

MODERATION...FOR A BETTER HEALTH

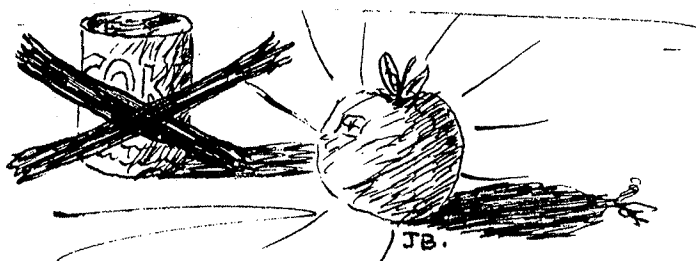
Moderation means cutting down, not cutting out, and it varies from individual to individual. It is particularly important to select and prepare foods with limited amounts of fat, sugar and salt in order to reduce the risk of health problems such as heart disease, dental caries, diabetes, obesity and hypertension (high blood pressure).

You have a sweet tooth!

Do you know that:

- sugar damages children's teeth (tooth decay).
- sugar eaten in large quantities makes people fat.
- sugar and sweets push good nutritious food out of our eating habits.

It is surprisingly easy to cut down on sugar once you know where it is hidden. The first step is to take less sugar everyday (brown, white, honey, molasses and syrup). Try to cut down gradually on sugar in tea or coffee and cereals, that way, you will reduce your taste for sweets without noticing it.



Try to eat less food containing a lot of sugar such as soft drinks (pop), candies, cookies, jam, cake, chocolate bars, fruit drinks and very sweet cereals (table 2). There are many foods to choose from which do not have added sugar and are more nutritious (eg. fruits, vegetables, bread, cheese, bannock). The best drink to quench thirst is water. Unsweetened fruit juices and plain milk are also good choices. When buying juice make sure the food label indicates juice. If the label says "Fruit drink" or "Fruit Punch", it is not juice and most probably it contains a lot of sugar. Watch out for hidden sugar in foods, read the labels (see section Labels Talk).

Put less sugar in your recipes. You can cut down from one third to one half on sugar indicated in the recipes.

TABLE 2

PERCENT OF SUGAR IN CEREALS

CEREALS	PERCENT OF SUGAR	
Shredded Wheat	None	
Wheat Germ		
Oatmeal		
Rolled Wheat		
Farina		
Cream of Wheat		
Cheerios	Under 5%	
Grape Nuts		
Bran Chex		
Grape Nut Flakes		
Puffed Rice		
Puffed Wheat		
Puffed Millet		
Special K		
Product 19		
Corn Flakes	10% to 25%	
Rice Krispies		
Bran Cereals eg. All Bran		
Raisin Bran		
"Natural" or Granola Cereals		
Wheat Chex		
Fortified Oat Flakes		
Life		
Rice Chex		
Corn Chex		
Warning: Cereals below with more than 25% sugar are too sweet and should be avoided		
Frosted Mini-Wheat	33.5%	26% to 50%
Sugar Frosted Flakes	29.0%	
Fruit Loops	47.4%	
Sugar Pops	37.8%	
Alpha Bits	40.3%	
Cocoa Puffs	43.0%	
Team	45.7%	
Boo Berry	45.7%	
Honey Combs	48.8%	
Crunch Berries	43.4%	
Captain Crunch	43.3%	
Trex	46.6%	
Lucky Charms	50.4%	over 50%
Sugar Smacks	61.3%	
Fruity Pebbles	55.1%	
Cocoa Pebbles	53.5%	
Apple Jacks	55.0%	
Sugar Orange Crisp	71.0%	
Fruity Freekies	74.0%	

Ref: Adapted from Nasco's "No Added Sugar Diet for Children" and
L.A. District of the California Dietetic Association's

Hidden sugar in foods

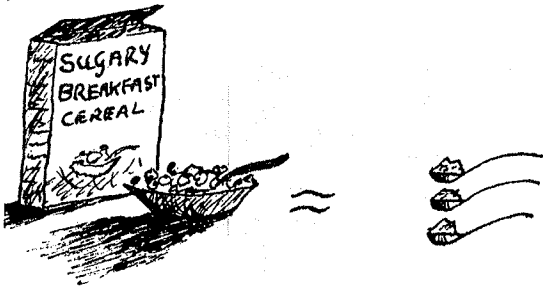


Pop

1 can = 8 teaspoons sugar

בשרי. דפול. בפרס. בם.

1 - קרפ = 8 נ"כ דפר. בפרס. נד. בם.



Sweet cereals

1 bowl = 3 teaspoons sugar

בשרי. ד. לרז. רר.

קרפ. דפר = 3 נ"כ דפר. בפרס. נד. בם.

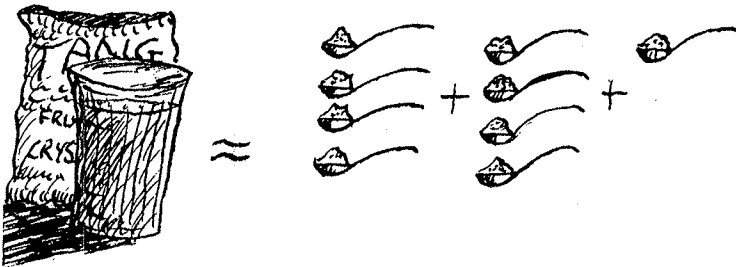


Chocolate bar

One (32 gm.) = 5 teaspoons sugar

. לפר.

