



E'ASHAMAJ GI'NIJAANIS

Giki'no'igan wegonenan
mijiman ge'ni ashamaj

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NUTRITION
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MAAMIKOOMIGOOWINAN

Omaa anokiiwining Start Resource Centre o'miigwechiwi'aan Nutrition Resource Centre gaye gikinooshkamaagewaa
gaa'gii wiidookaagewaa ozhichigaadeg owe mazina'igan.

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E'ashamaj g'niijaanis – Giki'no'igan wegonenan miijiman ge'ni ashamaj

Ontario ogimaawin gii'pagidinige zhooniyaa ji'ozhichigaadeg owe mazina'igan.



**ABINOOJIISH
NITAM
O'MIJIM**

Wiinjigaade ge'dodaman ji'ashamaj gi'niijaanis e'ningodwaso giisiswej biinish bezhigo biboonej. Wiinjigewinan gaye nakwechiganan wiikigendaman nooni'aawasowin gaye apii geni'ashamaj gi'niijaanis.

Deminik da'onji wiisini gaa'mochi noonij akonaag e'ningodwaso giisiswej. Bimi'nooni'i biinish ani'niizhobiboonej gemaa awashime bekish ji'ani ashamaaj bebakaan miijjiman gaye aboobiin. O'gichi wiidookaagon gaa'noonij gaye onjizoongaadizi bizaan gaye gaani ashamaaganiwij miijjiman.

Nooni'aj gi'niijaanis oga'wiidookaagon jimashkawaadizij biichiwiin mochi mina'ach. Bizaan igo bimi'nooni'i minigok inendameg. Gaawin dibaabandan apii ge'booni nooni'aj. Biinish ginwezh nooni'aj dabishkoo ga'onji wiidookaagonawaa.

Giishpin dago'mina'aj abinoojiishi joojooshaabookaan animaaji ashamaaj, dani boonaazhigawin gi'joojooshaaboom. Wewiib dash ganinoode booni nooni'aa. Giishpin booni nooni'aj, da'zanagan miinawaa jigagwe giuwe nooni'aj gaye ji'giuwe biidaazhigawij gijoojooshim. Giishpin abinoojiishi joojooshaabookaan wii'tago mina'aj, binamaa niigaan gegoonan nanaandiwigikendan.

Abinoojiishag gaa'nooniwaaj izhise ji'miinindwaa dasogon miijjimikaan D minigok 400IU (10 micrograms). Minigok ge'bimi noonij jimiinaj oweni gemaa gagwejim mashki'kiiwini anapii ge'booni miinaj. Apii ishkwaaw niizho biboonej gaawin awashime gamiinaasiin. Abinoojiishag gaa'nooni'aasigwaa gaawin damiinaasiiwag miijjimikaan D azha gii'achigaade joojooshaabookaaning.



**NITAM
ENI'ASHAMAJ
MIJIMAN**





Mikawendan, weweni
giibimigiwaad abinoojiishag
bebakaan iniginiwag.
Gegowiin dibaamamaaken
godagiyag gaa'izhinaagoziwaaj
abinoojiishag. Weweni
bimigi gi'niijaanis giishpin
bimi gozigwanij

Apii ani maajii ashamaaj, gichiinendaagwan ji'bimi nanaagaji'aj ji'an gashkitooj ji'wiisiniij.

Gaani bimi biijinigij

Gi'niijaanis dani bimi maamaajiigi. Gichiinendaagwan ji'nisdawinawaj gii'bimi baabiijinigij gaye ji'ani gashkitooj ji'wiisiniij. Megwaa giibimi maamaajiigij, da'izhiyaa moozhag ji'wiinoonij. Moozhag idash bimi nooni'i. Awashime bimi nooni'aj, niibiwa gi'joojooshaaboom da'biidaazhigawin. Owe gii'izhiyaaj gi'niijaanis gaawin mashi wiin onandawendasiin ji'wiisiniij. Gaawin gaye oga'wiidokaagosiin aana'ashamaaj ji'zhaabogwamij dibikaanig.

Aaniin ge'onjigikendamaan ni'niijaanis ji'ashamag?

Apii gikenimaj gi'niijaanis ji'nitaawiisiniij omaa gaani wiinjigaadegin ge'onji gikenimaj, mii'apii ge'ni'ashamaaj dago ji'bimi nooni'aj:

- Ogashkitoon ji'chiidawikwenij.
- Abi'idizo gaye aaswaakwabi.
- Daawani wii'ashamaaj.
- Ga'gikendamo'ig debwiisiniij (da'niigadekweni).
- Odoodaapinaan miijim gaye gagwezhakamo.

Maagizhwaa gaawin oga'wiimiijsiin nitam gegoon gii'gagwe ashamaaj. Giishpin bwaanawi'aj jimiiij, baamaa miinawaa apii goji'i. Oga'wiidookaagon bebakaan gaa'ipogwagin miijiman ji'gaweji'aj. Bizaan ashamaaj mashi wiibidaasig. Mashkawiziwan wii'aasaabidan ji'maamaagonjigaagej.

Aanapii ge'maajii ashamaaj?

Bebakaan izhiyaawag abinoojiishag. Gegowiin dibaa'bamaaken godagiyag abinoojiishag. Onji'naagaji'i apii ji'ani gashkitooj ji'wiisiniij. Anigagwe maajii'ashamaaj aniishkwaa ningodwaaso giisiswej. Gi'niijaanis aga'andawendaan niibiwa iron gii'dagwak miijimikaang. Inaabin baakiiginiganing 4 iron gii'dagwak miijimikaang.

