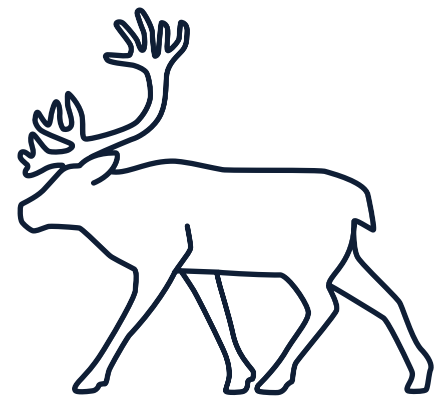
ᓂᕿᑐᐃᓐᓇᑐᖃᑦᑕᓂᐅᑉ ᓂᐅᕕᕐᕕᓂᑕᕐᓂᓗ ᓂᕆᖃᑦᑕᓂᐅᑉ ᖃᓄᕐᓗᐊᑎᒌᒃ ᐱᐅᓂᕐᑕᖃᕐᒪᖔᑖ ᖃᓄᐃᓕᖓᓂᖓ

ᖃᓄᐃᓕᕐᐱᑖ? 2017 ᐃᓗᓯᕐᒥᒃ ᖃᐅᔨᓴᕐᓂᕕᓂᖅ

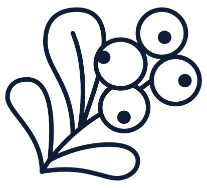
ᓂᕿᑦᓴᓯᐅᕐᓂᖅ, ᐊᒥᕐᕿᓂᖅ ᓂᕿᑐᐃᓐᓇᑑᒪᓂᕐᓗ ᓄᓇᕕᒻᒥᐅᑉ ᐃᓅᓯᖓᓐᓅᓕᖓᓪᓚᕆᒃᑯᒃ. ᓂᕿᑐᐃᓐᓈᑦ ᑎᒥᒧᑦ ᐱᐅᔫᕗᑦ, ᑭᓇᐅᓂᑦᑎᓂᒃ ᐃᓕᕿᔪᕐᑎᓂᒃ ᓄᐃᑕᑎᑦᓯᖏᓐᓇᕈᑎᓪᓚᓇᐅᒐᒥᒃ. ᐅᓗᒥᐅᓕᕐᑐᖅ, ᓂᐅᕕᕐᕕᓂᐅᑦ ᐱᒪᓇᐅᒍᓐᓇᒥᔪᑦ ᓂᕆᔭᐅᕙᓗᑎᒃ ᓄᓇᕕᒻᒥ. ᓂᕿᑐᐃᓐᓇᓕᒫᑦ ᑎᒥᒧᑦ ᐱᐅᔪᐃᓐᓇᓕᒫᖑᑎᓗᒋᑦ, ᓂᐅᕕᕐᕕᓂᑕᕕᓃᓕᒫᑦ ᐱᐅᔪᐃᓐᓇᐅᖏᒻᒥᔪᑦ.

ᓂᕿᑐᐃᓐᓈᑦ



ᓂᕿᑐᐃᓐᓈᑦ ᓂᕆᓕᑭᑕᕐᑕᐅᓂᕐᐹᕕᓃᑦ 2017-ᒥ (ᒣ ᕿᑎᕐᖃᖓᓚᑕ ᐅᑦᑑᐱᕈᖅᑲᒥᐅᓪᓗ ᐊᑯᓐᓂᖓᓂ) **ᑐᑦᑐᕕᓂᖅ** (9-ᕕᑦᓯᒍ ᑕᕐᕿᐅᑉ ᐃᓗᐊᓂ) ᐊᒻᒪᓗ **ᐃᖃᓗᕕᓂᖅ** (9-ᕕᑦᓯᒍ ᑕᕐᕿᐅᑉ ᐃᓗᐊᓂ) ᑐᖓᓕᕐᑲᕐᓯᑎᒃ **ᓄᓂᕓᑦᓴᕕᓂᕐᓂᒃ** (ᐸᐅᕐᖕᒣᑦ ᐅᑦᑑᑎᒥᓗᒥᑦ), **ᓱᕚᓕᓐᓂᒃ** ᐅᕚᓗᓐᓃᑦ **ᐅᐊᕈᑎᓕᓐᓂᒃ** (7-ᕕᑦᓯᒍ ᑕᕐᕿᐅᑉ ᐃᓗᐊᓂ), **ᕿᓚᓗᒐᖅ** (3-ᕕᑦᓯᒍ ᑕᕐᕿᐅᑉ ᐃᓗᐊᓂ) ᐊᒻᒪᓗ **ᑎᒻᒥᐊᕕᓃᑦ**(2-ᕕᑦᓯᒍ ᑕᕐᕿᐅᑉ ᐃᓗᐊᓂ).

