Mushkegowuk Health
Okimawiwin Minopimatisiwinik Atoskawikamik

Mushkegowuk Council

HEALTHY EATING

Submit your completed activity to
mocwalk@mushkegowuk.ca
by 11:59 PM Sunday, January 28th

TIPS

1. Fill half your plate with vegetables and fruits. Divide the other half between protein and whole grain foods.
2. Eat low glycemic index (GI) foods more often. A low GI diet can help you control your blood sugar and feel full longer.
3. Choose fewer highly processed foods. Highly processed foods are made with excess sodium, sugar and saturated fats.

Share your favourite healthy recipe: