

# Just the basics

Inuinnaqtun Version



Sukaglungnikkut, timmit ayuqhaqpaktuq atuqhugit pihimanhugittugillu niqinit hakugiknikhat. Niqinit hakugiknikhaq timmit piyakhaa sukatut ittuq atilik glucose-mik. Glucose pihimayuq naguuyunit niqinit ukunatut nauhimayut mamaktut, miluk, starch-qaqtut niqit (mukpauyaq, havviqquuyak, noodles-lu) ukualtu sukaaktut niqit niuqagakhallu. Nirihiiraangat, aungni glucose-nga kungmukpaktuq.

Munarilugu timmit, ihumat itjuhillu. Aanniarhimaittumik ikayuutigiyat, ilatit nunallaallu.



## Kakugu niriyaami

- **Ilatit niriqatigilugit.**

*Huuq:* Niriqatigigiami ihuaqtuq. Nirinnaqhigaangat ihuaqhiutjutigivaktuq ihuaqtumiklu maliktakhainut nutaqqangnut. Pitjutaa ihumagilugu quyagilugulu aittuhianut inuuhirmut niqinullu tuniyauhimayut ilingnut.

- **Pingahurikturlutit nirivaklutit atauhiqmi ublumi. Nirlutit 6-ni ikaaqnini qaangiraangata.**

*Huuq:* Nirlugit naguuyumik nirinnaqhigaangat ikayuutiginiaqtaa aungnut glucose-nga ihuariangani. Imaatut Hanayipta piliuqtaatigut timmittigut ihuaqtumik havagiangani.

- **Ilatit niriqatigilugit.**

*Huuq:* Niriqatigigiami ihuaqtuq. Nirinnaqhigaangat ihuaqhiutjutigivaktuq ihuaqtumiklu maliktakhainut nutaqqangnut. Pitjutaa ihumagilugu quyagilugulu aittuhianut inuuhirmut niqinullu tuniyauhimayut ilingnut.

- **Aihimangitkuvit nirinnaqhigaangat, tigumiakpklutit naguuyunik niqikhanik.**  
*Huuq:* Ikayuutiginiaqtaat naguuyunik niqikhaqariangni humungaugaangavit (puuklugu mukpauyak kaliriiqhimayumik, tigumiaqlugit nauhimayut niqikhat mamaktullu).

**Timmikkut iqaiyainiq naguuyunik nirivaknirlu atuqtakhat inuuhattiarluni sukaglungnirmut.**



## Hunanik niriyaami

- **Aalatqiinik nirlutit nirinnaqhigaangat kaaliruvitlu.**  
*Huuq:* Pilugit niqikhat tamainnit niqikhanitihuaqtuq timmit naguuyunik piqaqtunik piyaangani aanniartailinermut.
- **Pilugit niqikhat kanittut nunap piliuqhimayainut.** (Niqainat iqaluk, aqaya, kaplat, havikquuyat, niqiliak, lentils, barley, nauhimayut niqihat uuhimayullu panikhiqhimayut qumauyat naguuyut niqikhat).  
*Huuq:* Niqikhat nunamit ihuatqiyat timmimut. Niqit naguuyunik piqaqtut nunamit paqiinnarialgit haningnit.
- **Ilagilugit niqit fibre-qaqut**  
Whole grain-qaqut mukpauyat, tupauttagakhat pasta-lu, naulihaat mamaktut, nauhimayut niqikhat legumes-lu (panikhiqhimayut qumauyat lentils-lu) naguuyut niriakhat.  
*Huuq:* Amihut niqit fibre-qaqut ikayuutiginiaqtatit kaaqnaittumik mikhilaqlugu aungni glucose-nga uqhuitlu.
- **Nirihimmaaqlutit nauhimayunik aiqinik (naulihaat, qiqumayut, havigalikmiluuniit).**  
*Huuq:* Nauhimayut niqikhat piqaqtut naguuyunik timmip atuqtakhainik aanniarnaittumik.





- **Imiruliruvit, imakmik imirlutit.**  
Piliuqhimayut sukatut ittut naguuyuugaluat mikyumik pigaangat.  
*Huuq:* Kuukturniq, mamaktunik juusikhak, sukalikhimayut kaafi unalu sukalikhimayut niuqqagakhat ukunatut Tang™ unalu Kool-Aid™ kulvautiniaqtaa aungni glucose-nga.
- **Sukatugluaruiqlutit hiingnaqtuniklu**  
(ukunatut mamaktunik, qaimalluriktut mamakpiaktut mukpauiyuqhimayut, saaklat nungulaatlu)  
*Huuq:* Sukaturyuaruvit nirigaangavit niuqqaruvitluuniit, kummuknituq aungni glucose-nga.

