

Nunavik Food Guide Educator's Handbook



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NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES
RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX NUNAVIK

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About this Handbook

Why and for whom?

This handbook was created to complete the information provided in the *Nunavik Food Guide*. It will help you to better understand the *Nunavik Food Guide* and learn about healthy eating. This is a useful tool for community liaison wellness workers (CLWWs, CLWPs), health professionals, teachers and educators interested in providing nutrition education throughout Nunavik.

How to use the guide as a teaching tool

The *Nunavik Food Guide* can be used by itself to help people make healthy food choices, but participation in a nutrition workshop can help them learn even more and thus more easily modify their behaviour.

What does this handbook contain?

This handbook covers nutrition subjects such as variety, country foods and the food groups. It also explains the health messages present on both pages of the *Nunavik Food Guide*. When presenting your workshop, you can cover all the subjects in the handbook or select the ones that you think are the most relevant to your type of activity and the participants.

This resource can be used to:

- talk about the importance of eating well;
- share nutrition information;
- develop nutrition activities.

Boxes entitled “When Teaching Nunavik’s Food Guide...” and “Tips to share” are there to help the facilitator conducting the discussion. However, it is important to understand that all the information in this handbook is worth sharing with participants.

At the end of this handbook you will find an interactive section with planned activities which you can use during your nutrition-education workshops. It contains questions related to the *Nunavik Food Guide*. Use these questions to get a conversation started about the images and messages within the guide or to review information already covered. You will also find planned activities that you can conduct during your workshops with children and adults.

Why Do We Have a Food Guide?

The *Nunavik Food Guide* helps people make wise food choices that promote health. It emphasizes the importance of both country food and healthy store-bought food.

The food guide is for *Nunavimmiut* aged two years old and over; it lists the amounts and types of foods that should be eaten each day.

Many *Nunavimmiut* were consulted during production of the food guide in order to reflect current issues in nutrition and to meet the needs of Nunavik's population.

When Teaching Nunavik's Food Guide...

Ask the participants to identify what they see as healthy on the cover: pictures of traditional food-gathering activities, images that promote healthy lifestyles and healthy foods.



When Teaching Nunavik's Food Guide...

Explain that there are many factors all around that influence the foods people choose to eat. For example, stores have a lot of foods to choose from and people are exposed to several different nutrition messages; some are good and some are not. It is why we need reliable resources such as the *Nunavik Food Guide* to help us make healthy choices.

Why Eat Healthy?

Eating healthy allows you to enjoy a variety of tasty foods that give you the energy and nutritive elements that you need in all your daily activities and to live a healthy life. Better eating habits can help prevent obesity, heart disease and type 2 diabetes; they also lower the risk of certain types of cancer. The food guide is not a weight-loss diet, but it does promote a healthy way of eating.

Enjoy Foods from Each of the Four Food Groups Every Day

To satisfy different food preferences, each food group includes a wide variety of choices. A well-balanced diet includes foods from each of the four food groups—**Vegetables, Berries and Fruit; Grain Products; Milk and Alternatives;** and **Meat, Fish and Alternatives**—plus a certain amount of added oils and fats.

Each food group supplies a different combination of nutritive elements, vitamins and minerals. That means that eating different foods within each group will help people to get everything the body needs to work properly.

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

- Eat foods from one or two different food groups at each snack.
- Eat foods from three or four different food groups at each meal.

When Teaching Nunavik's Food Guide...

Use the igloo design to communicate the recommendations. Explain that the different sizes of the layers in the igloo represent the proportion of each food group that we should eat. Healthy eating includes a lot of vegetables, berries, fruit and grains. Traditional foods are mostly found at the top of the igloo to show the cultural significance and because they are important for *Nunavimmiut*.

Enjoy Country Food



The food guide reflects the importance of both traditional and healthy store-bought foods. It highlights the diversity of traditional foods across the Nunavik region.

When Inuit rely only on traditional food to survive, every part of the animal is eaten (muscle, fat, brain, stomach contents, organs). Each of these parts gives the body different nutritive elements that it needs.

The biggest difference between store-bought foods and country foods is that **ALL** country foods are healthy, but **NOT ALL** store-bought foods are healthy. It is why we have to be more careful when we buy food at the store.

Eating a variety of foods offers you many tasty food choices!