קרפ = 5 נ"כ דפר. בפרס. נד. בם.



Tang (fruit crystals)

1 glass = 9 teaspoons sugar

בשרי. דפר. י.

קרפ. פר. בפר = 9 נ"כ דפר. בפרס. נד. בם.

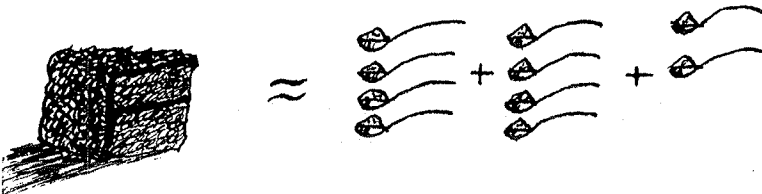


Chocolate chip cookies

4 = 4 teaspoons sugar

ד. ד.

קרפ. ד = 4 נ"כ דפר. בפרס. נד. בם.



Chocolate cake

1 piece (4 oz.) = 10 teaspoons sugar

ד. ד. - . לפר.

קרפ. לפר = 10 נ"כ דפר. בפרס. נד. בם.

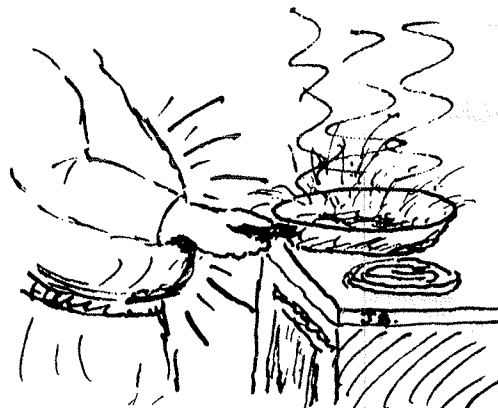
BEWARE OF FAT !

Most people know that fat is found in butter, margarine, oil, lard, mayonnaise, salad dressing and cream.

But, did you know that much of the fat we eat is hidden in foods such as meat, nuts, cheese, egg yolk and fish ?

Compare the FAT facts:

- too much fat makes people overweight.
- fat increases the risk of heart disease.
- fatty food push good nutritious foods out of your eating habits.



Fat should be eaten moderately but it does not mean that we should eliminate it totally from the diet.

When eaten moderately, fat plays a positive role in our body:

- provides energy.
- transports vitamins A, D, E, K.
- helps maintain a constant body temperature.
- gives that feeling of being "full" after a meal.

Here are a few TIPS to help you reduce your fat intake:

- use as little fat as possible when cooking. Bake, broil, or boil rather than fry.
- trim off visible fat from meat, discard the fat that drips out of the meat and avoid gravies and sauces. Skim off fat from soups.
- use partially skimmed (2% b.f.) or skimmed milk rather than regular milk (3.25% b.f.)
- limit your intake of butter, margarine, lard and oils. Each tablespoon of butter, margarine or oil contains 100 calories (420 kilojoules).
- eat less "junk food" such as potato chips, french fries, pastries and chocolate.

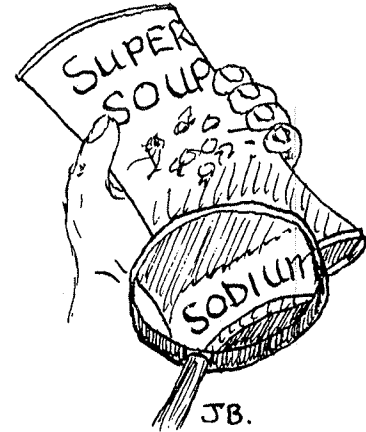
It is not easy to change our food habits; however, to keep our fat intake at 30% of total calories is a realistic goal!

Stop shaking!

Most people probably consume more salt than they need. So, using less salt and eating highly salted food with moderation is a good habit. Too much salt in the diet may be a factor in causing hypertension (high blood pressure).

How to use less salt:

- use as little salt as possible for cooking.
- taste your food before reaching for the salt shaker.
- limit your consumption of foods that are highly salted such as canned soup; canned, salted or smoked meat; potato chips, bacon, frozen meals (eg. TV dinners).



Drinking alcohol sensibly

The regular use of alcohol is not good for health and it may replace nutritious food choices. Since it contains almost no vitamins and minerals, the body runs out of the nutrients it needs to be healthy.

Do you know that:

- alcoholic beverages contain a lot of "empty" calories. There are 150 calories (625 kilojoules) in 1 1/2 ounce of gin, vodka, whisky.
- the mixes add calories.

Those who like alcohol can replace it once in a while by other beverages such as fruit or vegetable juice, mineral or soda water.

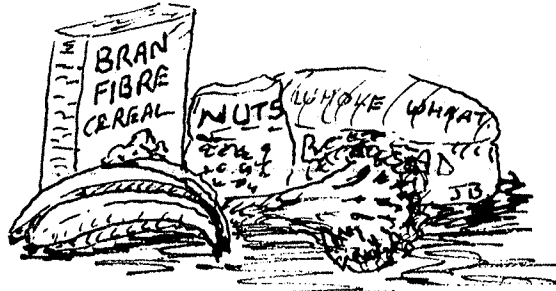


FIBRE

Fibre is contained in cereals, fruits and vegetables. It is not or only partially digestible. By its capacity to retain water, fiber increases the volume of the stool and helps to prevent constipation.

