



FEHNCY

Nutrition and Well-Being Report

Thank you for participating in this study!

Child Name:
Guardian Name:

Age:
Community:

In this nutrition and well-being report, you will find your personal results and recommendations tailored to your personal needs. Keep in mind that these results are just a snapshot of the answers you provided on the day that you were interviewed and might not reflect your current habits.

Food Habits and Sources

Traditional Foods

In the past year, you consumed:
48 types of traditional foods



Ots'ten'okón:'a
Birds: 2



Kontírio
Mammals: 3



Kentson'shon:'a
Fish: 7



K'ahihshon:a
Fruits: 12



Ase'shón:'a
Vegetables: 22



Other
Plants: 2

Store-bought Foods

In the past month, you consumed from a non-local store, such as a **supermarket**:



K'ahihshon:a
Fruits: 10



Ase'shón:'a
Vegetables: 5

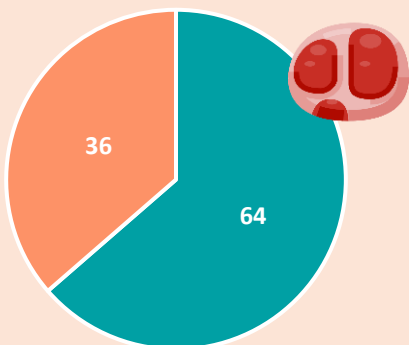


Fruits and vegetables are not created equally so **the more diversity the better!**

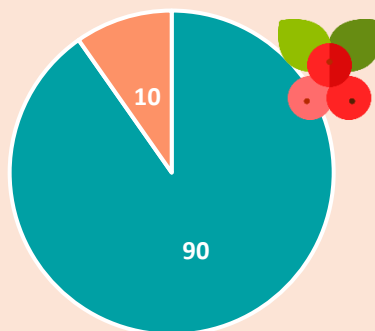
Traditional vs Store-bought Foods

How much food (%) you consumed from each source:

MEAT AND FISH



FRUITS AND VEGGIES



Store-bought Traditional



In this report, **traditional food** includes foods harvested in the wild, foods from a **local garden or farm**, or traditional food **bought** from a grocery store.

Highly Processed Foods










Highly processed foods are low-cost, ready-to-heat or ready-to-eat foods and drinks that are filled with **salt, sugar, and saturated fat**. Their processing and packaging are also very destructive to our *lenth'i'nistenha-ohontsa* (Mother Earth).

There are several levels of food processing, but highly processed foods undergo so much processing that, in the final product, there are many substances like **additives** and almost **no real food** in it.



Eating **Traditional Foods** is a good way to increase the intake of beneficial nutrients and they are a **healthier alternative** to **highly processed foods**.

The Levels of Food Processing

Natural or minimally processed food	Processed food	Highly processed food
 <i>Kentsion'shón:'a</i> Fresh fish	 Canned fish	 Fish sticks
 <i>Ase kahihshon:a</i> Fresh fruit	 Canned fruit	 Fruit-flavoured drink
 <i>O'nenhste (Ase)</i> Fresh corn	 Canned corn	 Corn chips

Consumption in your Community

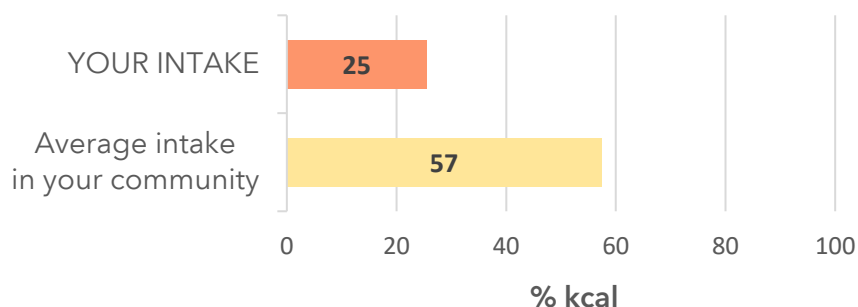


Most consumed highly processed foods in your Community:

- 1 Fast food and frozen dishes**
frozen pizza, chicken nuggets, etc.
- 2 Sweetened drinks**
soft drinks, fruit flavoured drinks, etc.
- 3 Sweetened milk and dairy**
chocolate milk, flavoured yogurt, etc.
- 4 Instant soups**
powdered and canned soups
- 5 Packaged breads**
sliced bread, buns, etc.