ᑐᓴᕋᑦᓴᓯᐊᖃᕐᖁᒃ! ᖃᐅᔨᓴᕐᓂᕕᓂᐅᑉ ᓄᐊᓯᒪᔭᖏᑦ ᑭᓯᑦᓯᒍᑎᑎᒍᑦ ᓄᐃᑕᑎᑦᓯᕗᑦ ᓂᕿᑐᐃᓐᓇᑐᕐᓂᕉᖅ **ᒥᑭᓕᐅᒥᓯᒪᖕᖏᑐᖅ** 2004 2017-ᒧ ᐊᑯᓐᓂᖓᓂ.

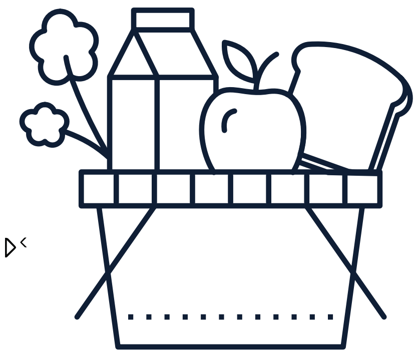


ᕿᓚᓗᒐᖅ ᓂᕆᓕᑭᑕᕐᑕᐅᓂᕐᐹᖑᔪᒪᔪᖅ ᐃᑭᕋᓴᕐᔪᐊᒥ, ᑐᑦᑐᕕᓂᕐᑐᓂᕐᓴᐅᑎᓪᓗᒋᑦ ᑕᓯᐅᔭᕐᔪᐊᒥᐅᑦ ᐃᑭᕋᓴᕐᒥᐅᓗ ᓄᓇᓕᖏᑦ.

ᓂᕿᑐᐃᓐᓈᑦ ᓂᕆᔭᐅᔪᓕᒫᓂ 40%-ᒥᔭᐅᔪᕕᓃᑦ ᓂᕿᓄᑦ ᐃᖃᓗᓐᓄᓗ, 16%-ᒥᔭᐅᑎᓗᒥ ᐱᕈᕐᑐᖏᑦ, ᓄᓂᕓᕕᓃᑦ (ᐸᐅᕐᖕᒣᑦ ᐅᑦᑑᑎᒥᓗᒥᑦ) ᓂᐅᕕᕐᓂᐊᕕᒻᒥᓗ ᒪᒪᕐᑐᐃᑦ ᐱᕈᕐᑐᖏᑦ.

ᐃᓅᓯᑦᑐᐃᑦ (ᐅᕕᓚᕐᑐᑦ 16-ᓂᒃ 29-ᓄᑦ ᐅᑭᐅᓖᑦ) ᐅᖃᕐᓯᒪᔪᑦ ᐊᒥᓱᓃᒃ ᐊᑦᔨᒌᖕᖏᑐᓂᒃ ᓂᕿᑐᐃᓐᓇᑐᔩᖕᒍᓂᕋᕐᓯᑎᒃ (ᐅᑦᑑᑎᒧᒍ, ᑐᑦᑐᕕᓂᖅ, ᓂᕐᓕᕕᓂᖅ, ᕿᓚᓗᒐᖅ ᓂᒃᑯᑦ ᐊᒻᒪᓗ ᒪᑦᑕᖅ)

