

# SEAL

*for strong bones and keeping warm*

**Vitamin A:** helps us see well in the dark and fight infection

**Vitamin D:** is needed for building strong bones and preventing rickets

**Omega-3 fatty acids:** helps the heart and blood vessels work properly

**Iron:** keeps our blood healthy and energy high

**Zinc:** is needed for fighting infection and healing wounds

**Selenium:** an antioxidant that prevents cell damage



*Text and concept from Nutrition Fact Sheet Series - Inuit Traditional Foods from the Government of Nunavut  
Graphic produced by the Aqiumavvik Society, Arviat Nunavut*

# FISH

**for a healthy heart and strong bones**

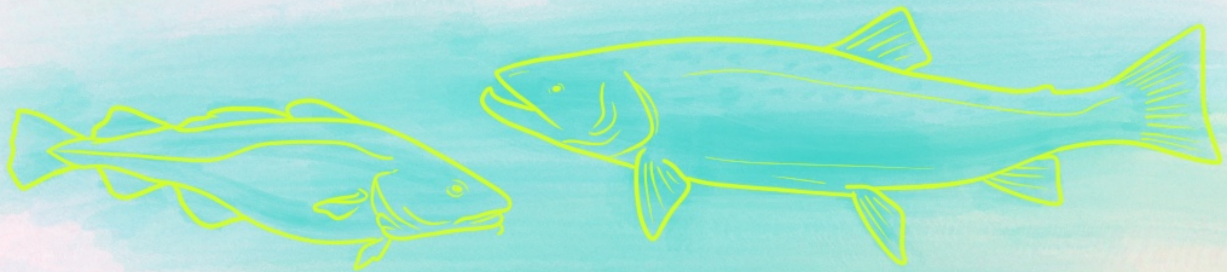
**Calcium:** works with vitamin D to build strong bones and teeth

**Zinc:** is needed for fighting infection and healing wounds

**Vitamin D:** is needed for building strong bones and preventing rickets

**Selenium:** an antioxidant that prevents cell damage

**Omega-3 fatty acids:** helps the heart and blood vessels work properly and is important to brain development



# BELUGA

**for a healthy heart and fighting infection**

**Vitamin A:** helps us see well in the dark and fight infection

**Vitamin D:** is needed for building strong bones and preventing rickets

**Omega-3 fatty acids:** helps the heart and blood vessels work properly

**Vitamin E:** an antioxidant that prevents cell damage

**Vitamin C:** an antioxidant that keeps gums, teeth and skin healthy. It also helps wounds heal and fighting infection

**Selenium:** an antioxidant that prevents cell damage



*Text and concept from Nutrition Fact Sheet Series - Inuit Traditional Foods from the Government of Nunavut  
Graphic produced by the Aqiumavvik Society, Arviat Nunavut*

# GEESE

**for healthy blood & strong muscles**

**Vitamin A:** helps us see well in the dark and fight infection

**Zinc:** is needed for fighting infection and healing wounds

**Iron:** keeps our blood healthy and energy high

**Selenium:** an antioxidant that prevents cell damage

**Protein:** helps build and repair muscles, skin and blood



Text and concept from Nutrition Fact Sheet Series - Inuit Traditional Foods from the Government of Nunavut  
Graphic produced by the Aqiumavvik Society, Arviat Nunavut

# WALRUS

**for strong blood and a healthy heart**

**Iron:** keeps our blood healthy and energy high

**Selenium:** an antioxidant that prevents cell damage

**Omega-3 fatty acids:** helps the heart and blood vessels work properly and is important to brain development

**Vitamin A:** helps us see well in the dark and fight infection

**Vitamin E:** an antioxidant that prevents cell damage

**Zinc:** is needed for fighting infection and healing wounds



*Text and concept from Nutrition Fact Sheet Series - Inuit Traditional Foods from the Government of Nunavut  
Graphic produced by the Aqiumavvik Society, Arviat Nunavut*

# CARIBOU

***all parts of the caribou provide excellent nutrition***

***Iron:*** keeps our blood healthy and energy high

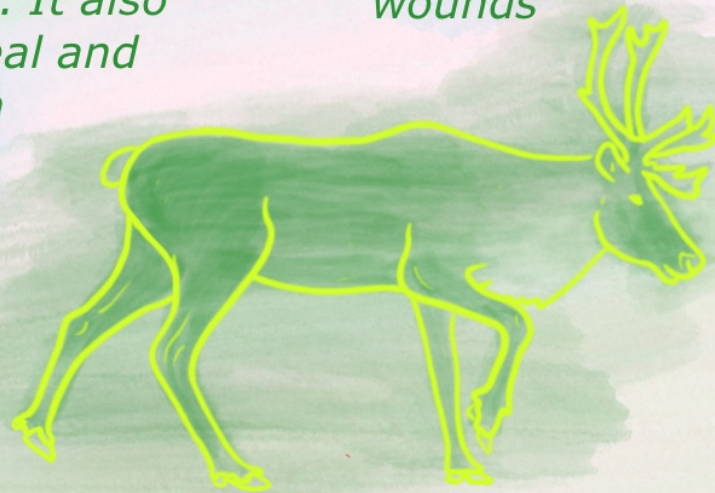
***Vitamin A:*** helps us see well in the dark and fight infection

***Vitamin C:*** an antioxidant that keeps gums, teeth and skin healthy. It also helps wounds heal and fighting infection

***Selenium:*** an antioxidant that prevents cell damage

***Protein:*** helps build and repair muscles, skin and blood

***Zinc:*** is needed for fighting infection and healing wounds



*Text and concept from Nutrition Fact Sheet Series - Inuit Traditional Foods from the Government of Nunavut  
Graphic produced by the Aqiumavvik Society, Arviat Nunavut*