How to eat more fibre:

- eat whole wheat bread rather than white bread.
- use whole wheat flour rather than white flour in recipes (eg. whole wheat bannock).
- buy whole grain cereals such as All Bran, Raisin Bran, Shredded Wheat, Bran Flakes, rather than refined cereals like Corn Flakes or Rice Krispies.
- eat berries, fruits, vegetables with the skin.
- add berries to baked goods (eg: bannock, muffin).

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HOW TO STRETCH YOUR FOOD DOLLARS AND EAT WELL

Homemakers who want to feed their family well should know how to get the best food value for each dollar. There are several things that can be done to keep the food bills lower. Making a wise choice of food within the four food groups and taking great care on buying, storing, preparing and serving food will help to keep food costs down.

SHAPE UP YOUR SHOPPING (adapted from "How to purchase food in grocery store" Nutrition Month Resource Kit. NWT, March 1984)

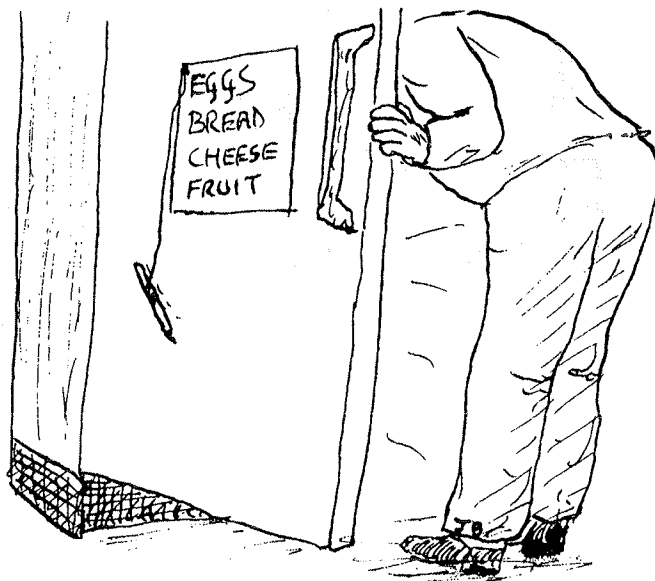
Before leaving home:

1. Plan meals for a few days or a week in advance.
2. Check the foods you already have on hand.
3. Make a list of the items and amounts you need to buy.
4. Leave home on a full stomach. If you are not hungry you will not be tempted to buy "treats" you would not normally buy.



At the store:

1. Use your grocery list and buy only the food you have listed.
2. Do not buy junk food. Junk food is very expensive and is not nutritious.
3. Use the color coding. If your store has color coding, check that your food purchases belong mostly to the four food groups (blue, orange, red and green).



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[illegible]

◁_a $\dot{\bar{L}} \cdot \dot{\bar{b}}_a$ $\dot{\bar{L}} \cdot \dot{\bar{\Delta}} \dot{\bar{r}} \dot{\bar{r}} \dot{\bar{\Gamma}}_a$ $\dot{\bar{L}} \cdot \dot{\bar{b}}_b$ $\dot{\bar{\Delta}} \dot{\bar{\Gamma}} \dot{\bar{\sigma}} \dot{\bar{L}} \dot{\bar{\Delta}}_a$ $\dot{\bar{\Gamma}} \dot{\bar{r}} \dot{\bar{L}}$





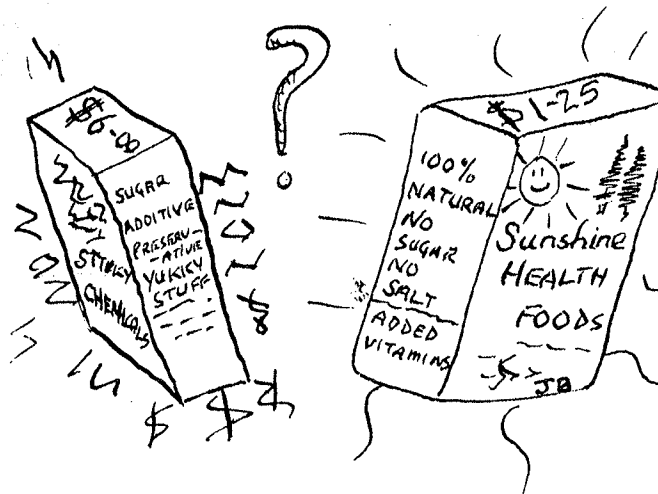
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4. Buy food in its most economical form. Compare the price of the food items in different forms (fresh, frozen, canned or dried) and in different styles (whole, sliced, chopped, etc.).
5. Buy a low cost food instead of a more expensive. Within the same food group of Canada's Food Guide buy "standard" canned fruits and vegetables instead of "choice" and "fancy" fruits and vegetables. Standard grade fruit is not as attractive as Fancy grade in appearance but it is just as nutritious and costs much less.
6. Compare prices of different brands for the same product. If there are two kinds of the same food at the store, look at the prices and labels of the food. There is often a price difference between companies for the same food product.



