ᑎᒥᒧᑦ ᐱᐅᔪᐃᑦ ᐅᖁᒻᒥᓗᒐᑦ

- ᐃᓗᓐᓇᑎᒃ ᓄᑖᐱᓃᑦ ᐱᐅᔪᐊᓘᒐᑦ ᐅᖁᒻᒥᓗᒐᑦᓴᐅᓯᑎᒃ. ᓂᕆᔭᐅᒐᓐᓇᑐᑦ ᓄᑖᒍᑎᓪᓗᒋᑦ, ᖁᒻᒥᔪᕐᒦᑎᓪᓗᒋᑦ, ᓂᒃᑰᑎᓪᓗᒋᑦ ᐅᐊᑭᑎᓕᐊᒍᓗᑎᓪᓗᓂᑦ;
- ᐃᓗᓐᓇᑎᒃ ᐱᑭᕐᑐᐱᓃᑦ ᐱᐅᔪᐊᓘᒐᑦ ᐱᔭᐅᓗᑎᒃ. ᓂᕆᒍᒪᒍᐱᑦ ᖃᓕᒣᑑᑎᓪᓗᒋᑦ ᐱᑭᕐᑐᐱᓃᑦ ᒥᓲᑦᑕᖃᕐᑎᓪᓗᒋᑦ, ᒥᓲᑦᑕᓕᐅᑭᓐᓇᑐᑎᑦ ᐃᒻᒧᑕᓕᒃ ᒪᒪᕐᑐᖅ (ᔫᑲᑦ) ᐅᕝᕙᓗᓐᓃᑦ mayonnaise-ᒥᒃ ᐃᓚᓗᒍ ketchup-ᒥᒃ. ᑖᓐᓇ ᑎᒥᒧᑦ ᐱᐅᔪᐊᓗᒃ ᒥᓲᒃᑕᖅ;
- ᐅᓪᓛᑭᒥᑕᑦᓴᔪᑦ: ᓇᓪᓕᑳᕐᓗᑎᑦ ᓂᕐᑭᑦᓴᔭᕐᑕᓕᓐᓂᒃ ᒪᒪᕐᓴᐅᑎᖃᓗᐊᖕᒋᑐᓂᒃ ᐅᑦᑑᑎᒋᓗᒋᑦ Multi Grain Cheerios®, Shreddies®, Just Right®... ᑳᒍᓐᓄᑎᑦᓯᓂᕐᓴᐅᔩᑦ fibre -ᑕᖃᒐᒥᒃ ᐊᒻᒪ ᓂᕐᑭᑦᓯᐊᓂᒃ ᐃᓗᓕᖃᕐᓯᑎᒃ;
- ᐃᒻᒧᑕᓖᑦ ᒪᒪᕐᑐᑦ ᔪᑲᑦ, ᐃᒥᕐᑕᐅᒍᓐᓇᑐᖅ ᐃᒻᒧᑯᓗ, ᐊᒥᑦᑐᑳᕐᒦᑐᑦ ᐃᒻᒧᑯᓗᐃᑦ;
- ᐅᐊᑭᑎᓕᒃ ᓯᕙᓕᓪᓗᓃᑦ;
- ᓴᐅᓈᑦ ᐅᑦᑑᑎᒋᓗᒋᑦ almonds, peanuts, walnuts;
- ᓯᓯ;
- ᓂᐊᑭᔭᖅ ᐅᕝᕙᓗᓐᓃᑦ ᓂᕐᑭᑦᓴᔭᖅ peanut butter-ᖃᕐᑎᓗᒍ;
- ᓂᒃᑯᖅ ᐱᑦᓯᓗᓐᓃᑦ;
- ᖃᓚᒪᔪᐊᐱᒃ, ᐱᓗᐊᕐᑐᖅ ᐊᓂᕐᒐᓂ ᐃᒐᔭᐅᓐᓂᑭᓂ: ᐊᓂᕐᒐᓂ ᐃᒐᔭᐅᓯᒪᔪᑦ ᖃᖁᐊᓗᐃᑦ, ᖃᓚᒪᔪᐊᐲᑦ ᒪᒪᕐᓴᐅᑎᖃᖕᒥᓂᕐᓴᑦ ᐊᒻᒪ ᐅᕐᓯᖕᒐ ᑎᒥᒧᑦ ᐱᐅᓯᕐᓴᐅᓯᓂ ᓂᐅᐱᕐᐱᓂ ᖃᕐᖁᐊᓗᐊᐱᓐᓂᒃ, ᖃᓚᒪᔪᐊᐱᓐᓂᓗ ᓂᐅᐱᐊᒍᓰᓂᒃ;
- ᐃᒻᒧᖅ, ᐃᒻᒧᖅ ᐊᐅᖕᖕᒍᐊᑕᓕᒃ, ᖕᔭᔭ5 ᐅᐊᒍᑦᓯᓯᒪᖕᖕᒋᑐᖅ ᑯᑭᒥᓂᑎ ᒧᒥᓂᖃᕐᑭ.

★ ᐱᐅᓂᕐᓴᐅᒐᖅ ᓇᓪᓕᑳᑭᐱᑦ ᐅᖁᒻᒥᓗᒐᕐᓂ ᓄᐃᑕᑎᑕᐅᔪᓂᒃ ᓄᓇᕕᒻᒥ ᓂᕐᑭᑦᓯᐊᓂᒃ ᖃᐅᔨᒪᐅᑎᓂ.

ᓄᓇᕕᒃ ᓄᓇᓕᓕᒫᑦ ᑲᑎᒪᔨᖏᑦ ᐃᓗᓯᓕᕆᓂᕐᒥ ᐱᒍᑦᔨᓂᕐᓄᑦ
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES
RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX NUNAVIK