The Four Food Groups

Vegetables, Berries and Fruit	For healthy skin, good eyes and less illness		
	4	5-6	7-10
<small>Recommended number of food servings per day</small>			



Vegetables, Berries and Fruit help the body to fight sickness and infection.

It is important to eat many different vegetables, berries and fruit of various colours because they contain different vitamins and minerals. Fresh, frozen or canned vegetables and fruit are all healthy choices.

Vegetables, berries and fruit help keep eyes and skin healthy because they contain lots of **VITAMIN A** and **VITAMIN C**.

Vitamin A helps you see better in the dark and contributes to healthy skin. It also protects against infection.

Vegetables and fruit **rich in vitamin A** are usually orange-coloured such as carrots, sweet potatoes, pumpkin, mango and cantaloupes.

Vitamin C keeps the skin healthy and is also important in fighting sickness.

Here are some vegetables and fruit **rich in vitamin C**: broccoli, red peppers, tomatoes, wild berries, oranges and strawberries.

Did you know? Berries are rich in antioxidants, which contribute to help protect our body against certain diseases. They offer a local and tasty way to protect your health!

When Teaching Nunavik's Food Guide...

Ask the participant to identify foods that are part of this group on the guide.

Common reasons for not consuming vegetables, berries and fruit are “it takes too much time” and “it is not available.” Think about the strategies and tips that you use to reach the recommended numbers of food servings for vegetables, berries and fruit. Maybe you:

- keep your kitchen stocked with quick and easy frozen and canned vegetables and fruit such as frozen broccoli, frozen berries and peaches canned in juice;
- add vegetables to your soups and stews;
- add vegetables like peppers, mushrooms, broccoli or zucchini to homemade or frozen pizzas;
- eat your fruits for dessert such as fruit salad or apple sauce.

The Four Food Groups

Grain Products	For energy		
	3	4-6	6-8
Recommended number of food servings per day			



Foods in the **Grain Products** group provide energy for the body.

These foods also provide **VITAMIN B**, which helps the body use this energy.

Choosing high-**FIBRE** foods from the Grain Products group, like whole-wheat bread, whole-wheat pasta and high-fibre cereals, is important.

Fibre helps in maintaining healthy weight, keeping our bowels regular, preventing heart disease and certain types of cancer, and lowering our chances of getting type 2 diabetes.



Tips to share

What can I do to get more fibre from foods in the Grain Products group?

- You can substitute half the white flour in your bannock with whole-wheat flour, or try adding oatmeal! You can choose whole-wheat bread more often and try cereals made from whole grains such as Bran Flakes®, Shreddies®, Multi Grain Cheerios®, Raisin Bran®, etc.
- You should also try to **avoid eating sugary cereals** like Froot Loops®, Lucky Charms®, Honeycomb®, etc. These cereals are less healthy because they are high in sugar and low in fibre.

When teaching Nunavik's Food Guide...

Ask the participant to identify foods that are part of this group on the guide.

You can explain that fibre is full of benefits for our health. Fibre is found in whole-grain products and also in vegetables, berries and fruit.

The Four Food Groups

Milk and Alternatives	For strong bones and teeth		
	2	2-4	2-4
	Recommended number of food servings per day		



Foods from the Milk and Alternatives group help the body to build strong bones and teeth.

They contain lots of **CALCIUM** and **VITAMIN D**. **Calcium** helps to build strong bones and teeth and keeps them healthy while **vitamin D** helps our body to absorb calcium. These foods are very important for everyone, especially pregnant women and children.

Which foods are rich in calcium?

- Country food: fish heads, fish skin and bones, seaweed and bannock.
- Store-bought foods: milk, yogurt and cheese. Powdered milk or UHT milk (e.g., Grand Pré™) are less expensive than fresh milk and just as healthy!

Where to get vitamin D?

- Country food: fish.
- Store-bought foods: milk, some yogurts, non-hydrogenated margarine.
- From the sun!

Many people think cream, coffee creamer (e.g. Coffee Mate®) and butter belong in the Milk and Alternatives food group. This is not true, they are all just fat.

Did you know? Eating cheese after meals can help prevent tooth decay.



