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- REPORT -

A Survey of the Availability, Cost  
and Nutritional Value of Imported  
Foods in the Northwest Territories

Prepared by the N.W.T. Nutrition  
Liaison Committee for submission  
to the N.W.T. Science Advisory Board

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July 16, 1979

FOREWORD

The nutritional well-being of northern Canadians is the subject of a paper prepared by Dr. Otto Schaefer for the Science Advisory Board of the Northwest Territories. Chapter IV of that paper deals with the cost and availability of imported food in the Northwest Territories. This volume of data was collected in response to a request by Dr. Schaefer to practising nutritionists in the north. These results are more intensive and extensive than could be incorporated into the Schaefer paper. They do however provide a valuable contribution to understanding the problem of human nutrition in the Northwest Territories.

In reprinting and publishing an edited version of the original report submitted to Dr. Schaefer, the Science Advisory Board wishes to recognize the efforts of those persons - The Nutrition Liaison Committee - who launched the survey and produced a functional and useful report. The Board while accepting responsibility for publication and distribution does not want to detract from credit due these persons. In making this report available to the public the Board hopes that it will serve to raise the level of awareness to the costs of proper diet and nutrition in the Northwest Territories.

Ben A. Hubert  
Executive Secretary  
Science Advisory Board of the Northwest Territories  
Yellowknife, N. W. T.



A C K N O W L E D G E M E N T S

The N.W.T. Nutrition Liaison Committee would like to express their sincere gratitude, to the following persons, for the support and assistance which made the survey possible:

- The Regional Directors, Government of the N.W.T.;
- The Community contact persons who undertook the task of completing the check lists;
- Joyce Whiteford who designed the initial working forms and performed the hundreds of calculations required;
- Karen Sigvaldason for her assistance in completing the recording forms; and typing;
- Laurie Hemingson and Sherry Bailey who typed the final report.

N.W.T. Liaison Committee

- Ms. M. Hamilton - N.W.T. Native Women's Association
- Ms. M. Wilman - N.W.T. Native Women's Association (initially involved)
- Ms. M. Miltimore - Department of Health, Government of the N.W.T.
- Ms. A. Sparham - Medical Services, N.W.T. Region, Health and Welfare Canada
- Ms. S. Stangier - Department of Education, Government of the N.W.T.

A. Introduction

The members of the N.W.T. Nutrition Liaison Committee were asked to contribute to a report being prepared by Dr. Otto Schaefer, Northern Medical Research Centre, Health and Welfare, Canada.

The contribution of the Committee was to include identification of the availability, relative nutrient contribution and cost of store-bought foods in the N.W.T. and to make recommendations.

The statistics which have been compiled in the report cannot be regarded as scientifically accurate (see Appendix F). They can, however, be used as a basis for comparison to indicate trends.

B. Method

The initial task of the Committee was to identify "at-risk" nutrients in the N.W.T. The nutrients chosen for this study were:

protein	vitamin A
iron	riboflavin
calcium	thiamine
vitamin C	niacin
folic acid	

These choices were based on data from the 1973 Nutrition Canada Survey with special attention paid to the Eskimo and Indian Survey reports.

Following this activity a simple checklist was designed incorporating those foods most commonly available in the N.W.T., which could contribute these nutrients in the daily diet of northerners (Appendix A - sample checklist).

This checklist was to serve as the single data-collecting instrument which would elicit sufficient information about the availability and cost of imported foods in communities across the Northwest Territories.

Packages of the checklist with stamped, return envelopes were distributed to each Regional Director with the request that they distribute them to each community in their region to be completed.

From a possible 64 communities in the N.W.T., a total of 33 completed checklists were returned. One of the completed checklists did not identify the community of origin but the post-mark suggested that it came from the Eastern Arctic. Therefore, it was assigned the name "UNKNOWN" and included in the Baffin Region results. Pond Inlet and Rankin Inlet returned completed check-lists for two stores in each community.

The raw data which identified specific foods purchased at a purchase unit price (e.g. \$X.00/lb) was then converted to a price per serving for each nutrient contributed by that food. In addition, the nutrient contribution per serving was identified.

The next step in the procedure was to convert this information to a statement which would reflect the best nutrient contribution at the most reasonable cost. The decision was made to present this information as a nutrient-cost ratio. For example, in the protein contributions the contribution of protein of a normal serving (250 ml) of fresh homogenized milk is 8 g. The cost per serving was calculated at 40¢. Therefore the nutrient-cost ratio is:  $\frac{8}{.40} = 20.0$

This ratio statement permitted identification of the best nutrient contributors at the most reasonable cost for each food in each community surveyed.

### C. Survey Results

The survey results are displayed in the following manner.

Appendix B, identified:

- the nutrient;
- the food source;
- the serving size as suggested in Canada's Food Guide;
- the nutrient contribution per serving;
- the cost per serving;
- food product - not available or out of stock.

This information is presented for each community by region.

Appendix C presents the nutrient/cost ratio for each food product.

Note - Nutrient values and the nutrient/cost ratio are estimates in certain cases because the items were costed as a purchased unit rather than the edible portion - e.g. the cost of canned peas includes the edible portion and fluid whilst the nutrient values in the references are given for the drained product.

Appendix D consists of radio scripts prepared by the Consumers' Association of Canada, Yellowknife Branch, for added background information.

D. Comments and Recommendations

1. Availability

It is very difficult to make accurate comments on the availability of imported foods in the Northwest Territories. The amount, type and quality of imported foods varies between communities, and even within a community with the changing seasons.

This survey was conducted during late March and April at a time when sea-lift supplies are normally somewhat depleted.

In general practice, retail outlets sell those products which carry the least amount of waste and overhead expenses, and result in the largest percentage of sales. Many of the more nutritious foods are difficult to store and/or transport; consequently their prices are often extremely high. The high costs of these foods frequently affects the quantity and variety available for purchase.

Many imported foods are unfamiliar to northerners who do not read English labels and are not familiar with methods of preparing these foods. Therefore, regardless of the nutritional value, these foods will not be readily purchased. Foods which can be eaten cold or with minimal preparation are likely to be chosen more frequently; often these are convenience foods of low nutritional value.

An additional factor to be considered with respect to availability of imported foods in individual communities is the degree of reliance on traditional foods in that community. As traditional foods are valuable nutrient contributors; are more acceptable foods to members of the community; it can not be stated that the absence of foods in the retail outlet does in fact create a nutritional disadvantage for the members of that community.

2. Cost

Prices of individual food products vary quite considerably between communities in one region; between communities in all regions; and from region to region.

Food costs are affected by the type of transportation system utilized (i.e. truck, air freight, barge, sea-lift); the distance involved in transporting foods from the distribution centre to the community; operating costs of the retail outlet; and the profit motive.

Communities which rely on imported food resources for nutrition must be exposed to information which will permit wise consumer choices and effective use of food dollars.

### 3. Nutritional Value

Imported foods, if stocked in sufficient quantities throughout the year and properly stored to prevent excess loss of nutrients, could provide a nutritious diet for the individual living in the Northwest Territories. This diet may be extremely expensive, often monotonous, and may require cooking skills which are unfamiliar.

For those individuals following a mixed diet of traditional and imported foods or those following a diet of available imported foods, certain nutrient deficiencies can occur. Intake of Vitamins A, C, D, Folic Acid, Iron, Calcium and other nutrients may be limited as more people reduce their intake of traditional foods.

### 4. Strategy

The following factors have been identified as significant educational concerns in the Northwest Territories:

- a) Encourage the development of educational programs related to money management and informed consumer choices when purchasing food.
- b) Present information which will permit individuals to make good alternative food choices in the four food groups.
- c) Encourage greater use of milk and milk products.
- d) Encourage decreased consumption of high calorie foods of low nutritive value.
- e) Teach "new" food preparation skills.

### 5. Purchasing Patterns

Data should be solicited as to the purchasing patterns of residents of the Northwest Territories. This data would prove valuable in identifying the food items most often purchased and used by north-erners and could then provide a base-line to determine the most desirable, (nutritiously), food items for the retail merchant to stock.

APPENDIX A

Directions for Survey

and

Food Availability Check List

#### DIRECTIONS FOR SURVEY

Take your list of your local store and identify:

- each food stocked (brand names)
- size of container
- cost of container
- seasonal availability.

If the food is not stocked mark N/A. If more than one brand is available list the most and the least expensive - that way we can get an idea of the cost range.

Seasonal availability is to identify seasons when the food is not available.

Please send your completed lists in the return - addressed, stamped envelope, by April 30, 1979. Thank you for your cooperation.

#### N.W.T. Nutrition Liaison Committee

Mary Wilman - Native Women's Association  
Mary-Alice Hamilton - Native Women's Association  
Sheila Stangier - Department of Education, N.W.T.  
Ann Sparham - Health & Welfare Canada  
Maureen Miltimore - Department of Health, N.W.T.

#### ADEQUATE FOOD AT REASONABLE COST

Thank you for participating in this survey. The N.W.T. Nutrition Liaison Committee is asking for your help in gathering information about the cost and availability of foods brought into your community.

This information will be used in a report being prepared by Dr. Otto Schaefer requested by the Science Advisory Board of the N.W.T. We hope the study will provide practical solutions to the difficulty in guaranteeing good nutritious store-food choices, year round, at reasonable cost.

N.W.T. NUTRITION LIAISON COMMITTEE - FOOD AVAILABILITY LIST

NAME OF PLACE - \_\_\_\_\_

DATE OF SURVEY - \_\_\_\_\_

CATEGORY	FOOD ITEM	BRAND NAME	SIZE	COST	SEASONAL AVAILABILITY
DIARY PRODUCTS AND EGGS	Milk, fresh homo				
	Trimilk				
	Evaporated milk, whole				
	Powdered skim milk				
	Klim				
	Cheese, processed				
	Cheese, cheddar				
	Cheese whiz				
	Cottage cheese				
	Eggs, grade A, large				

CATEGORY	FOOD ITEM	BRAND NAME	SIZE	COST	SEASONAL AVAILABILITY
CEREALS AND BAKED GOODS	Flour, all purpose				
	Flour, whole wheat				
	Rice, white, short grain				
	Rice, Uncle Ben's				
	Rice, brown				
	Cornflakes				
	Shredded wheat				
	All bran				
	Sunny Boy or Red River				
	Pablum				
	Macaroni				
	Bread, white				
	Bread, whole wheat				
	Oats				
	Oatmeal cookies				
Pancake mix					

CATEGORY	FOOD ITEM	BRAND NAME	SIZE	COST	SEASONAL AVAILABILITY
MEAT, FISH AND POULTRY	Beef, rump roast				
	Beef, Sirloin Steak, bone in				
	Beef, hamburger				
	Pork, loin chops				
	Chicken, whole				
	Liver, beef				
	Cod fillets, frozen				
	Salmon, canned				
	Tuna, canned				
	Sardines, canned				
	Shrimp, canned				



CATEGORY	FOOD ITEM	BRAND NAME	SIZE	COST	SEASONAL AVAILABILITY
PACKAGED AND PROCESSED MEATS	Corned beef, canned				
	Wieners, package				
	Bologna, piece				
	Spork, canned				
	Beef stew, canned				
FRESH FRUITS AND VEGETABLES	Oranges				
	Potatoes				
	Cabbage				
	Green pepper				
	Turnips				
	Carrots				
PROCESSED FRUITS AND VEGETABLES	Raisins				
	Orange juice, canned				
	Orange juice, frozen				
	Apple juice, canned				
	Tomato juice, canned				
	Apricots, canned				
	Apricots, dried				
	Grapefruit, canned				
	Peas, frozen				
	Peas, canned				
	Tomatoes, canned				
	Brussel sprouts, frozen				
	Broccoli, frozen				
	Spinach, canned				
Baked Beans and Pork					
Chili Con Carne					
FATS AND OILS	Butter, fresh				
	Butter, canned				
	Margarine				
	Lard				
	Shortening				
	Cooking Oil				

CATEGORY	FOOD ITEM	BRAND NAME	SIZE	COST	SEASONAL AVAILABILITY
MISCELLANEOUS GROCERIES	Sugar, white				
	Honey, pasteurized				
	Miracle Whip dressing				
	Spaghetti/tomato sauce				
	Soda crackers				
	Mushrooms, whole, canned				
	Peanut butter, smooth				
	Yogurt, flavoured				
	Ice cream, vanilla				
	Kraft dinner				
	Dried beans				
	Dried peas				
	Lentils				
	Molasses				

APPENDIX B

Availability, Cost and  
Nutrient Contribution per Serving

- By Community

AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY										
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE	
<b>PROTEIN</b>													
Milk, Fresh Homo	250 mL	8 g	.31	N/A	.16	.18	.44	N/A	N/A	N/A	N/A	N/A	.40
Trimilk (83 mL undiluted)	250 mL	8 g	N/A	.28 (winter)	.10	.11	.19	.27	N/A	N/A	N/A	N/A	N/A
Evaporated Milk, whole (undiluted)	250 mL	18 g	0/S	.45	.34	.38	.42	.46	0/S	.44	N/A	N/A	.62
Powdered Skim Milk (25 mL powder)	250 mL	9 g	.10	.10	.09	.09	.09	.06	0/S	.07	N/A	N/A	.07
Dry, Whole Milk (25 mL powder)	250 mL	3.3 g	.15	.17	N/A	N/A	.25	.18	N/A	N/A	N/A	.37	N/A
Cheese, processed	60 g	13 g	N/A	0/S	.40	.26	.26	.29	N/A	0/S	N/A	N/A	0/S
Cheese, cheddar	60 g	17 g	.31	.45	.34	.33	.39	.36	N/A	N/A	N/A	N/A	N/A
Cottage Cheese	250 mL (237 g)	30 g	Occas	1.15	.49	.47	.77	N/A	N/A	N/A	N/A	N/A	N/A
Eggs, Grade A, large	2 eggs	12 g	.29 (weekly)	.43	.19	.21	.33	N/A	0/S	.32	N/A	N/A	.38
Beef, rump roast <sup>2</sup>	60 g (cooked)	13 g	N/A	N/A	.66	.49	.66	N/A	N/A	0/S	N/A	N/A	N/A
Beef, sirloin steak with bone <sup>2</sup>	60 g (cooked)	15 g	N/A	.93	.61	.60	1.11	N/A	N/A	0/S	N/A	N/A	N/A

1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

KEY: N/A = NOT AVAILABLE  
0/S = OUT OF STOCK

AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLEY BAY	LAC LA MARTRE
			Beef, hamburger <sup>2</sup>	60 g (cooked)	15 g	.45	.72	.36	.35	.53	N/A	N/A
Pork, chops <sup>2</sup>	60 g (cooked)	15 g	N/A	.64	.60	.37	.54	.54	N/A	.61	N/A	.60
Chicken, whole <sup>2</sup>	60 g (cooked)	14 g	O/S	.56	7.99 (whole)	.26	1.04	N/A	N/A	.25	N/A	.28 (canned)
Liver, beef <sup>2</sup>	60 g (cooked)	16 g	N/A	N/A	.39	.28	N/A	.56	N/A	N/A	N/A	N/A
Cod Fillets, Frozen	60 g (cooked)	15 g	N/A	N/A	N/A	.34	.29 (occas)	.38	N/A	N/A	N/A	N/A
Salmon, canned	60 g	14 g	.37	.37	.56	.38	.59	.35	N/A	.45	N/A	.44
Tuna, canned	60 g	17 g	.53	.55	.56	.62	.52	.52	N/A	N/A	N/A	.43
Sardines, canned	7 medium (90 g)	23 g	N/A	.45	.44	.41	.37	O/S	N/A	.54	N/A	.50
Shrimp, canned	10 medium (30 g)	7 g	.58	.51	.48	O/S	.49	.58	N/A	.52	N/A	N/A
Corned Beef, canned	2 slices (90 g)	23 g	.29	.43	.39	N/A	O/S	.39	O/S	.50	N/A	.55
Wieners, package	1 wiener (50 g)	7 g	.18	.27	.20	.12	.22	.19	N/A	.17	N/A	.18
Bologna, sliced	1 slice (13 g)	2 g	N/A	O/S	.04	.06	N/A	.06	N/A	O/S	N/A	N/A
Spork, canned	1 slice (60 g)	9 g	N/A	.23	.26	.26	.21	.22	O/S	O/S	N/A	.32

1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

KEY: N/A = NOT AVAILABLE  
O/S = OUT OF STOCK

AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE
Baked Beans with Pork	250 mL	17 g	.44	.50	.35	.33	.40	.50	.53	.62	.81	.42
Chili Con Carne	250 mL	20 g	.46	N/A	N/A	.56	N/A	.56	N/A	N/A	.98	.56
Peanut Butter	15 mL (16 g)	4 g	.09	.05	.05	.05	.05	.06	N/A	O/S	N/A	O/S
Yogurt, flavoured	250 g	14 g	O/S	N/A	.50	.61	.99	1.08	N/A	N/A	N/A	N/A
Ice Cream, vanilla	250 mL (70 g)	6 g	O/S	.59	.54	.31	.52	O/S	N/A	N/A	N/A	O/S
Kraft Dinner	148 g (29g raw)		.06	.07	.07	.04	.06	.03	.07	O/S	N/A	.08
Peas, dried	263 g (80 g raw)	21g	N/A	N/A	.14	.13	N/A	O/S	N/A	N/A	N/A	N/A
Beans, dried	190 g (80 g raw)	15g	O/S	.17	.15	.11	.19	O/S	N/A	N/A	N/A	.16
Lentils, dried	156 g (80 g raw)	12g	N/A	N/A	.19	N/A	N/A	N/A	N/A	N/A	N/A	N/A

1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

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AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY										
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLEY BAY	LAC LA MARTRE	
<u>IRON</u>													
Eggs, Grade A, Large	2 eggs	2.2 mg	.28 weekly	.43	.19	.21	.33	N/A	O/S	.32	N/A	.38	
Flour, all purpose	22 g	.64 mg	.01	.02	.02	.02	.02	.02	O/S	.02	.06	.03	
Flour, whole wheat	22 g	.66 mg	.02	.02	.021	.02	.02	.02	O/S	N/A	N/A	N/A	
Rice, white, short grain	179 g (36 g raw)	0.4 mg	N/A	.07	.05	N/A	.06	.07	O/S	O/S	N/A	O/S	
Rice, converted	169 g (34 g raw)	1.4 mg	N/A	N/A	.07	.07	N/A	N/A	O/S	O/S	.12	N/A	
Rice, brown	169 g (34 g raw)	0.9 mg	N/A	N/A	.07	N/A	N/A	0.18	N/A	N/A	N/A	N/A	
Cornflakes	18 g	3.4 mg	N/A	.05	.04	.04	.05	.05	N/A	.03	N/A	N/A	
Shredded Wheat	1 biscuit (25 g)	0.8 mg	.06	N/A	.06	.07	.07	N/A	N/A	N/A	.10	.08	
All Bran	31 g	4.3 mg	N/A	N/A	.07	.07	.08	N/A	N/A	N/A	N/A	N/A	
Sunny Boy or Red River Pabium	125 g (30 g raw)	0.6 mg	N/A	N/A	.02	N/A	N/A	N/A	N/A	O/S	.04	.03	
Macaroni	148 g (29 g raw)	2.4 mg	.04	.05	.04	.03	.04	.05	N/A	O/S	N/A	.06	
Kraft Dinner	148 g (29 g raw)	1.4 mg	.06	.07	.07	.04	.06	.03	.08	O/S	N/A	.08	

