2004-ᒥ ᓄᓇᕕᒻᒥᐅᑦ ᐃᓄᐃᑦ ᖃᓄᐃᒻᒪᖔᑕ ᖃᐅᔨᓴᕐᑕᐅᓂᖓ

ᖃᓄᐃᑉᐱᑖ? Qanuippitaa?

ᓄᓪᓕᑎᕐᓯᒪᔪᑦ

ᓄᓇᕕᒻᒥᐅᑦ ᐃᓄᐃᑦ ᓂᕆᑦᓯᐊᕆᐊᖃᕐᓂᖓ ᐊᒻᒪᓗ ᓂᕆᓲᖏᑦ

ᐊᕐᕌᒍᓂ ᖁᓕᐅᖃᑦᑕᓚᐅᕐᑐᓂ, ᐃᓄᐃᑦ ᓂᕆᒍᓯᑐᖃᕐᒥᓂᒃ ᐊᓯᑦᔩᓯᒪᓲᒍᓕᕐᒪᑕ, ᐱᓗᐊᕐᑐᖅ ᖃᓪᓗᓈᓃᑦᑐᓂᒃ ᑐᓴᐅᒪᖃᑎᖃᑦᓯᐊᕈᓐᓇᓕᑐᐊᕋᒥᒃ ᑎᑭᑕᐅᑦᑕᓯᐊᕈᓐᓇᓂᕐᓴᐅᓕᑐᐊᕋᒥᓪᓗ ᖃᓪᓗᓈᓂᑦ ᐱᔪᓄᑦ. ᐊᓯᖏᑦ ᓄᓇᓕᑐᕐᕋᑦ ᐅᒣᓕᕐᒥᒪᑕ ᖃᐅᔨᔭᐅᓯᒪᑦᓱᓂᓗ ᓄᓇᓕᑐᕐᕋᑦ ᓂᕿᑦᓯᐊᓂᒃ ᑎᒥᖃᑦᓯᐊᓇᕐᑐᓂᒃ ᓂᕆᓲᖑᒍᓐᓀᓂᕐᒧᑦ ᖃᓄᐃᒍᑎᖃᓲᒍᓕᕐᐸᓕᐊᑐᐃᓐᓇᒪᑕ. ᓇᐅᓕᒫᓂᒃ ᐃᓗᓯᓕᕆᓂᕐᒥᒃ ᐱᓇᓱᐊᕐᑐᑦ ᓯᑰᓪᓕᐅᔨᒥᐊᖃᕐᐳᑦ ᐃᓄᐃᑦ ᖃᓄᐃᙱᑦᓯᐊᕆᐊᖃᕐᓂᖏᑦᑕ ᐱᐅᓯᒋᐊᕐᑕᐅᒋᐊᖃᕐᓂᖓᓂᒃ ᐃᑉᐱᒍᓱᖃᑦᑕᓗᑎᒃ ᓂᕆᒍᓯᐅᔪᓂᒃ, ᓂᕿᑦᓯᐊᑑᒪᖃᑦᑕᕋᓗᐊᕐᒪᖔᑕ, ᓂᕆᒍᓯᐅᔪᓂᓪᓗ ᐱᐅᓯᐅᔪᓂᓪᓗ, ᓂᕆᑦᓯᐊᖃᑦᑕᕆᐊᖃᕐᓂᒥᓪᓗ. ᓄᓇᕕᒻᒥ ᐃᓄᐃᑦ ᖃᓄᐃᒻᒪᖔᑕ ᖃᐅᔨᓴᕐᑕᐅᒍᑎᕕᓂᖏᑦ 2004-ᒥ ᑲᑎᕐᓱᐃᒍᑕᐅᒍᓐᓇᓯᓯᒪᔾᔪᑦ ᓈᒻᒪᓈᕐᓯᒪᔪᓂᒃ ᖃᒻᒥᓂᑕᑦᓯᐊᓂᒃ ᐃᓄᐃᑦ ᓂᕆᒍᓯᖏᑦ ᐱᓪᓗᒥᑦ ᓇᓗᓐᓂᕐᓯᒍᑎᑦᓴᐅᓱᑎᒃ ᐊᓯᑦᔨᑕᐅᒥᐊᕐᓯᒪᒻᒪᖔᑕ ᓂᕆᒍᓰᑦ ᐊᕐᕌᒍᐃᑦ ᖁᓖᑦ ᐃᓗᐊᒍᑦ.