Tips to share

How to boost your calcium:

- Yogurt, cheese, milk and flavoured milks make tasty snacks! Try to include these options in your everyday snacks.
- Place an ice-pop stick in yogurt such as Minigo® or Danino®, freeze overnight and remove from container. Enjoy a calcium-rich treat for dessert! Yogurt in tubes can also be frozen in their package.
- Add milk to canned soup, or use milk to make pudding.

The Four Food Groups

Meat, Fish and Alternatives	For healthy muscles and blood		
	1	1-2	2-3
<small>Recommended number of food servings per day</small>			



Foods from the **Meat, Fish and Alternatives** group help build strong muscles and healthy blood.

They contain lots of **PROTEIN, IRON** and **VITAMIN B12**.

Proteins help the body to grow.

Iron helps to build healthy blood to carry oxygen through the body. Iron is especially important for pregnant women, infants and young children.

Vitamin B12 helps to keep our muscles and blood healthy.

When teaching Nunavik's Food Guide...

Make sure that the participants understand what a meat alternative is. You can explain that it is food that can replace meat or fish such as eggs or nuts because they are rich in proteins like meat and fish.

Did you know? To get the same amount of iron found in one portion of seal meat, you would have to eat about 50 hot dogs.



Tips to share

Healthy choices from the Meat, Fish and Alternatives group:

- Traditional meat, fowl and fish are all good and healthy choices.
- When buying meat, choose leaner cuts with less fat.
- Choose these foods less often: bologna, hot dogs, salami, pepperoni, bacon and luncheon meats like Klik®, SPAM® and KAM®. They are very high in fat and salt. Instead, choose sliced ham, chicken or turkey and canned fish.
- Avoid breaded or fried meats like battered fish, fish sticks and chicken nuggets.

How to Use the Nunavik Food Guide

1. Find your age group at the top of the columns in the chart.
2. Look down the column for the recommended number of food servings you need per day from each of the four food groups.
3. Look at the examples of the amount of food shown as a serving in the rows to the right of the chart.

Food Groups	Age		
	Children 2-3 years old	Children 4-13 years old	Teens and Adults
Meat, Fish and Alternatives	For healthy muscles and blood		
	1	1-2	2-3
	Recommended number of food servings per day		
Milk and Alternatives	For strong bones and teeth		
	2	2-4	2-4
	Recommended number of food servings per day		
Grain Products	For energy		
	3	4-6	6-8
	Recommended number of food servings per day		
Vegetables, Berries and Fruit	For healthy skin, good eyes and less illness		
	4	5-6	7-10
	Recommended number of food servings per day		