- **Nirilluaruiqlugit uqhuqaqtut niqit,** (ukunatut higatittirhimayut niqit, iggat, chipsniklu).  
Pugikhirlugit, pahiktirlugit, ingnirviup iluani uutiraakpaklugit, imakmilooniit kaangani igalugit.  
*Huuq:* uqhuqaqyuaqtut niqit naguungittut uumatimatut puvallaknaqtullu. Puvalangittumik ihuatqiayuq uumatimatut ikayutigivlugulu aungni glucose-nganuq ihuaqtumik aulayaangani.

## Qanuq niriiniariakhaanut

- **Kayumiittumik nirilutit utqaqlutit akiatturuvit.**  
*Huuq:* Naguuyumik nirigaangat timmingnut pivagait aanniarnaittumik. Nirivallaaruvit, timmit pihimaniaqtaa hakugiknikhaq uqhuulugu.

*Naguuyunik nirivaklutit!*

### **Naguuyumik inuuhiqaqlutit!**

**1 Atauhiq nauhimayut mamaktut kaplatluuniit**

**Akkiautat Imaittutut ililugu**

**Nauhimayut niqikhat**

- Malruk arnigaitqiyamkuuniit aalatqinik
- Nappaaniq illirilugu akkiutat nauhimayunik niqikhanik

**Starch**

Atauhiqimik ukunanga:

- Whole wheat-qaqqtut mukpauyat
- Whole wheat -qaqqtut punnit
- Potato
- Whole wheat-qaqqtut pasta
- Marlungayuq havvikquuyaq

**Protein**

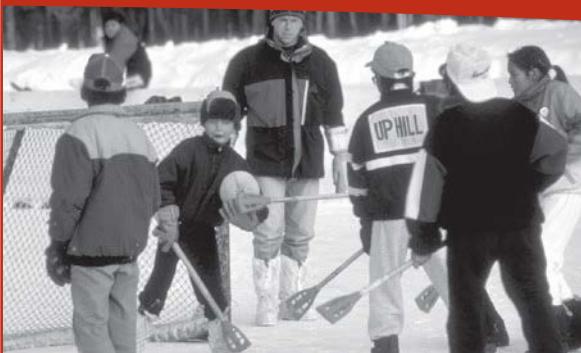
Atauhiqimik ukunanga:

- Niqainait
- Iqaluk
- Amittuq chicken
- Peanut butter
- Mannit

**Miluk imakluuniit**

**Uukturtigut!**

Conseil Cri de la santé et des services sociaux de la Baie James  
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Cree Board of Health and Social Services of James Bay



# Huna atauhiq aalannguqtirut pittaaqtat munarilugu ihumat, timmit, itjuhitlu?

**Ittutut tamainnut uumayunut, timmivut piliuqhimayut  
ingutaariaptingni.**

**Huuq:** hulilukaaqpaklutit—iqaiyaklutit timmit ingutaariangani ihuaq-tumiklu timmimut pitjutigilugu. Pihuktuq, numiktuq, kaplaktaktuq, annguniaqturlu ikayuutikhaq munarilugu aungni glucose-nга uqumaitilaangalu.

**Timmikkut iqaiyaihimmaaqlutit hulilukaarutigilugu ublungani**

- Hulilukaaqpaklutit amihuvyainni havainiqmi.
- Ubluk tamaat timmikkut iqaiyakpaklutit, uumatut pihuklutit niuvik-virmut.
- Mikiyumik pilihaaqlutit angikliyuumilugu uukturtangnut.
- Ilaqatigiiktut ilaupkaklugit hulilukaaqtitlugit (taglukturlutik, kaplak-taklutik, numiklutik).
- Ilalutik ulapqipkaiyuni ukunatut hockey unalu soccer.
- Quviagilugu ihuaqhivalliayuq aanniarhimaittumik inuuhtarlititlu.

**Ihumagilugu timmit. Tibaakukturhimaittumik.**

**Huuq:** Higaaqniiq ayuqhautauniaqtuq timmimut sukaglungnaittumut pinahugitluni. Higaaraangat aanniarutiqaqnaqtuq uumaluknirmut. Uqaqvigilugu munaqhiliqivikmi havakti qanuq taimaarian*gni*.

**Ihuaqtumik taangaturpaklutit**

**Huuq:** Taangaq ihuirutivaktuq aungni glucose-nganut, puvallaknaqtuq aallannguqtirutigilugulu havavituktangnut pivagainut. Uqaqvigilugu munaqhiliqivikmi havakti qanuq taangaturiami ihuatqiyamik ilingnut.

*Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Our community-based network of supporters help us provide education and services to people living with diabetes, advocate for our cause, break ground towards a cure and translate research into practical applications.*

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