1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 50 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

KEY: N/A = NOT AVAILABLE  
O/S = OUT OF STOCK

AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE
Bread, white enriched	1 slice (30 g)	0.5 mg	.06 weekly	.10	.02	.03	.05	.04	0/S	0/S	N/A	.06
Bread, whole wheat (60%)	1 slice (30 g)	0.7 mg	.07 weekly	N/A	.02	.03	.05	.09	0/S	N/A	N/A	N/A
Oats	42 g	0.6 mg	N/A	.03	.03	.01	.03	.03	N/A	0/S	.13	.05
Oatmeal Cookies	1 biscuit (19 g)	----	N/A	N/A	.07	.07	N/A	.06	N/A	0/S	N/A	N/A
Pancake Mix	1 pancake (27 g)	0.3 mg	N/A	.04	.03	.03	.04	.07	0/S	0/S	N/A	.04
Soda Crackers	4 crackers (11 g)	0.1 mg	.03	.03	0/S	.02	.03	.03	N/A	0/S	N/A	.04
Beef, rump roast <sup>2</sup>	60 g	1.6 mg	N/A	N/A	.66	.49	.66	N/A	N/A	0/S	N/A	N/A
Beef, sirloin steak (with bone) <sup>2</sup>	60 g	1.9 mg	N/A	.93	.61	.60	1.11	N/A	N/A	0/S	N/A	N/A
Beef, hamburger <sup>2</sup>	1 pattie (90 g)	2.9 mg	.45	.72	.36	.35	.53	N/A	N/A	.37	N/A	N/A
Pork, Chop <sup>2</sup>	60 g	2.0 mg	N/A	.64	.60	.37	.54	.54	N/A	.61	N/A	.60
Chicken, Whole <sup>2</sup>	60 g	1.0 mg	0/S	.55	7.99 (whole)	.26	1.04	N/A	N/A	.25	N/A	.28 (canned)
Liver, Beef <sup>2</sup>	60 g	5.3 mg	N/A	N/A	.39	.28	N/A	.56	N/A	N/A	N/A	N/A

1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

KEY: N/A = NOT AVAILABLE  
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AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE
Corned Beef	2 slices (90 g)	3.9 mg	.29	.43	.39	N/A	0/S	.39	N/A	N/A	N/A	.55
Raisins	14 g	0.5 mg	.09	.03	.04	.10	.10	N/A	0/S	N/A	N/A	.05
Apricots, dried	4 halves (16 g)	0.9 mg	.08	N/A	.12	.12	.15	.09	N/A	0/S	N/A	N/A
Apricots, canned in syrup	250 mL	0.8 mg	.53	.53	.47	.48	.53	.53	N/A	.53	N/A	N/A
Peas, canned	250 mL	3.0 mg	.41	.36	.37	.31	.40	N/A	N/A	.41	.78	N/A
Peas, frozen	169 g	3.0 mg	N/A	N/A	.31	.23	.39	N/A	N/A	N/A	N/A	N/A
Spinach, canned	250 mL	5.0 mg	N/A	N/A	.42	.53	N/A	N/A	N/A	N/A	.85	.41
Baked Beans with Pork	250 mL	4.9 mg	.44	.50	.35	.33	.40	.50	.53	.62	.81	.42
Chili Con Carne	250 mL	4.5 mg	.46	N/A	0/S	.56	N/A	.65	N/A	N/A	1.05	.56
Dried Peas	263 g (80 g raw)	4.5 mg	N/A	N/A	.14	.13	N/A	0/S	N/A	N/A	N/A	N/A
Dried Lentils	156 g (80 g raw)	3.3 mg	N/A	N/A	.19	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Molasses	15 mL (20 g)	0.9 mg	0/S	.02	.03	.03	.02	.03	N/A	N/A	.05	.03

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AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			FORT LIARD (HUDSON'S BAY)	GOJA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLEY BAY	LAC LA MARTRE
<u>CALCIUM</u>												
Milk, Fresh homo	250 mL	306 mg	.31	N/A	.16	.18	.44	N/A	N/A	N/A	N/A	.40
Tri Milk (83 mL undiluted)	250 mL	306 mg	N/A	.28	.10	.11	.19	.27	N/A	N/A	N/A	N/A
Evaporated Milk, Whole (undiluted)	250 mL (266 g)	694 mg	0/S	.45	.34	.38	.42	.46	0/S	.44	N/A	.62
Powdered Skim Milk	250 mL (25 mL powder)	308 mg	.10	.10	.09	.09	.09	.06	0/S	.07	N/A	.07
Dry, Whole	250 mL (25 mL powder)	92 mg	.15	.17	N/A	N/A	.25	.18	N/A	N/A	.37	N/A
Cheese, processed	60 g	369 mg	N/A	0/S	.40	.26	.26	.29	N/A	0/S	N/A	0/S
Cheese, Cheddar	60 g	432 mg	.31	.45	.34	.33	.39	.36	N/A	N/A	N/A	N/A
Cottage Cheese	250 mL (237 g)	142 mg	occas.	1.15	.49	.47	.77	N/A	N/A	N/A	N/A	N/A
Salmon, canned	100 mL	100 mg	.62	.61	.56	.38	.59	.35	N/A	.45	N/A	.44
Sardines	7 medium (90 g)	393 mg	N/A	.45	.44	.41	.37	0/S	N/A	.54	N/A	.50
Broccoli, frozen	180 g	158 mg	N/A	N/A	.65	.57	N/A	N/A	N/A	N/A	N/A	N/A
Baked Beans with Pork	250 mL	146 mg	.44	.50	.35	.33	.40	.50	.53	.62	.81	.42
Kraft Dinner	148 g (29 g raw)		.06	.07	.07	.04	.06	.03	.08	0/S	N/A	.08

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FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE
<b>VITAMIN C</b>												
Milk, Fresh Homo	250 mL	2 mg	.31	N/A	.16	.18	.44	N/A	N/A	N/A	N/A	.40
Trimilk, 83 mL undiluted	250 mL	2 mg	N/A	.28	.10	.11	.19	.27	N/A	N/A	N/A	N/A
Evaporated milk, whole (undiluted)	250 mL	35 mg	0/S	.45	.34	.38	.42	.46	0/S	.44	N/A	.62
Powdered Skim Milk	250 mL (25mL powder)	1 mg	.10	.10	.09	.09	.09	.06	0/S	.07	N/A	.07
Dry, whole	250 mL (25mL powder)	1.7 mg	.15	.17	N/A	N/A	.25	.18	N/A	N/A	.37	N/A
Oranges, fresh	1 orange (180 g)	66 mg	.33	.79	.27	0/S	.45	.80	.25	.30	N/A	.40
Potatoes, baked	100 g	20 mg	0/S	.22	.04	.03	.13	.23	.07	.10	N/A	0/S
Potatoes, cooked with peel	100 g	22 mg	0/S	.22	.04	.03	.13	.23	.07	.10	N/A	0/S
Potatoes, cooked without peel	100 g	20 mg	0/S	.22	.04	.03	.13	.23	.07	.10	N/A	0/S
Cabbage, raw	74 g	44 mg	.14	.29	.07	0/S	.23	N/A	N/A	N/A	N/A	.03
Green Pepper, raw	74 g	94 mg	0/S	.29	.22	0/S	.32	0/S	N/A	N/A	N/A	N/A

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FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			FORT LIARD (HUDSON'S BAY)	GOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PERISHABLE EVERY 2 MONTHS PELLY BAY	LAC LA MARTRE
Turnips, raw	140 g	28 mg	0/S	N/A	.11	0/S	.22	N/A	N/A	N/A	N/A	N/A
Orange Juice, canned	250 mL	106 mg	.35	.39	.24	.32	.32	.39	N/A	0/S	.84	N/A
Orange Juice, frozen (62 mL undiluted)	250 mL	127 mg	0/S	N/A	.07	.18	.31	N/A	N/A	N/A	.35	N/A
Apple Juice, canned	250 mL	93 mg	.25	.33	.25	.28	.31	.34	N/A	0/S	1.11	0/S
Tomato Juice, canned	250 mL	41 mg	.33	.30	.24	.25	.36	.39	N/A	.47	1.37	.35
Grapefruit, canned	250 mL	80 mg	.42	.37	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Tomatoes, canned	250 mL	41 mg	0/S	.44	.38	.37	.41	.39	N/A	N/A	.58	.28
Brussel Sprouts, frozen	164 g	143 mg	N/A	N/A	.35	.32	.87	N/A	N/A	N/A	N/A	N/A
Broccoli, frozen	180 g	162 mg	N/A	N/A	.65	.57	N/A	N/A	N/A	N/A	N/A	N/A

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FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE
<u>FOLIC ACID</u>												
Canned Mushrooms	250 mL (257 g)	30 mcg	N/A	.85	.94	.85	1.09	1.58	N/A	N/A	1.26	N/A
Spinach, canned	250 mL (190 g)	193 mcg	N/A	N/A	.42	.53	N/A	N/A	N/A	N/A	.85	.41
Broccoli, frozen	180 g	110 mcg	N/A	N/A	.65	.57	N/A	N/A	N/A	N/A	N/A	N/A
Brussel Sprouts, frozen	164 g	106 mcg	N/A	N/A	.35	.32	.87	N/A	N/A	N/A	N/A	N/A
Liver, beef <sup>2</sup>	60 g	120 mcg	N/A	N/A	.39	.28	N/A	.56	N/A	N/A	N/A	N/A

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FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY										
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLEY BAY	LAC LA MARTRE	
<u>VITAMIN A</u>													
Apricots, dried	4 halves (16 g)	167 RE	.08	N/A	.12	.12	.15	.09	N/A	0/S	N/A	N/A	N/A
Apricots, canned	250 mL	475 RE	.53	.53	.47	.48	.53	.53	N/A	.53	N/A	N/A	N/A
Carrots, fresh	1 carrot (50 g)	550 RE	0/S	.15	.06	.05	.09	0/S	N/A	0/S	N/A	N/A	N/A
Eggs, Grade A, Large	2 eggs	156 RE	.28	.43	.19	.21	.33	N/A	0/S	.32	N/A	.38	
Liver, beef <sup>2</sup>	60 g	9612 RE	N/A	N/A	.39	.28	N/A	.56	N/A	N/A	N/A	N/A	N/A
Butter	5 mL (pat)	38 RE	.02	N/A	.02	.02	.02	.02	N/A	.01	.01	.03	
Margarine	5 mL (pat)	46 RE	.01	.01	.02	.01	.01	.01	.01	.01	N/A	0/S	
Tomato Juice, canned	250 mL (256 g)	204 RE	.32	.30	.24	.25	.36	.39	N/A	.47	1.37	.35	
Broccoli, frozen	250 g	250 RE	N/A	N/A	.65	.57	N/A	N/A	N/A	N/A	N/A	N/A	
Spinach, canned	250 mL	1520 RE	N/A	N/A	.42	.53	N/A	N/A	N/A	N/A	.85	.41	
Cheddar Cheese	60 g	0.4 RE	.31	.45	.34	.33	.39	.36	N/A	N/A	N/A	N/A	

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FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY										
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE	
<u>RIBOFLAVIN</u>													
Milk, Fresh Homo	250 mL	.42 mg	.31	N/A	.16	.18	.44	N/A	N/A	N/A	N/A	N/A	.40
Trimilk, (83 mL undiluted)	250 mL	.42 mg	N/A	.28	.10	.11	.19	.27	N/A	N/A	N/A	N/A	N/A
Evaporated Milk, whole (undiluted)	250 mL	.84 mg	O/S	.45	.34	.38	.42	.46	O/S	.44	N/A	N/A	.62
Powdered Skim Milk	250 mL (25 mL powder)	.44 mg	.10	.10	.09	.09	.09	.06	O/S	.07	N/A	N/A	.07
Dry, whole	250 mL (25 mL powder)	.11 mg	.15	.17	N/A	N/A	.25	.18	N/A	N/A	.37	N/A	N/A
Cheese, cheddar	60 g	.23 mg	.31	.45	.35	.33	.39	.36	N/A	N/A	N/A	N/A	N/A
Eggs, Grade A, Large	2 eggs	.30 mg	.28	.43	.19	.21	.33	N/A	N/A	.32	N/A	N/A	.38
Macaroni	148 g (29 g uncooked)	.59 mg	.04	.05	.04	.03	.04	.05	N/A	O/S	N/A	N/A	.06
Liver, beef <sup>2</sup>	60 g	2.51 mg	N/A	N/A	.39	.28	N/A	.56	N/A	N/A	N/A	N/A	N/A
Salmon	90 g	.14 mg	.62	.61	.56	.38	.59	.35	N/A	.45	N/A	N/A	.44
Flour, all purpose	22 g	.06 mg	.01	.02	.02	.02	.02	.02	O/S	.02	.06	.03	.03
Flour, whole wheat	22 g	.04 mg	.02	.02	.02	.02	.02	.02	O/S	N/A	N/A	N/A	N/A

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FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			FORT LIAIRD (HUDSON'S BAY)	GLACIA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMIRE	SCIENCE BAY	TROUT LAKE	NAHANNI BUTTE	DELTA BAY	DELTA A MARTINE
Rice, white, short grain	170 g (30 g raw)	.02 mg	N/A	.07	.05	N/A	.06	.07	O/S	O/S	N/A	N/A
Rice, converted	160 g (34 g raw)	.02 mg	N/A	N/A	.07	.07	N/A	N/A	O/S	O/S	.12	N/A
Rice, brown	160 g (34 g raw)	.02 mg	N/A	N/A	.07	N/A	N/A	.18	N/A	N/A	N/A	N/A
Kraft Dinner	148 g (29 g raw)	2.75 mg	.06	.07	.07	.04	.06	.03	.08	N/A	N/A	.08

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FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY											
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE		
<u>THIAMINE</u>														
Liver, Beef <sup>2</sup>	60 g	.23 mg	N/A	N/A	.39	.28	N/A	.56	N/A	N/A	N/A	N/A	N/A	N/A
Pork, Chop <sup>2</sup>	60 g	.63 mg	N/A	.64	.60	.37	.54	.54	N/A	N/A	.61	N/A	N/A	.60
Peas, frozen	169 g	.46 mg	N/A	N/A	.31	.23	.39	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Peas, canned	250 mL	.16 mg	.41	.36	.37	.31	.40	N/A	N/A	N/A	.41	.78	N/A	N/A
Cornflakes	200 mL (18 g)	.38 mg	N/A	.05	.04	.04	.05	.05	N/A	N/A	.03	N/A	N/A	N/A
All Bran	31 g	.65 mg	N/A	N/A	.07	.07	N/A	N/A	N/A	N/A	N/A	.10	N/A	N/A
Rice, short grain	179 g (36 g raw)	.04 mg	N/A	.07	.05	N/A	.06	.07	O/S	O/S	N/A	N/A	O/S	O/S
Rice, converted	169 g (34 g raw)	.20 mg	N/A	N/A	.07	.07	N/A	N/A	N/A	N/A	O/S	.12	N/A	N/A
Macaroni	148 g (29 g raw)	.35 mg	.04	.05	.04	N/A	N/A	.05	N/A	N/A	O/S	N/A	N/A	.06
Oatmeal	42 g	.25 mg	N/A	.03	.03	.01	.03	.63	N/A	O/S	.08	.05	N/A	N/A
Pork and Beans	250 mL	.21 mg	.44	.50	.35	.33	.40	.50	.42	.62	.81	.42	N/A	N/A
Kraft Dinner	148 g (29 g raw)		.06	.07	.07	.04	.06	.03	.08	O/S	N/A	.08	N/A	N/A
Flour, white, all purpose	22 g	.09 mg	.01	.02	.02	.02	.02	.02	O/S	.02	.06	.03	N/A	N/A
Flour, whole wheat	22 g	.12 mg	.02	.02	.02	.02	.02	.02	O/S	N/A	N/A	N/A	N/A	N/A

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AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY										
			FORT LIARD (HUDSON'S BAY)	GOJA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLEY BAY	LAC LA MARTRE	
<b>MEAT</b>													
Liver, Beef <sup>2</sup>	60 g	13.7 NF	N/A	N/A	.39	.28	N/A	.56	N/A	N/A	N/A	N/A	N/A
Chicken, whole <sup>2</sup>	60 g	7.67 NE	0/S	.75	7.99 (whole)	.35	1.04	N/A	N/A	.25	N/A	N/A	.28 (canned)
Tuna, canned	60 g	9.93 NE	.53	.55	.56	.62	.52	.52	N/A	N/A	N/A	N/A	.49
Peanut Butter	60 g	13.6 NE	.16	.18	.17	.19	.19	.23	N/A	0/S	N/A	N/A	0/S
Split Peas	263 g (80 g raw)	6.0 NE	N/A	N/A	.14	.13	N/A	0/S	N/A	N/A	N/A	N/A	N/A
Macaroni	148 g (29 g raw)	4.4 NE	.04	.05	.04	.03	.04	.05	N/A	0/S	N/A	N/A	N/A
Shredded wheat	1 biscuit (25 g)	1.3 NE	.06	N/A	.06	.07	.07	N/A	N/A	N/A	.10	N/A	.06
Bread, white	3 slices (90 g)	3.3 NE	.18 (weekly)	.30	0/S	.07	.15	.12	N/A	0/S	N/A	N/A	.06
Bread, whole wheat (60%)	3 slices (90 g)	4.2 NE	.21 (weekly)	N/A	0/S	.07	.15	.27	N/A	N/A	N/A	N/A	N/A
Eggs	2 eggs	3.6 NE	.28 (weekly)	.43	.19	.21	.33	N/A	0/S	.32	N/A	N/A	.39
Kraft Dinner	148 g (29 g raw)	16.8 mg	.06	.07	.07	.04	.06	.03	.08	0/S	N/A	N/A	.08