1. Find your age group in the chart.

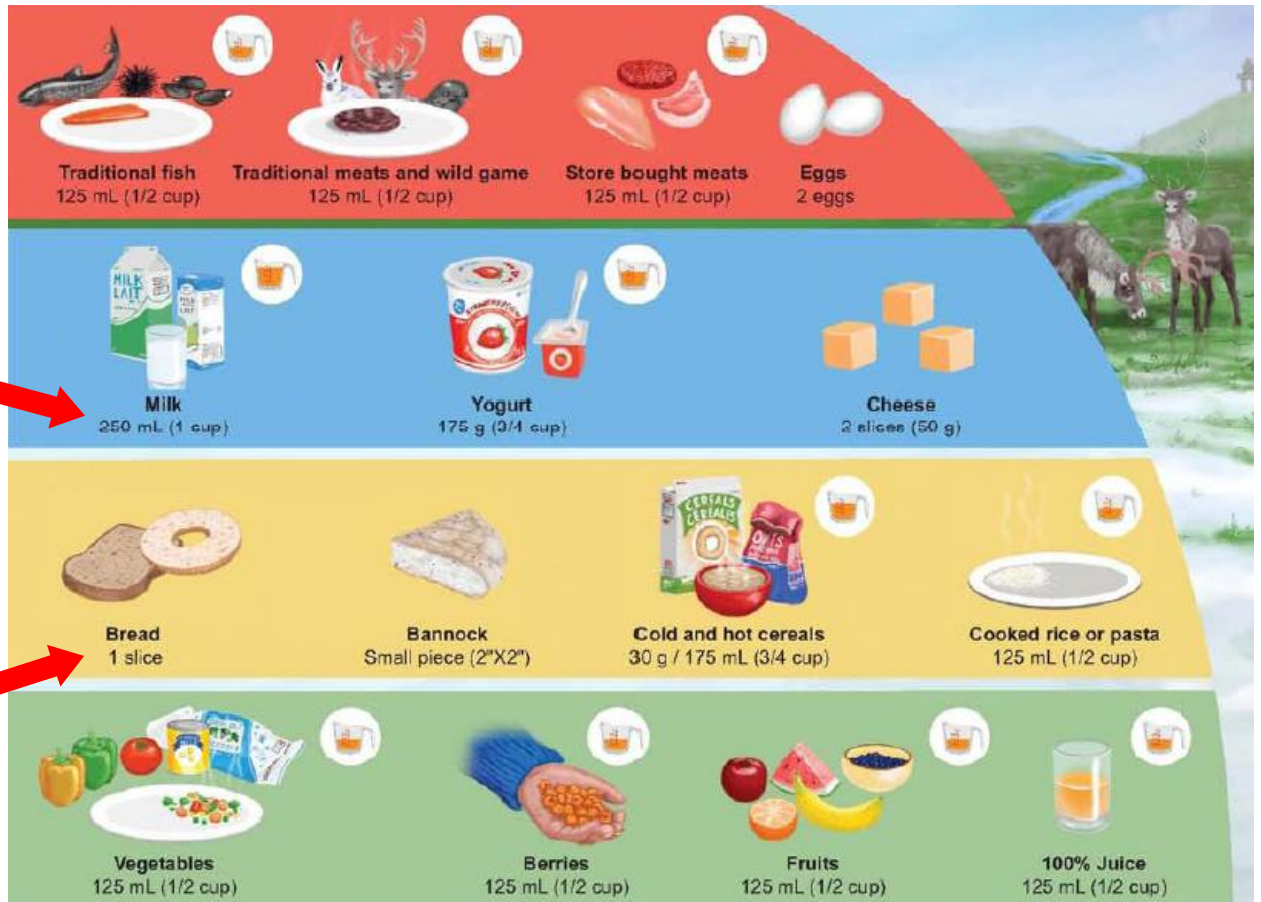
2. Look down the column for the number of food servings you need from each of the food groups every day.

Examples of how to use the Nunavik Food Guide:

How many servings of Milk and Alternatives would a five-year old child need?

1. Look for the age group in the chart: five-year-old children belong to the second group (children 4-13 years old).
2. Then look down the column to find the right number of servings for the Milk and Alternatives group; 2 to 4 servings is the answer.

How to Use the Nunavik Food Guide



If an adult wants to eat his recommended number of food servings for the group of Meat, Fish and Alternatives, what can he eat?

He could eat two eggs, a medium fish fillet ($\frac{1}{2}$ cup) and $\frac{1}{2}$ cup of chicken; this adult would have his three servings of Meat, Fish and Alternatives. Do the same exercise with the participants and ask them to give examples for all the food groups and different age groups.

When Teaching Nunavik's Food Guide...

Remind people that changing eating habits takes time and effort. It is important for them to recognize that each small change is a step in the right direction. Tell them that they can start by trying to eat at least one serving of each of the food groups every day.

Enjoy Cooking with Family and Friends

What helps strengthen family ties, hand down traditions, develop skills and improve nutrition for the entire family? Cooking and having meals together! This helps to reinforce positive eating habits.

Share recipes and ideas for meals with family and friends; you could discover delicious meals and make your cooking tasks easier. Cooking with friends can also be a pleasant social activity. Also, you can cook larger batches, share them with friends and reduce costs.



Everyone in the family can help with preparing food. Let your children discover the pleasure of helping prepare meals. Simple tasks such as cutting vegetables or stirring ingredients are ways of helping them to discover food. Participating in meal preparation will encourage children, even the pickiest ones, to try new foods and appreciate new flavours. They will also learn essential skills that they will need in the future to make healthy store-bought food choices.

It is important to introduce country food to children at a young age; it helps develop their taste for country food.

When Teaching Nunavik's Food Guide...

Try to think about tips and strategies that can help people cook more at home and eat well. Tell people to keep a good supply of ready-to-go and basic foods in the kitchen. This way, they will always have something to make a nutritious meal quickly. Remind them that they can make double batches of recipes and use leftover meat, rice or pasta in soups or stews.

Make Water Your Main Drink

We need to drink water every day to rehydrate the body. Water can satisfy thirst without adding calories to the diet.



