy a variety of foods from each food group everyday. Enjoy traditional foods.

What is a Serving?






- This side of the guide shows examples of what a serving size is for different foods.
- Knowing what a serving is can help you make sure you are getting enough servings per day from each food group.

How do I know how many servings I need?

- The amount of food you need everyday from the four food groups depends on your age, body size, activity level, whether you are male or female or if you are pregnant or breastfeeding.
- That is why this guide gives you a lower and a higher number of servings for most food groups.
- For example, young children can choose the lower number of servings, while male teenagers can choose the higher number. Most other people can choose somewhere in between.





Bannock, Bread, Cereal, Rice & Pasta

5-10 servings per day
Choose whole grain products often

<p>1 Serving could be any one of these:</p>  <p>2" x 2" piece of bannock</p>  <p>bowl of cereal</p>  <p>slice of bread</p>	<p>2 Servings could be:</p>  <p>plate of pasta (1 cup)</p>  <p>bun</p>
--	---





Berries, Fruit & Vegetables

Aim for 5 or more servings per day
Choose dark green and orange vegetables and orange fruit often

 <p>medium size fruit or vegetable</p>	 <p>handful of berries</p>	 <p>half glass of juice (half cup)</p>
 <p>mountain sorrel</p>	<p>Like orange fruit and vegetables, blubber and organ meats are sources of vitamin A.</p>	






Milk, Yogurt, Cheese & Bones

2-4 servings per day
Choose low fat milk products often

<p>1 Serving could be any one of these:</p>  <p>glass of milk (1 cup)</p>	 <p>small container of yogurt (175g)</p>	 <p>fish head soup</p>
	 <p>3" x 1" x 1" piece of cheese</p>	

Meat, Fish, Birds, Eggs & Beans

2-4 servings per day
Choose lean meat, fish, birds & beans often

<p>1 Serving could be any one of these:</p>  <p>large spoonful of peanut butter (2 Tbsp)</p>	 <p>3" x 1" piece of meat, fish or muktuk</p>	 <p>2 eggs</p>
 <p>piece of liver or kidney</p>	 <p>small bowl of beans (1 cup)</p>	

For good health, choose low-fat foods and cooking methods.



For good health, enjoy activity as part of your everyday life.