Gagwejim mashkikiiwini, inanjigewinan gaa'gikinomaagej gemaa mashkikiiwikwe awashime ji'wiindamaago'an apii ge'ashamaaj gi'niijaanis.

**GE'NIIZHI
MAAJII
ASHAMAJ
MIJIMAN**



Bebakaan miijiman ogani gikendaan gi'niijaanis ji'zhaashaagwanjigej. Giishpin ginwenzh gaanookaanig ashamaaj gemaa bwaatawi ashamaaj gaa'bikoyaanig gaawin ogaani zaabendasiin jiwiiisiniij. Gidaamiinaa ge'zhakamoonidizoj miijiman gaye ji'onji ganawaabamaj

Gii'ishkwaa nitaawigij, gi'niijaanis ondaadizi gi'nooni'aj. Apii ani ningodwaso giisisweij, miigo geyaabi gechiinendaagwanig gi'bimi nooni'aj zhaagooj azha ji'ani ashamaaj, iiwe maawaj iron gaadagwak miijimikaang. Miijiman oga'ondinaan gi'niijaanis ge'minoshkaagoj gaye bebakaan gaa'ipogwagin.

Nitam ge'ashamaaj gi'niijaani iron gi'dagwak miijimikaang daabishkoo ono:

- **Weweni ji'giizhizekwaadeg wiyaas gemaa bakaan gegoon;**

- wiyaas
- baak'aakwaan
- gichi'bine
- lamb
- giigoo
- gookoosh
- waawan
- tofu
- anjiiminag (beans, lentils, chickpeas)

- **iron dagonigaadeg abinoojiish miijiman;**

- manoomin abinoojiish miijim
- anoomin abinoojiish miijim
- barley abinoojiish miijim
- wheat abinoojiish miijim
- gaa'ginigawising abinoojiish miijim

Wegonen dinowi miijiman ge'maajii ashamaaj?

Asham gi'niijaanis ge'zhakamoonidizoj gaye bebakaan daabishkoo ji'bikoyaag, ji'zhigwaag gaye ji'gibishkizhigaadeg, ji'zhigwa'igaadeg gemaa ji'gibishka'igaadeg.

Miinzh ge'zhakamoonidizoj gemaa wii'ashamidizoj inenimaj daabishkoo weweni ji'gibishkibijigaadeg wiyaas, giigoo, gaye pine; gaagiizhizekwaadegin gitingaan miijimaan gaye zhiiwiminag; gaanookizij zhiiwimin daabishkoo banana; gaabiitozhigaadeg cheese; gaye gibozigan gemaa gaapizigan.

Mii'ono ge'gagweji'aj gaa'ipogwakin:



Gaa'gibishkibijigaadeg



Gaa'gibishka'igaadeg



Gaa'bikoyaag



Gaa'moozhagamichigaadeg



Gaa'zhigwa'igaadeg



Ge'zhakamoonidizoj miijiman

Gichiinendaagwan gaye ji'ani ashamaaj bebakaan godagiyan miijiman. Awashime ji'gikendaman ji'ani ashamaaj bakaan miijiman, inaabin 7 gaye 8 baakiiginaning.



**Onizhishin jiizhi
abi'ach abinoojishi
desabowining.
Minjimapizh weweni
ji'abij. Moozhag
ganawenim
megwaa wiisiniij.**

Aaniin ge'niizhi maajii ashamaag ni'niijaanis?

- Ani'maajii ashama megwaa minwendang gaye wiiwiisiniij.
- Ashama megwaa wiisiniyan gemaa godagiyag giwiiijidaamaganag wiisiniwaaaj.
- Onabi'i. Gaye ji'minjimapinaj weweni ji'abij.
- Moozhag bimi'ganawenim megwaa wiisiniij.
- Ji'minwendang izhichigen wegwaa wiisiniij. Ga'gikenimaa debi'wiisiniij jigwekikwenij gemaa gaawin dadaawanisiin. Wiin oga'onendaan minigok ge'wiisiniij.
- Bangii miiijim gwaba'an emikwaanang. Inoo'amow emikwaanang ji'wabamaaj. O'dooning ataaaw bungii gaawi'ashamaaj. Zhakamoozh giishpin eta daawanij.
- Ashama gi'niijaanis gaa'gibishkaanig, gaazhigwa'igaadenig miiijim dago ge'zhakamoonidizoj miiijiman. Bagidin wiin ji'odaapinang gaye wiinigo ji'zhakamoonidizoj.
- Bekaa ani'bimi nangi ashama. Bekaa bigo ani'bimi ashama miiijiman niswaa akonaag naanwaa dasogiizhigaaa, onji ondendan minigok ji'wiisiniij.
- Wiidookaw gi'niijaanis ji'gagwe nitaa minikwej minikwaaganang. Anisibiini mina'i. Gegoo wiin mina'aaken zhiiwijiiminaaboo.

Aaniin gedodamaan giishpin aanawendang oshki'miiijim?

- Giishpin wiimiijisig nitam gegoon gagwe ashamaaj, miinawaa apii goji'i. Maagizhwaa 8-10 taswaa bijiinag geni miiijij nitam gegoon gaawii ashamaaj.
- Dagwaagaminan gi'joojooshaaboom gegoon ga'ashamaaj ji'nisidopidang.
- Bizaan wiin da'ashamidizo.
- Ashama gegoonan bebakaan gaa'apiichi gizhidegin.
- Ashama gegoonan inendaman wiiwiisiniij gaye megwaa ni'ayekozisig.