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AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER			
<b>PROTEIN</b>												
Milk, fresh homo	250 mL	8 g	.38	.43	N/A	.51	.60	.47	0/S			
Trimilk, (83 mL undiluted)	250 mL	8 g	.17	.19	N/A	.31	N/A	.20	N/A			
Evaporated milk, whole (undiluted)	250 mL (226 g)	18 g	.40	.37	.18	.39	.48	.37	N/A			
Powdered Skim milk (25 mL powder)	250 mL	9 g	.09	.10	.09	.06	.11	.06	0/S			
Dry, whole milk (25 mL powder)	250 mL	3.3 g	.17	N/A	.17	.16	N/A	.17	.10			
Cheese, processed	60 g	13 g	.30	.30	.26	.27	N/A	.27	.26			
Cheese, cheddar	60 g	17 g	0/S	N/A	.37	.27	N/A	.20	N/A			
Cottage cheese	250 mL (237 g)	30 g	.73	N/A	N/A	N/A	N/A	.72	N/A			
Eggs, Grade A, Large	2 eggs	12 g	.30	.33	0/S	.35	.54	.33	.35			
Beef, rump roast <sup>2</sup>	60 g (cooked)	13 g	.69	N/A	N/A	N/A	N/A	N/A	N/A			
Beef, Sirloin Steak (with bone) <sup>2</sup>	60 g (cooked)	15 g	.80	.90	N/A	1.01	N/A	.96	N/A			
Beef, hamburger <sup>2</sup>	60 g (cooked)	15 g	.39	.49	.52	.52	.46	.54	0/S			
Pork, chop <sup>2</sup>	60 g (cooked)	16 g	.76	.60	0/S	.55	.61	.70	N/A			

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2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

KEY: N/A = NOT AVAILABLE  
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AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY								
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER		
Chicken, whole <sup>2</sup>	60 g (cooked)	14 g	.34	.38	.38	N/A	.37	.36	.46		
Liver, beef <sup>2</sup>	60 g (cooked)	16 g	.37	N/A	.47	N/A	N/A	N/A	N/A		
Cod Fillets, frozen	60 g (cooked)	15 g	.31	N/A	N/A	N/A	N/A	N/A	N/A		
Salmon, canned	60 g	14 g	.39	N/A	.32	.54	.43	.46	.50		
Tuna, canned	60 g	17 g	.46	.48	.49	.37	.42	.51	.42		
Sardines, canned	7 medium (90 g)	23 g	.28	.82	.89	.38	.34	.95	.42		
Shrimp, canned	10 medium (30 g)	7 g	.40	N/A	N/A	.49	N/A	.52	.52		
Corned Beef, canned	2 slices (90 g)	23 g	.33	.54	.38	.36	.44	.35	.42		
Weiners, package	1 weiner (50 g)	7 g	.20	O/S	.23	N/A	N/A	.23	.23		
Bologna, sliced	1 slice (13 g)	2 g	.05	O/S	N/A	N/A	N/A	N/A	N/A		
Spork, canned	1 slice (60 g)	9 g	.15	.25	.22	.20	N/A	.24	.23		

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 INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER			
Baked Beans with Pork	250 mL	17 g	.37	.47	.33	.55	.44	.45	.43			
Chili Con Carne	250 mL	20 g	.53	.52	.58	.43	.62	.49	N/A			
Peanut Butter	15 mL (16 g)	4 g	.05	N/A	.04	.04	N/A	.04	.04			
Yogurt, flavoured	250 g	14 g	.80	O/S	N/A	N/A	N/A	1.02	N/A			
Ice Cream, vanilla	250 mL (70 g)	6 g	.12	.58	N/A	N/A	N/A	.43	N/A			
Kraft Dinner	148 g (29 g uncooked)		.06	.06	.06	.06	.06	.06	.06			
Peas, dried	263 g (80 g uncooked)	21 g	.18	.10	N/A	N/A	.11	N/A	N/A			
Beans, dried	190 g (80 g uncooked)	15 g	.12	.10	N/A	.14	N/A	N/A	.10			
Lentils, dried	156 g (80 g uncooked)	12 g	N/A	N/A	N/A	N/A	N/A	N/A	N/A			

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			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER			
<u>IRON</u>												
Eggs, Grade A, Large	2 eggs	2.2 mg	.30	.33	O/S	.35	.54	.33	.35			
Flour, all purpose	22 g	.64 mg	.02	.04	.01	.02	.02	.01	.01			
Flour, whole wheat	22 g	.66 mg	.01	N/A	.02	.01	.02	.01	N/A			
Rice, white, short grain	179 g (36 g raw)	0.4 mg	.06	N/A	.06	.05	.11	.05	.04			
Rice, converted	169 g (34 g raw)	1.4 mg	.07	N/A	N/A	N/A	N/A	N/A	N/A			
Rice, brown	169 g (34 g raw)	0.9 mg	.07	N/A	N/A	N/A	.10	N/A	N/A			
Cornflakes	18 g	3.4 mg	.11	.04	O/S	.04	.05	.04	N/A			
Shredded Wheat	1 biscuit (25 g)	0.8 mg	.07	.06	O/S	N/A	N/A	N/A	N/A			
All Bran	31 g	4.3 mg	.11	N/A	O/S	N/A	N/A	N/A	N/A			
Sunny Boy or Red River Pablim	125 g (30 g raw)	0.6 mg	.03	N/A	O/S	N/A	N/A	N/A	N/A			
Macaroni	148 g (29 g raw)	2.4 mg	.04	.06	.04	.04	.04	.11	.04			
Kraft Dinner	148 g (29 g raw)	1.4 mg	.06	.06	.06	.06	.06	.06	.06			

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			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER			
Bread, white enriched (24 slices)	1 slice (30 g)	0.5 mg	.05	.05	.05	N/A	.06	.07	.06			
Bread, whole wheat (60%) (24 slices)	1 slice (30 g)	0.7 mg	.05	.05	.05	N/A	N/A	.07	N/A			
Oats	42 g	0.6 mg	.03	.04	.03	.03	.06	.03	.02			
Oatmeal Cookies	1 biscuit (19 g)	----	.07	N/A	.07	.06	N/A	N/A	N/A			
Pancake Mix	1 pancake (27 g)	0.3 mg	.04	.06	O/S	.03	.03	.04	O/S			
Soda Crackers	4 crackers (11 g)	0.1 mg	.02	.02	.04	.03	.02	.02	N/A			
Beef, rump roast <sup>2</sup>	60 g	1.6 mg	.69	N/A	N/A	N/A	N/A	N/A	N/A			
Beef, sirloin steak (with bone) <sup>2</sup>	60 g	1.9 mg	.80	.90	N/A	1.01	N/A	.96	N/A			
Beef, hamburger <sup>2</sup>	1 pattie (60 g)	2.9 mg	.39	.49	.52	.52	.46	.54	O/S			
Pork, chop <sup>2</sup>	60 g	2.2 mg	.76	.60	O/S	.55	.61	.70	N/A			
Chicken, whole <sup>2</sup>	60 g	1.0 mg	.34	.38	.38	N/A	.37	.36	.46			
Liver, beef <sup>2</sup>	60 g	5.3 mg	.37	N/A	.47	N/A	N/A	N/A	N/A			
Corned Beef	2 slices (90 g)	3.9 mg	.33	.54	.38	.36	.44	.35	.42			
Raisins	25 mL (14 g)	0.5 mg	.04	.03	.04	.04	.11	.05	.04			

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			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER			
			Apricots, dried	4 halves (16 g)	0.9 mg	.09	N/A	N/A	.07	N/A	N/A	.08
Apricots, canned in syrup	250 mL	0.8 mg	.27	N/A	N/A	.47	N/A	N/A	.40			
Peas, canned	250 mL	3.0 mg	.34	.35	.29	.38	.52	.32	.32			
Peas, frozen	169 g	3.0 mg	.44	.43	N/A	.43	N/A	.48	N/A			
Spinach, canned	250 mL	5.0 mg	.37	.40	O/S	N/A	N/A	N/A	N/A			
Baked Beans with Pork	250 mL	4.9 mg	.37	.47	.33	.55	.44	.45	.43			
Chili Con Carne	250 ml	4.5 mg	.53	.52	.58	.43	.62	.49	N/A			
Dried Peas	263 g (80 g un-cooked)	4.5 mg	.18	.10	N/A	N/A	.11	N/A	N/A			
Dried Lentils	156 g (80 g un-cooked)	3.3 mg	N/A	N/A	N/A	N/A	N/A	N/A	N/A			
Molasses	15 mL (20 g)	0.9 mg	.05	.01	O/S	.02	N/A	.02	N/A			

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			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER		
<b>CALCIUM</b>											
Milk, Fresh homo	250 mL	306 mg	.38	.43	N/A	.51	.60	.47	O/S		
Tri Milk (83 mL undiluted)	250 mL	306 mg	.17	.19	N/A	.31	N/A	.20	N/A		
Evaporated Milk, whole (undiluted)	250 mL (266 g)	694 mg	.40	.37	.18	.39	.48	.37	N/A		
Powdered Skim Milk Dry, Whole	250 mL (25 mL powder)	308 mg	.09	.10	.09	.06	.11	.06	O/S		
Cheese, processed	60 g	369 mg	.30	.30	.26	.27	N/A	.27	.26		
Cheese, cheddar	60 g	432 mg	O/S	N/A	.37	.27	N/A	.20	N/A		
Cottage Cheese	250 mL (237 g)	142 mg	.73	N/A	N/A	N/A	N/A	.72	N/A		
Salmon, canned	100 mL	100 mg	.39	N/A	.32	.54	.43	.46	.50		
Sardines	7 medium (90 g)	393 mg	.28	.82	.89	.38	.34	.95	.42		
Broccoli, frozen	180 g	158 mg	.83	.92	O/S	N/A	N/A	N/A	N/A		
Baked Beans with Pork Kraft Dinner	250 mL	146 mg	.37	.47	.33	.55	.44	.45	.43		
	148 g (29 g uncooked)			.06	.06	.06	.06	.06	.06		

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<b>VITAMIN C</b>											
Milk, fresh homo	250 mL	2 mg	.38	.43	N/A	.51	.60	.47	0/S		
Trimilk, (83 mL undiluted)	250 mL	2 mg	.17	.19	N/A	.31	N/A	.20	N/A		
Evaporated milk, whole (undiluted)	250 mL (266 g)	35 mg	.40	.37	.18	.39	.48	.37	N/A		
Powdered Skim Milk	250 mL (25mL powder)	1 mg	.09	.10	.09	.06	.11	.06	0/S		
Dry, whole	250 mL (25mL powder)	1.7 mg	.17	N/A	.17	.16	N/A	.17	.10		
Potatoes, baked	100 g	20 mg	.11	.13	.15	.16	.19	.15	.19		
Oranges, fresh	1 orange (180 g)	66 mg	.39	.45	.51	.49	.59 ea	.49	.43		
Potatoes, cooked with peel	100 g	22 mg	.11	.13	.15	.16	.19	.15	.19		
Potatoes, cooked without peel	100 g	20 mg	.11	.13	.15	.16	.19	.15	.19		
Cabbage, raw	74 g	44 mg	.25	.15	.18	N/A	N/A	N/A	N/A		
Green Pepper, raw	74 g	94 mg	.31	.25	.25	N/A	N/A	.29	N/A		
Turnips, raw	140 g	28 mg	.21	.25	.25	N/A	N/A	N/A	N/A		
Orange Juice, canned	250 mL	106 mg	.31	0/S	.34	.36	.25	.28	.39		

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			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER			
Orange Juice, frozen	250 mL (62 mL undiluted)	127 mg	.26	.33	O/S	N/A	N/A	.08	N/A			
Apple Juice, canned	250 mL	93 mg	.29	.31	.30	.31	.56	.30	N/A			
Tomato Juice, canned	250 mL	41 mg	.27	.40	.32	.31	.31	.33	.32			
Grapefruit, canned	250 mL	80 mg	.30	N/A	N/A	.53	N/A	N/A	N/A			
Tomatoes, canned	250 mL	41 mg	.35	.39	.35	.33	.30	.36	.45			
Brussel Sprouts, frozen	164 g	143 mg	.48	.60	O/S	N/A	.55	N/A	N/A			
Broccoli, frozen	180 g	162 mg	.83	.92	O/S	N/A	N/A	N/A	N/A			

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			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER				
<u>FOLIC ACID</u>													
Canned Mushrooms	250 ml (257 g)	30 mcg	1.01	.87	.85	N/A	N/A	1.02	N/A				
Spinach, canned	250 ml (190 g)	193 mcg	.37	.40	0/S	N/A	N/A	N/A	N/A				
Broccoli, frozen	180 g	110 mcg	.83	.92	0/S	N/A	N/A	N/A	N/A				
Brussel Sprouts, frozen	164 g	106 mcg	.48	.60	0/S	N/A	.55	N/A	N/A				
Liver, Beef <sup>2</sup>	60 g	120 mcg	.37	N/A	.47	N/A	N/A	N/A	N/A				

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			INUVIK	FORT RICHMONSON (COOP)	AKLAVIK	FORT. GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER			
<u>VITAMIN A</u>												
Apricots, dried	4 halves (16 g)	167 RE	.09	N/A	N/A	.07	N/A	N/A	.08			
Apricots, canned	250 mL	475 RE	.27	N/A	N/A	.47	N/A	N/A	.40			
Carrots, fresh	1 carrot (50 g)	550 RE	.08	.15	.11	N/A	.24	.10	N/A			
Eggs, Grade A, Large	2 eggs	156 RE	.30	.33	O/S	.35	.54	.33	.35			
Liver, beef	60 g	9612 RE	.37	N/A	.47	N/A	N/A	N/A	N/A			
Butter	(5 g) 15 mL (pat)	38 RE	.03	.02	.02 (can)	.02 (can)	.02	.01	.02			
Margarine	(5 g) 15 mL (pat)	46 RE	.01	O/S	.01	.01	N/A	.01	.01			
Tomato Juice	250 mL (256 g)	204 RE	.27	.40	.32	.31	.31	.33	.32			
Broccoli, frozen	180 g	450 RE	.83	.92	O/S	N/A	N/A	N/A	N/A			
Spinach, canned	250 mL	1520 RE	.37	.40	O/S	N/A	N/A	N/A	N/A			
Cheese, cheddar	60 g	181 RE	O/S	N/A	.37	.27	N/A	.20	N/A			

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<b>IRON/FLAVIN</b>												
Milk, Fresh homo	250 ml	.42 mg	.38	.43	N/A	.51	.60	.47	O/S			
Trimilk (83 mL undiluted)	250 mL	.42 mg	.17	.19	N/A	.31	N/A	.20	N/A			
Evaporated Milk, whole (undiluted)	250 mL	.84 mg	.40	.37	.18	.39	.48	.37	N/A			
Powdered skim Milk	250 ml (25mL powder)	.44 mg	.09	.10	.09	.06	.11	.06	O/S			
Dry, whole	250 mL (25mL powder)	.11 mg	.17	N/A	.17	.16	N/A	.17	.10			
Cheese, cheddar	60 g	.23 mg	O/S	N/A	.37	.27	N/A	.27	.26			
Eggs, Grade A, Large	2 eggs	.30 mg	.30	.33	O/S	.35	.54	.33	.35			
Macaroni	148 g (29 g raw)	.59 mg	.04	.06	.04	.04	.04	.11	.04			
Liver, beef <sup>2</sup>	60 g	2.51 mg	.37	N/A	.47	N/A	N/A	N/A	N/A			
Salmon, Canned	90 g	.14 mg	.39	N/A	.32	.54	.43	.46	.50			
Flour, all purpose	22 g	.06 mg	.02	.04	.01	.02	.02	.01	.01			
Flour, whole wheat	22 g	.04 mg	.01	N/A	.02	.01	.02	.01	N/A			
Rice, white, short grain	179 g (36 g raw)	.02 mg	.06	N/A	.06	.05	.11	.05	.04			

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			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER				
Rice, converted	169 g (34 g raw)	.02 mg	.07	N/A	N/A	N/A	N/A	N/A	N/A	N/A			
Rice, brown	169 g (34 g raw)	.02 mg	.07	N/A	N/A	N/A	N/A	.10	N/A	N/A			
Kraft Dinner	148 g (29 g uncooked)	2.75mg	.06	.06	.06	.06	.06	.06	.06	.06			

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			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT. GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER						
<b>THIAMINE</b>															
Liver, Beef <sup>2</sup>	60 g	.23 mg	.37	N/A	.47	N/A	N/A	N/A	N/A	N/A					
Pork, chops <sup>2</sup>	60 g	.63 mg	.76	.60	0/S	.55	.61	.70	N/A						
Peas, frozen	169 g	.46 mg	.44	.43	N/A	.43	N/A	.48	N/A						
Peas, canned	250 mL	.16 mg	.34	.35	.29	.38	.52	.32	.32						
Cornflakes	200 mL (18 g)	.38 mg	.11	.04	0/S	.04	.05	.04	N/A						
All Bran	200 mL (31 g)	.65 mg	.11	N/A	0/S	N/A	N/A	N/A	N/A						
Rice, short grain	179 g (36 g raw)	.04 mg	.06	N/A	.06	.05	.11	.05	.04						
Rice, converted	169 g (34 g raw)	.20 mg	.07	N/A	N/A	N/A	N/A	N/A	N/A						
Macaroni	148 g (29 g raw)	.35 mg	.04	.06	.04	.04	.04	.11	.04						
Oatmeal	42 g	.25 mg	.03	.04	.03	.03	.06	.03	.02						
Pork and Beans	250 mL	.21 mg	.37	.47	.33	.55	.44	.45	.43						
Kraft Dinner	148 g (29 g uncooked)		.06	.06	.06	.06	.06	.06	.06						
Flour, white, all purpose	22 g	.09 mg	.02	.04	.01	.02	.02	.01	.01						

1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

KEY: N/A = NOT AVAILABLE  
0/S = OUT OF STOCK



AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
 INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER			
Flour, whole wheat	22 g	.12 mg	.01	N/A	.02	.01	.02	.01	N/A			

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AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
 INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY										
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER				
<b>NIACIN</b>													
Liver, beef <sup>2</sup>	60 g	13.7 NE	.37	N/A	.47	N/A	N/A	N/A	N/A	N/A			
Chicken, whole <sup>2</sup>	60 g	7.67 NE	.34	.38	.38	N/A	.37	.36	.46				
Tuna, canned	60 g	9.93 NE	.46	.48	.49	.37	.42	.51	.42				
Peanut Butter	60 g	13.6 NE	.19	N/A	.17	.16	N/A	.17	.15				
Split peas	263 g (80 g uncooked)	6.0 NE	.18	.10	N/A	N/A	.11	N/A	N/A				
Macaroni	148 g (29 g raw)	4.4 NE	.04	.06	.04	.04	.04	.11	.04				
Shredded Wheat	1 biscuit (25 g)	1.3 NE	.07	.06	O/S	N/A	N/A	N/A	N/A				
Bread, white	3 slices (90 g)	3.3 NE	.15	.15	.15	N/A	.18	.14	.18				
Bread, whole wheat (60%)	3 slices (90 g)	4.2 NE	.15	.15	.15	N/A	N/A	.14	N/A				
Eggs, Grade A, Large	2 eggs	3.6 NE	.30	.33	O/S	.35	.54	.33	.35				
Kraft Dinner	148 g (29 g uncooked)		.06	.06	.06	.06	.06	.06	.06				