1992-ᒥ, ᑯᐯᒻᒥ ᖃᓄᐃᙱᓯᐊᕐᓂᒥᒃ ᖃᐅᔨᓴᕐᑏᑦ ᖃᐅᔨᓴᕐᓯᑎᒃ ᖃᐅᔨᓚᐅᔪᕗᑦ 21-ᐳᓴᓐᑎᖏᑦ ᐃᓄᐃᑦ ᐃᓄᒻᒪᕇᑦ ᓂᕿᑐᐃᓐᓇᓂᒃ ᓂᕆᓲᖑᒥᐊᖏᑦᑕ. 2004-ᒥ, ᐳᓴᓐᑎᑎᒍ ᐃᑭᓐᓂᓴᕕᓃᑦ. 16-ᐳᓴᓐᑎᖏᑦ ᐃᓄᒻᒪᕆᓕᒫᑦ. 1992-ᒥ ᖃᐅᔨᓴᐅᔪᕕᓂᑎᒍᑦ, ᐃᓄᐃᑦ ᐊᖓᔪᑦᓯᐅᓂᕐᓴᑦ ᓂᕿᑐᐃᓐᓇᑐᖃᑦᑕᓂᕐᓴᕕᓂᐅᕗᑦ ᐅᕕᒐᕐᑐᓂᑦ, ᐅᕕᒐᕐᑐᐃᑦ ᓂᐅᕕᐊᑦᓴᕕᓂᕐᓂᒃ ᓂᕆᖃᑦᑕᓂᕐᓴᕕᓂᐅᑎᓪᓗᒥᑦ ᓂᕿᑐᐃᓐᓇᑐᖃᑦᑕᓂᕐᓴᕕᓃᑦ 1992-ᒥ, 2004-ᒥ ᖏᓐᓂᓴᐅᑦᓯᑎᒃ. ᐊᕐᕌᒍᓕᒫᒥ ᖃᐅᔨᓴᕐᓂᖃᓚᐅᕐᑎᓇᒍ, ᐃᖃᓗᕕᓂᕐᑐᖃᑦᑕᑐᕕᓃᑦ ᐃᒪᕐᓯᐅᑎᑐᖃᑦᑕᓯᑎᓪᓗ ᐱᖓᓱᕕᑦᓯᑎᒃ ᐱᓇᓱᐊᕈᓯᑕᓖᑦ ᐊᒻᒪᓗ ᑐᒃᑐᕕᓂᕐᑐᖃᑦᑕᓯᑎᒃ ᒪᕐᕈᕕᑦᓯᑎᒃ ᐱᓇᓱᐊᕈᓯᑕᓖᑦ. ᑎᒻᒥᐊᕕᓃᓪᓗ ᐃᒪᕐᓯᐅᑏᓪᓗ ᓂᕆᔭᐅᖃᑦᑕᑐᕕᓃᑦ ᐱᓇᓱᐊᕈᓯᕐᒥ ᐊᑕᐅᓯᕕᑦᑕᐅᓯᑎᒃ. 88-ᐳᓴᓐᑎᓪᓗᐊᖏᑦ ᐃᓪᓗᒥᐅᖃᑎᒌᑦ ᓂᕿᑐᐃᓐᓇᑖᖃᑦᑕᑐᕕᓂᐅᓂᕋᕐᑐᕕᓃᑦ ᓄᓇᓕᐅᑉ ᓂᕿᑐᐃᓐᓇᑖᕐᕕᖓᓂᑦ; 75-ᐳᓴᓐᑎᖏᑦ ᐃᓗᓐᓇᖓᒍᑦ ᐊᒻᒪᓗ 13-ᐳᓴᓐᑎᖏᑦ ᐊᑯᓗᑦᑐᒥᒃ.