ᓂᐅᕕᕐᕕᓂᐅᑦ ᓂᖀᑦ



ᐱᕈᕐᑐᔪᑦ ᒪᒪᕐᑐᐃᓗ ᐱᕈᕐᑐᔭᐅᒻᒥᔪᑦ ᓂᕆᔭᐅᓂᖓ ᐊᖏᓕᐅᒥᓯᒪᔪᖅ 2004-ᒥᓂᑦ ᑎᑭᐅᑎᓯᒪᑦᓯᓂ ᒪᕐᕉᕕᑦᓯᑎᒃ ᐅᓗᑕᓖᑦ ᓂᕆᔭᐅᕙᑦᓂᖓ 2017-ᒥ. **ᐸᓂᑕᓲᑦ** ᐱᕈᕐᑐᔭᐅᑦᓯᑎᒃ ᓂᕆᔭᐅᓂᕐᐸᐅᓯᒪᔪᑦ (ᒪᕐᕉᕕᑦᓯᒍ ᐱᓇᓱᐊᕈᓯᐅᑉ ᐃᓗᐊᓂ), ᐅᑯᐊ ᓂᕆᔭᐅᒻᒥᑎᓗᒋᑦ ᐱᕈᕐᑐᔪᑦ ᐊᓯᖏᑦ **(carrots, broccoli/cauliflower/cabbage) ᐊᓯᖏᓗ ᐃᕕᑦᓯᑲᐅᔭᐅᑦᓯᑎᒃ ᐱᕈᕐᑐᔪᑦ**. (ᐊᑕᐅᓯᐊᕐᓯᒥᑦ ᐊᑐᓂ ᐱᓇᓱᐊᕈᓯᐅᑉ ᐃᓗᐊᓂ). **ᓄᑖᔪ ᐱᕈᕐᑐᓰᑎᒃ ᒪᒪᕐᑐᐃᑦ ᖁᐊᖅᑰᓃᑦ** ᓂᕆᔭᐅᔪᕕᓃᑦ ᒪᕐᕉᕕᑦᑕᐅᓯᑎᒃ ᕿᑎᕐᖃᓗ ᐱᓇᓱᐊᕈᓯᐅᑉ ᐃᓗᐊᓂ, **ᖁᓪᓗᔩᑦᑐᐃᑦ ᑕᖏᐅᔪᑦ** (ᒪᕐᕉᐃᑦ) ᐊᑕᐅᓯᐊᕐᑕᐅᓯᑎᒃ ᓂᕆᔭᕕᓃᑦ ᐱᓇᓱᐊᕈᓯᐅᑉ ᐃᓗᐊᓂ.

ᔩᕐᓇᑐᐋᖕᖏᑦ ᐱᑕᑦᓴᓃᑦ (ᒪᒪᕐᓴᐅᑎᓃᑦ) ᐱᔭᐅᓂᖓ ᒥᑭᓕᒥᐊᕐᑐᕕᓂᖅ (ᖃᐳᓕᔪᑦ ᐃᒥᐅᑦ ᐃᒥᖃᑐᐃᓐᓄᓗ) 2004-ᒥᓂᑦ, ᑭᓯᐊᓂ ᐳᕐᑐᔪᒦᖕᒋᓐᓇᑐᖅ, ᐱᓗᐊᕐᑐᒥᒃ ᐱᔭᐅᔪᓪᒪᓇᐅᓚᒥ ᐃᓅᓯᑦᑐᓄᑦ ᐅᕕᓚᕐᑐᓄᑦ 16-ᓂᒃ 29-ᓄᑦ ᐅᑭᐅᓕᓐᓄᑦ (ᒪᕐᕉᕕᑦᓯᒥᑦ ᐃᒥᕐᑌᑦ ᐅᓗᒥ).