Have whole vegetables, berries and fruit more often than juice to get more fibre. It can help you feel full and satisfied, which may help reduce the risk of obesity. When drinking fruit juice, choose 100% pure fruit juice instead of fruit punch or beverages with added sugar.



Soft drinks, sports drinks, energy drinks and alcoholic beverages can add a significant number of calories to the diet. These drinks may also contain caffeine, which can cause irritability.

Less-Healthy Foods

Foods such as chips, candies, chocolate, soft drinks, pastries, doughnuts and other foods rich in sugar, fat or salt do not have many things that our bodies need.



Eating too much sugar, fat and salt can lead to many health problems, such as obesity, type 2 diabetes, heart disease and cancer.

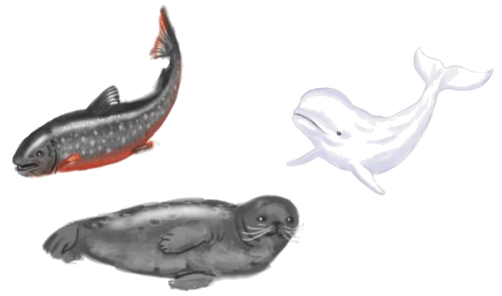
To avoid cravings for these foods, make sure to eat complete meals including meat and vegetables and try to not stock your favourite treats at home.

When Teaching Nunavik's Food Guide...

Use terms such as “less-healthy choices” to talk about foods high in fat, sugar or salt. The “less-healthy choices” should be limited but can be enjoyed at times. What matters most is what you eat on a regular basis.

Which Fats Are Good for Your Health?

Fats found in country food like fish and marine mammals are good for your health.



Did you know? Fatty fish such as Arctic char and salmon contain omega-3 fatty acids, a type of fat that helps the development and function of the brain, eyes and nerves and also keeps your heart healthy.

When at the store, choose liquid oils such as vegetable oils (olive, canola, soy or sunflower). Soft margarines (non-hydrogenated) are also a good choice.



However, some types of fat are not good for your health; these are trans fats and saturated fats. These fats have a high tendency to stick to arteries and blood vessels and contribute to higher risks of heart disease. Trans and saturated fats are found in hard margarine (hydrogenated), shortening, some baked goods (cookies, pastries or pizza), butter, lard and red meat.



Tips to share

How to reduce your consumption of unhealthy fats:

- Look for alternatives with no trans fats.
- Cook homemade pastries and pizza: try oven-baked fries made with sweet potatoes instead of potatoes.
- Use lean cuts of meat and enjoy country foods such as caribou or ptarmigan, which are leaner than store-bought meats.

Babies

Breast milk is the best food for babies.

From birth to six months, babies only need breast milk and vitamin D drops (supplement). For non-breast-fed babies, iron-fortified formula is recommended up to 12 months of age.

Around six months, you can gradually serve them iron-rich foods (like fortified baby cereal and country food) while continuing to breast-feed up to two years of age and beyond.



By seven to nine months, your child should have tasted foods from the four food groups.

The *Nunavik Food Guide* is made for people aged two years old and over.

Activities

Questions to Ask

1. Why are there four food groups in the *Nunavik Food Guide*?

Information to share: Each food group supplies a different combination of nutritive elements, vitamins and minerals. That means that eating different foods within each group will help people to get everything their body needs to work properly. See p.8

2. Why is it important to eat a variety of different parts of the animal as well as different kinds of animal?

Information to share: This helps to make sure the body gets all of the different benefits that are in the animal because each part provides different nutritive elements. See p.8

3. Everyone knows we need to eat Vegetables, Berries and Fruit in order to stay healthy, but do you know why?

Information to share: They help the body to fight sickness and infection. They also help to maintain healthy eyes and skin because they contain lots of vitamin A and vitamin C. See p.9

4. What healthy messages and pictures are seen on both pages of the *Nunavik Food Guide*?

Information to share: Messages: Enjoy country food; Enjoy foods from each of the four food groups every day; Make water your main drink; Enjoy cooking with family and friends.

Images: traditional food-gathering activities, physical activities, sharing a family meal, etc.

5. What creative time-saving ideas can you propose to encourage cooking more?

Information to share: Keep your kitchen stocked with quick and easy frozen and canned foods; involve all family members in cooking tasks, share meal ideas with friends, etc. See p.15

6. Can you find less-healthy choices on these pages?

Information to share: We cannot find less-healthy choices on these pages because they do not fit in any of the four food groups. Foods that are very high in sugar, fat or salt do not have many things that the body needs. See p.16

Where Do I Belong?

With the provided pictures, ask people to place the different food items in the corresponding food group. Use the provided sheets representing each group (green: Vegetables, Berries and Fruit; yellow: Grain Products; blue: Milk and Alternatives; red: Meat, Fish and Alternatives); participants will have to place pictures on the right sheet. For the answers, refer to the *Nunavik Food Guide*.

This activity will help participants to better understand the *Nunavik Food Guide* and to plan healthy, balanced meals by using food from every food group.

Meat, Fish and Alternatives

1	1-2	2-3
Recommended number of food servings per day		
1	1-2	2-3
Pour l'ensemble		
1	1-2	2-3
Recommandé de portions d'aliments recommandés (chaque jour)		

Callout 1: ᐃᓄᓄᓄ / Dried caribou / Caribou séché

Callout 2: Peanut butter / Beurre d'arachides

Callout 3: ᐃᓄᓄᓄ / Ptarmigan / Lagopède

Milk and Alternatives

2	2-4	2-4
Recommended number of food servings per day		
2	2-4	2-4
Pour des os forts et des dents		
2	2-4	2-4
Recommandé de portions d'aliments recommandés (chaque jour)		

Callout: ᐃᓄᓄᓄ ᐃᓄᓄᓄ / Chocolate milk / Lait au chocolat

Grain Products

3	4-6	6-8
Recommended number of food servings per day		
3	4-6	6-8
Pour l'ensemble		
3	4-6	6-8
Recommandé de portions d'aliments recommandés (chaque jour)		

Callout 1: ᐃᓄᓄᓄ / Rice / Riz

Callout 2: ᐃᓄᓄᓄ / Whole-wheat bread / Pain de blé entier

Vegetables, Berries and Fruit

4	5-6	7-10
Recommended number of food servings per day		
4	5-6	7-10
Pour une peau en santé, de bons yeux et moins de maladies		
4	5-6	7-10
Recommandé de portions d'aliments recommandés (chaque jour)		

Callout 1: Sweet peppers / Poivrons

Callout 2: Blueberries and red berries / Bleuets et baies rouges

Callout 3: ᐃᓄᓄᓄ / Orange

Make Healthy Drink Choices

With the provided pictures, ask people to place the different types of drinks under the category “Choose often” or “Choose least.” Explain the difference between 100% pure fruit juice and fruit punch (read food labels). You can also mention that a can of pop (355 ml) contains 10 cubes of sugar as well as caffeine, which can cause irritability especially in children. Drinks without added sugar such as milk and 100% fruit juice have more nutritive elements (calcium, vitamin D and vitamin C) than drinks with sugar added.

This activity will help participants to make healthy drink choices and understand how much sugar is found in some drinks.

Answers:

መኖረኛ ማህበራት ለማድረግ
Choose most
Choisir plus souvent



መኖረኛ ማህበራት ለማድረግ
Choose least
Choisir moins souvent



 <p>100% ለሆነው ለሆነው ለሆነው ለሆነው ለሆነው ለሆነው / 100% pure frozen fruit juice / Jus de fruits congelé 100% pur</p>	 <p>ፈሳሽ / Water / Eau</p>	 <p>ፈሳሽ / Pop / Boisson gazeuse</p>	 <p>Fruit punch / Punch aux fruits</p>
 <p>Tomato juice / Jus de tomate</p>	 <p>ፈሳሽ / Milk / Lait</p>	 <p>Slushie/ Barbotine</p>	 <p>Energy drink / Boisson énergisante</p>
 <p>100% ለሆነው ለሆነው ለሆነው ለሆነው ለሆነው / 100% pure fruit juice / Jus de fruits 100% pur</p>	 <p>ፈሳሽ ለሆነው ለሆነው (ፈሳሽ ለሆነው ለሆነው) / Chocolate milk / Lait au chocolat</p>	 <p>ፈሳሽ ለሆነው ለሆነው (ሆነው) / Powdered fruit drink / Breuvage en poudre à saveur</p>	

