

خات الا ALTHY RECIPES

LYDIA ROCHELEAU NUTRITIONIST



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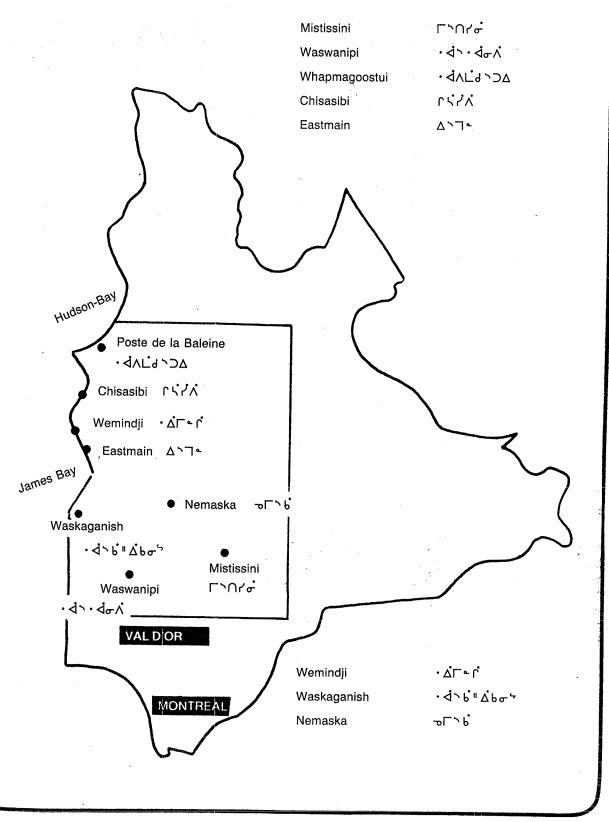
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY AND MINISTÈRE DE LA SANTÉ ET DES SERVICES SOCIAUX

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The eight (8) communities served by the Cree Board of Health and Social Services of James Bay are:

Les huit (8) communautés desservies par le Conseil Cri de la santé et des services sociaux de la Bale James sont:



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Lydia Rochellau

Lydia Rocheleau Nutritionist

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INTRODUCTION

In the old days, Crees were really healthy when game was abundant. There were however, periods of starvation and malnutrition when the natural cycle of food animals was down. Diet, consisting of foods from the land, played a significant role in their well-being. That appears to be different now. Cree eating habits were greatly modified when a change in lifestyle occurred. Among other things, the traditional food sources went down and the purchase of store foods went up. Among the new products introduced into the Cree diet, the least nutritious are often the most commonly used.

Indeed, the over-consumption of sugar, fat and alcohol (along with a lack of exercise) are involved in the development of important health problems such as obesity, diabetes and heart disease.

There are reasons to believe that Crees do not always choose the proper store foods because they are not aware of their nutritional value or they do not know how to prepare, serve and store this type of food.

For optimum health based on good nutrition, the following guidelines encourage you to eat wisely and well, make good choices in order to get the best food value for your money, and include a brief survey of three of the most prevalent health problems in the Cree communities: obesity, diabetes, and heart disease.

A series of recipes using store bought foods as well as traditional foods are included so that you can change your eating habits for the better. Some of the recipes, chosen from regular and native cookbooks, were adapted when necessary in order to present nutritious and tasty dishes, low in fat, sugar and salt. Others are personal recipes, submitted by women from the Cree communities. Happy Cooking!

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PLANNING YOUR MEAL

A WINNING COMBINATION

Good eating habits are essential for a good health...but how can we know if our alimentation is appropriate? The Canada Food Guide helps Canadians to choose their food properly in order to satisfy nutrient needs and energy requirements.

As the Canada Food Guide reflects only in part the Cree dietary patterns, it was decided to develop a food guide that would emphasize Cree traditional food habits. The Guide in Traditional Foods indicates the way food from the land can be integrated to the four basic groups according to their nutritive value. For example, food in the bone and milk product group (fish heads, boiled bones for soup, fish broth) and food from the milk and milk product group of the Canada Food Guide are comparable from a nutritional point of view. They contain mainly calcium, protein and riboflavin which help making teeth and bones strong.

To eat wisely and well, the Cree population should follow the recommendations of the Canada Food Guide and the Guide in Traditional Foods.



