

# FOOD

**WHY  
ACT  
NOW**

## Traditional Lifestyle

**“Hunting is a way of life and a part of First Nations culture. Keep your traditions alive.”**

- \* A traditional diet has many health benefits.
- \* A traditional diet is high in protein, nutrients and low in salt and sugar.
- \* Traditional food, plants and berries provide a great source of energy.
- \* Hunting requires you to be physically active.



**Elk**

Excellent source of protein and iron, low in saturated fat.



**Lake Trout**

Rich source of protein and healthy fats.



**Geese**

Delicious, low fat, lean meat. High in protein, iron, vitamin A.



**Beaver**

Lean meat, high in protein and iron.



**Moose**

Excellent source of protein, iron & omega-3 fatty acids.



**Rabbit**

Excellent lean protein & low in fat.

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