

**Kanata
miijim
kinoomaaw-
sawin**

Ga-mna-wiisin. Weweni gnawendizan.

Ga-miijin ebkaanak mna-bmaadziwin miijim endso-giizhgak

Niibna ga-miijin
gtigaan-miijim
ge maanwang

Ga-miijin
ge-zhi-mna-
yaayin miijim

Ga-minkwen
nbiish wii-
mna-yaayin



Ga-miijin
mzimnens-
miijim

© Maaba Gimaa-kwe debendaagooziid Kanata, ghoodmawaagood Mno-bmaadziwin Eniigaanzid, 2019
Ga-mzinbil'aaan maa ezgakejigemgak Cat.: H164-257/1-2019Roj ISBN: 978-0-660-29300-6 PDF Cat.: H164-257/1-2019Roj-PDF ISBN: 978-0-660-29812-2 Pub: 180852

Ga-mkaan kinoomaawsawin oodi
Canada.ca/FoodGuide

**Kanata
mijim
kinoomaaw-
sawin**

Ga-mna-wiisin. Weweni gnawendizan.

Mna-bmaadziwin-mijim ooshme dowendaagod iw shwii gwa ebmidewang



Ga-wiingez emijiyin



Ga-jiibaakwe pane



Ga-mnanwez mijim emijiyin



Ga-wiidoopnge



**Ga-kinaan ezhibiigaadeg
maa mijim**



**Gegwa mijiken ebaatiinak ziiwtaagan,
ziisbaakwad, saturated-wiinan maage**



**Aangwaamzin mijim
ebwaa-gwakwang**

Ga-mkaan kinoomaawsawin oodi

Canada.ca/GuideAlimentaire