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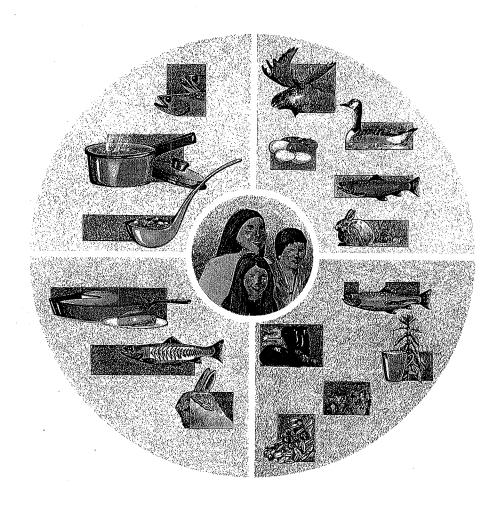
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じゃ・ベベッグトック マット ムアイ ピュー GUIDE IN TRADITIONAL FOODS

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BONES AND MILK PRODUCTS

MEATS



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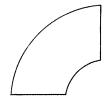
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BERRIES AND VEGETABLES

EAT A VARIETY OF FOODS FROM EACH GROUP EVERY DAY.

The guide in traditional foods follows the principles outlined in the Canada's Food Guide. This food guide shows how Cree Natives foods fit into the 4 basic food groups. Please refer to Canada's Food Guide for non native foods.



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BONES AND MILK PRODUCTS

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Get calcium from fish bones. Help make teeth and bones strong.

EXAMPLES:

Fish head / σ≟ > ▷ ১೧ • ీ •

Bones boiled for soup / o L ゝ トゥトゥー く パトィア・

Fish broth / oピュートリー



・ペパン

MEATS

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Help made a strong muscles and good red blood.

EXAMPLES:

Moose / j>

Goose / o > 6

Eggs / · d i

Fish / oL'

Rabbit / ・4>5



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BERRIES AND VEGETABLES

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Give you energy to work and play.

EXAMPLES:

Bannock / ◀△ " d o ... °

Sturgeon marrow / o-L** • A •

Animal brain / ▶∩ " <

Help you to have good eyes and less infection.

EXAMPLES:

Fish eyes / oL'

Fish intestines / σட்ゝ ▶∩ いが

Stomach and intestines-liver heart-kidney / トロイプ・トンセット

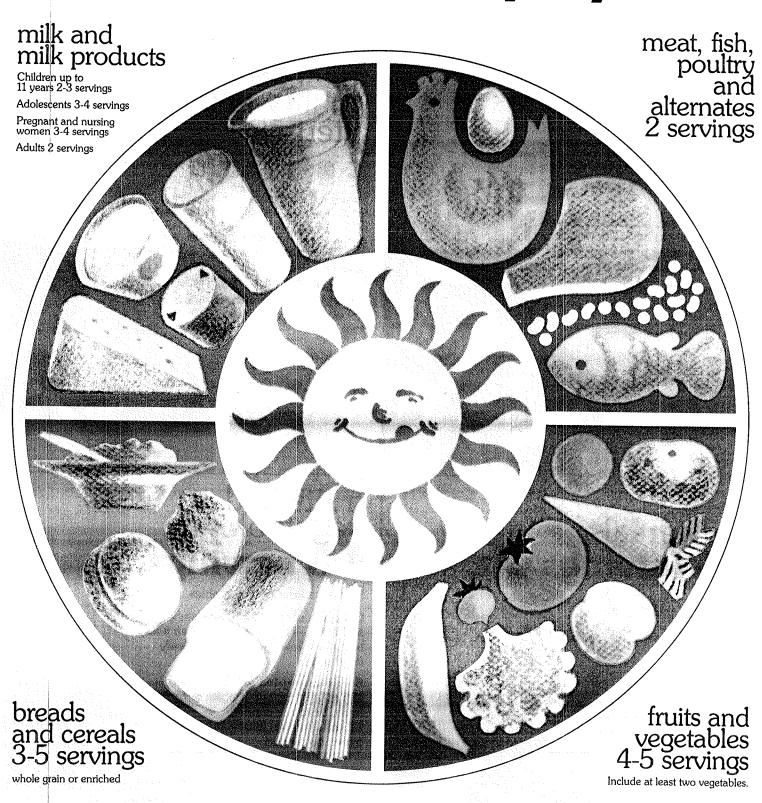
Herb tea / •Å' ↑ ↑ ↑ ◆ ◆ ◆

Lichen / • 🗗 d 🗸 🕒

Berries / ピッケ

Canada's Food Guide

Eat a variety of foods from each group every day



Variety

Choose different kinds of foods from within each group in appropriate numbers of servings and portion sizes.

Energy Balance

Needs vary with age, sex and activity. Balance energy intake from foods with energy output from physical activity to control weight. Foods selected according to the Guide can supply 4000 – 6000 kJ

(kilojoules) (1000 – 1400 kilocalories). For additional energy, increase the number and size of servings from the various food groups and/or add other foods.

Moderation

Select and prepare foods with limited amounts of fat, sugar and salt. If alcohol is consumed, use limited amounts.

milk and milk products

Children up to 11 years Adolescents Pregnant and nursing women Adults 2-3 servings 3-4 servings 3-4 servings 2 servings

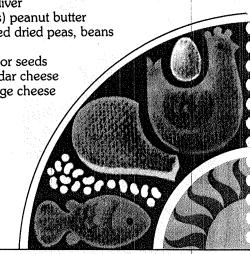
Skim, 2%, whole, buttermilk, reconstituted dry or evaporated milk may be used as a beverage or as the main ingredient in other foods. Cheese may also be chosen.

Some examples of one serving 250 mL (1 cup) milk 175 mL (3/4 cup) yoghurt 45 g (11/2 ounces) cheddar or process cheese

In addition, a supplement of vitamin D is recommended when milk is consumed which does not contain added vitamin D.

meat, fish, poultry and alternates 2 servings Some examples of one servi

Some examples of one serving
60 to 90 g (2–3 ounces) cooked lean
meat, fish, poultry or liver
60 mL (4 tablespoons) peanut butter
250 mL (1 cup) cooked dried peas, beans
or lentils
125 mL (½ cup) nuts or seeds
60 g (2 ounces) cheddar cheese
125 mL (½ cup) cottage cheese
2 eggs

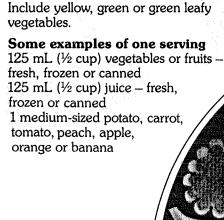


breads and cereals **3-5 servings**

whole grain or enriched. Whole grain products are recommended.

Some examples of one serving

1 slice bread 125 mL (½ cup) cooked cereal 175 mL (¾ cup) ready-to-eat cereal 1 roll or muffin 125 to 175 mL (½ - ¾ cup) cooked rice, macaroni, spaghetti or noodles ½ hamburger or wiener bun



fruits and vegetables **4-5 servings**

Include at least two vegetables.

Choose a variety of both vegetables and fruits — cooked, raw or their juices. Include yellow, green or green leafy vegetables.

TABLE 1

CANADA FOOD GUIDE Group	GUIDE IN TRAD- ITIONAL FOOD	: NUTRIENTS	ROLE OF THE ! NUTRIENTS !
 Milk and Milk products 	Bones and milk products	Calcium Calcium Protein Riboflavin	Help make teeth : and bones strong :
Meat, fish poultry and alternates	Meats 	Protein Iron B Complex Vitamins	Help make strong muscles and good red blood
 Fruits and vegetables 	Berries and Vegetables	! ! Vitamin A ! Vitamin C !	Help to have good : eyes and less : infection :
Bread and cereals	Bannock	 Carbohydrates Iron B Complex vitamins	Give energy to work and play

EATING A VARIETY OF FOODS

Choosing a wide variety of food from each food group will help you get all the essential nutrients your body needs to be strong and healthy.

Remember: the way you prepare your food is as important as the amount you eat and what you eat. Try to prepare and cook the food in different ways. It is much more enjoyable when you add variety to the menu!

TABLE 1

CANADA FOOD GUIDE 60C Group	GUIDE IN TRAD- ITIONAL FOOD Group	: NUTRIENTS	ROLE OF THE NUTRIENTS
Milk and Milk products	Bones and milk products ・Δトρ。 pゥ ううパッシム	: Calcium Protein Riboflavin 	Help make teeth and bones strong
Meat, fish poultry and alternates ·Δὑ ρὑ σὧ, Δὑλ	Meats ・Δウト	Protein Iron B Complex vitamins 	Help make strong in muscles and good in red blood in Pindula in Pindula in Albarra in Pindula in Albarra in Al
Fruits and vegetables	! Berries and vegetables Γ΄σ΄ Ρ΄ ἀσ"Č▷Γ' Ů•b°	 Vitamin A Vitamin C 	 Help to have good eyes and less infection Γ°ρουυ
Bread and cereals \.\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	Bannock ΔΑΫ ΦΔ "δα "	Carbohydrates Iron B Complex vitamins	Give energy to work and play AND Lirrarrupe d.d. ALO.de p. dudnore

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A QUESTION OF BALANCE

The body gets its energy from food. The energy is then used for essential activities such as breathing, sleeping, eating and also for physical activities such as walking, skating and working inside the house. When energy intake and energy output are balanced, weight remains steady.

By eating less food energy than needed, body fat will be used to supply the extra energy needed for activity and weight loss will occur.

By eating more food energy than required, there will be a fat accumulation and weight gain will occur.

Different people require different amounts of energy depending upon age, sex, body size and level of activity.



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