

Unhealthy

Limit highly processed foods.
If you choose these foods, eat them less often and in small amounts.



Choose fats wisely

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



Choose healthy store-bought fats.



Eat less of these:



Eat a variety of healthy foods

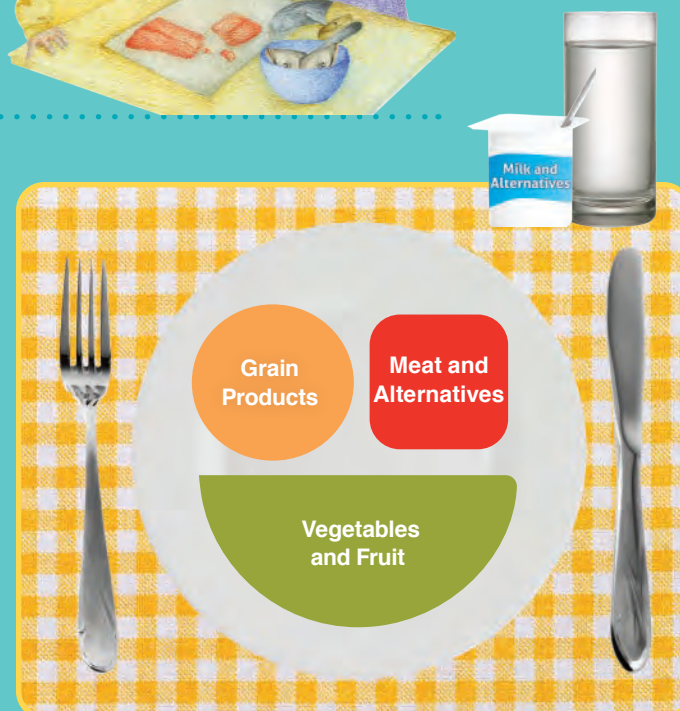
Traditional values teach us to eat a variety of country foods.

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.



Nunavut Food Guide

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



Country foods are a healthy choice



Choose healthy store-bought foods

Choose a variety from the 4 food groups.