7. Buy food in the size that is most economical for you. Buy only the amount you need and can store conveniently, eg. if you use a lot of flour buy it in large size, it is usually cheaper in price.
8. Read your food label. Check the list of ingredients, the number of servings, the way you cook the food, the "best before" date and the place where you should store the food. See information "Labels Talk".
9. Check cans for bulges. This sometimes indicates that the food inside has spoiled.
10. Buy fresh foods when they first come into the store. Unless you can afford them, do not buy fresh foods if the price is too high. Canned, dried and frozen foods are often just as nutritious as fresh foods and may be much cheaper.

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11. Do not overstock perishable foods. Only purchase the amount of perishable foods, such as meat and frozen foods, that you will use immediately unless you have the storage space.
12. Buy foods on sale. When the store sells some foods at a cheaper price (foods from the four food groups that your family likes to eat), buy them if you have the storage space.



13. Do not buy spoiled foods. When buying fresh foods, avoid those that do not look fresh or that have an off odour. When buying canned foods, never buy any that are leaking, bulging, badly damaged or discoloured. If you are buying bottled foods, do not buy bottles with lids that are loose or appear to have been removed and replaced. When buying frozen foods, avoid packages that are soft, damaged or stained. When buying cereals, flours or other similar foods, do not buy any if the packaging is torn, cut or open; bugs or other foreign matter may have entered.
14. If there is more than one store in your community. Check the food prices at all of the stores. Buy foods in the store which sells good food for less money.
15. Buying Co-ops. If there is a food co-operative in your community, you may want to find out if being a member would help you. In these organizations, the members join together to buy food at whole sale prices and pass the savings on to other members.

TIPS TO KEEP FOOD COSTS DOWN AT HOME

1. Store food properly. Read food labels for storage instruction. You can avoid waste by storing well.
2. Try cooking easy dishes instead of always buying ready-to-eat foods. The latter is more expensive. Make soup at home instead of buying canned soup. Make your own meat stew instead of buying canned stew.
3. Do not waste food. Prepare foods in the amount needed. If there are leftovers, put them in the refrigerator and re-use them as soon as possible (within 2-3 days).
4. Use tested recipes and measure accurately.
5. When using packaged foods. Follow the recommended preparation methods on the package label.



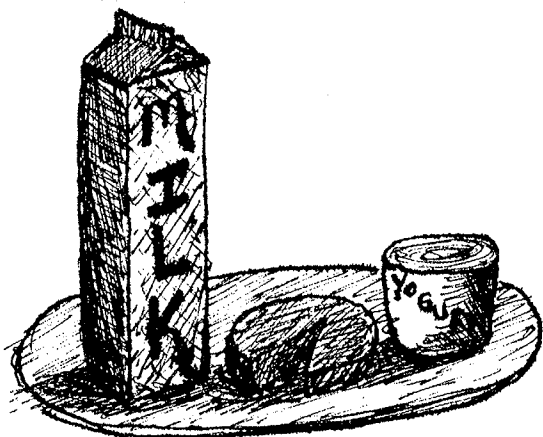
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BEST BUYS WITHIN THE FOUR FOOD GROUPS

These are the least expensive nutritious food choices within the four food groups:

Milk and milk products:



1. Milk powder is just as nutritious and less expensive than fresh or canned milk. Milk powder is the best milk buy because:

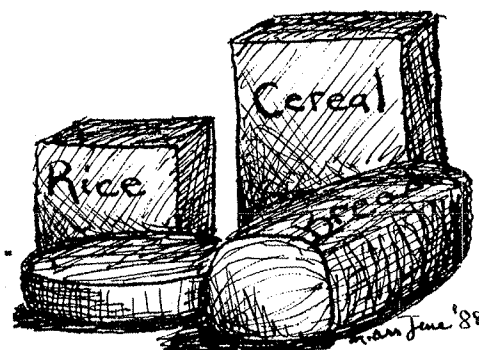
- it is easily stored.
- it needs no refrigeration.
- it can be used for drinking, baking or cooking. eg: use milk powder in bannock or canned soup.

Make sure the milk powder you buy has vitamins A and D added.

2. Evaporated milk is an economical product to use in coffee.
3. If buying ice cream, buy the larger size if you have the freezer space.
4. Fancy and processed cheese are usually more expensive than cheddar.

Bannock, bread, and cereals

1. Buy whole grain or enriched flour and bread. They are more nutritious than refined ones.
2. Pre-sweetened cereals such as Frosted Flakes, Fruit Loops, Sugar Pops are more expensive and less nutritious than the unsweetened whole grain cereals. Of course, uncooked cereals such as oatmeal and cream of wheat are even better food value buy.



3. Consider cost, time of preparation, flavor and texture when deciding whether to bake at home or to buy bakery goods or ready-to-bake products.
4. Buy converted (eg: Uncle Ben's converted) white rice instead of the regular or instant types.

