

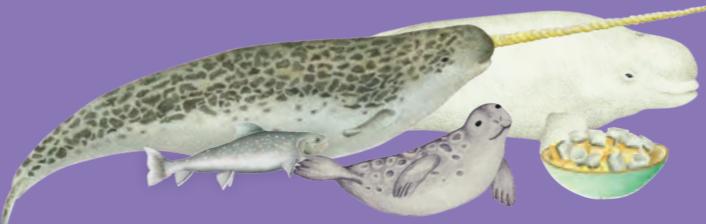
## Unhealthy

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.



Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives



# 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.