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AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
KEENATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY										
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT				
<u>PROTEIN</u>													
Milk, Fresh Homo	250 mL	8 g	.40	0/S	0/S			N/A	N/A	0/S			
Trimilk (83 mL undiluted)	250 mL	8 g	N/A	N/A	N/A			N/A	N/A	N/A			
Evaporated Milk, whole (undiluted)	250 mL (266 g)	18 g	N/A	.49	.36			.36	N/A	.44			
Powdered Skim Milk (25 mL powder)	250 mL	9 g	.09	0/S	N/A			.06	N/A	.10			
Dry, Whole Milk (25 mL powder)	250 mL	3.3 g	.16	N/A	.16			N/A	.19	.15			
Cheese, processed	60 g	13 g	0/S	.45	.28			.46	N/A	.31			
Cheese, cheddar	60 g	17 g	0/S	.60	.35			.46	N/A	0/S			
Cottage Cheese	250 mL (237 g)	30 g	0/S	N/A	N/A			1.75	N/A	N/A			
Eggs, Grade A, large	2	12 g	.27	0/S	.32			.47	N/A	N/A			
Beef, Rump Roast <sup>2</sup>	60 g (cooked)	13 g	0/S	0/S	.57			N/A	N/A	0/S			
Beef, Sirloin Steak (with bone) <sup>2</sup>	60 g (cooked)	15 g	0/S	0/S	1.01			N/A	N/A	1.04*			
Beef, Hamburger <sup>2</sup>	60 g (cooked)	15 g	.55	0/S	.60			.51	N/A	.52			
Pork, Chops <sup>2</sup>	60 g (cooked)	16 g	.60	0/S	.39			.65	N/A	0/S			

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AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
KEEWATIN REGION

Product	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			BRANKIN INLET (HUDSON'S BAY)	BRANKIN INLET (TOP)	COPAL HARBOUR	DAVEY BAY	DEBILSE BAY (COOP)	WHALE COVE	UNAVAILABLE	OUT OF STOCK		
Chicken, whole <sup>2</sup>	60 g (cooked)	14 g	0/S	0/S	.35		.31	N/A				
Liver, Beef <sup>2</sup>	60 g (cooked)	16 g	.46	N/A	N/A		N/A	N/A				
Cod Fillets, frozen	60 g (cooked)	15 g	0/S	0/S	N/A		N/A	N/A				
Salmon, canned	60 g	14 g	.44	.38	.27		.40	.37	.60			
Tuna, canned	60 g	17 g	.36	.28	.29		N/A	.46				
Sardines, canned	7 medium (90 g)	23 g	.38	.41	.38		N/A	.45	.47			
Shrimp, canned	10 medium (30 g)	7 g	.52	.56	.54		.40	.60	.67			
Corned Beef, canned	2 slices (90 g)	23 g	.36	.66	.35	.36	.43	N/A	.45			
Wieners, package	1 wiener (50 g)	7 g	0/S	0/S	.23	.13	0/S	.20	.18			
Bologna, sliced	1 slice (13 g)	2 g	N/A	N/A	N/A	.04	.10	.13	.05			
Spork, canned	1 slice (60 g)	9 g	.23	.37	.16	.23	N/A	.38	.27			

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AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
KEEWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT			
Baked Beans with Pork	250 mL	17 g	.39	.54	.48	.62	N/A	.45	.41			
Chili Con Carne	250 mL	20 g	0/S	N/A	N/A	.58	N/A	N/A	N/A			
Peanut Butter	15 mL (16 g)	4 g	.05	N/A	.05	.05	N/A	N/A	.04			
Yoghurt, flavored	250 g	14 g	0/S	N/A	N/A	N/A	N/A	N/A	.78	weekly		
Ice Cream, vanilla	250 mL (70 g)	6 g	.43	N/A	.62	.57	.81	0/S	N/A			
Kraft Dinner	148 g (29 g uncooked)		.06	0/S	.06	.06	.07	N/A	.07			
Peas, dried	263 g (80 g uncooked)	21 g	0/S	N/A	N/A	N/A	N/A	N/A	N/A			
Beans, dried	190 g (80 g uncooked)	15 g	0/S	N/A	N/A	N/A	N/A	N/A	.16			
Lentils, dried	156 g (80 g uncooked)	12 g	0/S	N/A	N/A	N/A	N/A	N/A	N/A			

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AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
KEENWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY												
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT						
<u>IRON</u>															
Eggs, Grade A, Large	2 eggs	2.2 mg	.27	O/S	.32			.47	N/A	N/A					
Flour, all purpose	22 g	.64 mg	.01	.01	.01			.02	.02	.01					
Flour, whole wheat	22 g	.66 mg	.02	O/S	N/A			.02	N/A	N/A					
Rice, white, short grain	179 g (36 g raw)	0.4 mg	.04	O/S	.11			N/A	.13	.05					
Rice, converted	169 g (34 g raw)	1.4 mg	.12	.07	N/A			N/A	N/A	N/A					
Rice, brown	169 g (34 g raw)	0.9 mg	N/A	N/A	N/A			N/A	N/A	N/A					
Cornflakes	18 g	3.4 mg	.04	N/A	.04			N/A	.04	.05					
Shredded Wheat	1 biscuit (25 g)	0.8 mg	.07	N/A	N/A			.07	N/A	.05					
All Bran	31 g	4.3 mg	.07	N/A	N/A			N/A	N/A	.07					
Sunny Boy or Red River Pablum	125 g (30 g raw)	0.6 mg	.02	N/A	N/A			N/A	N/A	.04					
Macaroni	148 g (29 g raw)	2.4 mg	.04	O/S	.04			O/S	.11	.04					
Kraft Dinner	148 g (29 g raw)	1.4 mg	.06	O/S	.06		.06	.07	N/A	.07					

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KEENATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT			
Bread, white enriched (24 slices)	1 slice (30 g)	0.5 mg	.04	.04	.09		.10	.08	.07			
Bread, whole wheat (60%) (24 slices)	1 slice (30 g)	0.7 mg	.04	0/S	N/A		N/A	N/A	.07			
Oats	42 g	0.6 mg	.03	.03	.02		N/A	N/A	.03			
Oatmeal Cookies	1 biscuit (19 g)	-----	N/A	N/A	N/A		N/A	N/A	.05			
Pancake Mix	1 pancake (27 g)	0.3 mg	.04	0/S	.04		.04	N/A	.05			
Soda Crackers	4 crackers (11 g)	0.1 mg	.02	.02	.02	.02	.03	0/S	.03			
Beef, rump roast <sup>2</sup>	60 g	1.6 mg	0/S	0/S	.57		N/A	N/A	0/S			
Beef, sirloin steak <sup>2</sup> (with bone)	60 g	1.9 mg	0/S	0/S	1.01		N/A	N/A	1.04 monthly)			
Beef, hamburger <sup>2</sup>	1 pattie (60 g)	2.9 mg	.55	0/S	.60		.51	N/A	.52			
Pork, chops <sup>2</sup>	60 g	2.0 mg	.60	0/S	.39		.65	N/A	0/S			
Chicken, whole <sup>2</sup>	60 g	1.0 mg	0/S	0/S	.35		.31	N/A	0/S			
Liver, beef <sup>2</sup>	60 g	5.3 mg	.46	N/A	N/A		N/A	N/A	0/S			

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KEENWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			RANKIN INLET (HUDSON'S BAY)	HANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT			
Corned Beef	2 slices (90 g)	3.9 mg	.36	.66	.35	.36	.43	N/A	.45			
Raisins	25 mL (14 g)	0.5 mg	0/S	0/S	.04	.04	.06	.06	.03			
Apricots, dried	4 halves (16 g)	0.9 mg	.11	N/A	N/A	.10	.08	.08	.09			
Apricots, canned in syrup	250 mL	0.8 mg	.55	.95	.56	.56	N/A	.72	.69			
Peas, canned	250 mL	3.0 mg	.55	.53	.33	.35	.57	N/A	.40			
Peas, frozen	169 g	3.0 mg	.44	0/S	N/A	.72	N/A	N/A	.47			
Spinach, canned	250 mL	5.0 mg	N/A	.52	N/A	.37	.54	N/A	N/A			
Baked Beans with Pork	250 mL	4.9 mg	.39	.54	.48	.62	N/A	.45	.41			
Chili Con Carne	250 mL	4.5 mg	0/S	N/A	N/A	.58	N/A	N/A	N/A			
Dried Peas	263 g (80 g uncooked)	4.5 mg	0/S	N/A	N/A	N/A	N/A	N/A	N/A			
Dried Lentils	156 g (80 g uncooked)	3.3 mg	0/S	N/A	N/A	N/A	N/A	N/A	N/A			
Molasses	15 mL (20 g)	0.9 mg	0/S	0/S	.02	.02	.03	N/A	.02			

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KEENATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY										
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT				
<b>CALCIUM</b>													
Milk, fresh homo	250 mL	306 mg	.40	0/S	0/S			N/A	N/A	0/S			
Tri Milk (83 mL undiluted)	250 mL	306 mg	N/A	N/A	N/A			N/A	N/A	N/A			
Evaporated Milk, whole (undiluted)	250 mL (266 g)	694 mg	N/A	.49	.36			.36	N/A	.44			
Powdered Skim Milk	250 mL (25 mL powder)	308 mg	.09	0/S	N/A			.06	N/A	.10			
Dry, whole milk	250 mL (25 mL powder)	92 mg	.16	N/A	.16			N/A	.18	.15			
Cheese, processed	60 g	369 mg	0/S	.45	.28			.46	N/A	.31			
Cheese, Cheddar	60 g	432 mg	0/S	.60	.35			.46	N/A	0/S			
Cottage Cheese	250 mL (237 g)	142 mg	0/S	N/A	N/A			1.75	N/A	N/A			
Salmon, canned	100 mL	100 mg	.44	.38	.27			.40	.37	.60			
Sardines	7 medium (90 g)	393 mg	.38	.41	.38			N/A	.45	.46			
Broccoli, frozen	180 g	158 mg	0/S	0/S	N/A	1.09		N/A	N/A	N/A			
Baked Beans with Pork	250 mL	146 mg	.39	.54	.48	.62		N/A	.45	.41			
Kraft Dinner	148 g (29 g uncooked)		.06	0/S	.06	.06		.07	N/A	.07			

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KEENATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY								
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT		
<b>VITAMIN C</b>											
Milk, fresh homo	250 mL	2 mg	.40	0/S	0/S			N/A	N/A	0/S	
Tri Milk (83 mL undiluted)	250 mL	2 mg	N/A	N/A	N/A			N/A	N/A	N/A	
Evaporated milk, whole (undiluted)	250 mL (266 g)	35 mg	N/A	.49	.36			.36	N/A	.44	
Powdered Skim Milk	250 mL (25 mL powder)	1 mg	.09	0/S	N/A			.6	N/A	.10	
Dry, whole milk	250 mL (25 mL powder)	1.7 mg	.16	N/A	.16			N/A	.18	.15	
Oranges, fresh	1 orange (180 g)	66 mg	.37 (each)	0/S	.60 (each)	.49 (each)		.60 (each)	N/A	0/S	
Potatoes, baked	100 g	20 mg	.11	0/S	.16	.13		.23	N/A	0/S	
Potatoes, cooked with peel	100 g	22 mg	.11		.16	.13		.23	N/A	0/S	
Potatoes, cooked without peel	100 g	20 mg	.11	0/S	.16	.13		.23	N/A	0/S	
Cabbage, raw	74 g	44 mg	.10	0/S	.22	.18		.24	N/A	.13	
Green Pepper, raw	74 g	94 mg	.64 (each)	0/S	.30	.33		1.00 (each)	N/A	.63 (each)	

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KEENWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT			
Turnips, raw	140 g	28 mg	.10	0/S	.22	.18	.24	N/A	.20			
Orange Juice, canned	250 mL	106 mg	.19	.42	.31	.85 <sup>ea</sup>	N/A	.41	.74			
Orange Juice, frozen	250 mL (62 mL undiluted)	127 mg	0/S	N/A	N/A	N/A	N/A	N/A	.28			
Apple Juice, canned	250 mL	93 mg	.30	0/S	.31	.30	.29	.46	.48			
Tomato Juice, canned	250 mL	41 mg	.27	N/A	.32	.22	.33	.25	.48			
Grapefruit, canned	250 mL	80 mg	.57	.55	N/A	N/A	N/A	.65	.75			
Tomatoes, canned	250 mL	41 mg	.35	.48	.34	.55	.48	.41	.50			
Brussel Sprouts, frozen	164 g	143 mg	.33	0/S	.62	.69	N/A	N/A	.78			
Broccoli, frozen	180 g	162 mg	0/S	0/S	N/A	1.09	N/A	N/A	N/A			

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			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT					
<b>FOLIC ACID</b>														
Canned Mushrooms	250 mL (257 g)	30 mcg	.95	.92	N/A	N/A	N/A	N/A	N/A	.97				
Spinach, canned	250 mL (190 g)	193 mcg	N/A	.52	N/A	.37	.54	N/A	N/A	N/A				
Broccoli, frozen	180 g	110 mcg	0/S	0/S	N/A	1.09	N/A	N/A	N/A	N/A				
Brussel Sprouts, frozen	164 g	106 mcg	.33	0/S	.62	.69	N/A	N/A	N/A	.78				
Liver, beef <sup>2</sup>	60 g	120 mcg	.46	N/A	N/A		N/A	N/A	N/A	0/S				

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KEENATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT			
<b>VITAMIN A</b>												
Apricots, dried	4 halves (16 g)	167 RE	.11	N/A	N/A	.10	.08	.08	.09			
Apricots, canned	250 mL	475 RE	.55	.95	.56	.56	N/A	.72	.69			
Carrots, fresh	1 carrot (50 g)	550 RE	.05	O/S	O/S	O/S	O/S	N/A	O/S			
Eggs, Grade A, Large	2 eggs	156 RE	.27	O/S	.32		.47	N/A	N/A			
Liver, beef <sup>2</sup>	60 g	9612 RE	.46	N/A	N/A		N/A	N/A	O/S			
Butter	(5 g) 5 mL (pat)	38 RE	.02	O/S	.02	.01	N/A	.02	.02			
Margarine	(5 g) 5 mL (pat)	46 RE	.01	.01	.01	.01	.01	.01	N/A			
Tomato Juice	250 mL (256 g)	204 RE	.27	N/A	.32	.22	.33	.25	.48			
Broccoli, frozen	180 g	450 RE	O/S	O/S	N/A	1.09	N/A	N/A	N/A			
Spinach, canned	250 mL	1520 RE	N/A	.52	N/A	.37	.54	N/A	N/A			
Cheese, Cheddar	60 g	181 RE	O/S	.60	.35		.46	N/A	O/S			

1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

KEY: N/A = NOT AVAILABLE  
O/S = OUT OF STOCK

**AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
KEENATIN REGION**

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY											
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT					
<b>RIBOFLAVIN</b>														
Milk, fresh homo	250 mL	.42 mg	.40	0/S	0/S			N/A	N/A	0/S				
Tri Milk (83 mL undiluted)	250 mL	.42 mg	N/A	N/A	N/A			N/A	N/A	N/A				
Evaporated Milk, whole (undiluted)	250 mL	.84 mg	N/A	.49	.36			.36	N/A	.44				
Powdered Skim Milk	250 mL (25mL powder)	.44 mg	.09	0/S	N/A			.06	N/A	.10				
Dry, whole milk	250 mL (25mL powder)	.11 mg	.16	N/A	.16			N/A	.18	.15				
Cheese, Cheddar	60 g	.23 mg	0/S	.60	.35			.46	N/A	0/S				
Eggs, Grade A, Large	2 eggs	.30 mg	.27	0/S	.32			.47	N/A	N/A				
Macaroni	148 g (29 g raw)	.59 mg	.04	0/S	.04			0/S	.11	.04				
Liver, beef <sup>2</sup>	60 g	2.51 mg	.46	N/A	N/A			N/A	N/A	0/S				
Salmon, canned	100 mL	.14 mg	.44	.38	.27			.40	.37	.60				
Flour, all purpose	22 g	.06 mg	.01	.01	.01			.02	.02	.01				
Flour, whole wheat	22 g	.04 mg	.02	0/S	N/A			.02	N/A	N/A				

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2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

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**AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
KEEWATIN REGION**

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT			
Rice, white, short grain	179 g (36 g raw)	.02 mg	.04	O/S	.11		N/A	.13	.05			
Rice, converted	169 g (34 g raw)	.02 mg	.12	.07	N/A		N/A	N/A	N/A			
Rice, brown	169 g (34 g raw)	.02 mg	N/A	N/A	N/A		N/A	N/A	N/A			
Kraft Dinner	148 g (29 g raw)	2.75 mg	.05	O/S	.06	.06	.07	N/A	.07			

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2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

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AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
KEEWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY												
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT						
<b>THIAMINE</b>															
Liver, beef <sup>2</sup>	60 g	.23 mg	.46	N/A	N/A			N/A	N/A	O/S					
Pork, chop <sup>2</sup>	60 g	.63 mg	.60	O/S	.39			.65	N/A	O/S					
Peas, frozen	169 g	.46 mg	.44	O/S	N/A	.72		N/A	N/A	.47					
Peas, canned	250 mL	.16 mg	.55	.53	.33	.35		.57	N/A	.40					
Cornflakes	200 mL (18 g)	.38 mg	.04	N/A	.04			N/A	.04	.05					
All Bran	200 mL (31 g)	.65 mg	.07	N/A	N/A			N/A	N/A	.07					
Rice, short grain, white	179 g (36 g raw)	.04 mg	.04	O/S	.11			N/A	.13	.05					
Rice, converted	169 g (34 g raw)	.20 mg	.12	.07	N/A			N/A	N/A	N/A					
Macaroni	169 g (34 g raw)	.35 mg	.04	O/S	.04			O/S	.11	.04					
Oatmeal	42 g	.25 mg	.03	.03	.02			N/A	N/A	.03					
Pork and Beans	250 mL	.21 mg	.39	.54	.48	.62		N/A	.45	.41					
Kraft Dinner	148 g (29 g raw)		.06	O/S	.06	.06		.07	N/A	.07					
Flour, white, all purpose	22 g	.09 mg	.01	.01	.01			.02	.02	.01					
Flour, whole wheat	22 g	.12 mg	.02	O/S	N/A			.02	N/A	N/A					

1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 99 G MEAT, UNCOOKED.