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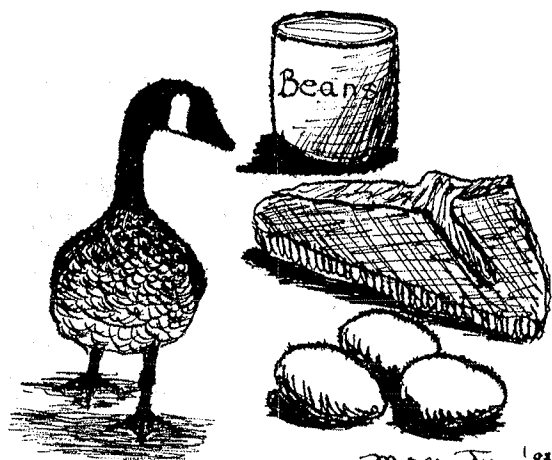
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Meat, fish, poultry and alternates

1. Use local fish, meat and fowl whenever possible, especially if you can catch or kill it yourself.
2. Meat substitutes such as cheese, dried beans, eggs and peanut butter are good value buys.
3. Eggs - If there is more than 7 cents difference between 2 sizes of eggs, the smaller size is the best one.
4. Consider the amount of wastage such as bone and fat when buying meat. You need to buy more when there is much bone.
5. The best meat buys are liver, ground beef, stewing beef. Also, chuck and rump cuts are just as nutritious as loin cuts but cheaper. These cuts should be prepared by long, slow (350°F or 190°C) moist cooking to get the most value.
6. Canned fish and canned meat are often less expensive than frozen fish and meat. The best buy for nutrition and cost is canned fish, especially mackerel and sardines.



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Fruits and vegetables

- 1 - Buy fruits and vegetables in season because they taste better and have the best food value.
- 2 - Buy fruits and vegetables only in amounts that your family will be able to eat within a short period of time (3 or 4 days).
- 3 - Serve them raw frequently whenever possible.
- 4 - Cut them in large pieces and cook them in as little water as possible. Cook quickly, only until done but not too soft.
- 5 - Canned and frozen fruits and vegetables will give you the best food value for your money in the wintertime when they are out of season.
- 6 - Vitamin C best buys are frozen orange juice, vitaminized apple juice, canned tomatoes.
- 7 - Use berries when they are in season, especially if you can pick them yourself. Can or freeze them, so you can enjoy eating berries all year round.



LABELS TALK

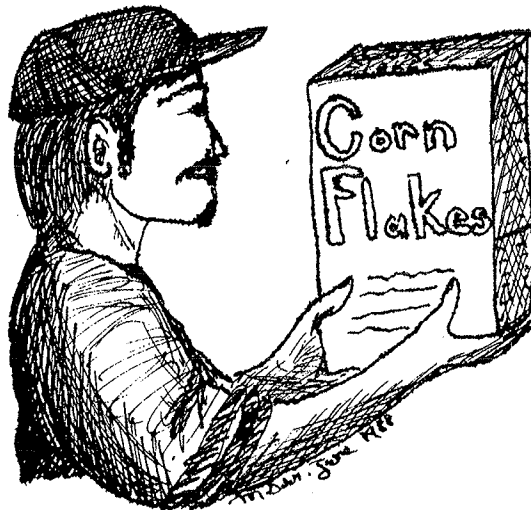
By reading labels on food packages you can gain valuable information on the nutritional value of the food inside. Labels can help you decide if you are getting your money's worth. There are a few important things to look for.

1. All labeled food must tell you the real name of the food inside, the net quantity and the name and address of the manufacturer, packer or distributor.

2. List of ingredients. - in Canada, ingredients must be listed in decreasing order, meaning the greatest amount figures first on the list and the smallest, last. Reading the list of ingredients can help you see what the real content of the package is and, therefore, make wiser choices.

FOR EXAMPLE: when buying breakfast cereal, check if the sugar is high on the list. The cereal labeled "sugar, wheat flour, raisins, etc." has more sugar and more calories than the one labeled "wheat flour, sugar, raisins, etc."

3. Sugar - in the list of ingredients, sugar appears under different names (sucrose, dextrose, fructose, lactose, invert sugar). Any word finishing in "ose" is a form of sugar.
4. Salt - while reading the list of ingredients, be especially concerned with how much salt there is in the food. Salt may be listed as sodium chloride or any word which has sodium in it.
5. Best before date: after this date, the product may still be edible but may not be in top shape. The best before date is not an expiry date. Most products don't have to be thrown away after the best before date, except for baby food and infant formulas.



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CURRENT HEALTH PROBLEMS RELATED TO NUTRITION

OBESITY

Incidence among the Cree population of James Bay

Traditionally, obesity was not frequent in the Cree population. Today, obesity is a major health problem and is associated with an increased incidence of diabetes, hypertension and heart disease. The Quebec Cree Health Survey, conducted in 1983, found a high prevalence of obesity among women aged 20 and over. In the age group 40 to 54 years old, 75% of Cree women are considered at high risk compared to 20% for the national population (Nutrition Canada Survey).

Cause

A lack of exercise combined with a high calorie(or energy) diet, is believed to be the major cause. As mentioned above, obesity and overweight was not a serious problem for the early Cree people, mainly because they had to work hard gathering food and moving camp making them fit and strong. Now more and more people have physically inactive jobs resulting in poor physical fitness and obesity.

Weight loss (adapted from Nuxalk Food and Nutrition Handbook)

Here are some steps to help you lose weight.

1. First consider weight loss carefully

a) Why do you want to lose weight ?

Is it really you who wants to lose weight, or are you under pressure from your family, friends, nurse or doctor? If it is not **your** choice or decision, you will probably not be very successful at losing weight. The first step in successful weight loss is knowing that **YOU** want to do it.

b) How much do you want to lose ?

You should aim for gradual weight loss of 1-2 lbs/week (0.5 to 1kg). Remember, you did not put on those excess pounds (kilos) overnight, so you can't expect them to disappear overnight!

