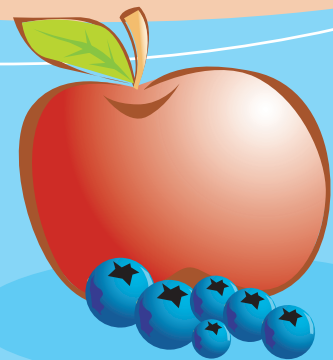


*Eat healthy!
Live healthy!*

ᑦᑭᑦᑭᑦᑭᑦ
ᑦᑭᑦᑭᑦᑭᑦ



ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ ᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ

1 fruit or berries

ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ ᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ

ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ

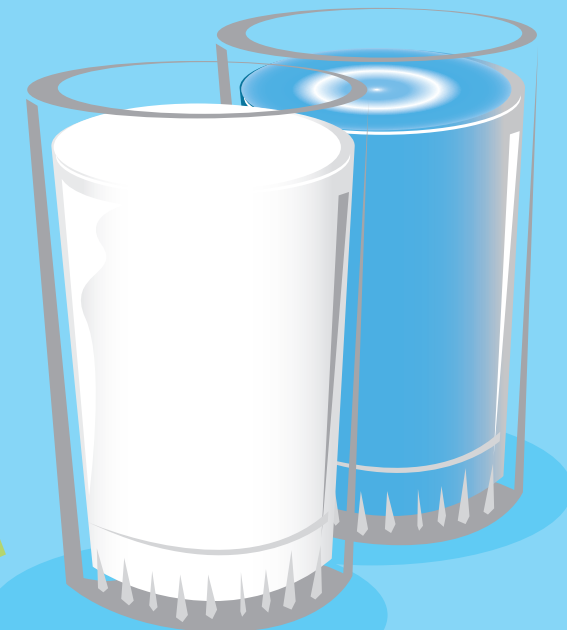
*Make your plate
look like this...*

ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ



Vegetables

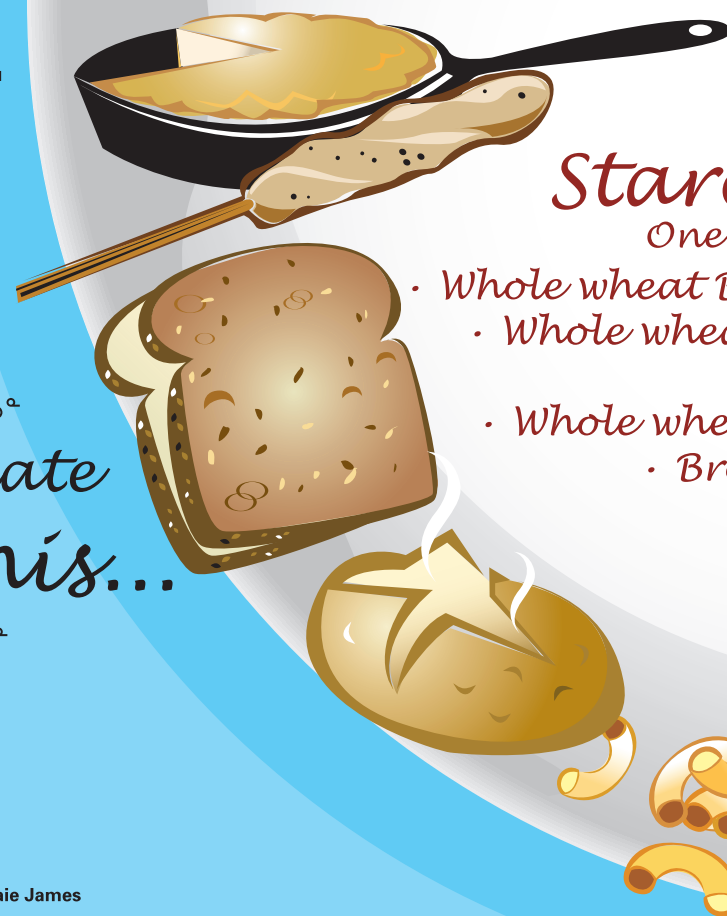
- 2 or more different kinds
- Fill half your plate with vegetables



ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ

Milk or water

ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ



Starch

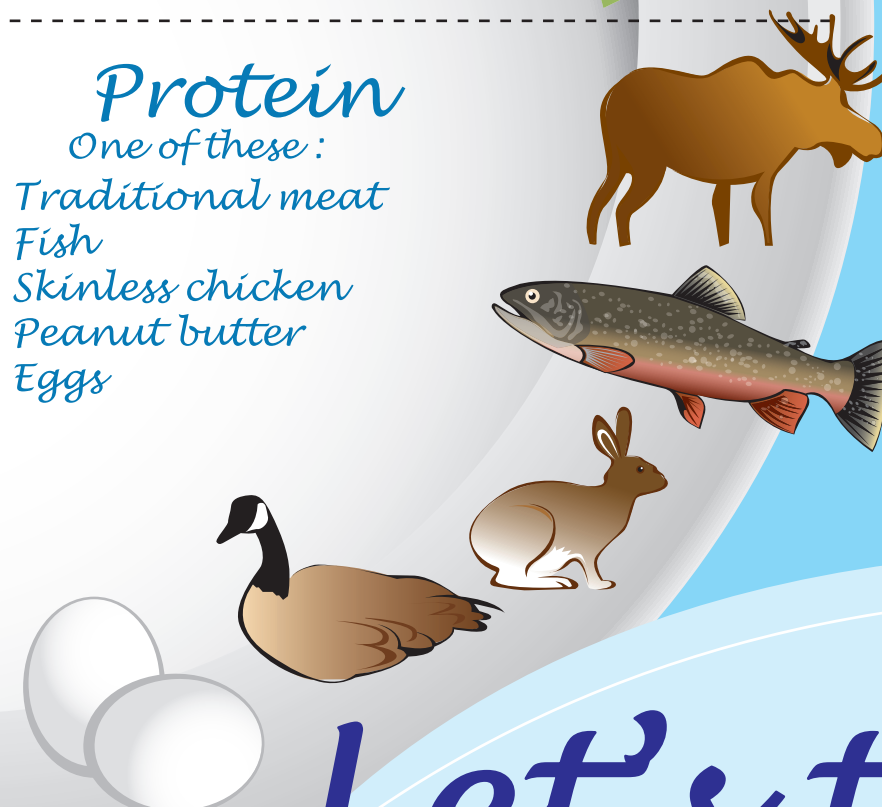
One of these :

- Whole wheat Bannock
- Whole wheat bread
- Potato
- Whole wheat pasta
- Brown rice

Protein

One of these :

- Traditional meat
- Fish
- Skinless chicken
- Peanut butter
- Eggs



Let's try it!

ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ



Conseil Cri de la santé et des services sociaux de la Baie James
ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ
Cree Board of Health and Social Services of James Bay