KEY: N/A = NOT AVAILABLE  
O/S = OUT OF STOCK



**AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
KEENATIN REGION**

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY										
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT				
<b>NIACIN</b>													
Liver, beef <sup>2</sup>	60 g	13.7 NE	.46	N/A	N/A			N/A	N/A	0/S			
Chicken, whole <sup>2</sup>	60 g	7.67 NE	0/S	0/S	.35			.31	N/A	0/S			
Tuna, canned	60 g	9.93 NE	.36	.28	.29			N/A	.46	.52			
Peanut Butter	60 g	13.6 NE	.19	N/A	.21	.19		N/A	N/A	.15			
Split peas	263 g (80 g raw)	6.0 NE	0/S	N/A	N/A	N/A		N/A	N/A	N/A			
Macaroni	148 g (29 g raw)	4.4 NE	.04	0/S	.04			0/S	.11	.04			
Shredded Wheat	1 biscuit (25 g)	1.3 NE	.07	N/A	N/A			.07	N/A	.05			
Bread, white (24 slices)	3 slices (90 g)	3.3 NE	.14	.14	.28			.32	.25	.21			
Bread, whole wheat (60%) (24 slices)	3 slices (90 g)	4.2 NE	.14	0/S	N/A			N/A	N/A	.21			
Eggs, Grade A, Large	2 eggs	3.6 NE	.27	0/S	.32			.47	N/A	N/A			
Kraft Dinner	148 g (29 g raw)	N/A	.06	0/S	.06	.06		.07	N/A	.07			

1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

KEY: N/A = NOT AVAILABLE  
0/S = OUT OF STOCK

AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
BAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY								
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLUTE BAY	NAIHSIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET
<b>PROTEIN</b>											
Milk, Fresh Homo	250 mL	8 g	.70	N/A	N/A	.56	.71	N/A	O/S	O/S	.68
Trimilk (83 mL undiluted)	250 mL	8 g	N/A	N/A	.24	N/A	N/A	N/A	N/A	N/A	N/A
Evanorated milk, whole (undiluted)	250 mL (266 g)	18 g	.43	.43	.67	.43	.43	.43	.42	.36	.44
Powdered Skim Milk (25 mL powder)	250 mL	9 g	.07	.09	.17	N/A	.06	.06	N/A	.06	.10
Dry, whole milk (25 mL powder)	250 mL	3.3 g	N/A	N/A	.17	.17	.17	.36	.17	.14	.17
Cheese, processed	60 g	13 g	.29	N/A	.44	.31	N/A	.83	.28	.31	.44
Cheese, cheddar	60 g	17 g	.36	.26	.57	.49	.48	.52	O/S	.40	N/A
Eggs, Grade A, Large	2 eggs	12 g	.37	.49	.46	.37	.44	.51	.38	.40	.39
Beef, rump roast <sup>2</sup>	60 g (cooked)	13 g	.88	N/A	N/A	N/A	N/A	.52	N/A	N/A	.62
Beef, Sirloin Steak (with bone) <sup>2</sup>	60 g (cooked)	15 g	N/A	N/A	1.31	.75	N/A	.80	.96	N/A	N/A
Beef, hamburger <sup>2</sup>	60 g (cooked)	15 g	.58	.56	.61	.50	.69	.44	O/S	.48	N/A
Pork, chops <sup>2</sup>	60 g (cooked)	16 g	N/A	.69	.73	N/A	.65	.59	O/S	N/A	.79
Cottage Cheese	250 mL (237 g)	30 g	N/A	N/A	N/A	N/A	1.13	N/A	N/A	N/A	N/A

1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

KEY: N/A = NOT AVAILABLE  
O/S = OUT OF STOCK

AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
RAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLITE BAY	NAIISVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET	
Chicken, whole <sup>2</sup>	60 g (cooked)	14 g	N/A	N/A	.39	.56	.46	.29	0/S	N/A	N/A	
Liver, beef <sup>2</sup>	60 g (cooked)	16 g	.24	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Cod Fillets, frozen	60 g (cooked)	15 g	N/A	N/A	.47	.44	N/A	N/A	.37	N/A	N/A	
Salmon, canned	60 g	14 g	.44	.81	.38	.53	.48	.32	.45	.68	.33	
Tuna, canned	60 g	17 g	.54	N/A	.40	.41	.34	.32	.38	N/A	.40	
Sardines, canned	7 medium (90 g)	23 g	.87	.39	0/S	.33	.40	.45	.38	0/S	.33	
Shrimp, canned	10 medium (30 g)	7 g	.45	.58	0/S	.59	.50	.44	.51	.16	.52	
Corned Beef, canned	2 slices (90 g)	23 g	.44	.43	.63	N/A	.38	.42	0/S	.39	N/A	
Weiners, package	1 weiner (50 g)	7 g	.30	0/S	.27	.23	.15	0/S	.22	.20	.30	
Bologna, sliced	1 slice (13 g)	2 g	N/A	N/A	N/A	N/A	N/A	N/A	N/A	.06	.09	
Spork, canned	1 slice (60 g)	9 g	.25	.27	.35	N/A	.24	N/A	.24	.24	.25	

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1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
EASTERN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLJTE BAY	HAITSIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET	
Baked Beans with Pork	250 mL	17 g	N/A	.55	.69	.34	.50	.50	.58	N/A	.43	
Chili Con Carne	250 mL	20 g	.63	.60	.74	N/A	.61	N/A	.72	.49	N/A	
Peanut Butter	15 mL (16 g)	4 g	.07	N/A	.10	.05	.05	.07	.06	.04	.04	
Yohurt, flavoured	250 g	14 g	N/A	1.27	N/A	1.27	1.23	N/A	N/A	2.06	N/A	
Ice Cream, vanilla	250 mL (70 g)	6 g	.71	.72	N/A	N/A	.67	.84	OCCAS	N/A	N/A	
Kraft Dinner	148 g (29 g uncooked)		.07	.05	.10	.06	.07	N/A	.06	.05	N/A	
Peas, dried	263 g (80 g uncooked)	21 g	.12	N/A	N/A	N/A	.12	N/A	N/A	.39	N/A	
Beans, dried	190 g (80 g uncooked)	15 g	N/A	N/A	.26	N/A	.14	N/A	.16	.18	N/A	
Lentils, dried	156 g (80 g uncooked)	12 g	N/A	N/A	N/A	N/A	N/A	N/A	N/A	.31	N/A	

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1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
EAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			POND INLET (HUDSON'S BAY)	POND INLET (LOOP)	RESOLUTE BAY	HAUISIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET	
<u>IRON</u>												
Eggs, Grade A, Large	2 eggs	2.2 mg	.37	.49	.46	.37	.44	.51	.38	.40	.39	
Flour, all purpose	22 g	.64 mg	.02	.01	O/S	.02	.02	.02	.01	.01	.02	
Flour, whole wheat	22 g	.66 mg	.03	.02	N/A	N/A	N/A	.02	N/A	N/A	.02	
Rice, white, short grain	179 g (36 g raw)	0.4 mg	N/A	N/A	N/A	.05	N/A	.11	.05	.05	N/A	
Rice, converted	169 g (34 g raw)	1.4 mg	N/A	N/A	N/A	.06	N/A	.07	O/S	.09	N/A	
Rice, brown	169 g (34 g raw)	0.9 mg	N/A	N/A	.05	N/A	N/A	N/A	N/A	N/A	N/A	
Cornflakes	18 g	3.4 mg	.05	.04	N/A	.09	.05	.05	.04	.05	.05	
Shredded Wheat	1 biscuit (25 g)	0.8 mg	.06	.08	N/A	N/A	.07	N/A	.07	N/A	N/A	
All Bran	31 g	4.3 mg	.12	N/A	N/A	.08	N/A	.11	N/A	N/A	O/S	
Sunny Boy or Red River Pablum	125 g (30 g raw)	0.6 mg	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	-	
Macaroni	148 g (29 g raw)	2.4 mg	.05	N/A	N/A	N/A	.06	.04	.04	.03	N/A	
Kraft Dinner	148 g (29 g raw)	1.4 mg	.07	.05	.10	.06	.07	N/A	.06	.05	N/A	

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1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
BAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY								
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLUTE BAY	MANISIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET
Bread, white enriched (24 slices)	1 slice (30 g)	0.5 mg	.08	.04	.09	.07	.09	.09	.06	.05	.07
Bread, whole wheat (60%) (24 slices)	1 slice (30 g)	0.7 mg	.09	N/A	.10	.07	.09	.10	N/A	N/A	N/A
Oats	42 g	0.6 mg	.03	.03	.03	N/A	.03	N/A	.03	.03	.03
Oatmeal Cookies	1 biscuit (19 g)	-----	N/A	N/A	N/A	N/A	N/A	N/A	N/A	.04	N/A
Pancake Mix	1 pancake (27 g)	0.3 mg	.04	.03	.08	N/A	.04	N/A	N/A	O/S	.04
Soda Crackers	4 crackers (11 g)	0.1 mg	N/A	N/A	.04	N/A	N/A	N/A	.01	.01	.02
Beef, rump roast <sup>2</sup>	60 g	1.6 mg	.88	N/A	N/A	N/A	N/A	.52	N/A	N/A	.62
Beef, sirloin steak (with bone) <sup>2</sup>	60 g	1.9 mg	N/A	N/A	1.31	.75	N/A	.80	.96	N/A	N/A
Beef, hamburger <sup>2</sup>	1 pattie (60 g)	2.9 mg	.58	.56	.61	.50	.69	.44	O/S	.48	N/A
Pork, chops <sup>2</sup>	60 g	2.0 mg	N/A	.69	.73	N/A	.65	.59	O/S	N/A	.79
Chicken, whole <sup>2</sup>	60 g	1.0 mg	N/A	N/A	.39	.56	.46	.29	O/S	N/A	N/A
Liver, beef <sup>2</sup>	60 g	5.3 mg	.24	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Corned Beef	2 slices (90 g)	3.9 mg	.44	.43	.63	N/A	.38	.42	O/S	.39	N/A
Raisins	25 mL (14 g)	0.5 mg	0.5	N/A	.12	.06	.04	.05	.05	.04	.05

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AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
DAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY <sup>2</sup>								
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLJTE BAY	NAIISIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET
Apricots, dried	4 halves (16 g)	0.9 mg	.07	N/A	N/A	N/A	N/A	N/A	N/A	.10	N/A
Apricots, canned in syrup	250 mL	0.8 mg	.53	N/A	.18	N/A	.30	.58	N/A	.57	N/A
Peas, canned	250 mL	3.0 mg	.43	N/A	.60	.45	.54	.49	.52	.49	.43
Peas, frozen	169 g	3.0 mg	.28	N/A	.48	N/A	N/A	N/A	N/A	N/A	N/A
Spinach, canned	250 mL	5.0 mg	.65	.53	N/A	.47	N/A	N/A	N/A	N/A	N/A
Baked Beans with Pork	250 mL	4.9 mg	N/A	.55	.69	.34	.50	.50	.58	N/A	.43
Chili Con Carne	250 mL	4.5 mg	.63	.60	.74	N/A	.61	N/A	.72	.49	N/A
Dried Peas	263 g (80 g uncooked)	4.5 mg	.12	N/A	N/A	N/A	.12	N/A	N/A	.39	N/A
Dried Lentils	156 g (80 g uncooked)	3.3 mg	N/A	N/A	N/A	N/A	N/A	N/A	N/A	.31	N/A
Molasses	15 mL (20 g)	0.9 mg	.04	N/A	.05	N/A	.03	.02	N/A	N/A	.04

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AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
BAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/ SERVING	COST/SERVING AND AVAILABILITY <sup>2</sup>									
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLJTE BAY	NAHTISVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET	
<u>CALCIUM</u>												
Milk, Fresh homo	250 mL	306 mg	.70	N/A	N/A	.56	.71	N/A	O/S	O/S	.68	
Tri Milk (83 mL undiluted)	250 mL	306 mg	N/A	N/A	.24	N/A	N/A	N/A	N/A	N/A	N/A	
Evaporated milk, whole (undiluted)	250 mL (266 g)	694 mg	.43	.43	.67	.43	.43	.43	.42	.36	.44	
Powdered Skim Milk	250 mL (25 mL powder)	308 mg	.07	.09	.17	N/A	.06	.06	N/A	.06	.10	
Dry, Whole	250 mL (25 mL powder)	92 mg	N/A	N/A	.17	.17	.17	.36	.17	.14	.17	
Cheese, processed	60 g	369 mg	.29	N/A	.44	.31	N/A	.62	.28	.31	.44	
Cheese, cheddar	60 g	432 mg	.36	.26	.57	.49	.48	.52	O/S	.40	N/A	
Cottage Cheese	250 mL (237 g)	142 mg	N/A	N/A	N/A	N/A	1.13	N/A	N/A	N/A	N/A	
Salmon, canned	90 g	100 mg	.44	.81	.38	.53	.48	.32	.45	.68	.33	
Sardines	7 medium (90 g)	393 mg	.87	.39	O/S	.33	.40	.45	.38	O/S	.33	
Broccoli, frozen	180 g	158 mg	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Baked Beans with Pork	250 mL	146 mg	N/A	.55	.69	.34	.50	.50	.58	N/A	.43	
Kraft Dinner	148 g (29 g uncooked)		.07	.05	.10	.06	.07	N/A	.06	.05	N/A	

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1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.



AVAILABILITY, COST AND NUTRITIONAL VALUE OF IMPORTED FOODS  
DAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY								
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLJTE BAY	NAIISIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET
<b>VITAMIN C</b>											
Milk, fresh homo	250 mL	2 mg	.70	N/A	N/A	.56	.71	N/A	O/S	O/S	.68
Trimilk (83 mL undiluted)	250 mL	2 mg	N/A	N/A	.24	N/A	N/A	N/A	N/A	N/A	N/A
Evaporated milk, whole (undiluted)	250 mL (266 g)	35 mg	.43	.43	.67	.43	.43	.43	.42	.36	.44
Powdered Skim Milk	250 mL (25 mL powder)	1 mg	.07	.09	.17	N/A	.06	.06	N/A	.06	.10
Dry, whole	250 mL (25 mL powder)	1.7 mg	N/A	N/A	.17	.17	.17	.36	.17	.14	.17
Oranges, fresh	1 orange (180 g)	66 mg	N/A	.60 each	.45 each	.45 each	.69 each	50-7.00 each	.40 each	.38 each	.49 each
Potatoes, baked	100 g	20 mg	.33	.34	.18	.18	.22	.24	N/A	.10	.20
Potatoes, cooked with peel	100 g	22 mg	.33	.34	.18	.18	.22	.24	N/A	.10	.20
Potatoes, cooked without peel	100 g	20 mg	.33	.34	.18	.18	.22	.24	N/A	.10	.20
Cabbage, raw	74 g	44 mg	N/A	O/S	N/A	.22	.21	N/A	N/A	2.09 each	N/A
Green Pepper, raw	74 g	94 mg	N/A	O/S	O/S	.69	.16	rarely	N/A	.95 each	N/A

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BAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY									
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLUTE BAY	HAULSVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET	
Turnips, raw	140 g	28 mg	N/A	N/A	O/S	N/A	N/A	occas	N/A	N/A	N/A	
Orange Juice, canned	250 mL	106 mg	.40	.55	N/A	.30	.31	.36	O/S	.30	.53	
Orange Juice, frozen	250 mL (62 mL undiluted)	127 mg	.43	N/A	.34	.22	.21	N/A	.55	N/A	N/A	
Apple Juice, canned	250 mL	93 mg	.32	N/A	N/A	.32	.32	.32	O/S	.30	N/A	
Tomato Juice, canned	250 mL	41 mg	.34	.41	.51	.34	.30	.39	O/S	.41	.54	
Grapefruit, canned	250 mL	80 mg	.38	N/A	N/A	N/A	.54	.54	O/S	.68	N/A	
Tomatoes, canned	250 mL	41 mg	.45	.45	.70	.37	.45	.41	.44	.56	.38	
Brussel Sprouts, frozen	164 g	143 mg	.42	N/A	.74	N/A	.56	N/A	N/A	N/A	N/A	
Broccoli, frozen	160 g	162 mg	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	

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BAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY								
			POND INLET (HUDSON'S BAY)	POND INLET (LOOP)	RESOLJTE BAY	NAHTSIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET
<u>FOLIC ACID</u>											
Canned Mushrooms	250 mL (257 g)	30 mcg	.97	1.01	0/S	.99	1.00	1.04	.93	N/A	1.00
Spinach, canned	250 mL (190 g)	193 mcg	.65	.68	N/A	.47	N/A	N/A	N/A	N/A	N/A
Broccoli, frozen	180 g	110 mcg	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Brussel Sprouts, frozen	164 g	106 mcg	.42	N/A	.74	N/A	.56	N/A	N/A	N/A	N/A
Liver, beef <sup>2</sup>	60 g	120 mcg	.24	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

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PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CON- TENT PER SERVING	COST/SERVING AND AVAILABILITY								
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLUTE BAY	MANISIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET
<b>VITAMIN A</b>											
Annicots, dried	4 halves (16 g)	167 RE	.07	N/A	N/A	N/A	N/A	N/A	N/A	.10	N/A
Annicots, canned	250 mL	475 RE	.53	N/A	.18	N/A	.30	.58	N/A	.57	N/A
Carrots, fresh	1 carrot (50 g)	550 RE	.15	O/S	.11	.14	.14	.09	N/A	.09	.13
Eggs, Grade A, Large	2 eggs	156 RE	.37	.49	.46	.37	.44	.51	.38	.40	.39
Liver, beef	60 g	9612 RE	.24	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Butter	(pat) 5 mL (5 g)	38 RE	.02	.02	N/A	.01	.01	.01	.01	.02	.01
Margarine	(pat) 5 mL (5 g)	46 RE	.01	.02	.01	.01	.01	.01	.01	N/A	.01
Tomato Juice, Canned	250 mL (256 g)	204 RE	.34	.41	.51	.34	.30	.39	O/S	.41	.54
Broccoli, frozen	180 g	250 RE	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Spinach, canned	250 mL	1520 RE	.65	.68	N/A	.47	N/A	N/A	N/A	N/A	N/A
Cheese, cheddar	60 g	181 RE	.36	.26	.57	.49	.48	.52	O/S	.40	N/A

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CAFFIN REGION

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			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLUTE BAY	NAULSIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET	
<u>RICE/FLAVOR</u>												
Milk, fresh homo	250 mL	.42 mg	.70	N/A	N/A	.56	.71	N/A	0/S	0/S	.68	
Trimilk (83 mL undiluted)	250 mL	.42 mg	N/A	N/A	.24	N/A	N/A	N/A	N/A	N/A	N/A	
Evaporated milk, whole(undiluted)	250 mL	.84 mg	.43	.43	.67	.43	.43	.43	.42	.36	.44	
Powdered Skim Milk	250 mL (25mL powder)	.44 mg	.07	.09	.17	N/A	.06	.06	N/A	.06	.10	
Dry, whole	250 mL (25mL powder)	.11 mg	N/A	N/A	.17	.17	.17	.36	.17	.14	.17	
Cheese, cheddar	60 g	.23 mg	.36	.26	.57	.49	.48	.52	0/S	.40	N/A	
Egg, Grade A, Large	2 eggs	.30 mg	.37	.49	.46	.37	.44	.51	.38	.40	.39	
Macaroni	148 g (29 g raw)	.59 mg	.05	N/A	N/A	N/A	.06	.04	.04	.03	N/A	
Liver, beef <sup>2</sup>	60 g	2.51 mg	.24	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Salmon, canned	100 mL	.14 mg	.44	.81	.38	.53	.48	.32	.45	.68	.33	
Flour, all purpose	22 g	.06 mg	.02	.01	0/S	.02	.02	.02	.01	.01	.02	
Flour, whole wheat	22 g	.04 mg	.03	.02	N/A	N/A	N/A	.02	N/A	N/A	.02	
Rice, white, short grain	179 g (36 g raw)	.02 mg	N/A	N/A	N/A	.05	N/A	.11	N/A	N/A	N/A	