Set a long term goal (such as 50 lbs. in one year) and set short term goals (such as 5 lbs. in the first month and 4 lbs. in each following month). The long term goal gives you something to work towards.

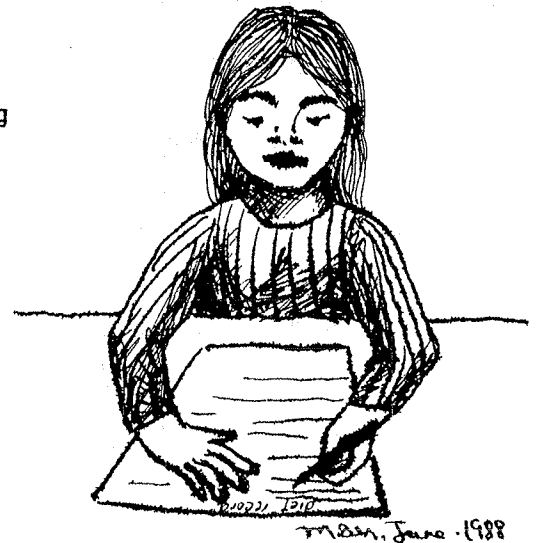
The short term goal will let you measure and reward your successes. Set yourself up to win, one step at a time.

2. How to do it:

Weight loss is achieved by combining three things;

- a) developing good eating habits
- b) reducing caloric intake
- c) increasing exercise and activity

These three work together to help you get a comfortable weight.



a) Developing good eating habits

Before you try to change your eating habits, keep a diet record for one week. Record all the foods and amounts you eat and drink and what time and where you had them. Look for the times of day when you are eating most. Is it just before going to bed? Are you skipping meals, instead of eating just at meals? Do you keep going by drinking a lot of pop or Kool-Aid which has lots of calories from sugar?

Here are some suggestions to help:

- Cut down on fat (see section "Be careful about fat").
- Control your intake of sugar (see section "You have a sweet tooth").
- Limit alcohol (see section "Drinking alcohol sensibly").
- If you eat much larger portions of meat than you need, try to moderate the serving size, you will by the way, reduce your energy and fat intake. Serve vegetables with your meat. Vegetables are filling and have fewer calories than other foods. Refer to Canada's Food Guide for the serving size and the amount of servings for meat, poultry, fish and alternates.
- If you are eating heavy meals right before going to bed. - Research has shown that eating heavy meals at night can build up fat more easily than if a large meal is eaten earlier in the day. Try eating a lighter supper and then only having one small, nutritious snack in the evening.

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- If you eat when you are feeling lonely, depressed or bored. - Once you realize that your moods affect your eating habits, try to keep busy at these times with activities incompatible with eating such as taking a walk, knitting or having a shower.

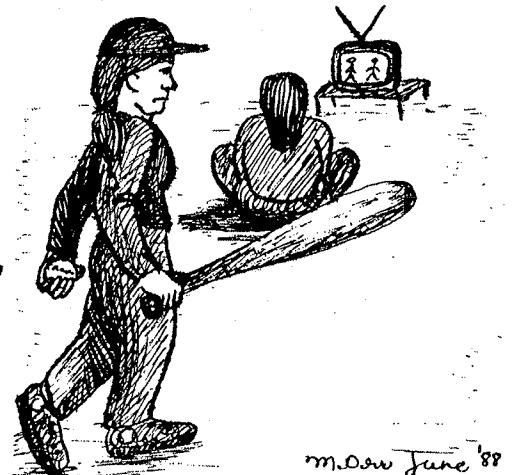
b) Reducing caloric intake

After checking your diet record, decide on 2 or 3 changes you should make. Then try one change at a time. For example if you often skip breakfast, you will probably get disastrously hungry when lunch time comes. Try to eat a light breakfast, so you will not be starving for lunch. Think about the total calorie (energy) content of your food, and change the trouble spots. Always keep in mind to choose good-tasting, nutritious food from Canada's Food Guide and the Guide in Traditional Foods.

Try one diet change for three weeks, then add another new change. If one day you do not stick exactly to your diet, do not despair. Just keep on trying.

c) Increasing exercise and activity

- 1) The more you exercise, the more calories you burn and the better you can regulate your body weight. It is important that you find activities which you will stick to, enjoy and which will make you feel good. It might be walking, playing a sport, or cycling. Exercise at your own speed.



- 2) Plan the days and times that you are going to exercise and stick to it. For exercise to be effective, you must exercise at least 3 times a week and for at least 1/2 hour each time. Exercise not only helps you lose weight by burning off extra calories, it also helps keep the weight off, and increase the strenght of your muscles, heart and lungs.
- 3) Tell your family and friends what you are doing and why. Ask for their support and encouragement. Maybe someone would like to join you.

Do not be disappointed sometimes if you slow down or stop losing weight even though you are still dieting and exercising. This is called a plateau. It is only temporary, and after a while you will start losing weight again. Be patient and steady in your progress.

If you have any special medical problems you should talk to your doctor or the nurse of your community before dieting or exercising. These persons along with the Community Health Representative (CHR) can also give you good nutrition advice if you want to lose weight.

DIABETES

Diabetes is affecting a greater number of Crees today. Changes in lifestyle might be an important factor in the recent increase of diabetes. Eating more and being less active leads to a state of imbalance which might bring out a diabetic tendency in the Cree population.

