

# Nunavik Food Guide



Age



# Enjoy foods from each of the four food groups everyday

## Food Groups

### Meat, Fish and Alternatives

For healthy muscles and blood

1      1-2      2-3

Recommended number of food servings per day



Traditional fish  
125 mL (1/2 cup)

Traditional meats and wild game  
125 mL (1/2 cup)

Store bought meats  
125 mL (1/2 cup)

Eggs  
2 eggs

### Milk and Alternatives

For strong bones and teeth

2      2-4      2-4

Recommended number of food servings per day



Milk  
250 mL (1 cup)

Yogurt  
175 g (3/4 cup)

Cheese  
2 slices (50 g)

### Grain Products

For energy

3      4-6      6-8

Recommended number of food servings per day



Bread  
1 slice

Bannock  
Small piece (2"X2")

Cold and hot cereals  
30 g / 175 mL (3/4 cup)

Cooked rice or pasta  
125 mL (1/2 cup)

### Vegetables, Berries and Fruit

For healthy skin, good eyes and less illness

4      5-6      7-10

Recommended number of food servings per day



Vegetables  
125 mL (1/2 cup)

Berries  
125 mL (1/2 cup)

Fruits  
125 mL (1/2 cup)

100% Juice  
125 mL (1/2 cup)



## MAKE WATER YOUR MAIN DRINK



## ENJOY COOKING WITH FAMILY AND FRIENDS