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			POND INLET (HUDSON'S BAY)	POND INLET (LOOP)	RESOLUTE BAY	HAHISIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET	
Rice, converted	169 g (34 g raw)	.02 mg	N/A	N/A	N/A	.06	N/A	.07	O/S	.09	N/A	
Rice, brown	169 g (34 g raw)	.02 mg	N/A	N/A	.05	N/A	N/A	N/A	N/A	N/A	N/A	
Kraft Dinner	148 g (29 g uncooked)	2.75 mg	.07	.05	.10	.06	.07	N/A	.06	.05	N/A	

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PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CON- TRIBU- TION/SERVING	COST/SERVING AND AVAILABILITY									
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLJTE BAY	NAHISIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET	
<b>MEAT</b>												
Liver, beef <sup>2</sup>	60 g	.23 mg	.24	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Pork, chop <sup>2</sup>	60 g	.63 mg	N/A	.69	.73	N/A	.65	.59	0/S	N/A	.79	
Peas, frozen	169 g	.46 mg	.28	N/A	.48	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Peas, canned	250 mL	.16 mg	.43	N/A	.60	.45	.54	.49	.52	.49	.43	
Cornflakes	200 mL (18 g)	.38 mg	.05	.34	N/A	.09	.05	.05	.04	.05	.05	
All Bran	200 mL (31 g)	.65 mg	.12	N/A	N/A	.08	N/A	.11	N/A	N/A	0/S	
Rice, white short grain	179 g (36 g uncooked)	.04 mg	N/A	N/A	N/A	.05	N/A	.11	.05	.05	N/A	
Rice, converted	169 g (34 g uncooked)	.20 mg	N/A	N/A	N/A	.06	N/A	.07	0/S	.09	N/A	
Macaroni	148 g (29 g uncooked)	.35 mg	.05	N/A	N/A	N/A	.06	.04	.04	.03	N/A	
Oatmeal	42 g	.25 mg	.03	.03	.03	N/A	.03	N/A	.63	.03	.03	
Pork and Beans	250 mL	.21 mg	N/A	.55	.69	.34	.50	.50	.58	N/A	.43	
Kraft Dinner	148 g (29 g uncooked)	.07	.07	.05	.10	.06	.07	N/A	.06	.05	N/A	
Flour, white, all purpose	22 g	.09 mg	.02	.01	0/S	.02	.02	.02	.01	.01	.02	

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			FOND INLET (HUDSON'S BAY)	FOND INLET (COOP)	RESOLUTE BAY	NAIISIVIK	PANGNIERTUNG	BROUGHTON	LAKE HARBOUR	BARROW	CAMP BOWEN
FLOUR, white wheat	22 g	.12mg	.03	.02	N/A	N/A	N/A	.02	N/A	N/A	.02

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PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	COST/SERVING AND AVAILABILITY											
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLUTE BAY	INALLIVIK	PANGNIRTUNG	BRIGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET			
<b>MEAT</b>														
Liver, beef <sup>2</sup>	60 g (cooked)	13.7 NE	.24	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Chicken, whole <sup>2</sup>	60 g (cooked)	7.67 NE	N/A	N/A	.39	.56	.46	.29	N/A	N/A	N/A	N/A	N/A	N/A
Tuna, canned	60 g	9.93 NE	.54	N/A	.40	.41	.34	.32	.38	N/A	N/A	N/A	N/A	N/A
Peanut Butter	60 g	13.6 NE	.22	N/A	.39	.20	.19	.28	.24	.17	.18			
Split peas	263 g (80 g uncooked)	6.0 NE	.12	N/A	N/A	N/A	.12	N/A	N/A	.39	N/A	N/A	N/A	N/A
Macaroni	148 g (29 g uncooked)	4.4 NE	.05	N/A	N/A	N/A	.06	.04	.04	.03	N/A	N/A	N/A	N/A
Shredded Wheat	1 biscuit (25 g)	1.3 NE	.06	.08	N/A	N/A	.07	N/A	.07	N/A	N/A	N/A	N/A	N/A
Bread, white	3 slices (90 g)	3.3 NE	N/A	.12	.27	.20	.27	.29	.20	.15	.21			
Bread, whole wheat	3 slices (90 g)	4.2 NE	N/A	N/A	N/A	N/A	.27	.31	N/A	N/A	N/A	N/A	N/A	N/A
Eggs, Grade A, Large	2 eggs	3.6 NE	.37	.49	.46	.47	.44	.51	.38	.40	.39			
Kraft Dinner	148 g (29 g uncooked)	N/A	.07	.05	.10	.06	.07	N/A	.06	.05	N/A			

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APPENDIX C

Nutrient Cost Ratio  
by Community

NUTRIENT/COST RATIO OF IMPORTED FOODS  
INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO												
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER						
<b>PROTEIN</b>															
Milk, Fresh homo	250 mL	8 g	21.0	18.6		15.7	13.3	17.0							
Trimilk (83 mL undiluted)	250 mL	8 g	47.1	42.1		25.8		40.0							
Evaporated Milk, whole (undiluted)	250 mL (266 g)	18 g	45.0	48.6	100.0	46.1	48.6								
Powdered Skim milk (25 mL powder)	250 mL	9 g	100.0	90.0	100.0	150.0	81.8	150.0							
Dry, whole milk (25 mL powder)	250 mL	3.3 g	19.4		19.4	20.6		19.4	33.0						
Cheese processed	60 g	13 g	43.3	13.3	50.0	48.1				50.0					
Cheese, cheddar	60 g	17 g			45.9	63.0		85.0							
Cottage Cheese	250 mL (237 g)	30 g	41.1					41.7							
Eggs, Grade A, large	2 eggs	12 g	40.0	36.4		34.3	22.2	36.4	34.3						
Beef, rump roast <sup>2</sup>	60 g (cooked)	13 g	18.8												
Beef, Sirloin Steak (with bone) <sup>2</sup>	60 g (cooked)	15 g	18.7	16.7		14.8		15.6							
Beef, hamburger <sup>2</sup>	60 g (cooked)	15 g	38.5	30.6	28.8	28.8	32.6	27.8							
Pork, chops <sup>2</sup>	60 g (cooked)	16 g	21.0	26.7		29.1	26.2	22.9							

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INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO										
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER				
Chicken, whole <sup>2</sup>	60 g (cooked)	14 g	41.2	36.8	36.8			37.8	38.9	30.4			
Liver, beef <sup>2</sup>	60 g (cooked)	16 g	43.2		34.0								
Cod fillets, frozen	60 g (cooked)	15 g	23.2										
Salmon, canned	60 g	14 g	35.9		43.7	25.9		32.6	30.4	28.0			
Tuna, canned	60 g	17 g	36.9	35.4	34.7	45.9		40.5	33.3	40.5			
Sardines, canned	7 medium (90 g)	23 g	82.1	25.8	25.8	60.5		67.6	24.2	54.8			
Shrimp, canned	10 medium (30 g)	7 g	17.5			14.3			13.5	13.5			
Corned Beef, canned	2 slices (90 g)	23 g	82.1	28.0	25.8	60.5		67.6	30.4	30.4			
Weiners, package	1 weiner (50 g)	7 g	35.0		30.4				13.5	13.5			
Bologna, sliced	1 slice (13 g)	2 g	40.0										
Spork, canned	1 slice (60 g)	9 g	60.0	36.0	40.9	45.0			37.5	39.1			
Baked Beans with Pork	250 mL	17 g	45.9	36.2	51.5	30.9		38.6	37.8	39.5			
Chili Con Carne	250 mL	20 g	37.7	38.5	34.5	34.5		32.3	40.8				
Peanut Butter	15 mL (16 g)	4 g	80.0		100.0	100.0			100.0	100.0			

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
 INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO										
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER				
Yogurt, flavoured	250 g	14 g	77.8										
Ice Cream, vanilla	250 mL (70 g)	6 g	50.0	10.3						13.7			
Kraft Dinner	148 g (29 g uncooked)	N/A								13.9			
Peas, dried	263 g (80 g uncooked)	21 g	116.7	20.0						190.1			
Beans, dried	190 g (80 g uncooked)	15 g	125.0	150.0			107.1						
Lentils, dried	156 g (80 g uncooked)	12 g									150.0		

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INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER			
<u>IRON</u>												
Eggs, Grade A, Large	2 eggs	2.2 mg	7.3	6.7		6.3	4.1	6.7	6.3			
Flour, all purpose	22 g	.64 mg	32.0	16.0	64.0	32.0	32.0	64.0	64.0			
Flour, whole wheat	22 g	.66 mg	66.0		33.0	66.0	33.0	66.0				
Rice, white, short grain	179 g (36 g raw)	0.4 mg	6.7		6.7	8.0	3.6	8.0	10.0			
Rice, converted	169 g (34 g raw)	1.4 mg	20.0									
Rice, brown	169 g (34 g raw)	0.9 mg	12.9				9.0					
Cornflakes	18 g	3.4 mg	30.9	15.0		85.0	68.0	85.0				
Shredded Wheat	1 biscuit (25 g)	0.8 mg	11.4	13.3								
All Bran	31 g	4.3 mg	39.0									
Sunny Boy or Red River	125 g (30 g raw)	0.6 mg	20.0									
Patlum		N/A										
Macaroni	148 g (29 g raw)	2.4 mg	60.0	10.0	60.0	60.0	60.0	21.8	60.0			
Kraft Dinner	148 g (29 g raw)	N/A										

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO										
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER				
Bread, white enriched	1 slice (30 g)	0.5 mg	10.0	10.0	10.0			8.3	7.1	8.3			
Bread, whole wheat (60%)	1 slice (30 g)	0.7 mg	14.0	14.0	14.0				10.0				
Oats	42 g	0.6 mg	20.0	15.0	20.0	20.0	10.0	20.0	35.0				
Oatmeal Cookies	1 biscuit (19 g)	-----	N/A										
Pancake Mix	1 pancake (27 g)	0.3 mg	7.5	1.0		10.0	10.0	7.5					
Soda Crackers	4 crackers (11 g)	0.1 mg	5.0	5.0	2.5	3.3	5.0	5.0					
Beef, rump roast <sup>2</sup>	60 g	1.6 mg	2.3										
Beef, sirloin steak (with bone) <sup>2</sup>	60 g	1.9 mg	2.4	2.1		1.9		2.0					
Beef, hamburger <sup>2</sup>	1 pattie (60 g)	2.9 mg	7.4	5.9	5.6	5.6	6.3	5.4					
Pork, chops <sup>2</sup>	60 g	2.2 mg	2.9	1.7		4.0	3.6	3.1					
Chicken, whole <sup>2</sup>	60 g	1.0 mg	2.9	2.6	2.6		2.7	2.8	2.2				
Liver, beef <sup>2</sup>	60 g	5.3 mg	14.3			11.3							
Corned Beef	2 slices (90 g)	3.9 mg	11.8	7.2	10.3	10.8	8.9	11.1	9.3				
Raisins	25 mL (14 g)	0.5 mg	12.5	3.2	12.5	12.5	4.5	10.0	12.5				

1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

KEY: N/A = NOT AVAILABLE  
O/S = OUT OF STOCK

NUTRIENT/COST RATIO OF IMPORTED FOODS  
INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO										
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER				
Apricots, dried	4 halves (16 g)	0.9 mg	10.0			12.9				11.2			
Apricots, canned in syrup	250 mL	0.8 mg	3.0			1.7				2.0			
Peas, canned	250 mL	3.0 mg	8.8	8.6	10.3	7.9	5.8	9.4		9.4			
Peas, frozen	169 g	3.0 mg	6.8	7.0		7.0		6.2					
Spinach, canned	250 mL	5.0 mg	13.5	12.5									
Baked Beans with Pork	250 mL	4.9 mg	13.2	10.4	14.8	8.9	11.1	10.9		11.4			
Chili Con Carne	250 mL	4.5 mg	8.5	8.7	7.8	10.5	7.3	9.2					
Dried Peas	263 g (80 g uncooked)	4.5 mg	25.0	45.0			40.9						
Dried Lentils	156 g (80 g uncooked)	3.3 mg											
Molasses	15 mL (20 g)	0.9 mg	18.0	90.0		45.0		45.0					

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER			
<b>CALCIUM</b>												
Milk, fresh homo	250 mL	306 mg	805.3	711.5		600.0	510.0	651.1				
Tri Milk (83 mL undiluted)	250 mL	306 mg	1800.0	1110.5		987.1		1530.0				
Evaporated Milk, whole (undiluted)	250 mL (266 g)	694 mg	1735.0	1375.7	3855.6	1779.5	1445.8	1875.7				
Powdered Skim Milk	250 mL (25mL powder)	308 mg	3422.2	3180.0	3422.2	5133.3	2800.0	5133.3				
Dry, Whole	250 mL (25mL powder)	92 mg	541.2		541.2	575.0		541.2	920.0			
Cheese, processed	60 g	369 mg	1236.0	1250.0	1419.2	1366.7		1366.7	1419.2			
Cheese, cheddar	60 g	432 mg			1167.6	1600.0		2160.0				
Cottage Cheese	250 mL (237 g)	142 mg	194.5					197.2				
Salmon, canned	90 g	100 mg	256.4		312.5	185.2	232.6	217.4	200.0			
Sardines	7 medium (90 g)	393 mg	1403.6	479.3	441.6	1034.2	1155.9	413.7	935.7			
Broccoli, frozen	180 g	158 mg	190.4	171.7								
Baked Beans with Pork	250 mL	146 mg	394.6	310.6	442.4	265.4	331.8	324.4	339.5			
Kraft Dinner	148 g (29 g uncooked)	N/A										

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER			
<b>VITAMIN C</b>												
Milk, fresh homo	250 mL	2 mg	5.3	4.7		3.9	3.3	4.2				
Trimilk (83 mL undiluted)	250 mL	2 mg	11.8	10.5		6.4		10.0				
Evaporated Milk, whole (undiluted)	250 mL (266 g)	35 mg	87.5	94.6	194.4	89.7	72.9	94.6				
Powdered Skim Milk	250 mL (25mL powder)	1 mg	11.1	10.0	11.1	16.7	9.0	16.7				
Dry, whole	250 mL (25mL powder)	1.7 mg	10.0		10.0	10.6		10.0	17.0			
Oranges, fresh	1 orange (180 g)	66 mg	169.2	146.7	129.4	134.7	111.9	134.7	153.5			
Potato, baked	100 g	20 mg	181.8	153.8	133.3	125.0	105.3	133.3	105.3			
Potatoes, cooked with peel	100 g	22 mg	200.0	159.2	146.7	137.5	115.8	146.7	115.8			
Potatoes, cooked without peel	100 g	20 mg	181.8	153.8	133.3	125.0	105.3	133.3	105.3			
Cabbage, raw	74 g	44 mg	176.0	233.3	244.4							
Green Pepper, raw	74 g	94 mg	303.2	376.0	376.0			324.1				
Turnip, raw	140 g	28 mg	133.3	112.0	112.0							
Orange Juice, canned	250 mL	106 mg	341.9		311.8	294.4	424.0	378.6	271.8			

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER			
Orange Juice, frozen	250 mL (62 mL undiluted)	127 mg	488.5	384.8					1587.5			
Apple Juice, canned	250 mL	93 mg	320.7	300.0	310.0	300.0	166.1	310.0				
Tomato Juice, canned	250 mL	41 mg	151.8	102.5	128.1	132.3	132.3	124.2	128.1			
Grapefruit, canned	250 mL	80 mg	266.7			150.9						
Tomatoes, canned	250 mL	41 mg	117.1	165.1	117.1	124.2	136.7	113.9	91.1			
Brussel Sprouts, frozen	164 g	143 mg	298.0	238.3			260.0					
Broccoli, frozen	180 g	162 mg	195.2	176.1								

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO							
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER	
<b>FOLIC ACID</b>										
Mushrooms, Canned	250 mL (257 g)	30 mcg	29.7	34.5	35.3				29.4	
Spinach, canned	250 mL (190 g)	193 mcg	521.6	482.5						
Broccoli, frozen	180 g	110 mcg	132.5	119.6						
Brussel Sprouts, frozen	164 g	106 mcg	220.9	176.7				192.7		
Liver, Beef <sup>2</sup>	60 g	120 mcg	324.3		255.3					

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
INUVIK REGION:

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER			
<b>VITAMIN A</b>												
Apricots, dried	4 halves (16 g)	167 RE	1855.6			2385.7			2087.5			
Apricots, canned	250 mL	475 RE	1759.2			1010.6			1187.5			
Carrots, fresh	1 carrot (50 g)	550 RE	6875.0			3166.7			5500.0			
Eggs, Grade A, Large	2 eggs	156 RE	520.0			172.7			472.7			
Liver, Beef <sup>2</sup>	60 g	9612 RE	25973.4			20451.1			445.7			
Butter	(5 g) 5 mL (pat)	38 RE	1266.7			1266.7			1266.7			
Margarine	(5 g) 5 mL (pat)	46 RE	300.0			300.0			300.0			
Tomato Juice, Canned	250 mL (256 g)	204 RE	755.6			310.0			658.1			
Broccoli, frozen	130 g	450 RE	301.2			271.7			618.2			
Spinach, canned	250 mL	1520 RE	108.1			300.0			637.5			
Cheese, cheddar	60 g	181 RE				1.1			2.0			

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER			
<u>RIBOFLAVIN</u>												
Milk, fresh homo	250 mL	.42 mg	1.1	1.0		0.8	0.7	0.9				
Trimilk, (83 mL undiluted)	250 mL	.42 mg	2.8	2.2		1.3		2.1				
Evaporated Milk whole(undiluted)	250 mL	.84 mg	2.1	2.3	4.7	2.1	1.7	2.3				
Powdered Skim Milk	250 mL (25 mL powder)	.44 mg	4.9	4.4	4.9	7.3	4.0	7.3				
Dry, whole	250 mL (25 mL powder)	.11 mg	0.6		0.6	0.7		0.6	1.1			
Cheese, cheddar	60 g	.23 mg			0.6	0.8		0.8	0.9			
Eggs, Grade A, Large	2 eggs	.30 mg	1.0	0.9		0.9	0.6	0.9	0.9			
Macaroni	148 g (29 g raw)	.59 mg	14.7	3.8	14.7	14.7	14.7	5.4	14.7			
Liver, beef <sup>2</sup>	60 g	2.51 mg	6.8		5.3							
Salmon, Canned	100 mL	.14 mg	0.4		0.4	0.3	0.3	0.3	0.3			
Flour, all purpose	22 g	.06 mg	3.0	1.5	6.0	3.0	3.0	6.0	6.0			
Flour, whole wheat	22 g	.04 mg	4.0		2.0	4.0	2.0	4.0				
Rice, white, short grain	179 g (36 g raw)	.02 mg	0.3		0.3	0.4	0.2	0.4	0.5			