**MIJIMAN
GA'MAAZHISHKAAGEMAGAKIN**

Aniin ge'gii onji gikendamaan miiniman ga'maazhishkaagemagakin?

Aanind miijiman wake'maazhishkaagemagan apiich wiin godagiyan. Baatiinadoon gaye miijiman gaadagosingin iron gaa'minoshkaagemagakin. Bizaan ani'goji asham gaa'nitaa maazhishkaagemagakin miijiman. Giishpin gidinawemaaganag gegoonan maazhishkaagowaaj dino miijiman, wiindamow gi'mashkikiwiniim.

Mii'ono gaa'ni ozhibii'igaadegin miijiman gaa'nitaa maazhishkaagemagakin nitam ji'ashamaj gi'niijaanis.

GAA'NITAA

MAAZHISHKAAGEMAGAKIN MIIJIMAN

MII'ONO DINO

Waawanoon	waawanoon, gaagiizhideg bakwezhiganiwang
Joojooshaaboo *	cheese, joojooshaabookaan
Mustard	mustard, tomato sauce
Bagaan	bagaani bimide
Gichigamii Giigoo	bebakaan giigoog
Sesame	tahini (sesame paste)
Soy	tofu (bean curd)
Mitigo Bagaan	almond butter
Wheat	miijim, gibozigan

*Baamaa 9 akonaag 12 gii'dasogiiswej mina'i homogenized (3.25% M.F.) bizhiki joojooshaaboo (inaabin 9 baakiiginaning).

Ganiiken, gaanitaa maazhishkaagemagakin gegoonan dagwan bebakaan miijimikaang. Wii'kikendaman wegonen e'tagwakin miijiming gemaa gi'dinawemaaganag maazhishkaagowaaj gegoonan, wiindamow gi'mashkikiwiniim

Apii nitam ani ashamaj gaanitaa maazhishkaagemagakin miijiman, bezhig eta gegoon asham bezhigogiizhigaa miinawaa dash ani niizhigonagaag godagiini asham. Ga'onji gikendaan wegonen ge'wake maazhishkaagoj. Giishpin onji maazhidodaagoj, 48 diba'igan gii'izhisenig aazha gegoon da'izhiyaa. Gaawin bizaan bii'on ji'ani ashamaj godagiyan miijiman zhaagooj onji naaga'ji'i gegoon ji'dodaagoj. Giishpin giin gemaa gidinawemaganag maazhishkaakoyeg miijim gegoon, gagwejim gimashkikiwiniim gedoodaman nitam ji'ani ashamaj oshki miijim gi'niijaanis.

Da'miskozhagese, zhiishigagowe, zaabokaawizi gemaa agaawaa babagidanaamo giishpin miijim maazhishkaagoj. Gego wiin miinawaa ashamaaken gaa'indeman e'maazhishkaagoj. Wiindamow mashkikiwini. Izhigiigidon 911 giishpin gi'niijaanis gii'pagidanaamosig.

Apii ishkwaaw ashamaj gawake maazhishkaagemaganig daabishkoo bagaani bimide, bimi asham ji'nanamaashkaagoj. Aanind ogo bagaanag oga'gii onji bakwenishkaagon. Inaabin 12 baakiiginaning miijimi ayangwaminigewin gaye gaawake bakwenishkaagemagakin.



**ENINGODWASO
GIISISWEJ AKONAAG
ESHAANGASO GIISISWEJ**

MIJIMAN GE'ASHAMAJ GI'NIJAANIS ENINGODWASO GIISISWEJ AKONAAG ESHAANGASO GIISISWEJ

Goji'i oni wiin ji'ashamidizoj:

Wiiyaasan gaye bakaan gegoonan:

- Ji'zhigwaag, ji'gibishkizhigaadeg, ji'zhigwa'igaadeg gemaa ji'gibishka'igaadeg.
- Okanan ji'odaapinigaadegin giigoo gaye bine.
- Waawanoon ji'gibishkaag.
- Ji'nookiziwaaj anjiiminag (black beans, navy beans) gemaa gaa'mindidowaaj anjiiminag (kidney beans).

Zhigwa'igaadegin Gitigaanan:

- Gibozigan biitozhigan gemaa gaapizigan.
- Giizideg bakweshiganiwang.
- Ji'bakwebijigaazoj tortilla.
- Ji'biisizhigaasoj bakwezhiganenz.
- Gaa'zhiwaasinog gizhebaamijim.

- Gi'nijjaanis onandawendaan iron ji'mashkawaadizij. Gichiinendaagwan ji'bimi nooni'aj gaye ji'ashamaj mijiman iron gii'dagosingin awashime niizhwaa bezhigo giizhigaa.
- Apii nitam ishkwaashamaj iron mijiman, godagiyan gegoonan ani maajii'asham. Niiwin bebakaan e'pikishi onategin mijiman ono: Gitigaanensan & Zhiiwijiiminan, Zhigwa'igaadegin Gitigaanan, Joojooshaaboon & Jooshaabookaanan, gaye Wiiyaasan & Bakaan gegoonan.
- Bimi ashambijiman gi'nijjaanis. Ji'minwendang izhichigen. Megwaa maamow wiisinyeg gewiin i'imaaj ji'wiisij.
- Ganiiken bebakaan gegoonan ji'ashamaj dago gaanookaagin. Inaabin 4 baakiiginaning awashime wii'kigendaman gaa'daso bakaanakin mijiman.

Wegonen dino wiiyaasan gaye godagiyan ge'ashamag ni'nijjaanis?

