



Health
Canada

Santé
Canada

Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

Naagajitoon giyaw... mino-gagiiginigen

Aabajitoon iwe Kaanada Akiing Minonjigewinonji dago miijiyan gegoon boozaasinogin, zhiwanzinogin, zhiiwitaaganiwanzinogin giga-minoshkaagonan. Gegoon niibowa ji-miijisiwan gemaa ji-minikwesiwan:

- zhiwaaboon
- zhiwinigaadegin zhiwaaboon
- zhiwinigaadeg zhiwaabookaan
- zhiwinigaadegin minikwewinensan
- mashikiinsan zhiigwa jwaakolat
- bebakaan bakwezhanensag zhiwiziwaad
- zhiwinigaadegin zhiigwa'igananan
- dekaag zhiigwa mashkwaakwading zhiwanjiganan
- gaa-gaapizwaad opiniisag
- nacho zhiigwa zhiiwitaaganiwang miijiman
- zaazikokwaanindwaa opiniig
- minikwewin

Awiyag geshkitoosigwaa

doodooshaaboo ji-minikwesigwaa, ji-gagwe-minonjige'idizowaapan.

Omaa gaa-mazinaakidegin mazina'iganing wiindamaagem aaniin gaa-izhi-minonjigewaad awiyag mewinza gii-ondaaji'osigwaa doodooshaaboo. Gaawiin aaniish noongom minik miijsiim bagwaji miijim, gaawiin minik gego wenzhishing miijsiim ji-mino-ayaang.

Awiyag wedaapinanzigwaa doodooshaaboo ji-gagwejimaawaapan awiyan aaniin ji-izhichigewaapan.



Netaawiging bagwajaya'ii zhiigwa nibiing



Bakwezhan (ombisijigan aabajitoong)



Giigooyag okaniwiwaad, nibiing bemaadak, bagaanag, anijiiminag

Ikwewag ge-oniijaanisiwaapan

Ikwewag ge-gigishkawaasowaapan, gegishkawaasowaad, noonaawasowaad onandawendaanaawaan gwanjiganan zhiigwa folic acid endasogiizhig. Onjida biwaabik (iron) ji-atenig ogwanjiganiwaang. Awiyag mino-ayaawin enokiitang giga-wiiji'ig.

Gigishkawaasowaad, noonaawasowaad ikwewag bangii awashime ji-wiisiniwaad. Nawach niizh gemaa niswi ashangewinan ji-odaapinamowaad endasogiizhig.

Daabishkoo:

- gaaskiwag gemaa bangii bakwezhan gagwejiijigeyan
- bangii awashime bakwezhan gigizhebaa wiisinyan gemaa odootawag naawakwe wiisinyan.

Ikwewag, ininiwag awashime 50 apitiziwaad

Nawach geyaabi **vitamin D** ji-odaapinaman awashime 50 dasobibooneyan.

Bima'adoowin Kaanada Akiing Minonjigewinonji, ikwewag, ininiwag awashime 50 dasobibooneewaad ji-odaapinamowaad vitamin D awashime 10 µg (400 IU) minik.

Ji-zoongaadiziyen, gidinaadiziwining, gzhizhawiziin endasogiizhig.



Owe mazina'igan gii-apibii'igaade iwe *Eating Well with Canada's Food Guide* ezhinikaadeg.

Geyaabi noonde-gikendamanl, aabajichiganan gemaa awashime mazina'iganan inaabin Kaanada Akiing Minonjigewinonji omaa: www.healthcanada.gc.ca/foodguide

Gemaa ganoozh: Publications • Health Canada • Ottawa, Ontario K1A 0K9 • E-Mail/Maagoniganing: publications@hc-sc.gc.ca • Giigidowin: 1-866-225-0709 • TTY: 1-800-267-1245 • Aazhawibii'igan: (613) 941-5366

Gidaa-naasaabaakizaan owe mazina'igan. Gaawiin giga-diba'ige'igoosii.

Also available in English under the title: *Eating Well With Canada's Food Guide - First Nations, Inuit and Métis.*

Également disponible en français sous le titre: *Bien manger avec le Guide alimentaire canadien - Premières Nations, Inuit et Métis.*

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Minonjigewin

Kaanada Akiing Minonjigewin

onji Anishinaabeg, Eshkiimeg zhiigwa
Wiisaakodewininiwag



Ji-izhi-aabajichigaadeg Kaanada Akiing Minonjigewinonji

Owe mazina'igan aaniin minik ji-miijiyan dasing wiisiniyan endasogiizhig aaniin igaye minik bezhigwewig ashanjigewin.

	Enenjigaadeg aaniin minik ge-miijiyan ashangewinan endasogiizhig			
	Abinoojiyag 2-3 dasobibooneaad	Abinoojiyag 4-13 dasobibooneaad	Oshki-ayaag zhiigwa gichi-ayaag (lkewag)	Oshki-ayaag gichi-ayaag (lniniwag)
Gitigaanensan zhiigwa Zhiiwijiiminag Minwaya'ii, meshkawaakwading, biiwaabikokaadeg	4	5-6	7-8	7-10
Zhegwa'igaadegin Gitigaanan	3	4-6	6-7	7-8
Doodooshaaboo gemaa bakaan geroon	2	2-4	Oshki-ayaag 3-4 gichi-ayaag (19-50 dasobibooneaad) 2 gichi-ayaag (51+ dasobibooneaad) 3	oshki-ayaag 3-4 gichi-ayaag (19-50 dasobibooneaad) 2 gichi-ayaag (51+ dasobibooneaad) 3
Wiiyaas gemaa bakaan geroon	1	1-2	2	3

1. Mikan desobibooneyan, aweneniwiyan imaa mazina'iganing.
2. Inaabin aaniin minik ge-miijiyan endaso-ashangewin ini niuwewig miijman etegin imaa endasogiizhig.
3. Inaabin aaniin minik bezhigwewig ashangewin ge-miijiyan daabishkoo, aabita minikwaagan 125mL (1/2 cup) okaadaakwag, mii iwe minik bezhigwewig ashangewin ge-miijiyan gitigaanensan.