Diabetes is more common among people with diabetic relatives and among people who are over 40 and overweight. Diabetes is also more prevalent among women than men and chances of developing diabetes increase with age. Eating sensibly, making enough exercise and keeping one's weight at a desirable level can help a person avoid diabetes. It is a question of balance!

What is diabetes?

Diabetes is a condition where the body cannot use food properly. The body needs sugar for energy. Normally, soon after eating, food is broken down into sugar by the stomach. Insulin, which is a hormone made by the pancreas, will take the sugar and carry it to the muscles and the organs (eg. liver, brain) through the bloodstream. Muscles and organs will use sugar for energy or will store it for later use. If the body does not make enough insulin or is unable to use what is produced, sugar cannot get to the muscles and organs. The result is an energy shortage in the cells. Sugar builds up in the blood and much of the excess sugar is lost by way of the urine. Extra urine is produced to carry the sugar out of the body.

The symptoms of diabetes are: frequent urination, excessive thirst, extreme hunger, tiredness, blurred vision, weakness, rapid weight loss, nausea and vomiting. Diabetes is manifested when an excess amount of sugar is present in the blood.

In order to control the sugar level and achieve a desirable weight, the diabetic person should make sensible food choices (low in calories) and be physically active. In more severe cases, insulin injections or tablets should be combined with a balanced diet.



What are the complications of diabetes?

The complications could be blindness, kidney failure, gangrene and heart disease. With good blood sugar control, these complications can be avoided.

HEART DISEASE

According to the document "Health of the James Bay Cree", one of the most frequent causes of death among Crees is heart disease. With changing lifestyles, a growing number of Crees are suffering from this disease. Different risk factors such as obesity, hypertension (high blood pressure), diabetes, diet, fat elevation in the blood, smoking and stress are associated with the development of heart disease.

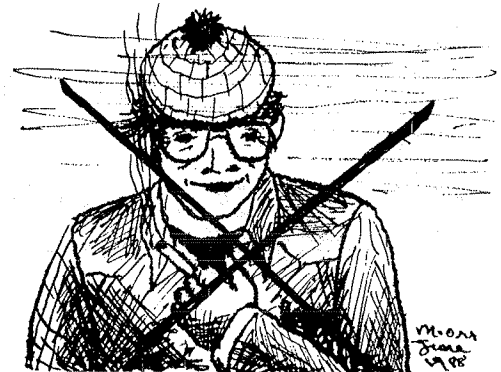
To reduce the risks of heart disease, it is recommended that people:

- follow a moderate, balanced diet (a variety of foods, moderation in the amount of fat, sugar, salt and alcohol)
- do regular exercise
- avoid smoking
- reduce stress



In the Quebec Cree Health Survey, we find that:

- the levels of blood pressure are generally higher among Crees than the population of Canada as a whole (Canada Health Survey).
- in all Cree communities, 72% of the population aged 15 to 24 years old smoke cigarettes.



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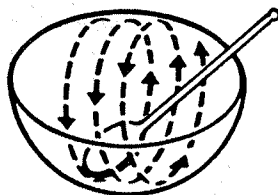
EXPLANATION OF SOME COOKING TERMS FOUND IN THE RECIPES
(from the Northern Cookbook, Eleanor A. Ellis)

Bake

To cook food in the oven at the temperature given in the recipe.

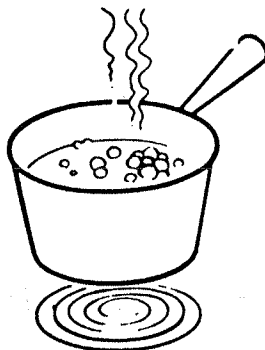
Beat

To make a mixture very smooth by whipping it with over and over movements with a big spoon or a beater. The air is carried to the bottom of the bowl and back up to the top.



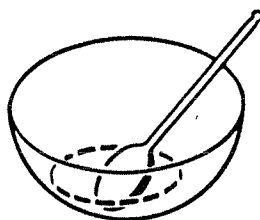
Boil

To cook food in boiling water or other liquid that is bubbling and steaming.



Blend

To mix two or more ingredients so that they are mixed well together.

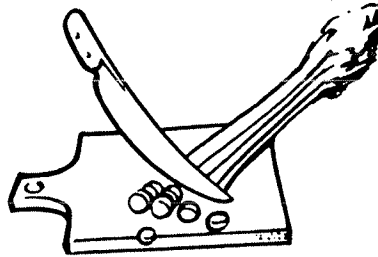


Brown

To bake, fry or toast a food until the outside (surface) is brown.

Chop

To cut food into small pieces.

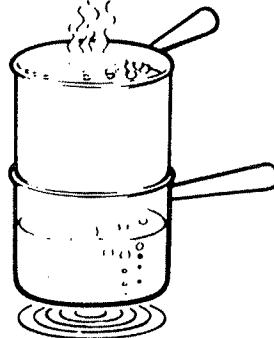


Combine

To mix or blend two or more ingredients.

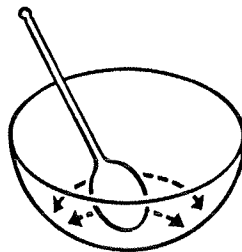
Cook over hot water

To place the pan of food over another pan.



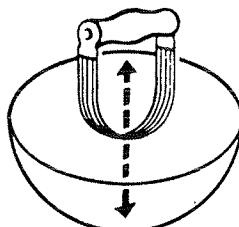
Cream

To make a mixture soft and smooth by rubbing the ingredients (margarine or margarine and sugar) with a spoon against the sides of the bowl.