ᐊᒥᓱᐃᑦ (7 ᐃᓄᐃᑦ 10-ᓂ) ᐃᒪᑐᐃᓐᓇᑐᔩᖕᒍᓂᕋᕐᓯᒪᔪᑦ ᖃᐅᑕᒫᑦ, ᑭᓯᐊᓂ ᐃᒥᓕᑭᑕᕐᓂᖓ ᐳᒃᑭᑐᖅ (ᐊᑕᐅᓯᐊᑐᐃᓐᓇᓯᑎᒃ ᐅᓗᒥ).

ᐊᒥᓲᓂᖅᓴᑦ (7 ᐃᓄᐃᑦ 10-ᓂ) ᓂᕆᓲᖕᒍᓂᕋᕐᓯᒪᔪᑦ **ᐆᓇᕐᓯᓯᓚᕐᓂᒃ** ᖃᐅᑕᒫᑦ (ᐅᑦᑑᑎᒥᓗᒥᑦ, ᖃᖅᑯᑏᖕᒍᑦᓯᑎᒃ ᐸᓂᕐᑐᑦ ᐸᓃᑦᑕᓲᑦ, ᐸᓃᑦᑕᓲᑦ ᑕᑭᔪᑳᑦ ᐅᓇᕐᓯᓯᒣᑦ, ᐸᒃᑯᐊᓂᕕᓃᑦ ᓵᑦᑐᔭᕐᓯᒪᔪᑦ ᐅᕐᓯᒥ ᐅᓇᕐᓯᓯᒣᑦ).

ᓂᕆᔭᐅᔪᑦ ᐊᐅᒡᒨᔭᕐᑕᖕᒋᑦ (ᐊᐅᑦᓯᐊᕿᑦᑑᑎᑦᓯᒍᑏᑦ)

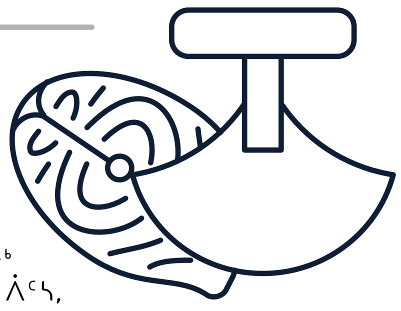
ᓄᓇᕕᒻᒥᐅᑦ ᐃᓗᓐᓈᒍᑦ **ᐊᐅᒻᒥᒍᑦ ᐱᑕᖃᑦᓯᐊᑐᕕᓃᑦ ᐅᕐᓯᓯᐊᑦᓴᔭᒥᒃ (Omega-3-ᖕᒍᓂᕋᖅᑕᒥᒃ), ᓯᓚᓂᐊᒻᒥᒃ** (selenium ᑎᒥᒥᒃ ᖃᓄᐃᖕᖏᓯᐊᕐᑎᓯᒍᑎᒃ), **ᓄᒃᑭᓴᐅᑎᒃ A-ᒥᒃ (Vitamin A)** ᐊᒻᒪᓗ **B12-ᒥᒃ.**

ᐊᑕᐅᓯᖅ ᑕᓪᓕᒪᐅᑦᓴᐸᑕ ᓄᓇᕕᒻᒥᐅᑦ (18%) **ᐊᐅᖏᑦ ᓴᖕᖐᑐᕕᓃᑦ. ᐊᐅᑦᓯᐊᕿᑦᑑᒍᑎᒃ** (Iron) ᐹᒍᑎᐅᒍᓐᓇᑐᖅ ᖃᓂᒪᓐᓇᓂᒃ , ᕿᑦᑌᖓᑦᓯᐊᕈᑎᐅᑦᓯᓂᒧ ᖃᐅᑕᒫᑦ ᓯᓇᓯᐊᓇᐊᖃᕐᓂᑯᑦ.