- Bimi'ashambijiman weweni ji'giizhizekwaadeg wiiyaas, baak'aakwaan, gichi'bine, lamb, gokoosh, wawaanoon, tofu, gaye anjiiminag.
- Giishpin baangwak gaa'kiizhidedeg wiiyaas gemaa godag gegoon, dagonan nibi, joojooshaaboo gemaa gitigaanaaboo. Giizhizagan gaye kakakezhan miinawaa gibishkiweba'an tofu. Weweni giizhizagan miziwe wawaanoon.
- Ashambijiman gi'nijjaanis bebakaan giigoowan daabishkoo salmon, halibut, sole, char, haddock, cod, trout.
- Bezhihwaa bezhigo giisis eta ashambijiman giigoowan niibiwa eyaanig bichibowin. Mii'ogo giigoowag swordfish, shark, zhezhaaw gemaa gaa'aakwaajij tuna, marlin, orange roughy gaye escolar. Biiwabikong albacore tuna bangii ayaamagan bichibowin apiich wiin zhezhaaw tuna. Gego wiin ashamaaken awashime dasodawate. Wiikikendaman, *Giigoowag e'yaawaaj bichibowin*, aabinoojiishag onji: www.hc-sc.gc.ca/fn-an/securit/chem-chim/environ/mercur/cons-adv-etud-eng.php.
- Bangii eta gemaa gaawin ashamaaken wiiyaasan daabishkoo ham, wieners, bologna, salami, gemaa sausages. Niibiwa zhiiwitaaganiwanoon gaye gaawin ji'miijimishkaagemagakin. Gaawin gaye ashamaaken giigoo nooka'igan, niibiwa achigaade zhiiwitaagan.

Wegonen dino zhigaw'igaadegin gitigaanan ge'ashamag?

- Bimi ashambijiman iron e'tagonigaadeg abinoojiish mijiman daabishkoo manoonin, anoomin, wheat gemaa barley.
- Gi'joojooshaaboom niibiwaagaminigaagen abinoojiishi mijim. Gemaa bangii atoon ji'bisiigwaagamitooyan.
- Ashambijiman gaa'anisideyaagin mijiman. Niibiwa ziinzibaakwat ayaa gii'dagosingin zhiiwijiiminan.
- Giishpin e'manaa miinaj joojooshaabookaanan e'maazhishkaagoj, onji ayangwaamizin gaa'ozhipiigaadegin "nibi eta dagwaagaminan" dagonigaade joojooshaabookaanan. Weweni agindan ezhibii'igaadeg.
- Gegoo wiin dagonan abinoojiish mijim noonaajiganing.
- Godagiyan gitigaanan dino gibozigan gaapizigan, bakwezhiganenz, gizhebaamijim gaye gaa'zhiwaasinog gizhebaamijim ashambijiman gi'nijjaanis.





GODAGIYAN GEGOONAN JI'ASHAMAJ GODWAASOGIISISWEJ AKONAAG ZHAANGASOGIISISWEJ

**Aanind miijiman ge'goji'aj
ji'ashamidisoj:**

**Gitigaanensan gaye
zhiiwijiiminan:**

- Ji'noosokikategin gitigaanensan gaye zhiiwijiiminan.
- Gaa'nookaditegin zhiiwijiiminan.

**Joojooshaaboo gaye
joojooshaabookaan:**

- Ji'gibishkizhigaadeg gemaa gakakegzhigaadeg cheese.
- Niside joojooshaabookaan



Apii gi'niijaanis miijij iron miijiman, ogani andawendaanan niwin bebakaan e'pikishi onategin miijiman. Ganiiken bepezhik ji'ani ashamaaj gegoonan gaawake maazhishkaagemagakin ji'bii'oyan niizhogon jibwaa godagiini bakaan ashamaaj (inaabin 6 baakiiginiganing). Bimi nooni'i anish gichiinendaagwan ji'minoshkaagoj gaani mindidoj abinoojiish gii'ani bimi ashamaaganiwij.

Giishpin wii'ashamaasig gi'niijaanis dino gegoon miijiman iiwe onji giin igo gaa'inendaman gemaa gaa'ondakaaneziyan, ganoozh mashkikiwini gemaa gaa'kikinomaagej inanjigewin ji'wiindamawik aaniin weweni ge'inanjigej.

Wegonen gitigaanensan gaye zhiiwijiiminan ge'ashamag ni'niijaanis?

- Gegoonan igo ashamaaj gitigaanensan gaye zhiiwijiiminan gii'miijiyeg, dago squash, peas, sweet potatoes, green gemaa yellow beans, apples, peaches, pears, apricots, plums, avocados, gaye bananas.
- Gizisaabaadon gaye biitozhan gitigaanensan gaye zhiiwijiiminan jibwaa miijigaadegin.
- Miinzhi gi'niijaanis nookaanig gitigaanensan gaye zhiiwijiiminan. Zhigwa'an gemaa a'gaasizhan bananas, papayas, avocados, mangoes, melon, gaye biiwaabikong zhiiwijiiminan.
- Giishpin adaaweyan abinoojiish zhiiwijiimin miijim gego wiin odaapinan "fruit desserts" ezhibii'igaadeg. Niibiwa aya ziihibaakwat.
- Gii'adaawaadegin gitigaanensan gaye wiiyaas miijiman gaawin ji'zaabi miijimishkaagemagakin apiich wiin biiwaabikong biindegin. Giishpin aabajitooyan, dagonan wiiyaas gaye godagiyan gegoonan.

Wegonen joojooshaaboo gaye joojooshaabookaan gemiinag ni'niijaanis?