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INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO										
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER				
Rice, converted	169 g (34 g raw)	.02 mg	0.3										
Rice, brown	169 g (34 g raw)	.02 mg	0.3										
Kraft Dinner	148 g (29 g uncooked)	2.75 mg						0.2					

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INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO										
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER				
<b>MEATLINE</b>													
Liver, Beef <sup>2</sup>	60 g	.23 mg	0.6		0.5								
Pork, chop <sup>2</sup>	60 g	.63 mg	0.8	1.0			1.1	1.0	0.9				
Peas, frozen	169 g	.46 mg	1.0	1.0			1.0		1.0				
Peas, canned	250 mL	.16 mg	0.5	1.5	0.5		0.4	0.3	0.5	0.5			
Cornflakes	200 mL (18 g)	.38 mg	3.4	3.5			9.5	7.6	9.5		0.5		
All Bran	200 mL (31 g)	.65 mg	5.9										
Rice, short grain, White	179 g (36 g raw)	.04 mg	0.6		0.6		0.8	0.4	0.8		1.0		
Rice, converted	169 g (34 g raw)	.20 mg	2.9										
Macaroni	148 g (29 g raw)	.35 mg	8.7	5.8	8.7	8.7	8.7	8.7	3.2	8.7			
Oatmeal	42 g	.25 mg	8.3	6.2	8.3	8.3	4.2	8.3	12.5				
Pork and Beans	250 mL	.21 mg	0.6	1.4	0.6	0.4	0.5	0.5	0.5				
Kraft Dinner	148 g (29 g uncooked)												
Flour, white, all purpose	22 g	.09 mg	2.0	1.0	4.0	2.0	2.0	4.0	4.0				

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 INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO												
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER						
Flour, whole wheat	22 g	.12mg	6.0		3.0	6.0	3.0	6.0							

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INUVIK REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO											
			INUVIK	FORT McPHERSON (COOP)	AKLAVIK	FORT GOOD HOPE	SACHS HARBOUR (COOP)	TUKTOYAKTUK	ARCTIC RED RIVER					
<b>MEAT</b>														
Liver, Beef <sup>2</sup>	60 g	13.7 NE	37.0		29.1									
Chicken, whole <sup>2</sup>	60 g	7.67 NE	22.6	20.2	20.2			20.7	21.3	16.7				
Tuna, canned	60 g	9.93 NE	21.6	20.7	20.3	26.8	23.6	19.5	23.6					
Peanut Butter	60 g	13.6 NE	71.6		80.0	85.0			80.0	90.7				
Split Peas	263 g (80 g uncooked)	6.0 NE	33.3	60.0				54.5						
Macaroni	148 g (29 g raw)	4.4 NE	110.0	73.3	110.0	110.0	110.0	40.0	110.0					
Shredded Wheat	1 biscuit (25 g)	1.3 NE	182.9	213.3										
Bread, white	3 slices (90 g)	3.3 NE	22.0	22.0	22.0			18.3	23.6	18.3				
Bread, whole wheat (60%)	3 slices (90 g)	4.2 NE	28.0	28.0	28.0				30.0					
Eggs, Grade A, Large	2 eggs	3.6 NE	12.0	10.9		10.3	6.7	10.9	10.3					
Kraft Dinner	148 g (29 g uncooked)	N/A												

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			FORT LIARD (HUDSON'S BAY)	GOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLEY BAY	LAC LA MARTRE
<b>PROTEIN</b>												
Milk, Fresh Homo	250 mL	8 g	25.8		50.0	44.4	18.2					20.0
Trimilk (83 mL undiluted)	250 mL	8 g		28.6	80.0	72.7	42.1	29.6				
Evaporated Milk, whole (undiluted)	250 mL (266 g)	18 g		40.0	53.0	47.4	42.9	39.1			40.9	29.0
Powdered Skim Milk (25 mL powder)	250 mL	9 g	90.0	90.0	100.0	100.0	100.0	150.0			128.6	128.6
Dry, whole milk (25 mL powder)	250 mL	3.3 g	22.0	19.4								
Cheese, processed	60 g	13 g			32.5	50.0	50.0	44.8				
Cheese, cheddar	60 g	17 g	54.8	37.8	50.0	51.5	43.6	47.2				
Cottage Cheese	250 mL (237 g)	30 g		2.6	61.2	63.8	39.0					
Eggs, Grade A, large	2 eggs	12 g	42.9	28.0	63.1	57.1	36.4				37.5	31.6
Beef, Rump Roast <sup>2</sup>	60 g (cooked)	13 g			19.7	26.5	19.7					
Beef, Sirloin Steak (with bone) <sup>2</sup>	60 g (cooked)	15 g		16.1	24.6	25.0	13.5					
Beef, hamburger <sup>2</sup>	60 g (cooked)	15 g	33.3	20.8	41.7	42.9	28.3				40.5	
Pork, chops	60 g (cooked)	16 g		23.4	25.0	40.5	27.8	27.8			24.6	25.0

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			FORT LIARD (HUDSON'S BAY)	GOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE
Chicken, whole <sup>2</sup>	60 g (cooked)	14 g		25.0	(1)	53.8	13.5			56.0		50.0
Liver, beef <sup>2</sup>	60 g (cooked)	16 g			41.0	57.1		28.6				
Cod Fillets, frozen	60 g (cooked)	15 g				21.2	24.8	18.9			(2)	
Salmon, canned	60 g	14 g	37.8	37.8	25.0	36.8	23.7	40.0		31.1		31.3
Tuna, canned	60 g	17 g	32.1	30.9	30.4	27.4	32.7	32.7				34.7
Sardines, canned	7 medium (90 g)	23 g		51.1	52.3	56.1	62.2			42.6		46.0
Shrimp, canned	10 medium (30 g)	7 g	12.1	13.7	14.6		14.3	12.1		13.5		
Corned Beef, canned	2 slices (90 g)	23 g	79.3	53.5	59.0			59.0		46.0		42.0
Wieners, package	1 weiner (50 g)	7 g	38.9	26.0	35.0	58.3	32.0	36.8		41.2		38.9
Bologna, sliced	1 slice (13 g)	2 g			50.0	33.3		33.3				
Spork, canned	1 slice (60 g)	9 g		39.1	34.6	34.6	42.9	41.0				26.1
Baked Beans with Pork	250 mL	17 g	36.6	34.0	48.6	51.5	42.5	34.0	32.1	27.4	21.0	40.5
Chili Con Carne	250 mL	20 g	43.5			35.7		35.7			20.4	35.7
Peanut Butter	15 mL (16 g)	4 g	44.4	80.0	80.0	80.0	80.0	66.7				

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**NUTRIENT/COST RATIO OF IMPORTED FOODS  
FORT SMITH REGION**

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	MAHANNI BUTTE	PELLY BAY	LAC LA MARTRE
Yoghurt, flavoured	250 g	14 g			28.0	23.0	14.1	13.0				
Ice Cream, vanilla	250 mL (70 g)	6 g		10.2	11.1	19.4	11.5					
Kraft Dinner	148 g (29 g uncooked)											
Peas, dried	263 g (80 g uncooked)	21 g			150.0	161.5						
Beans, dried	190 g (80 g uncooked)	15 g		88.2	100.0	136.4	78.9					93.7
Lentils, dried	156 g (80 g uncooked)	12 g			63.2							

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2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

KEY: N/A = NOT AVAILABLE  
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NUTRIENT/COST RATIO OF IMPORTED FOODS  
FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLEY BAY	LAC LA MARTRE
<u>IRON</u>												
Eggs, Grade A, Large	2 eggs	2.2 mg	7.9	5.1	11.6	10.5	6.7			6.9		5.8
Flour, all purpose	22 g	.64 mg	64.0	32.0	32.0	32.0	32.0	32.0		32.0	10.7	21.3
Flour, whole wheat	22 g	.66 mg	33.0	33.0	33.0	33.0	33.0	33.0				
Rice, white, short grain	179 g (36 g uncooked)	0.4 mg		5.7	8.0		6.7	5.7				
Rice, converted	169 g (34 g uncooked)	1.4 mg			20.0	20.0					11.7	
Rice, brown	169 g (34 g uncooked)	0.9 mg			12.9			5.0				
Cornflakes	18 g	3.4 mg		68.0	85.0	85.0	68.0	68.0		113.3		
Shredded Wheat	1 biscuit (25 g)	0.8 mg	13.3		13.3	11.4	11.4				8.0	10.0
All Bran	31 g	4.3 mg			61.4	61.4	53.8					
Sunny Boy or Red River	125 g (30 g raw)	0.6 mg			30.0						15.0	20.0
Peblum												
Macaroni	148 g (29 g raw)	2.4 mg	60.0	48.0	60.0	80.0	60.0	48.0				40.0
Kraft Dinner	148 g (29 g raw)	N/A										

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FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			FORT LIARD (HUDSON'S BAY)	GOJA HAVEN	HAY RIVER (GODWIN S.)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE
Bread, white enriched (24 slice loaf)	1 slice (30 g)	0.5 mg	8.3	5.0	25.0	16.7	10.0	12.5	--	--	--	8.3
Bread, whole wheat (60%) 24 slice loaf	1 slice (30 g)	0.7 mg	10.0		35.0	23.3	14.0	17.5				
Oats	42 g	0.6 mg		20.0	20.0	60.0	20.0	20.0			4.6	12.0
Oatmeal Cookies	1 biscuit (19 g)	----										
Pancake Mix	1 pancake (27 g)	0.3 mg		7.5	10.0	10.0	7.5	4.3				7.5
Soda Crackers	4 crackers (11 g)	0.1 mg	3.3	3.3		5.0	3.3	3.3				2.5
Beef, rump roast <sup>2</sup>	60 g	1.6 mg			2.4	3.3	2.4					
Beef, sirloin steak (with bone) <sup>2</sup>	60 g	1.9 mg		2.0	3.1	3.2	1.7					
Beef, hamburger <sup>2</sup>	1 pattie (60g)	2.9 mg	6.4	4.0	8.1	8.3	5.5			7.8		
Pork, chops <sup>2</sup>	60 g	2.0 mg		3.1	3.3	5.4	3.7	3.7		3.3		3.3
Cricken, Whole <sup>2</sup>	60 g	1.0 mg		1.8	(1)	3.9	1.0			4.0		3.6
Liver, Beef <sup>2</sup>	60 g	5.3 mg			13.6	18.9		9.5				
Corned Beef	2 slices (90 g)	3.9 mg	13.4	9.1	10.0			10.0				7.1
Raisins	25 mL (14 g)	0.5 mg	5.6	16.7	12.5	5.0	-5.0					10.0

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FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO										
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE	
Apricots, dried	4 halves (16 g)	0.9 mg	11.2		7.5	7.5	6.0	10.0					
Apricots, canned in syrup	250 mL	0.8 mg	1.5	1.5	1.7	1.7	1.5	1.5		1.5			
Peas, canned	250 mL	3.0 mg	7.3	8.3	8.1	7.5	7.3	7.3		7.3			
Peas, frozen	169 g	3.0 mg			9.7	13.0	7.7						
Spinach, canned	250 mL	5.0 mg			11.9	9.4					5.9	12.2	
Baked Beans with Pork	250 mL	4.9 mg	11.1	9.8	14.0	14.8	12.2	9.8	9.2	7.9	6.0	11.7	
Chili Con Carne	250 mL	4.5 mg	9.8			8.0		6.9			4.3	8.0	
Dried Peas	263 g (80 g uncooked)	4.5 mg			32.1	34.6							
Dried Lentils	156 g (80 g uncooked)	3.3 mg			17.4								
Molasses	15 mL (20 g)	0.9 mg		45.0	30.0	30.0	45.0	30.0			13.0	30.0	

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLE BAY	LAC LA MARTRE
<b>CALCIUM</b>												
Milk, Fresh homo	250 mL	306 mg	987.1		1912.5	1700.0	695.5					765.0
Tri Milk (83 mL undiluted)	250 mL	306 mg		1092.9	3060.0	2781.8	1610.5	1133.3				
Evaporated Milk, Whole (undiluted)	250 mL (266 g)	694 mg		1542.2	2041.2	1826.3	1652.4	1508.6		1577.3		1119.3
Powdered Skim Milk	250 mL (25 mL powder)	308 mg	3080.0	3080.0	3422.2	3422.2	3422.2	5133.3		4400.0		4400.0
Dry, Whole	250 mL (25 mL powder)	92 mg	613.3	571.2			368.0	511.1			248.6	
Cheese, processed	60 g	369 mg			922.5	1419.2	1419.2	1272.4				
Cheese, Cheddar	60 g	432 mg	1393.5	960.0	1270.6	1309.1	1107.7	1200.0				
Cottage Cheese	250 mL (237 g)	142 mg		123.5	289.8	302.1	184.4					
Salmon, Canned	90 g	100 mg	161.3	163.9	173.6	263.2	169.5	285.7		222.2		227.3
Sardines	7 medium (90 g)	393 mg		173.3	893.2	958.5	1062.2			727.7		786.0
Broccoli, frozen	180 g	158 mg			243.1	277.2						
Baked Beans with Pork	250 mL	146 mg	331.8	292.0	417.1	442.4	365.0	292.0	275.5	235.5	180.2	347.6
Kraft Dinner	148 g (29 g uncooked)											

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**NUTRIENT/COST RATIO OF IMPORTED FOODS  
FORT SMITH REGION**

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO										
			FORT LIARD (HUDSON'S BAY)	GOJA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE	
<b>VITAMIN C</b>													
Milk, fresh homo	250 mL	2 mg	6.5		12.5	11.1	4.5						5.0
Trimilk, 23 mL undiluted	250 mL	2 mg		7.1	20.0	18.2	10.5	7.4					
Evaporated Milk, whole (undiluted)	250 mL (266 g)	35 mg		77.8	102.9	92.1	83.3	76.1		79.5			56.5
Powdered Skim Milk	250 mL (25 mL powder)	1 mg	10.0	10.0	11.1	11.1	11.1	16.7		14.3			14.3
Dry, whole	250 mL (25 mL powder)	1.7 mg	11.3	10.0			6.8	9.4				4.6	
Oranges, fresh	1 orange (180 g)	66 mg	200.0	33.5	244.4		146.7	82.5	264.0	220.0			165.0
Potatoes, baked	100 g	20 mg		30.9	500.0	666.7	153.8	87.0	285.7	200.0			
Potatoes, cooked with peel	100 g	22 mg		100.0	550.0	733.3	169.2	95.7	314.3	220.0			
Potatoes, cooked without peel	100 g	20 mg		30.9	500.0	666.7	153.8	87.0	285.7	200.0			
Cabbage, raw	74 g	44 mg	314.3	151.7	628.6		191.3					(1)	1466.7
Green Pepper, raw	74 g	94 mg		324.1	427.3		293.7					(1)	
Turnip, raw	140 g	28 mg			254.5		127.3					(1)	
Orange Juice, Canned	250 mL	106 mg	302.9	271.8	441.7	331.3	331.3	271.8					126.2
Orange Juice, Frozen (62 mL undiluted)	250 mL	127 mg			1814.3	705.6	409.7						362.9

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FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO											
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLEY BAY	LAC LA MARTRE		
Apple Juice, canned	250 mL	93 mg	372.0	231.8	372.0	332.1	300.0	273.5						
Tomato Juice, canned	250 mL	41 mg	124.2	136.7	170.8	164.0	113.9	105.1		87.2		83.6		
Grapefruit, canned	250 mL	80 mg	190.5	216.2									29.9	117.1
Tomatoes, canned	250 mL	41 mg		93.2	107.9	110.8	100.0	105.1					70.7	146.4
Brussel Sprouts, frozen	164 g	143 mg			408.6	446.9	164.4							
Broccoli, frozen	180 g	162 mg			249.2	284.2								

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PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			FORT LIARD (HUDSON'S BAY)	GOYA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE
<u>FOLIC ACID</u>												
Canned Mushrooms	250 mL (257 g)	30 mcg		35.3	31.9	35.3	27.5	19.0				
Spinach, canned	250 mL (190 g)	193 mcg			459.5	193.0						
Broccoli, frozen	180 g	110 mcg			169.2	193.0						
Brussel Sprouts, frozen	164 g	106 mcg			302.9	331.2					23.8	
Liver, beef <sup>2</sup>	60 g	120 mcg			307.7	428.6		214.3			227.1	470.7

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PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO											
			FORT LIARD (HUDSON'S BAY)	GOJA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE		
<b>VITAMIN A</b>														
Apricots, dried	4 halves (16 g)	167 RE	2087.5		1391.7	1391.7	1113.3	1855.6						
Apricots, canned	250 mL	475 RE	896.2	396.2	1010.6	989.6	896.2	896.2			896.2			
Carrots, fresh	1 carrot (50 g)	550 RE		3666.7	9166.7	11000.0	6111.1							
Eggs Grade A, Large	2 eggs	156 RE	557.1	362.8	821.1	742.9	472.7				487.5		410.5	
Liver, beef <sup>2</sup>	60 g	9612 RE			24646.1	34328.6		17164.3						
Butter	(5 g) 5 mL (pat)	38 RE	1900.0		1900.0	1900.0	1900.0	1900.0			3800.0	3800.0	1266.7	
Margarine	(5 g) 5 mL (pat)	46 RE	300.0	300.0	150.0	300.0	300.0	300.0	300.0	300.0				
Tomato Juice, canned	250 mL (256 g)	204 RE	637.5	580.0	850.0	816.0	566.7	523.1		300.0	434.0	148.9	582.9	
Broccoli, frozen	180 g	250 RE			595.2	438.6								
Spinach, canned	250 mL	1520 RE			2338.5	2867.9						1788.2	3707.3	
Cheese, cheddar	60 g	181 RE	1.3	0.9	1.2	1.2	1.0	1.1						

