

Eating a Healthy Anicinabe Plate

WHAT TO DRINK?

- **Anicinabe Options**
 water, medicine (tea)
- **Alternatives**
 water, milk, fruit juice, tea, coffee



VEGETABLES

- **Anicinabe Options**
 leafy greens + garden veggies;
 onions, carrots, squash, beans
- **Alternatives**
 fresh or frozen store bought vegetables,
 canned with low sodium, salads, greens, broccoli

FRUITS

- **Anicinabe Options**
 blueberry, strawberry, raspberry, plums
- **Alternatives**
 fresh or frozen store bought fruits, berries,
 oranges, bananas, fruits in water or fruit juice,
 fruit smoothies



MEATS, FISH + PROTEINS

- **Anicinabe Options**
 pickerel, deer, moose, duck, hazelnuts
- **Alternatives**
 eggs, lean beef, chicken, legumes

GRAINS + POTATOES

- **Anicinabe Options**
 wild rice, potatoes, corn
- **Alternatives**
 whole grains; whole wheat/multigrain breads
 and pasta, quinoa, oats, porridge

HARVEST
your foods

PREPARE
meals with
WHOLE foods

Learn to
MAKE your
own MEALS

Eat LOTS +
LOTS of whole
VEGETABLES

SHARE
your meals

CELEBRATE
food

Adapted from a resource developed by the Youth Taking Action project, a partnership between Food Matters Manitoba, Brokenhead Ojibway Nation and Sagkeeng First Nation.