Wegonen bezhig ashangewin?

Ganawaabandan ono niisaya'ii.

Minonjigewin Endaso-giizhig

I'we Kaanada Akiing Minonjigewin ejigaadeg wiindamaagemagad aaniin ji-inanjigewaad gaa-niizhoobibooneaad gemaa awashime dasobibooneaad. Gagiiginigaadeg wegonen ji-miijing aaniin gaye minik daa-wiji'iwemagad:

- abinoojiyag zhiigwa oshki-aya'aag mino-ombigiwaad
- ji-ondinaman ge-minogi'igowan
- ji-wiininosiwan, ji-zhiwaapinesiwan, ji-amogosiwan dago ji-okanaapinesiwan

Bezhig makade-ashkaag zhiigwa bezhig waabijiyag gitigaanens miijin endasogiizhig zhiigwa gaye bezhig zhiiwijiimin. Bangii eta bimide zhiigwa zhiiwitaagan dago ziizibaakwad. Nawach ini miijin apiich wiin zhiiwijiiminaaboon.



Makade-ashkaawinaagwak dago waabijiyag gitigaanens aabita minikwaagan 125 mL (1/2 cup)



Bakaan gitigaanens aabita minikwaagan 125 mL (1/2 cup)



Aniibiishiwangin gitigaanens zhiigwa bagwaji-gitigaanan giizhidegin aabita minikwaagan 125 mL (1/2 cup) ashkaag 250 mL (1 cup) minikwaagan



Zhiiwiminag aabita minikwaagan 125 mL (1/2 cup)



Zhiiwijiiminan Bezhig zhiiwijiimin gemaa aabita minikwaagan 125 mL (1/2 cup)



Zhiiwijiiminaaboo Wenjidaya'ii aabita minikwaagan 125 mL (1/2 cup)

Gaa-miijiyan gitigaanan endasogiizhig ji-atisigaadesinogin. Gagiigan ini boozaasinogin, zhiiwanzinogin, gemaa zhiiwitaaganiwanzing.



Gibozigan bezhig giishkizhigan (35g)



Bakwezhigan 35g (2" x 2" x 1")



Gigizhebaa miijim 30g (Inaabin ezhibi'igaadeg)



Gizhideg gigizhebaa miijim 175 mL (3/4 cup) minikwaagan



Giizhideg bekwezhiganiwang 125 mL (1/2 cup) minikwaagan



Giizhizod manoomin Waabishkizid, ozaawizid, manoomin 125 mL (1/2 cup) minikwaagan

Minikwen 500 mL (2 minikwaagan) mena'iganziwag, 1% or 2% doodooshaaboo endasogiizhig. Giishpin doodooshaaboo minikwesiwan, soy minikwen.



Doodooshaaboo Waabishkidaawangaag, ginigawinagan 250 mL (1 cup) minikwaagan



Soy minikwewin minwaagaming 250 mL (1 cup) minikwaagan



Biiwaabikokaadeg doodooshaaboo (iskaajiwandeg) 125 mL (1/2 cup) minikwaagan



Doodooshaabookaan 175g (3/4 cup) minikwaagan



Odootawag 50g (1 1/2 oz.) minik

Bakaan geroon wiiyaas ji-naabitooyan ayaan daabishkoo aniijiiminag zhiigwa tofu. Gonage igo niizh ashangewinan miijin endaso-anami'egiizhig.* Wiininosinog wiiyaas zhiiwitaagan gema ziizibaakwad dagonigaadesinog.



Bagwaji-wiiyaas 75g giizhidegin (2 1/2 oz)/125mL (1/2 cup) minikwaagan



Giigooyag zhiigwa Nibiing Bemaadak 75g giizhidegin (2 1/2 oz)/125 mL (1/2 cup) minikwaagan



Wiininosinog Wiiyaas zhiigwa bineshiyag 75g giizhidegin (2 1/2 oz)/125mL (1/2 cup) minikwaagan



Waawanoon Niizh (2) waawanoon



Aniijiimanag – giizhizowaad 175 mL (3/4 cup)



Bagaani bimide 30 mL (2 Tbsp) emikwaan

Dagonaman bimide gigiizekwaaning.

- Gagaana aabijitoon bimide gitigaanensing onji gemaa awesiiyng onji daabishkoo canola, olive zhiigwa soybean bimiden.
- Bangii gagwe aabijitoon (Niizh ako niswi emikwaan gemaa 30-45 mL) minik dasogiizhig. Daabishkoo bimide giizizekweyan, dagonaman aniibiishing, marjarine zhiigwa mayonnaise ezhinikaadeg

- Bimide mashkawaasinog dakisinzinog daabishkoo akiigoowi-bimide gemaa gichi-giigoo bimide ooligan bimide onizhishinon. Mii ini gidaa-naabatoon gibimideman endasogiizhig.

- Aabajitoon mashkawaasinog bimiden geroon dagonigaadesinog.
- Bangii eta doodooshaaboo bimiden, mashkawaag gemaa gookooshiwi-bimiden.

* Health Canada wiindamaagewag ji-bichibosiwan giigooyag amwadwaa. Inaabin www.healthcanada.gc.ca wiindamaagewin. Gagwedwen gechiwaag ogimaawinan eyaayan aaniin ezhi-ayaawaad gechiwaag giigooyag gaa-amwadwaa.