MUSHKEGOWUK COUNCIL ᐅᒪᐡᑯᑯ ᐅᑭᒪᐃᐃᐣ

MUSHKEGOWUK HEALTH
Okimawiwin Minopimatisiwinik Atoskawikamik

HEALTHY

EATING

Submit your completed activity to
mocwalk@mushkegowuk.ca
by 11:59 PM Sunday, July 21st

TIPS

1

Colour your plate: the name of the game is variety! Aim to fill half your plate with different fruits and vegetables at every meal.

2

Limit highly processed foods: these foods are often high in saturated and trans fats, salt, and added sugars. Choose whole foods more often.

3

Make water your drink of choice: fruit juices, pop and many specialty coffee drinks have a high sugar content. Stay hydrated with water.

Share your favourite healthy recipe and tell us who you shared it with: