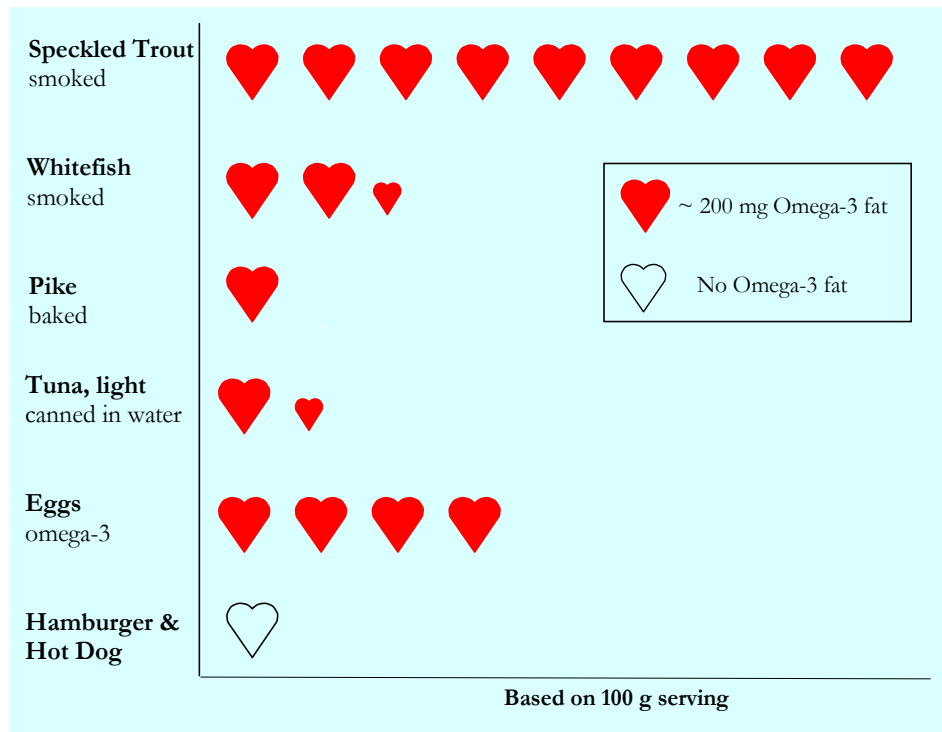


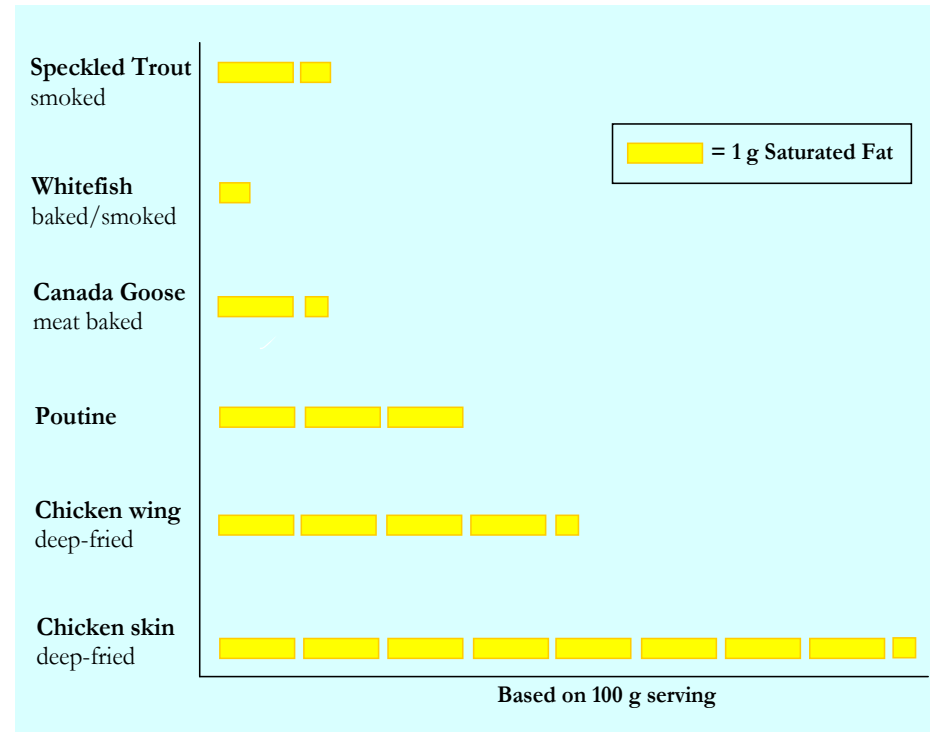
## Increase Your Intake of Fish

- ❖ Fish give us healthy fats called **omega-3 fatty acids**.
- ❖ These fats are **essential** for our body and they help to lower the risk of heart disease.



## Reduce Your Intake of Saturated Fat

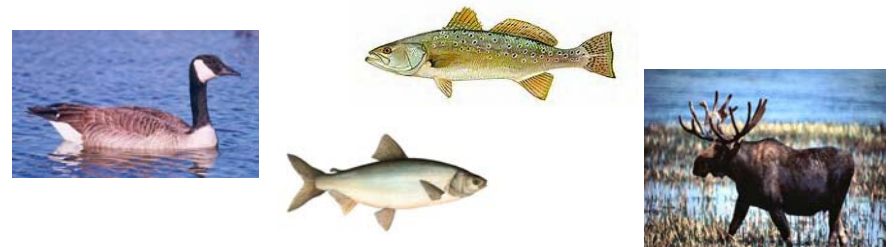
- ❖ Saturated fats are mainly animal fats.
- ❖ Saturated fats increase the risk for diabetes & heart disease.



**What can I do to get more Omega-3 fats?**

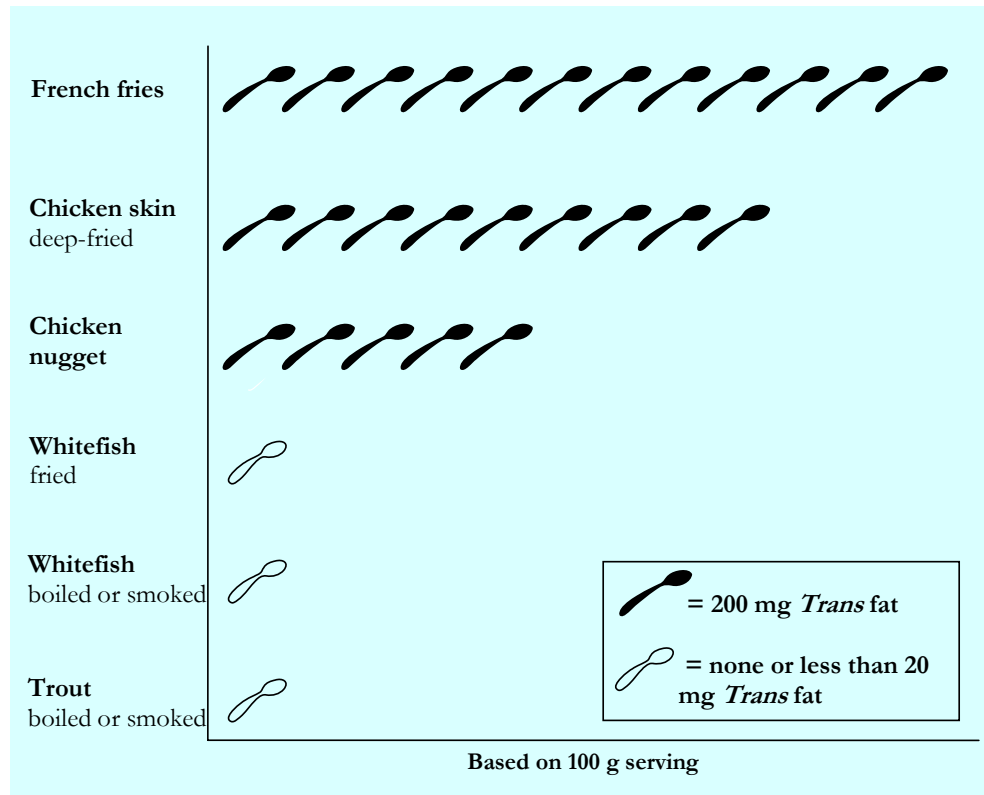
**Enjoy FISH that is boiled, smoked, or baked more often.**

## Traditional Game Meat & Fish are low in Saturated Fats



## Avoid Unhealthy *Trans* Fats

- ❖ *Trans* fats are found in baked goods, margarines, deep-fried food and fast food.
- ❖ Studies show higher risk of heart disease and type-2 diabetes when eating too much food with high *trans* fat content.



# Choosing Foods with Healthy Fats

## Traditional Food for Your Health



What can I do to reduce my *trans* fats?

Choose traditional game meat and fish more often.

### For More Information

Band Office: (418) 923-3461 ext. 205; Public Health: (418) 923-3355

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