- Joojooshaabookaan daabishkoo cheese gaye plain yogurt ga'gii ani maajii ashamaaj apii ningodwaasogiisiswej.
- Gego wiin miinaaken skim, 1% gaye 2% joojooshaaboon gaye joojooshaabookaan gaagii tago zhiwaagamichigaadegin.
- Gego wiin miinaaken gi'niijaanis homogenized (3.25% M.F.) bizhiki joojooshaaboo baamaa api 9 akonaag 12 dasogiisiswej, gaye giishpin eta miijij bebakaan iron miijiman. Nawaj onizhishin ji'bwaata mina'aj bizhiki joojooshaaboo baamaa 9 akonaag 12 daso giiswej anish gaawin deminik ayaasiin ji'miijimshkaagoj.
- Gego wiin mina'aaken gi'niijaanis soy, almond, rice, coconut gemaa godagiyan gitigaanig onji ozhichigaadegin minikwaadegin. Gaawin deminik ayaasiin ji'miijimshkaagoj gi'niijaanis weweni ji'ani bimigij.

A'ii shiin nibi gaye godagiyan gaa'minikwaadegin?

- Gi'niijaanis deminik onji'minikwe gii'nooni'aj. Giishpin wii'mina'aj nibiini, minikwaaganing onji mina'i. Wiidokaw ji'ani gashkitooj ji'mina'idizoj minikwaaganing. Gego wiin mina'i distilled, carbonated, gemaa mineral nibiini.
- Gi'niijaanis gaawin onandawendasiin zhiiwijiiminaaboo. Ashamaaj zhiiwijiiminan apiich wiin zhiwaaboo. Giishpin wii'mina'aj zhiwaaboo aabita minikwaagan eta ½ (125 ml) 100% zhiiwijiiminaaboo bezhigo giizhigaa. Gego wiin dagwaagaminan nibi.
 - Gego wiin mina'aken gi'niijaanis herbal teas, sports drinks gemaa gaa'minikwaadegin caffeine dagonigaadeg. Mii'oni gaye coffee, tea, hot chocolate, soft drinks gemaa energy drinks.

ESHAANGASO GIISISWEJ AKONAAG EPEZHIGOBIBOONEJ

**Bimi'nooni'i megwaa gii'
ani bimigij gi'niijaanis
gaye ani bimi naanangi
asham bebakaan miijiman.**



MIIJIMAN GAA'BIKISHI ONATEGIN WIINJIGEWIN

Bagidin gi'niijaanis ji'ashamidizoj. Niigaan gaasiinjiin jibwaa wiisinij.

- **Onjida da'nibaajchike! Mii'ima ge'noonji gekendang ji'nitaawashamidizog.**
- **Dibaabam aaniin minigok e'wiisinij, akonaag niswaa niibiwa izhi ashame gaye dash 1-2 bangii ji'ashamaj endaso bezhigo giizhigaag.**

Gitigaanensan gaye zhiiwijiiminan	Asham nookanig gaye giizhidenig gitigaanensan ji'giishkizhigaadegin ji'ashamidizoj. Asham nookanig zhiiwijiiminan daabishkoo bananas, peaches, kiwi, gaye cantaloupe.
Zhigwa'igaadegin Gitigaanan	Iron dagonigaadeg abinoojiish miijim onizhishin ayaag iron. Abinoojiishag wiimiijisigwaa oweni, ashame iron dagonigaadeg nisode gaawiimbaagin abinoojiish miijim. Ashame gegoonan daabishkoo bagel, baango gibizigan, manoomin, roti, noodles, giizhideg bakwezhiganiwang, mashkawizij gibozigan gaye zhiiwitaaganiwisig crackers.
Joojooshaaboo gaye joojooshaabookaanan	Bimi nooni'i gi'niijaanis baamaa ani niizhobiboonej gemaa nawaj awashime. Giin igo onendan minigok ge'noon'aj. Gi'joojooshaaboo onizhishin ge'miijimishkaagoj. Gaawin godag joojooshaaboo oga'andawendasiin. Megwaa giibimi nooni'aj dago miiij iron miiijiman endaso giizhigaanig, mina'i (3.25% M.F.) bizhiki joojooshaaboo. Minikwaaganing onji mina'i. Gego wiin mina'aaken skim, 1%, 2% joojooshaaboo, gemaa low-fat joojooshaabookaanan. Abinoojiishag onandawendaanaawaa bimide ji'ani maajiigiwaaj gaye wiindib jimaajiiginig. Gego wiin mina'aaken gi'niijaanis soy, almond, rice, coconut gemaa godagiyan gitigaanig onji ozhichigaadegin minikwaadegin. Gaawin deminik ayaasiin ji'miijimshkaagoj gi'niijaanis weweni ji'ani bimigij. Gego wiikaa mina'aaken bekaagamichigaadesinog joojooshaaboo. Bimi ashame joojooshaabookaanan nisode yogurt, cottage cheese gaye agaasi gibishkizhigaadeg cheese gemaa ji'gibishkaag cheese. Ashame bimidewangin gaawin wiin 2% gemaa nawaj bangii.
Wiiyaasan gaye bakaan gegoonan	Miinzha agaasizhigaadeg wiiyaas, giizhisowaaj anjiiminag, giigoo gaye tofu. Gagweji'i bakaan gegoonan daabishkoo anjiiminag gaye tofu. Miigo izhi ashame nitaa miiij wiiyaas. Godagiyan goji ashame ji'dagonaman wiiyaas gaye gitigaanensan ji'minopitang. Ashame miziwe giizhideg waawanoon (gaa'onzigaadeg, biisizhigaadeg, oninweba'igaadeg). Bangii atoon bagaan bimide gemaa godag bagaan bimedden gaapiziganing gemaa crackers.
Apii ani bezhigobiboonej gi'niijaanis azha dabaatinadin gegoonan ge'miiij gaye ji'mina'idizoj minikwaaganing. Apii booni nooniwaaj minikwaaganing dagii anonji miniwewag.	