Your Consumption of Highly Processed Foods

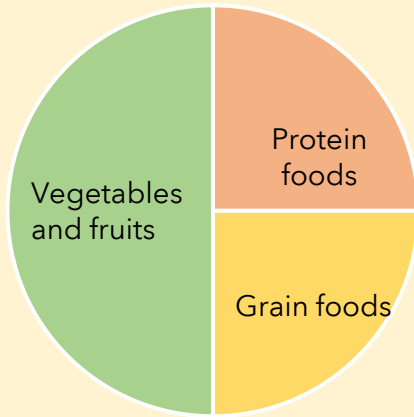
Your consumption of highly processed foods in the past month (% kcal):



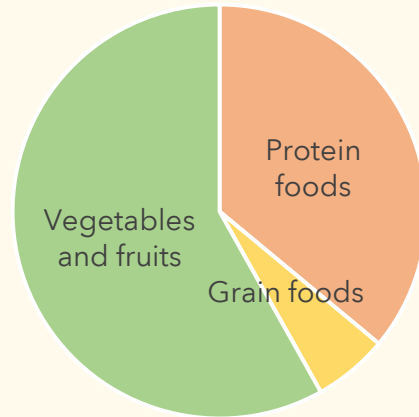
Although it is ok to eat highly processed foods occasionally, a **healthy diet** mostly includes **natural** and **minimally processed foods**, and some processed foods.

Healthy Meal Composition

Canada's Food Guide Plate



Your Average Meal Composition



Fruits and Vegetables	Examples
Dark green and orange vegetables are packed with vitamins which allow your body to work properly. Try having one of each a day!	<i>Kahi'shon:a</i> (berries) <i>Onenhaken:ra</i> (hominy corn) <i>Onon'onhsera</i> (squash) <i>Ohnennà:ta</i> (potato) Fiddleheads
Grain Products	Examples
Prefer whole grain products that are high in fibre, their consumption decreases the risk of diabetes and heart diseases.	<i>Onatsaka:wa</i> (barley) <i>Onátsa</i> (wheat) <i>Kana'tarakenrí:ta</i> (fried bread) <i>Kana'tarohkhón:we</i> (corn bread) Oatmeal
Protein Foods	Examples
Protein foods such as meat, milk products and their substitutes allow your body to grow stronger and build your bones.	<i>Kontirio Owaron</i> (wild game) <i>Kentsion'shón:'a</i> (fish) <i>O'saheta</i> (beans) <i>Onon:ta</i> (milk) Nuts

Recipe for a Healthy Plate



- 1/2 plate: vegetables and fruits
- 1/4 plate: protein foods (choose plant-based proteins more often)
- 1/4 plate: grain foods (choose whole grain foods more often).

A **healthy diet** also includes foods that **bring us pleasure** such as ice cream, pastries and cookies; it is normal to eat them in **moderation**. As a general recommendation, the homemade versions of these foods are always better than store-bought.

Enjoy cooking and eating meals with friends and family. Avoid eating in front of a screen.



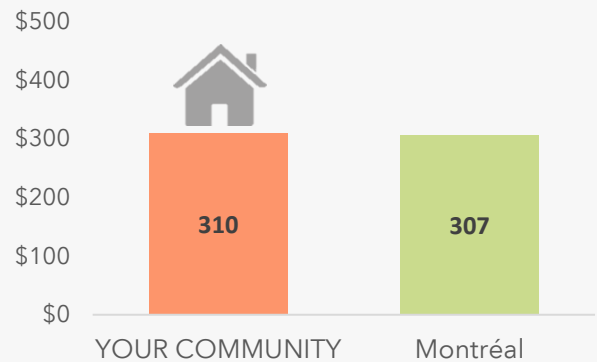
Drawing by Otsisto, 7th grade, 2022

The Cost of Healthy Food in your Community

We looked at the price of more than **61 healthy foods** to estimate the weekly cost to feed a family of four in your community.

The cost of a healthy food basket in your community is **about the same** as in Montréal.

Weekly cost of a nutritious food basket in your Community

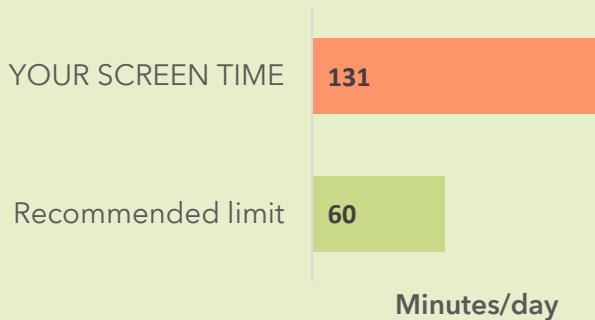


Lifestyle Habits

Screen Time



Your average daily screen time:



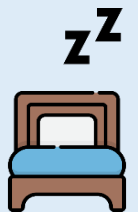
Hours of Sleep

Senta:wha
Your average duration of sleep:

11 h

The **recommendation** of hours of sleep for your age:

9-11 h



Reading Time



Your average daily reading time:

28 min/day



Try this every day!

- Make sure to get **enough hours of sleep** each night
- Try prioritizing activities such as **playing outdoors, reading, or doing arts and crafts** instead of spending time on electronic devices.