



FOR IMMEDIATE RELEASE

**NEW FOOD GUIDE FOR NUNAVIK**

**Kuujuuaq, March 27, 2012** – This week, the Nunavik Regional Board of Health and Social Services (NRBHSS) is launching its new *Nunavik Food Guide*. This new version, revised and improved, better reflects today’s nutrition issues and better corresponds to the needs of *Nunavimmiut*.

The new *Nunavik Food Guide*, available in Inuktitut, English and French, helps you make informed food choices.

**How does the new *Nunavik Food Guide* help you stay healthy?**

It’s easy and fun to combine a wide variety of foods in order to create nutritious meals and snacks with the *Nunavik Food Guide*.

To illustrate the new *Nunavik Food Guide*, we have an igloo with images that promote healthy lifestyles. The igloo shows four layers and emphasizes nutritionally dense traditional foods. The large outer layer represents the vegetables, berries and fruit group. The following layer shows the grain products group. The next layer is the milk and alternatives group and the smallest layer on the top represents the meat and alternatives group.



“Remember that the key to healthy eating is to combine foods from the four food groups,” points out Dr. Serge Déry, Nunavik Director of Public Health. Plus a well-balanced diet offers you many tasty food choices.

Click [here](#) for your copy of the new Nunavik Food Guide.

*The NRBHSS is a public agency created in 1978 under the James Bay and Northern Québec Agreement. It is responsible for nearly the entire Québec territory located north of the 55<sup>th</sup> parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

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**Source:** Nunavik Regional Board of Health and Social Services  
 Department of Public Health

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