FOOD

WHY ACT NOW

Honour Your Health

10 health benefits of Traditional Aboriginal diets...

1) Fewer in calories = weight control.

2) Less saturated fat = better for your heart.

3) More lean meats and fish = higher protein intake.

4) More iron = more energy, better for your muscles and blood.

5) More zinc = better for healing wounds and fighting infection.

6) More Vitamin A = better vision and fighting off disease.

7) More calcium = stronger bones and teeth.

8) Hunting and gathering food = more physical activity.

9) Spending time with family = fosters important emotional connection.

10) Continues tradition = maintains the customs and traditions of your culture.

Arctic Grayling

Moose

Beaver

Prairie Chicken