**WIIDOOKAW
GI'NIJANIS
WEWENI
JI'WIISINIJ**

**Giispin wii'kagwedweyan
gema m'goshkaadendaman
gi'niijaanis o'wiisiniwin,
ganoozh mashkikiiwini
gema inanjigewin
gaagikinomaagej**



Gezhi babaamiziyeg:

Apii ani maaji ashamaj gi'niijaanis mii'owe ezhi'babaamiziyan:

- Wegonen gi'niijaanis ge'ashamaaganiwij.
- Aaniin apii ge'ashamaaganiwij.
- Aandi gezhi ashamaaganiwij.

Debagendan wiin gi'niijaanis ji'onendang:

- Minigok ge'wiisiniij.
- Giishpin wiiwiisiniij gema gaawin.
- Ge'doodang ashamidizoj (emikwaan gema oninj).

Ge'izhi wiidokawaj gi'niijaanis weweni ji'wiisiniij, biminizha'an ono wiindamaagewinan:

- Dagwabi'i gi'niijaanisens megwaa giimaamow wiisinyeg. Ogan gikendaan ganawaabij.
- Minwendaagwak izhichigen wiisinaanwak. Maamow wiisiniwin ji'minwendaagwak.
- Bimi gikinooshkamaagen weweni ji'wiisiniij minigok bimaadizij.
- Moozhag ganawenim gi'niijaanis megwaa wiisiniij.
- Miinzh miijim wiin ji'ashamidizoj. Bizaan igo wiinichigej odani gikendaan ji'ani ashamidizoj.
- Nisidawenim gi'niijaanis ani'noodeskadej gaye ani'debwiisiniij. Onjida izhiyaa bebakaan gegoonan e'miiij endasogiiizhigaanig.
- Wiin oga'onendaan minigok ge'wiisiniij. Gaawin gegoon da'izhiyaasiin eshkam aanawendang ji'wiisiniij.
- Gego wiin aanjigo izhigagwe ashamaaken gema jizhaashakamoonaj.
- Deminik bigo asham giishpin wiiwiisini inenimaj.
- Zhiibenim oshki gegoon ani'ashamaj. Baatiinwaa gagweji'i bebakaan gegoonan ji'goji ashamaj.
- Gaadoon odaminwaaganan gaye gibaakonon mazinaatesijigan ji'wanishkwe'igosig.
- Gego wiin aababijitooon miijim ge'onji minwendang gema gegoon mamaaniiij. Gaawin dash miijim oga'danendasiin gegoon gii'izhichigej.

GA'OZHICHIGAAD ABINOOJIISH MIJIM



GA'OZHICHIGAADEG ABINOOJIISH MIIJIM



Ozhi'tooyan gi'niijaanis o'miijim onizhishin gewiin ji'miiij gegoonan giin gaa'miijiyan. Gaawin gegoon abajitaagan ga'andawendasiin. Ozhi'taawaj gi'niijaanis o'miijim gaye:

- Bangii ga'onji banaajichige.
- Gi'niijaanis bebakaan gegoonan oga'onji gojipidaan gaye gaa'inaanjigeyan.
- O'ga'onji nanamaapidaan bebakaan gegoonan gaa'ipogokin.
- Gewiin gi'niijaanisens oga'miijin gaa'inaanjigeyeg gi'wiiidaamaaganag.

Aaniin ge'dodamaan ozhitooyan abinoojiish miijim?

Apii ozhitooyan abinoojiish miijim aabajitooon mookomaan, miijim zhigwa'igan, abinoojiish miijim zhigwa'igan, biiwaabik api'ziiginigan, emikwaan, opiniwi'zhigwa'igan gemaa jiita'igan.

Niigaan giziininjiin jibwaa maajitaayan. Bekakin jiibaakwewinan aabajitooon. Bebakaan miijiman ashamaaj gi'niijaanis oga'nitaamiijin. Gaawin gaye bizaan gazhiiwa'asiin. Iwe eta aabajitooon spices giishpin inendaman.

Gaani ozhibiigaadeg wiinjigemagan gezhi ozhitooyan bebakaan miijiman:

MIIJIMAN

GE'DOODAMAN JI'OZHITOoyAN

Gitigaanensan gaye zhiiwijiiminan	<p>Giziibiiginan, biitozhan, manizhan okandaamin, biisizhan oshki gitigaanensan gemaa zhiiwijiiminan gemaa gaagii aakwajijigaadegin.</p> <p>Bangii ondewaaboong izhi'atoon. Giizhizan apii giinookaag.</p> <p>Iskibiiginan gaye manaajitooon nibi.</p> <p>Baapakwezhan, bakaan izhitooon gemaa bangii nibi dagonan.</p> <p>Baapakwezhan, gemaa gibishkiweba'an gaabookaagin zhiiwijiiminan (bananas, mangoes, avocados) gaye biiwaabikong biindegin zhiiwijiiminan (nibiikaang aziwajigaadeg) gaawin memwech ji'giizhizaman.</p>
Wiiyaas gaye giigoo	<p>Bangii nibi aabajitooon jiizhi giizhizaman wiiyaas gemaa giigoo. Bekaa onzan. Baamaa zhigwaanjiwadeg wiiyaas gemaa giigoo wenjigibishkisej ishkwaa giizhisan. Gagii piindabika'aanan gaye wiiyaasan gaye giigoog.</p> <p>Bakwadinan okanan gaye ozhagay gaye manizhan bimide. Gibishkizhan ji'agaasizhaman wiiyaas gemaa giigoo.</p> <p>Dagonan nibi gemaa aboob</p>
Bakaan gegoon wiiyaas	<p>Giizhizo anjiiminag daabishkoo beans, lentils, gaye chickpeas, ji'biminizha'aman gaa'izhi wiinjigaadeg ge'izhi giizhizhaman. Weweni gizonaabaawan anjiiminag. Giizhizan waawaanoon. Aabajitooon niside tofu.</p> <p>Bangi dagonan nibi jigibishka'igaageyan jiita'ebon.</p>

Awashime wiikendaman ji'ozhitooyan abinoojiish miijim, izhi'giigidon mashkikiwigamigong gemaa inaabin EatRight Ontario biiwaabikong omaa (www.eatrightontario.ca). Omaa gaye inaabin www.york.ca/feedingkids to wii'waabandaman mazinaatezseg ozhichigaadeg abinoojiish miijim.

Ganiiken ji'ashamaaj gi'niijaanis bebakaan miijiman daabishkoo mashkawaagin gaye nookaagin, jizhigwa'igaadeg gaye ji'nookideg. Inaabin 4 baakiiginiganing awashime wii'kikendaman mashkaawaagin gaye nookaagin.



**MIJIMI
AYANGWAMINIGEWIN**

Gego wiin onji
ashamaaken
gi'niijaanis
miiijimaabikong
gemaaziwajiganing
giishpin eta miziwe
wii'izhi ashamaaj



Aaniin gezhi ayangwaminamaan abinoojiish miiijim?

- Zhemaag asham gi'niijaanis ishkwaazhitooyan o'miiijim gemaabaakinaman biiwaabikong biindeng miiijim. Ga'gii aziwadoon ji'giba'igaadeg onaagan ji'atooyan dakisijiganing akonaag niizhogon.
- Gagii kanawendaan dakisijigani aakwajijiganig niizho giisis gemaaziwajijiganing ningodwaso giisis.
- Naagajitoon miiijimaabikoon baakinigan ji'biikoshkaasinog. Da'noondaagwan apii baakinaman.
- Naagajitoon gaa'gikinawaajibiigaadeg "best before" adawaadegin miiijimaabikoon.
- Onaaganing aziwadoon miiijim. Webinan miiijim giishpin gi'niijaanis ozikowin saamishkigemanig.
- Ningaakwajidoon azhishki wiiyaas, pine, giigoo gaye godag giigoo iimaa:
 - Dakisijiganing
 - Gizhizigan
 - Dakibiing agwanjindoon jiwiikweginaman gaa'zhaabobiisig
- Giishpin ningizigaageyan gizhizigan, zhemaag giizhizan.
- Gego wiin naabi akwajidooken gegoon.
- Ga'wake niiganiseg miiijim gaawin awashime inatoon:
 - Bezhigdiba'igan megwaa niibing agwajiiing.
 - Niizhodiba'igan deminik kiizhowang.

Aaniin weweni gezhi ganawenimag ni'niijaanis?

- Abinoojiishag wake bakwenishkooniwag. Moozhag ganawenim megwaa wiinij.
- Dibaabam gi'niijaanis o'wiisiniwin (inaabin 10 baakiiginiganing).
- Asham mashkawaagin gaye nookaagin miiijiman ji'ashamidzoi. Gikendan miiijiman ogabakwenishkaagon daabishkoo bagaan, popcorn, miziwe grapes gaye mashkwaagin gitigaanensan.
- Asham gi'niijaani minoshkaagej giigoo, wiiyaasan gaye bakaan gegoon wiiyaasan. Inaabin 7 baakiiginiganing.
- Asham bangii bichibowin ayaaj giigoo daapishkoo salmon, char, gemaatrout. Zhezhaa gamee akwajij tuna, shark, swordfish, marlin, orange roughy gaye escolar niibiwa ayaabichibowin. Gego wiin ashamaaken awashime bezhigwaa bezhigo giisis. Gego wiin ashamaaken biwabikong albacore tuna awashime bezhigwaa bezhigo dawate.
- Ge'izhichigeyan ji'onji bichibosig, gego wiin ashamaaken gi'niijaanis miiijim dagonigaadeg azhishki waawaan (daabishkoo mochi ozhichigaadeg apanjiganan, mochi'ozhichigaadeg gaa'dakaag), azhishki gemaadebi'giizhidesinog wiiyaas, gaye bekaagamichigaadesinog joojooshaaboo gemaajoojooshaaboogaanan.
- Ge'izhichigeyan ji'onji bichibosig abinoojiish, gego wiin ashamaaken aamoo ziinzibaakwat gaye miiijim gaagii tagwanigaadeg aamoo ziinzibaakwat jibwaa ani bezhigobiboonej.



**GIKINAWAAJI
MIJIMAN
GE'ASHAMAJ
GI'NIJJAANIS**

GIKINAWAAJI MIIJIMAN GE'ASHAMAJ GI'NIJJAANIS

- Apii maajii ashamaj, bimi nooni'i.
- Noonii'i jibwaa ashamaj gemaa ishkwaashamaj.
- Ono miiijiman gikinawaajichiganan. Giin ga'onendaan ezhi na'iseyan gaye ezhi andawendang gi'niijaanis.
- Endaso bezhigoj abinoojiish bebakaan izhiyaa. Gikenim minigok andawendamg ji'wiisini.