ᐊᒥᓱᐃᑦ ᐊᕐᓄᑦ ᕿᑐᕐᖏᐅᔪᑦ (16-ᓂᒃ 49-ᓄᑦ ᐅᑭᐅᓖᑦ) (92%) **ᓄᒃᑭᓴᐅᑎᑕᖃᑦᓯᐊᓂᖕᖏᑐᑦ ᑎᒥᒥᒍᑦ (Folic Acid ᑎᒥᐅᑉ ᖃᓄᐃᖕᖏᓯᐊᕈᑎᑦᓴᔭᓕᒫᖏᓐᓂᒃ ᐱᑕᓕᒃ Vitamin B-ᓴᔭᖅ),** ᐱᐊᕿᑦᓴᖃᕐᓗᑎᒃ ᖃᓄᐃᖕᖏᓯᐊᕈᑎᑦᓴᖓ ᐳᒃᑐᒻᒪᓇᖅ

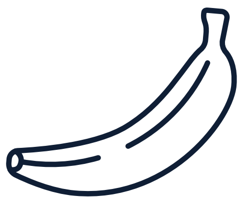
ᐊᑕᐅᓯᖅ ᐱᖓᓲᑉᐸᑕ ᓄᓇᕕᒻᒥᐅᑦ (30%) ᐊᐅᖏᑦ **ᓄᒃᑭᓴᐅᑎᑕᖃᑦᓯᐊᓂᖕᖏᑐᑦ D-ᖕᒍᓂᕋᖅᑕᒥᒃ, Vitamin D** ᐱᒪᓇᐊᓗᒃ ᓴᐅᓂᑦᓯᐊᕿᑦᑐᒍᑎᐅᓚᒥ, ᓄᑭᖃᑦᓯᐊᕈᑎᐅᑦᓯᓂ ᑭᒍᑎᖃᑦᓯᐊᕈᑎᐅᑦᓯᓂᓗ, ᖃᓂᒪᓐᓇᓂᒃ ᐹᒍᑎᒃ ᓄᓇᕙᓐᓇᒥᒃ, ᓄᕙᕐᔪᐊᓂᕐᒥᒃ ᐳᕙᓪᓗᓇᕐᒥᒧ.

ᖃᓄᐃᓘᕐᑐᓴᐅᕕᑖ?



ᐊᓚᐊᒥᔭᖃᕐᓗᑕ ᐃᓚᒦᖕᒍᓗᑕ ᐃᓚᓐᓈᓇᖕᒍᓗᑕᓗ **ᓂᕿᑐᐃᓐᓇᑑᒪᑦᓯᐊᓂᕐᒥᒃ ᐊᑦᔨᒌᖕᖏᑐᓂᒃ**, ᐱᐅᔪᓂᒃ ᑎᒥᒧᑦ ᓄᒃᑭᓴᐅᑎᑦᓯᐊᓂᒃ ᐱᑕᖃᕐᒪᑕ (ᐃᓚᒥᔭᐅᑎᓪᓗᒍ **ᐊᐅᑦᓯᐊᕿᑦᑑᒍᑎᒃ** Iron)

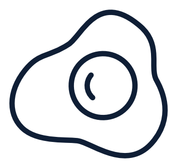
ᐊᓚᐊᒥᔭᖃᕐᓗᑕ **ᐊᓂᕐᕋᒥᒃ ᐃᒐᔭᐅᒪᔪᓂᒃ** ᓂᕆᒥᐊᒥᒃ ᓂᐅᕕᕐᓂᐊᕕᒻᒥ ᓂᐅᕕᐊᑦᓴᕕᓂᕐᓂᒃ ᐆᓇᕐᓯᓯᓚᕐᓂᒃ ᐱᓪᓗᐊᑌᓕᓗᑕ ᐅᑦᑑᑎᒧᒥᑦ ᐲᑦᓴ, ᐸᓃᑦᑕᓲᑦ ᐅᓇᕐᓯᓯᒣᑦ ᐊᒻᒪᓗ ᖃᖅᑯᑏᓂᒃ ᐸᓂᕐᑐᓂᒃ ᐸᓃᑕᓯᕕᓂᕐᓂᒃ.