Cut in

To chop (distribute) shortening into flour using two knives or a pastry blender (the shortening is in little lumps, it is not smooth).



Dice

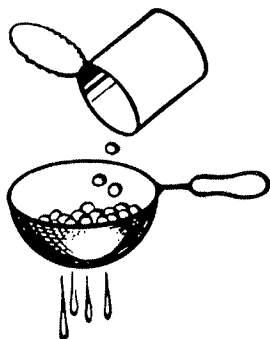
To cut food (meat or vegetable) into small cubes.

Dissolve

To make a dry substance like sugar change into solution in a liquid.

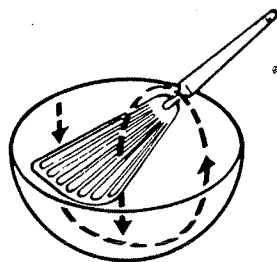
Drain

To pour off liquid from food.



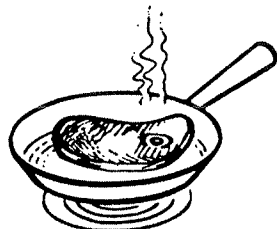
Fold

To cut down through the mixture, across the bottom, up and across the top; turning the bowl after each stroke.



Fry

To cook food in hot fat in a heavy frying pan on the top of the stove.



Knead

To press dough with the palms of the hands, turning the dough slightly as it is pushed (kneading bread).

Let stand

To leave the food in a bowl or a pan for the length of time mentioned in the recipe.

Melt

To change a solid food into a liquid form by heating it.

Mix

To combine ingredients, usually by stirring.

Remove from heat

To take the pan of food off the stove.

Roast

To bake (usually meat) in an oven.

Sauté

To fry in a small amount of fat.

Season

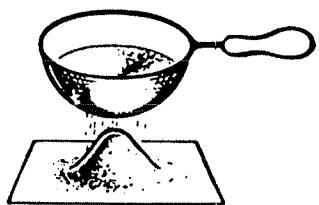
To add salt, pepper or other ingredients to make the food taste better.

Shortening

Name of a fat similar to butter, margarine or lard.

Sift

To put dry ingredients through a sieve.



Simmer

To cook slowly in water or other liquid which is just below the boiling point (water should not be boiling).

FISH CHOWDER

Ingredients:

Fish heads and fish bones
3 potatoes cut in cubes
1 onion cut in slices
pieces of fish(fresh or canned; eg.
whitefish)
1 can of evaporated milk



Method:

1. Combine fish heads, fish bones, potatoes and onions in a pot.
2. Cover with water.
3. Bring slowly to a boil.
4. Boil 30-45 minutes.
5. Remove pot from heat.
6. Remove fish bones or crush them if they are soft and put back in soup.
7. Add pieces of fish.
8. Add slowly while stirring the can of evaporated milk.
9. Reheat 10 minutes. Serve.

From: Nutrition Month Resource Kit, NWT. 1984

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CARIBOU VEGETABLE SOUP

Ingredients:

	Caribou meat and bones
	water
1	1 can tomatoes
5ml	1 tsp. salt
2ml	1/2 tsp. pepper
1	1 can peas
125ml	1/2 cup onions
375ml	1 1/2 cup potatoes
375ml	1 1/2 cup carrots
125ml	1/2 cup celery
125ml	1/2 cup macaroni

Method:

1. Combine caribou meat, bones, salt and pepper.
2. Cover with water.
3. Bring slowly to a boil.
4. Reduce heat. Cook for 1 1/2 hour.
5. Remove pot from heat.
6. Remove caribou meat and bones. Dice the meat.
7. Put the diced meat in the soup. Add peas, onions, potatoes, carrots, celery, tomatoes and macaroni.
8. Cook for 30 minutes

Variations: Use moose meat instead of caribou

Adapted from: Native Women's Picture Cook Book, Native Women's Association of the N.W.T.

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$\Delta^{\circ} \text{H} = -90.7 \text{ kJ/mol}$

 $\sigma \Gamma_{\sigma}'' \cdot b\rho \cdot \dot{\omega}\dot{m}_0 > \Delta$

RABBIT SOUP

Ingredients:

1	1 rabbit
1 1/2L	6 cups water
125ml	1/2 cup rice
125ml	1/2 cup celery
125ml	1/2 cup carrot
125ml	1/2 cup onion
125ml	1/2 tsp. salt



Method:

1. Skin and clean the rabbit, cut it up and put it in a pot with water and salt.
2. Bring to the boiling point. Reduce heat and let simmer for 1 hour.
3. Add rice, carrot, onion, celery. Let simmer for another 30 minutes.
4. Dumplings may be added when the soup is almost ready.

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3L	12 cups cold water
1kg	2 pounds giblets
2	2 carrots
1	1 onion
1	1 stick of celery
5ml	1 tsp. salt
1	1 bay leaf

1. Pour cold water in a large cooking pot. Add giblets.
2. Bring to a boil, reduce heat and let simmer, uncovered for about 2 1/2 hours.
3. Skim, add the other ingredients and simmer for 1 1/2 hour more.
4. Drain and refrigerate in a large bowl.
5. Skin the fat off before using it. Makes about 8 cups (2L).

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- [illegible]