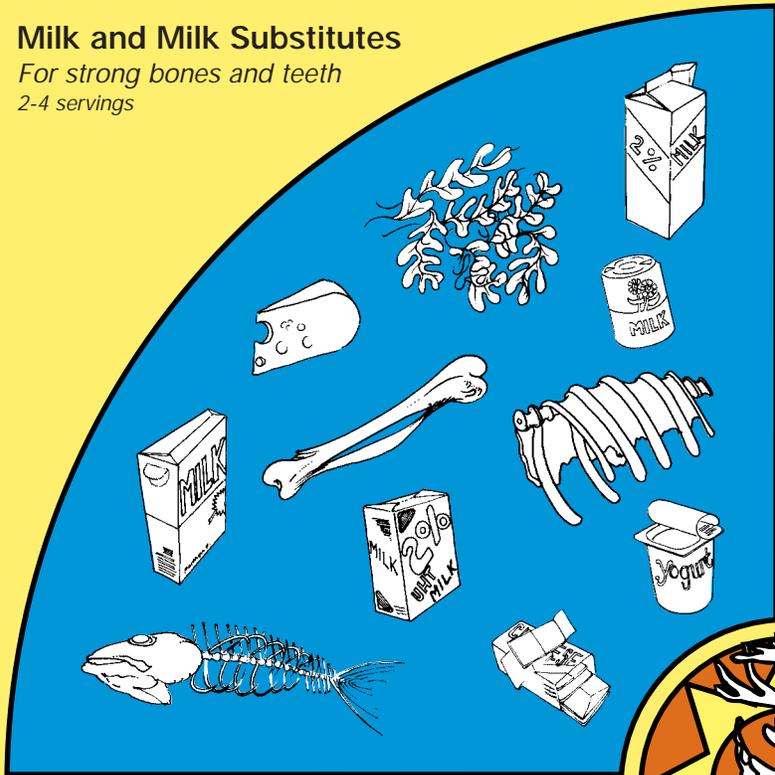


NWT Food Guide

Eat foods from each group every day for health

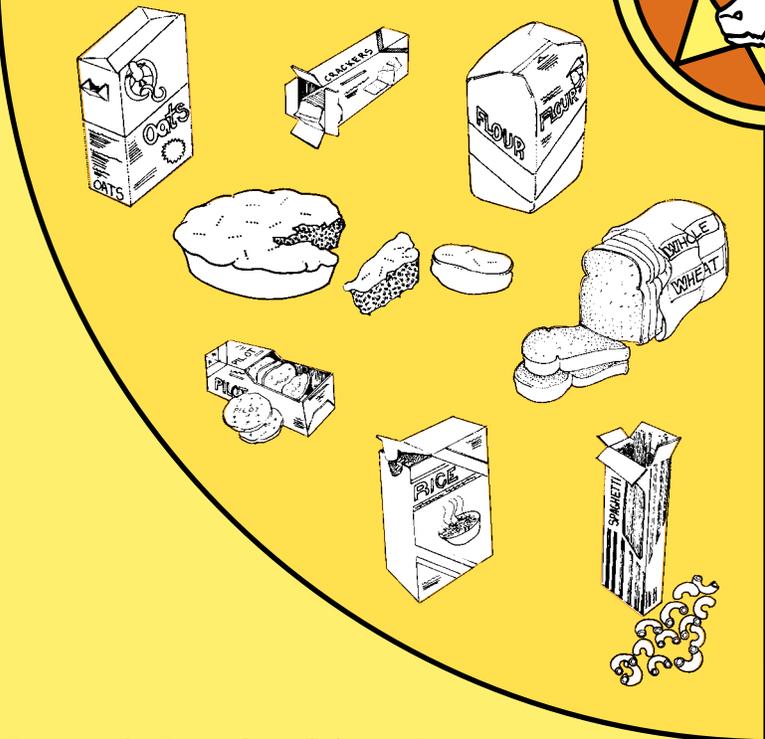
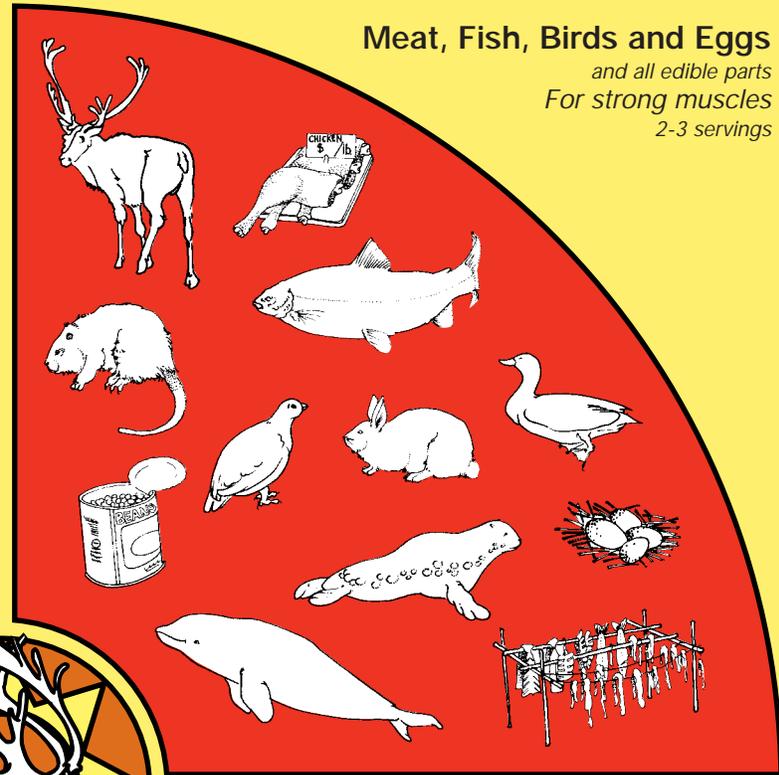
Milk and Milk Substitutes