ᓇᓪᓚᑳᖃᑦᑕᓗᑎᒃ ᓄᑖᓂᒃ, ᖁᐊᕐᓂᓐᓈᓃᑦ ᖁᓪᓗᔩᑦᑐᓂᓐᓈᓃᑦ **ᐱᕈᕐᑐᕕᓂᕐᓂᒃ ᒪᒪᕐᑐᓂᓪᓗ ᐱᕈᕐᑐᕕᓂᕐᓂᒃ** ᑎᒥᒻᒧᑦ ᓂᕿᑦᓯᐊᓂᒃ ᐱᓂᕐᓴᐅᖃᑦᑕᓂᐊᖁᕕᑦ.

ᐃᒫᑐᐃᓐᓇᒥᒃ ᐃᒥᕐᓂᐹᖃᑦᑕ. ᐱᑕᑦᓴᓕᐲᖕᖓᓂᒃ ᒪᒪᕐᓴᐅᑎᓕᐲᖕᖓᓂᒃ ᐃᒥᓪᓗᐊᑌᓗᑕ, ᑕᒪᒃᑯᐊ ᐊᓐᓂᐊᑖᕈᑎᐅᒍᓐᓇᒪᑕ ᐅᑦᑑᑎᒧᒍ ᐊᐅᒃᑯ ᐱᑕᑦᓴᖃᓗᐊᓕᕐᓂᖅ.

Folic Acid ᑎᒥᐅᑉ ᖃᓄᐃᖕᖏᓯᐊᕈᑎᑦᓴᔭᓕᒫᖏᓐᓂᒃ ᐱᑕᓕᒃ Vitamin B-ᓴᔭᖅ ᐱᕈᕐᑐᔭᓐᓃᑐᖅ, ᒪᒪᕐᑐᓂᒃ ᐱᕈᕐᑐᔭᓂ, ᓴᓇᐅᒐᕐᒥ ᒫᑲᔪᓂᑦᓴᔭᓂᓪᓗ ᓯᐱᑭᐊᑎᓂ (Spagetti) ᐱᒻᒪᓇᐊᓅᑦᓯᓂᓗ **ᐱᐊᕿᑦᓴᓪᓄᑦ** ᐱᐊᕿᑦᓴᓇᔭᐅᔪᖅ ᐱᕈᑦᓯᐊᖁᓪᓗᒍ. **ᐊᑦᔨᒌᖕᖏᑐᑦ ᓄᒃᑭᓴᐅᑎᑦᓴᔪ ᐄᖅᑲᒪᐅᑦᓯᑎ** ᐱᔭᐅᖁᔭᐅᒻᒥᔪᑦ ᐱᐊᕿᑦᓴᑕᓚᐅᕿᓂ ᐱᐊᕿᑦᓴᖃᓗᓂᓗ: ᖃᐅᔨᒥᐊᕕᖃᓐ ᐊᓐᓂᐊᓯᐅᕐᑎᓂᒃ.