2004-ᒥ ᖃᐅᔨᓴᐅᑎᕕᓂᑎᒍᑦ ᖃᐅᔨᔭᐅᓐᓂᒥᔪᖅ ᑎᒥᖃᑦᓯᐊᓇᕐᑐᑦ ᐅᑦᑐᕋᐅᑎᒥᑦᓯᒍ protein –ᒍᓂᕋᕐᑕᒥᒃ, ᐊᒻᒪᓗ vitamins, minerals ᒍᓂᕋᕐᑕᓂᒃ ᐱᑕᓕᓐᓂᒃ ᐃᓄᒻᒪᕇᑦ ᐊᕝᕙᓗᐊᖏᑦ ᓂᕆᓯᒪᓐᓂᒥᔪᑦ ᐃᑉᐸᓴᖓᓂ ᖃᐅᔨᓴᕐᑕᐅᕙᑦᓴᖓᑕ. ᓯᓕᓗ, ᐃᒪᕐᓯᐅᑎᑐᓰᒍᑦᓯᑎᒃ ᐅᕐᓯᓯᐊᓕᓐᓂᒃ omega-3 fatty acids–ᒍᓂᕋᕐᑕᓂᒃ. ᑭᓯᐊᓂᓕ, ᑎᒥᖃᑦᓯᖃᓇᕐᑐᑕᓖᑦ ᐃᓚᖏᓐᓂᒃ ᓂᕆᑦᓯᐊᖃᑦᑕᑐᕕᓂᐅᓚᐅᔪᙱᑐᑦ vitamins, minerals ᒍᓂᕋᕐᑕᓂᒃ ᐱᑕᓕᓐᓂᒃ vitamins A, C, D, calcium, dietary fibre -ᒋᓂᕋᕐᑕᓂᒃ ᐃᓄᐃᑦ ᐃᓄᒻᒪᕇᑦ. ᑕᒪᒃᑯᓂᖓ ᑎᒥᑦᓯᐊᖃᕐᓇᑐᓂᒃ ᐱᑕᓕᓐᓂᒃ ᓂᕆᑦᓯᐊᓲᒍᙱᓇᒥᒃ ᐃᒻᒧᑕᓕᓐᓂᒃ, ᐱᕈᕐᑐᕕᓂᕐᓂᒃ ᓇᐹᕐᑐᓂ ᓄᓇᒥᓪᓗ ᐊᒻᒪᓗ ᓂᐊᕐᑰᔭᑦᓴᔭᓕᓐᓂᒃ ᓄᓇᕕᒻᒥ. ᑕᒪᒃᑯᓂᖓ ᓂᕆᓲᒍᓕᐅᒥᓐᓂᖏᑦᑐᑦ 1992-ᒥ ᖃᐅᔨᓴᕐᑕᐅᒍᑎᕕᓂᖏᑦ ᐅᑦᑐᕋᐅᑎᒥᔭᐅᑎᑦᓯᒥᑦ. ᑕᕝᕘᓇᑦᓴᓇᑦᑕᐅᖅ, ᓰᕐᓇᑐᕐᑐᓂᕐᓴᐅᖃᑦᑕᓂᕐᒥᔪᑦ ᐃᒥᕋᖃᑦᑕᓯᑎᓪᓗ 2004-ᒥ, 1992- ᖏᓐᓂᓴᕕᓂᐅᑦᓯᑎᒃ. ᐱᓗᐊᕐᑐᖅ, ᑎᕐᑎᑐᓂᒃ ᐃᒥᕋᕐᓂᒃ ᐱᑕᑦᓴᓕᓐᓂᒃ ᐃᒥᕋᕐᑐᕕᓃᑦ ᐃᑉᐸᓴᖓᓂ ᐊᐱᕐᓯᑕᐅᓚᐅᕋᑎᒃ ᐅᕕᒃᕋᓗ ᐃᒥᕋᓲᒍᓂᕐᓴᒪᓇᐅᑦᓯᑎᒃ. ᐃᓱᓕᐅᑎᒋᑦᓯᒍ, ᐃᓄᐃᑦ ᐃᓪᓗᒥᐅᖃᑎᒌᑦ ᐊᒥᓱᒻᒪᕆᑦ ᓂᕿᖃᑦᓯᐊᓲᒍᙱᑐᑦ. 2004-ᒥ, ᓯᑕᒪᐅᑉᐸᑕ ᐃᓄᐃᑦ ᐊᑕᐅᓯᖅ ᓂᖀᓪᓘᑐᕕᓂᐅᓂᕋᕐᑐᕕᓂᖅ ᑕᕐᕿᓕᒫᒥ ᖃᐅᔨᓴᕐᓂᖃᓚᐅᕐᑎᓇᒍ.