APII GIIZHIGAAG 6 DASOGIISIS 6-9 DASOGIISIS 9-12 DASOGIISIS

Wewiib gizhebaa	Nooni'i	Nooni'i	Nooni'i
Gegizheb	Nooni'i Iron dagonigaadeg abinoojiish miiijim ji'dagonaman nibi gemaa joojooshaaboo	Nooni'i Iron dagonigaadeg abinoojiish miiijim ji'dagonaman nibi gemaa joojooshaaboo Zhigwa'igaadeg zhiiwijiimin	Nooni'i Iron dagonigaadeg abinoojiish miiijim ji'dagonaman nibi gemaa joojooshaaboo Nookaag zhiiwijiimin
Bangii wiisiniwin	Nooni'i	Nooni'i Piisibizh gibozigan gaabizigan crackers, roti, gemaa pita	Nooni'i gemaa bizhiki joojooshaaboo minikwaaganing ji'onji mina'aj Zhiywaasinog baangwak zhebaa miiijim
Abitaagiizhigaa	Nooni'i	Nooni'i zhigwa'igaadeg gitigaanenens Niside zhigwa'igaadeg gemaa biisizhigaadeg wiiyaas gemaa bakaan gegoon wiiyaas * Zhigawa'igaadeg cheese	Nooni'i gemaa bizhiki joojooshaaboo minikwaaganing ji'onji mina'aj Biisizhigaadeg wiiyaas gemaa bakaan gegoon wiiyaas* Giizhideg pakwezhiganiwang gemaa giizhizog manoomin Biisizhigaadeg gitigaanenens Nookaag zhiiwijiimin
Bangii wiisiniwin	Nooni'i	Nooni'i	Bakwezhiganiwij gaye zhiiwijiimin bakwezhiganens Kakakeyaag cheese
Onaagoshing	Nooni'i Niside zhigwa'igaadeg gemaa zhigwa'igaadeg wiiyaas gemaa bakaan gegoon wiiyaas. Iron dagonigaadeg abinoojiish miiijim ji'dagonaman nibi gemaa joojooshaaboo	Nooni'i Niside zhigwa'igaadeg gemaa zhigwa'igaadeg wiiyaas gemaa bakaan gegoon wiiyaas * Zhigwa'igaadeg gitigaanenens gemaa zhiiwijiimin Iron dagonigaadeg abinoojiish miiijim ji'dagonaman nibi gemaa joojooshaaboo	Nooni'i gemaa bizhiki joojooshaaboo minikwaaganing ji'onji mina'aj Zhigwa'igaadeg wiiyaas gemaa bakaan gegoon wiiyaas* Giizhideg pakwezhiganiwang gemaa giizhizog manoomin Zhigwa'igaadeg gitigaanenens Nookaag zhiiwijiimin gemaa niside joojooshaabookaan
Bangii wiisiniwin	Nooni'i	Nooni'i Piisibizh gibozigan gaabizigan, bagel, bun, pita, roti, naan bakwezhigan	Nooni'i gemaa bizhiki joojooshaaboo minikwaaganing ji'onji mina'aj Piisibizh gibozigan gaabizigan, bagel, bun, pita, roti, naan bakwezhigan, gemaa Zhiywaasinog baangwak zhebaa miiijim.

* Bakaan gegoon wiiyaasan dino giigoo, giizhisoj bebakaan anjiiminag, tofu gaye wawawan.

Awashime miiijiman inaabin oomaa:

- EatRight Ontario www.eatrightontario.ca/en/Articles/Breastfeeding-Infant-feeding/Sample-meal-plans-for-feeding-your-baby.aspx
- Healthy Canadians www.healthycanadians.gc.ca/healthy-living-vie-saine/infant-care-soins-bebe/nutrition-alimentation-eng.php



Gegoon ina gi'wiikagwedwe?

**Ganoozh EatRight Ontario,
inanjigewin gikinomaagej
gema minoyaawin
gikinomaagej**

WIINJIGEWINAN

Gi'dazhiikewining mashkikii wiidookaagewin

Inanjigewinan gikinomaagewaaj gaye minoyaawin gikinomaagewaaj wiindamaageag gaye wiidookaazowin: 1-800-267-8097 gema

www.health.gov.on.ca/en/common/system/services/phu/locations.aspx

Inanjigewin omaa Canada

Wiinjigewin miijim gaye minonjigewin: giigidowin 1-877-510-5102 gema

www.dietitians.ca

EatRight Ontario

Ganoozh inanjigewinan gikinomaagej gaawin giga'diba'igesiin:

1-877-510-510-2 gema www.eatrightontario.ca

Gi'dazhiikewining Ontario Abinoojiishag Wiidookaagewin

Ayaayan wiinjigewinan ge'ondinanaman abinoojiish wiidookaagewinan dago inawemaaganag jiganoonadwa anokii'aganag gaye godagiyag o'niigi'igomaag gi'dazhiikewining:

www.todayfamily.ca/our-programs/ontario-early-years-centres/

Feeding your baby in the first year, Canadian Paediatric Society:

www.caringforkids.cps.ca/handouts/feeding_your_baby_in_the_first_year

Infant Nutrition – Plan wisely for your baby:

www.healthycanadians.gc.ca/healthy-living-vie-saine/infant-care-soins-bebe/nutrition-alimentation-eng.php

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