

# Inungnun Tuhaqtitaujukhaq

# Niriittiaqnikkut Tatqiqhiut – Quviahuutitigu aaniarnnaitumik niriyaangat

**Aulaqtirvikhaa Ublua: Qiqiayaqvia 6, 2020**

**Nutgarvikhaa Ublua: Maatsi 31, 2020**

## Nunavut-tamaat

**75 sec**

Qiqiayaqvia Nunaqyuami Nigittiaqnikkut Tatqiqhiut! Uvani ukuim ihumagiyauyuq “anginiqaqtuq niqinin”, itquhaiyuq uvaptingnun niriyaangat inuuhirittiarnikkut niqainarnik aulangituq nigiyaptingnik. Talvuuna kihiani humitugut, qanga, huuq, qanurlu nirivaktavut.

Niqinik iliqatigiipugit akhurnatqiyauyuq nigiuminaqtuq niqinik Inuit Qauyimayatuqangit: ikayukhimaqturlu akhurhaidjutikharnik pitqatigiyaunik; aulatitivakhunilu pidjutikharnik iningnikharni iliqatigiyaangat ilihimayainik talvuuna pitquhiliqinikkut aulayaangat niriqatigiyaangat, akhurhaiyaangat idjuhingni ilauyaangat, tuniyaangat inungnunlu ilagiyaangat piutikharnik ilauyaangat.

Amigaitun hanaqidjutikaqtuq Nunavunmiunun ikayuutikhaqaqtuq inuuhirittiarnikkut niriyaangat:

- Angunairniq upalungaiyaangat atautikkut ihuatqiyauyuq ilaulukaagianganik ilagiyangnik ilihaiyaangatlu niqinik ayuittiarutikharnik allanun.
- Ilitugipkaiyaangat allatqiinik nunami niqainarnik nutaqqanun nukakhitqiyaugaluaqtilunik.
- Niriqatigiyaangat atautikkut ilagiyangnik ilannatitlu, ihuatqiyauyuq ihumaliqinikkut inuuhirinikkut.
- Mamaktitiyaangat iviangikni, akhurnaqtuq ilangani aulatitiyaangat qayangnairutikharnik, piqpaqatigiiktunik piqatigiiktunik angayuqaangit biipiinuangitlu. Talvanga inuulihaaqtunik siksiniq tatqikhiutiqaqtunik, biipiinuat mamainaqhimaqaqtun tamnalu vitamin Dqaqtun havautitun itun iihinagiaqaqtun.
- Niuvaiguvit niqinik niuvaivingmi, aturlugit niqit naunaitkutit naunaiyaiyaangat qanuritmangaangit niuviluaqtainahuarlutin niqivalungnik tagiuqaqtunik, sukagaqtunik, urhuinaqaqtuniklu.

Hanaqidjutikharnik piūmaguvit naunairutikharnik inuuhiriniikkut niriyangang, pulaaqlugu qaritauyakuurutikhangit uvani <https://livehealthy.gov.nu.ca/en/healthy-eating>.

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## Tuhaqtidjutikhanun Uqarvikhaq:

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Tuhaqtipkainikkut