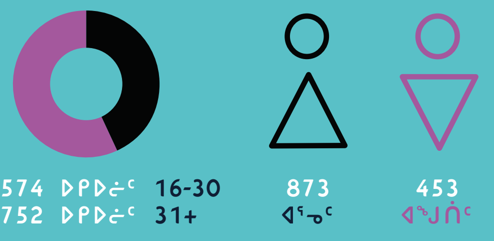


ᓇᓪᓚᑳᖃᑦᑕᓗᑎᒃ ᓄᑖᓂᒃ, ᖁᐊᕐᓂᓐᓈᓃᑦ ᖁᓪᓗᔩᑦᑐᓂᓐᓈᓃᑦ

ᓄᒃᑭᓴᐅᑎᖃᑦᓯᐊᕈᒪᒍᕕᑦ D-ᒥᒃ (Vitamin D): ᓯᕿᓐᓂᔭᕐᑐᕇᖃᑦᑕᓗᑎᑦ, ᐃᖃᓗᑦᑐᖃᑦᑕᓗᑎᑦ, ᐳᐃᔨᕕᓂᐅᑉ ᕿᓚᓗᒐᐅᓪᓗ ᐅᕐᓱᖓᓂ ᐱᖃᑦᑕᓗᑎᑦ, ᒪᓐᓂᑐᕐᓗᑎᓪᓗ (ᐱᑭᐅᕕᓂᕐᓂᒃ ᓂᐅᕕᐊᑦᓴᓂᓪᓚᓃᑦ), **ᐃᒻᒧᑑᒪᑦᓯᐊᖃᑦᑕᓗᑎᑦ ᔪᑲᑦᒥᒧ** (Yogurt). ᓄᑕᕋᓛᑦ, ᐱᐊᕋᑦ ᐊᒻᒪᓗ ᐃᓄᐃᑦ 50-ᓂᒃ ᐅᑭᐅᓖᑦ ᐊᖏᔪᑦᔫᒧ, ᓄᒃᑭᓴᐅᑎᓂᒃ D-ᑕᓐᓂᒃ ᐃᓯᖃᑦᑕᓇᓂᑦ: ᖃᐅᔨᒥᐊᕕᖃᓐ ᐊᓐᓂᐊᓯᐅᕐᑎᓂᒃ.

ᓄᓇᕕᒻᒥ ᐱᓇᓯᐊᕐᕕᒪᓃᑦ ᐱᓇᓯᐊᖃᑎᖃᕈᒪᓯᐊᕐᖁᑦ ᓄᓇᓕᐅᔪᓂᒃ ᖃᐅᔨᒪᔭᐅᑎᑦᓯᓚᓯᐊᑦᓯᐊᓂᒃᑯᑦ ᓂᕿᑦᓯᐊᖃᑦᑕᓇᐊᖃᕐᓂᒥᒃ ᐊᒻᒪᓗ ᐊᑐᐃᓐᓇᖃᕐᑎᓯᓯᐊᓚᐅᒥᒍᒪᑦᓯᑎᒃ ᓂᕿᑐᐃᓐᓇᓂᒃ ᓂᐅᕕᕐᒥᓗ ᓂᕿᑦᓯᐊᓴᔭᓂᒃ.

ᖃᓄᐃᓕᕐᐱᑖ? 2017 ᐃᓄᖁᑎᖕᒥᑦᑕ ᐃᓗᓯᖕᒥᓐᓂᑦ ᖃᐅᔨᓴᕐᓂᕕᓂᖅ ᓄᓇᕕᒻᒥ ᐊᐅᒡᒍᓯᒥᑦ ᐅᑦᑐᐱᓇᒍᑦ 2017ᖑᑎᓗᒍ. ᑲᑎᑦᓯᑎᑦ 1326 ᐃᓚᐅᓐᓂᖁᑦ ᐅᑭᐅᓖᑦ 16ᓂᑦ ᐊᖓᔪᑦᔫᓗ 14ᓂᑦ ᓄᓇᓖᓐᓂᑦ ᐃᑲᔪᕐᓯᓂᖁᑦ ᑖᑦᓯᒧᖓ ᖃᐅᔨᓴᕐᓂᒧᑦ.



ᖃᓄᐃᓕᕐᐱᑖ? Qanuilirpitaa?
ᓄᓇᕕᒃ NUNAVIK 2017

ᑐᑭᓯᒋᐊᕐᕕᐅᔪᓐᓇᑐᖅ:
nrbhss.ca/in/health-surveys

ᓇᑯᕐᒦᒃ ᓄᓇᕕᒻᒥᐅᓕᒫᑦ ᐃᑲᔪᕐᓯᔪᕕᓃᑦ ᑕᒪᑦᓯᒥᖓ ᐱᒪᓇᒻᒥᒃ ᐃᓗᓯᕐᒍᓕᖓᔪᓂᑦ ᖃᐅᔨᓴᕐᓂᕕᓂᕐᒥᒃ!