

Canada's
li maanzhii
kishkinoh-
taahiwew

Miyoo miichishook. Miyoo pimatishiwin.

Meetshou toot sort la bonn sawntee lii maanzhii too lii zhoor

Michet
mishtahi lii
zhaarjinaazh
minna lii frwii ai

Meetshou
protein li
maanzhii

Kakaykina
di loo



Kakaykina
toot lii grenn

Mishka li maanzhii kishkinohtaaweh naytay
Canada.ca/FoodGuide

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Na moo yaak le maanzhii kaa meetshouyen
maga ka si meetshouyen



Pishkayhta kaa ishi meetshouyen



Waawiiputt kishtaponawaatch



Miyayhta too li maanzhii



Meetshou avec lee zoot



Awpachistaw enn mark
pour maanzhii



Yaak aen chi boo awpachistaw
pour li sel, li seuk pi matchi
gras saturated



Pishkayhta li maanzhi
ka atawwawka kayk

Mishka li maanzhii kishkinohtaaweh naytay

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