2004-ᒥ ᖃᐅᔨᓴᐅᑎᕕᓃᑦ ᑕᑯᑦᓯᒥᑦ ᐃᓄᐃᑦ ᓂᕆᒍᓯᖏᑦ ᐱᓪᓗᒥᑦ, ᓂᕿᑐᐃᓐᓇᓂᒃ ᓂᕆᖃᑦᑕᓂᕐᓴᐅᖁᔭᕗᑦ. ᐃᓄᐃᑦ ᐃᓅᓯᒃᑯᑦ ᒪᑭᑕᑦᓯᐊᒋᑎᑦᓴᓇᒻᒪᖏᑦ, ᐃᓕᕐᖁᓯᒥᓂᒃ ᓇᓗᓐᓂᕐᓯᓯᒪᒍᑎᑦᓴᓇᒻᒪᖏᑦ, ᒪᑭᑕᒍᑎᑦᓴᒥᑎᒍᑦ ᐱᒻᒪᕆᖁᑎᒥᒻᒪᖏᑦ ᖃᓄᐃᙱᓯᐊᒋᑭᑎᑦᓴᕆᑦᓯᒥᓪᓗ. ᐱᓗᐊᕐᑐᖅ, ᐃᓄᐃᑦ ᐆᒻᒪᑎᒃᑯᑦ ᐋᓐᓂᐊᑖᕐᓂᐅᔭᕐᑭᓲᒍᙱᒪᑕ ᐅᕐᓯᓯᐊᒥᒃ ᐅᕐᓯᑐᓲᒍᒐᒥᒃ omega-3 fatty acids –ᓂᕋᕐᑕᒥᒃ ᐃᒪᕐᓯᐅᑏᑦ ᐅᕐᓱᖓᓂᒃ (ᐃᖃᓗᐃᑦ, ᐃᒪᕐᓯᐅᑏᓪᓗ ᐳᐃᔩᓪᓗ). ᐃᓄᐃᑦ ᓂᕿᑦᓯᐊᓂᒃ ᓂᐅᕕᑲᑦᑕᑐᑦᓴᐅᒐᓗᐊᕐᒥᔪᑦ ᓇᐹᕐᑐᓂ ᐱᕈᕐᑐᕕᓂᕐᓂᒃ ᓄᓇᔭᓂᓪᓗ ᐱᕈᕐᑐᕕᓂᕐᓂᒃ, ᓂᐊᕐᑰᔭᑦᓴᔭᓂᒃ ᐊᒻᒪᓗ ᐃᒻᒧᑕᓕᓐᓂᒃ ᐊᑯᓃᕐᑐᒥᒃ ᐋᓐᓂᐊᑖᕆᔭᐅᓗᒋᑦ ᐃᓚᖏᓐᓂᒃ ᐋᓐᓂᐊᑖᕐᓂᐅᔭᕐᑭᓲᒍᙱᒪᑕ. ᖁᑉᐹᒍᑦᑕᐅᖅ, ᓲᕐᓇᑐᕐᑐᓗᐊᕐᑌᓕᒋᐊᖃᕐᒥᔪᑦ ᖁᐃᑦᑎᓗᐊᕐᖁᓇᒋᑦ ᐊᒻᒪᓗ ᐊᐅᒃᑯᒃ ᐱᑕᑦᓴᖃᓗᐊᕐᑌᓕᖁᓗᒋᑦ. ᐃᓱᓕᐅᑎᒋᑦᓯᒍ, ᐃᓄᐃᑦ ᐃᓕᓴᕐᑕᐅᒋᐊᖃᕐᐳᑦ ᓂᐅᕕᐊᑦᓴᑦ ᓂᕿᑦᓯᐊᑦ ᓇᓪᓕᐊᒍᒻᒪᖔᑕ ᐊᒻᒪᓗ ᐃᓄᐃᑦ ᓂᐅᕕᐊᑦᓴᖏᑦ ᐊᑭᑭᑦᓲᑎᑕᐅᒋᐊᖃᕐᓯᑎᒃ ᓄᓇᕕᒻᒥ ᐃᓪᓗᒥᐅᖃᑎᒌᑦ ᓂᕆᒐᑦᓴᖃᑦᓯᐊᖃᑦᑕᖁᑦᓯᒋᑦ.

〉〉〉

ᓄᓇᕕᒃ ᓄᓇᓕᓕᒫᑦ ᐃᓗᓯᓕᕆᓂᕐᒥ ᐱᒍᑦᔨᓂᕐᓄᑦ ᑲᑎᒪᔨᖏᑦ
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ᐊᓪᓚᕐᑯᑏᑦ ᓱᓇᒥᑦᑐᑦ ᑕᒪᑐᒧᖓᐅᓂᖓᔪᑦ ᐊᑐᐃᓐᓇᐅᕗᑦ ᖃᕆᑕᐅᔭᑎᒍᑦ ᒪᓂᒪᑎᑕᖏᑦ ***INSPQ's Web site at*** ***www.inspq.qc.ca***