*For strong bones and teeth
2-4 servings*



Meat, Fish, Birds and Eggs

*and all edible parts
For strong muscles
2-3 servings*



Bannock, Bread and Cereal

*For energy
5-12 servings*



Fruit and Vegetables

*For good eyes and skin and less infection
5-10 servings*



NWT Food Guide

Eat a *VARIETY* of foods from each food group and drink plenty of water every day for health

Milk and Milk Substitutes

Children up to 11 years: *2-3 servings*

Adolescents: *3-4 servings*

Adults: *2 servings*

Pregnant and Nursing Mothers: *3-4 servings*

One serving could be:

Milk

- 1 cup (250 ml)
- whole, 2%, skim

Yoghurt

- 3/4 cup (175 ml)

Cheese

- 1 1/2 ounces (50 g)
- cheddar, processed cheese

Other calcium-rich foods to eat regularly:

- soft animal bones
- seaweed
- fish heads and bones



Meat, Fish, Birds and Eggs and all edible parts

2-3 servings every day

One serving could be:

Meat/Bird/Fish

- 2-3 ounces (50-100 g)
- caribou, duck, char, canned salmon, chicken

Dried Fish/Meat

- 1-2 ounces (30-60 g)

Organ Meat

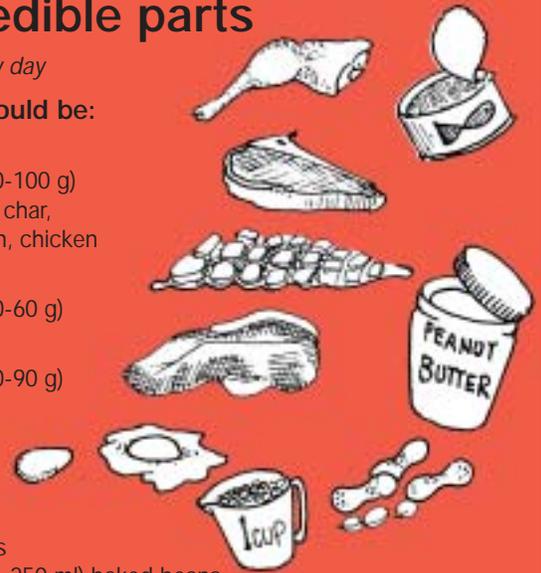
- 2-3 ounces (60-90 g)
- liver, heart

Eggs

- All eggs 1-2
- duck, chicken

Beans/Seeds/Nuts

- 1/2-1 cup (125-250 ml) baked beans
- 1/2 cup (125 ml) nuts and seeds
- 2 tablespoons (30 ml) peanut butter



Bannock, Bread and Cereal

5-12 servings every day

One serving could be:

Bannock

- 1 piece (37 g)

Bread

- 1 slice (30 g) whole wheat, white enriched

Cooked Macaroni/Noodles/Rice

- 1/2 cup (125 ml)

Cooked Cereal — 1/2-3/4 cup (125-175 ml)

- oatmeal

Unsweetened Ready to Eat Cereal

- 3/4-1 cup (175-250 ml)

High Fiber Wholegrain Cereal

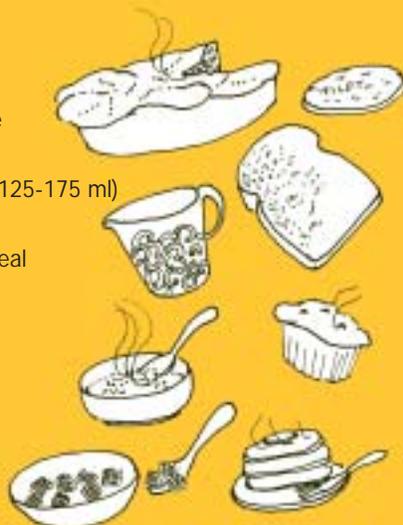
- 1/2-1 cup (125-250 ml)

Granola

- 1/3 cup (85 ml)

Other Foods to Eat for Energy:

- pilot biscuits/crackers
- pancakes
- muffins



Fruit and Vegetables

5-10 servings every day

One serving could be:

Berries/Wild Greens

- 1/2 cup (125 ml) cranberries, wild rhubarb

Fruit

- fresh, frozen, canned
- 1/2 cup (125 ml) apple, orange, banana

Vegetables

- fresh frozen, canned
- 1/2 cup (125 ml)
- carrots, peas, beans
- 1 medium potato
- 1 cup (250 ml) Salad

Juice

- unsweetened
- 1/2 cup (125 ml) orange, apple, tomato

Organ Meat

- 2-3 ounces (60-90 g) liver, heart

Animal Fats and Oils

- These traditional sources of vitamins and minerals can be used regularly, but not in large amounts; caribou, seal, muktuk



These are not real juice - they contain too much sugar.



REMEMBER:

To control weight, **BALANCE** food energy eaten with physical activity.
Try to **LIMIT** foods containing a lot of sugar, salt and fat.