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FORT SMITH REGION**

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE
<u>RIBOFLAVIN</u>												
Milk, fresh homo	250 mL	.42 mg	1.4		2.6	2.3	0.9					1.0
Trimilk (83 mL undiluted)	250 mL	.42 mg		1.5	4.2	3.8	2.2	1.6				
Evaporated milk, whole(undiluted)	250 mL	.84 mg		1.9	2.5	2.2	2.0	1.8		1.9		1.3
Powdered Skim Milk	250 mL (25mL powder)	.44 mg	4.4	4.4	4.9	4.9	4.9	7.3		6.3		6.3
Dry, whole	250 mL(25mL powder)	.11 mg	0.7	0.6			0.4	0.6			0.3	
Cheese, Cheddar	60 g	.23 mg	0.7	0.5	1.2	0.7	0.6	0.6				
Egg Grade A, Large	2 eggs	.30 mg	1.1	0.7	1.6	1.4	0.9			0.9		0.8
Macaroni	148 g (29 g raw)	.59 mg	14.7	11.8	14.7	19.7	14.7	11.8				9.8
Liver, beef <sup>2</sup>	60 g	2.51 mg			6.4	9.0		4.5				
Salmon, Canned	100 mL	.14 mg	0.2	0.2	0.3	0.4	0.2	0.4		0.3		0.3
Flour, all purpose	22 g	.06 mg	6.0	3.0	3.0	3.0	3.0	3.0		3.0	1.0	2.0
Flour, whole wheat	22 g	.04 mg	2.0	2.0	2.0	2.0	2.0	2.0				
Rice, white, short grain	179 g (36 g raw)	.02 mg		0.3	0.4		0.3	0.3				

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FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO												
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE			
Rice, converted	169 g (34 g raw)	.02 mg			0.3	0.3									
Kraft Dinner	148 g (29 g uncooked)	N/A													
Rice, Brown	169 g (34 g raw)	.02 mg			0.3				0.1				0.2		

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			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLY BAY	LAC LA MARTRE	
<u>THIAMINE</u>													
Liver, Beef <sup>2</sup>	60 g	.23 mg			0.6	0.8		0.4					
Pork, chop <sup>2</sup>	60 g	.57 mg		0.9	0.9	1.5	1.0	1.0		0.9		0.9	
Peas, frozen	169 g	.46 mg			1.5	2.0	1.2						
Peas, canned	250 mL	.16 mg	0.4	0.4	0.4	0.5	0.4			0.4	0.2		
Cornflakes	200 mL (18 g)	.38 mg		7.6	9.5	9.5	7.6	7.6		12.7			
All Bran	200 mL (31 g)	.65 mg			9.3	9.3					6.5		
Rice, short grain, white	179 g (36 g raw)	.04 mg		0.6	0.8		0.7	0.6					
Rice, converted	169 g (34 g raw)	.20 mg			2.9	2.9					1.7		
Macaroni	148 g (29 g raw)	.35 mg	8.7	7.0	8.7			7.0					5.8
Oatmeal	42 g	.25 mg		8.3	8.3	25.0	8.3	8.3			3.1	5.0	
Pork and Beans	250 mL	.21 mg	0.5	0.4	0.6	0.6	0.5	0.4	0.5	0.3	0.3	0.5	
Kraft Dinner	148 g(29 g uncooked)	N/A											
Flour, white, all purpose	22 g	.09 mg	4.0	2.0	2.0	2.0	2.0	2.0		2.0	0.6	1.3	

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FORT SMITH REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO										
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLEY BAY	LAC LA MARTRE	
Flour, whole wheat	22 g	.12 mg	3.0	3.0	3.0	3.0	3.0	3.0					

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PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			FORT LIARD (HUDSON'S BAY)	GJOA HAVEN	HAY RIVER (GODWIN'S)	FORT SMITH (HUDSON'S BAY)	COPPERMINE	SPENCE BAY	TROUT LAKE	NAHANNI BUTTE	PELLEY BAY	LAC LA MARTRE
<u>MEAT</u>												
Liver, beef <sup>2</sup>	60 g	13.7 NE			35.1	48.9		24.5				
Chicken, whole <sup>2</sup>	60 g	7.67 NE		10.2	(1)	21.9	5.6		30.7			27.4
Tuna, canned	60 g	9.93 NE	18.7	18.0	17.7	16.0	19.1	19.1				20.3
Peanut Butter	60 g	13.6 NE	85.0	75.6	80.0	71.6	71.6	59.1				
Split Peas	263 g (80 g uncooked)	6.0 NE			42.8	46.1						
Macaroni	148 g (29 g raw)	4.4 NE	110.0	88.0	110.0	146.7	110.0	88.0				73.3
Shredded Wheat	1 biscuit (25 g)	1.3 NE	213.3		213.3	182.9	182.9				128.0	160.0
Bread, white	3 slices (90 g)	3.3 NE	18.3	11.0		47.1	22.0	27.5				55.0
Bread, whole wheat, 60%	3 slices (90 g)	4.2 NE	20.0			60.0	28.0	15.6				
Eggs, Grade A, Large	2 eggs	3.6 NE	12.9	8.4	18.9	17.1	10.9		11.2			9.5
Kraft Dinner	148 g (29 g uncooked)	N/A										

1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

KEY: N/A = NOT AVAILABLE  
O/S = OUT OF STOCK

NUTRIENT/COST RATIO OF IMPORTED FOODS  
KEENWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO								
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT		
<b>PROTEIN:</b>											
Milk, fresh homo	250 mL	8 g	29.0								
Trimilk (83 mL undiluted)	250 mL	8 g									
Evaporated milk, whole (undiluted)	250 mL (266 g)	18 g		36.7	50.0			50.0		40.9	
Powdered skim milk (25 mL powder)	250 mL	9 g	100.0					150.0		90.0	
Dry, whole milk (25 mL powder)	250 mL	3.3 g	20.6		20.6				18.3	22.0	
Cheese, processed	60 g	13 g		29.9	46.4			28.3		41.9	
Cheese, cheddar	60 g	17 g		28.3	48.6			37.0			
Cottage cheese	250 mL (237 g)	30 g						17.1			
Eggs, Grade A, Large	2 eggs	12 g	44.4		37.5			25.5			
Beef, Rump Roast <sup>2</sup>	60 g (cooked)	13 g			22.8						
Beef, Sirloin Steak (with bone) <sup>2</sup>	60 g (cooked)	15 g			14.9					14.4	
Beef, hamburger <sup>2</sup>	60 g (cooked)	15 g	27.2		25.0			29.4		28.8	
Pork, chops <sup>2</sup>	60 g (cooked)	16 g	26.7		41.0			24.6			
Chicken, whole <sup>2</sup>	60 g (cooked)	14 g			40.0			45.2			

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KEENWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO											
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT					
Liver, beef <sup>2</sup>	60 g (cooked)	16 g	34.8											
Cod fillets, frozen	60 g (cooked)	15 g												
Salmon, canned	60 g	14 g	31.8	36.8	51.9			35.0	37.8	23.3				
Tuna, canned	60 g	17 g	47.2	60.7	58.6				37.0	32.7				
Sardines, canned	7 medium (90 g)	23 g	60.5	56.0	60.5				51.1	50.0				
Shrimp, canned	10 medium (30 g)	7 g	13.5	12.5	13.0			17.5	11.7	11.5				
Corned Beef, canned	2 slices (90 g)	23 g	63.9	34.8	65.7	63.9	53.5			51.1				
Weiners, package	1 weiner (50 g)	7 g			30.4	53.8			35.0	38.9				
Bologna, sliced	1 slice (13 g)	2 g				50.0	20.0		15.4	40.0				
Spork, canned	1 slice (60 g)	9 g	39.1	24.3	56.3	39.1			23.7	33.3				
Baked Beans with Pork	250 mL	17 g	43.6	31.5	35.4	27.4			37.8	41.5				
Chili Con Carne	250 mL	20 g				34.5								
Peanut Butter	15 mL (16 g)	4 g	80.0		80.0	80.0				100.0				
Yogurt, flavoured	250 g	14 g								17.9				

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
KEEWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO										
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT				
Ice Cream, vanilla	250 mL (70 g)	6 g	14.0		9.7	10.5	7.4						
Kraft Dinner	148 g (29 g uncooked)	N/A											
Peas, dried	263 g (80 g uncooked)	21 g											
Beans, dried	190 g (80 g uncooked)	15 g								93.7			
Lentils, dried	156 g (80 g uncooked)	12 g											

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
KEEWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO										
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT				
<b>IRON</b>													
Eggs, Grade A, Large	2 eggs	2.2 mg	8.1		6.9			4.7					
Flour, all purpose	22 g	.64 mg	64.0	64.0	64.0			32.0	32.0	64.0			
Flour, whole wheat	22 g	.66 mg	33.3					33.3					
Rice, white, short grain	179 g (36 g raw)	0.4 mg	10.0		3.6				3.1	8.0			
Rice, converted	169 g (34 g raw)	1.4 mg	11.7	20.0									
Rice, brown	169 g (34 g raw)	0.9 mg											
Cornflakes	18 g	3.4 mg	85.0		85.0				85.0	68.0			
Shredded Wheat	1 biscuit (25 g)	0.8 mg	11.4					11.4		16.0			
All Bran	31 g	4.3 mg	61.4							61.4			
Sunny Boy or Red River	125 g (30 g raw)	0.6 mg	30.0							15.0			
Pablum		N/A											
Macaroni	148 g (29 g raw)	2.4 mg	60.0		60.0				21.8	60.0			
Kraft Dinner	148 g (29 g raw)	N/A											

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
KEENATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO								
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	PEPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT		
Bread, white enriched (24 slices/loaf)	1 slice (30 g)	0.5 mg	12.5	12.5	5.6		5.0	6.3	7.1		
Bread, whole wheat(60%)(24 slices/1f)	1 slice (30 g)	0.7 mg	17.5						10.0		
Oats	42 g	0.6 mg	20.0	20.0	30.0				20.0		
Oatmeal Cookies	1 biscuit (19 g)	N/A	X	X	X	X	X	X	X		
Pancake Mix	1 pancake (27 g)	0.3 mg	7.5		7.5		7.5		6.0		
Soda Crackers	4 crackers (11 g)	0.1 mg	5.0	5.0	5.0	5.0	3.3		3.3		
Beef, Rump Roast <sup>2</sup>	60 g	1.6 mg			2.8						
Beef, sirloin steak (with bone) <sup>2</sup>	60 g	1.9 mg			1.9				1.8		
Beef, hamburger <sup>2</sup>	1 pattie (60 g)	2.9 mg	5.3		4.2		5.7		5.6		
Pork, chops <sup>2</sup>	60 g	2.2 mg	3.7		5.6		3.4				
Chicken, whole <sup>2</sup>	60 g	1.0 mg			2.9		3.2				
Liver, beef <sup>2</sup>	60 g	5.3 mg	11.5								
Corned Beef	2 slices (90 g)	3.9 mg	10.8	5.9	11.1	10.8	9.1		8.7		
Raisins	25 mL (14 g)	0.5 mg			12.5	12.5	8.3	8.3	16.7		

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
KEEWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT			
Apricots, dried	4 halves (16 g)	0.9 mg	8.2				9.0	11.3	11.3	10.0		
Apricots, canned in syrup	250 mL	0.8 mg	1.5	0.8	1.4	1.4			1.1	1.2		
Peas, canned	250 mL	3.0 mg	5.4	5.6	9.0	8.5	5.2			7.5		
Peas, frozen	169 g	3.0 mg	6.8			4.2				6.4		
Spinach, canned	250 mL	5.0 mg		9.6		13.5	9.3					
Baked Beans with Pork	250 mL	4.9 mg	12.6	9.1	10.2	7.9		10.9		12.0		
Chili Con Carne	250 mL	4.5 mg				7.8						
Dried Peas	263 g (80 g uncooked)	21 mg										
Dried Lentils	156 g (80 g uncooked)	12 mg										
Molasses	15 mL (20 g)	0.9 mg			45.0	45.0	30.0			45.0		

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
KEEWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT			
<b>CALCIUM</b>												
Milk, fresh homo	250 mL	306 mg	765.0									
Trimilk (83 mL undiluted)	250 mL	306 mg										
Evaporated Milk, whole (undiluted)	250 mL (266 g)	694 mg		1416.3	1927.8			1927.8				
Powdered Skim Milk	250 mL (25 mL powder)	308 mg	3422.2					5133.3				
Dry, whole	250 mL (25 mL powder)	92 mg	575.0		575.0				511.1	613.3		
Cheese, processed	60 g	396 mg		£20.0	1317.3			802.2				
Cheese, cheddar	60 g	432 mg		720.0	1234.3			939.1		1190.3		
Cheese, cottage	250 mL (237 g)	142 mg						81.1				
Salmon, canned	90 g	100 mg	227.3	£63.2	370.4			250.0	270.3	166.7		
Sardines	7 medium (90 g)	393 mg	1034.2	950.5	1034.2				873.3	854.3		
Broccoli, frozen	180 g	158 mg				145.0						
Baked Beans with Pork	250 mL	146 mg	374.4	270.3	304.2	235.5			324.4	356.1		
Kraft Dinner	148 g (29 g uncooked)	N/A										

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
KEENATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO								
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT		
<b>VITAMIN C</b>											
Milk, fresh homo	250 mL	2 mg	5.0								
Trimilk (83 mL undiluted)	250 mL	2 mg									
Evaporated Milk, whole (undiluted)	250 mL (266 g)	35 mg		71.4	97.2			97.2		79.5	
Powdered Skim Milk	250 mL (25 mL powder)	1 mg	11.1					16.7		10.0	
Dry, whole	250 mL (25 mL powder)	1.7 mg	10.6		10.6				9:4	11.3	
Oranges, fresh	1 orange (180 g)	66 mg	178.4		110.0	165.0	110.0				
Potatoes, baked	100 g	20 mg	181.8		125.0	153.8	87.0				
Potatoes, cooked with peel	100 g	22 mg	200.0		137.5	169.2	95.7				
Potatoes, cooked without peel	100 g	20 mg	181.8		110.0	165.0	110.0				
Cabbage, raw	74 g	44 mg	440.0		200.0	244.4	183.3			338.5	
Green Pepper, raw	74 g	94 mg	146.9		313.3	284.8	94.0			149.2	
Turnips, raw	140 g	28 mg	147.4		90.3	(1)				140.0	
Orange Juice, canned	250 mL	106 mg	331.3	252.4	321.2	321.2	365.5	285.5		143.2	

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
KEEWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO										
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT				
Orange Juice, frozen (62 mL undiluted)	250 mL	127 mg	.							453.6			
Apple Juice, canned	250 mL	93 mg	310.0		300.0	310.0	320.7	202.2	193.8				
Tomato Juice, canned	250 mL	41 mg	151.9		128.1	186.4	124.2	164.0	85.4				
Grapefruit, canned	250 mL	80 mg	140.4	145.5				123.1	106.7				
Tomatoes, canned	250 mL	41 mg	117.1	85.4	120.6	74.5	85.4	100.0	82.0				
Brussel Sprouts, frozen	164 g	143 mg	433.3		230.6	207.2			183.3				
Broccoli, frozen	180 g	162 mg				148.6							

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
KEENATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO										
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT				
<u>FOLIC ACID</u>													
Mushrooms, canned	250 mL (257 g)	30 mcg	31.6	32.6							30.9		
Spinach, canned	250 mL (190 g)	193 mcg		371.2			521.6	357.4					
Broccoli, frozen	180 g	110 mcg					100.9						
Brussel Sprouts, frozen	164 g	106 mcg	321.2		171.0	153.6					135.9		
Liver, beef <sup>2</sup>	60 g	120 mcg	260.9										

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
KEEWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT			
<b>VITAMIN A</b>												
Apricots, dried	4 halves (16 g)	167 RE	1518.1				1670.0	2087.5	2087.5	1855.6		
Apricots, canned	250 mL	475 RE	863.6	500.0	848.2	848.2			659.7	688.4		
Carrots, fresh	1 carrot (50 g)	550 RE	11000.0									
Eggs, Grade A, Large	2 eggs	156 RE	577.8		487.5			339.1				
Liver, beef <sup>2</sup>	60 g	9612 RE	20895.7									
Butter	(5 g) 5 mL (pat)	38 RE	1900.0			1900.0	3800.0		1900.0	1900.0		
Margarine	(5 g) 5 mL (pat)	46 RE	300.0	300.0	300.0	300.0	300.0	300.0	300.0			
Tomato Juice, Canned	250 mL (256 g)	204 RE	755.6			637.5	927.3	618.1	816.0	425.0		
Broccoli, frozen	180 g	250 RE					229.4					
Spinach, canned	250 mL	1520 RE		2923.1			4108.1	2814.8				
Cheese, cheddar	60 g	181 RE		0.7	1.1			0.9				

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
KEENWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO												
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT						
<b>RIBOFLAVIN</b>															
Milk, fresh homo	250 mL	.42 mg	1.05												
Trimilk (83 mL undiluted)	250 mL	.42 mg													
Evaporated Milk, whole (undiluted)	250 mL	.84 mg		1.7	2.3			2.3			1.9				
Powdered Skim Milk	250 mL (25 mL powder)	.44 mg	4.9					7.3			4.4				
Dry, whole	250 mL (25 mL powder)	.11 mg	0.7		0.7				0.6		0.7				
Cheese, Cheddar	60 g	.23 mg		0.4	0.7			0.5							
Egg, Grade A, Large	2 eggs	.30 mg	1.1		0.9			0.6							
Macaroni	148 g (29 g raw)	.59 mg	14.8		14.8				5.4		14.8				
Liver, beef <sup>2</sup>	60 g	2.51 mg	5.5												
Salmon, canned	100 mL	.14 mg	0.3	0.4	0.5			0.4	0.4		0.2				
Flour, all purpose	22 g	.06 mg	6.0	6.0	6.0			3.0	3.0		6.0				
Flour, whole wheat	22 g	.04 mg	2.0					2.0							
Rice, white, short grain	179 g (36 g raw)	.02 mg	0.5		0.2					0.1	0.4				
Rice, converted	169 g (34 g raw)	.02 mg	0.2	0.3											

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
KEENWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO										
			RAIKIN INLET (HUDSON'S BAY)	RAIKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIMO POINT				
Rice, brown Kraft Dinner	169 g (34 g raw) 148 g (29 g uncooked)	.02 mg N/A											

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
KEENWATIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			RANKIN INLET (HUDSON'S BAY)	RANKIN INLET (LOOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (LOOP)	WHALE COVE	ESKIMO POINT			
<u>MEAT</u>												
Liver, beef <sup>2</sup>	60 g	.23 mg	0.5									
Pork, chop <sup>2</sup>	60 g	.63 mg	1.0		1.6			1.0				
Peas, frozen	169 g	.46 mg	1.0				0.6			1.0		
Peas, canned	250 mL	.16 mg	0.3	0.3	0.5	0.5	0.3			0.4		
Cornflakes	200 mL (18 g)	.38 mg	9.5		9.5				9.5	7.5		
All Bran	200 mL (31 g)	.65 mg	9.3							9.3		
Rice, short grain, white	179 g (36 g raw)	.04 mg	1.0		0.4				0.3	0.8		
Rice, converted	169 g (34 g raw)	.02 mg	1.7	2.9								
Macaroni	148 g (29 g raw)	.35 mg	8.8		8.8				3.2	8.8		
Garbanzo	42 g	.25 mg	8.3	8.3	12.5					8.3		
Pork and Beans	250 mL	.21 mg	0.5	0.4	0.4	0.3			0.5	0.5		
Kraft Dinner	148 g (29 g uncooked)											
Flour, white, all purpose	22 g	.09 mg	4.0	4.0	4.0			2.0	2.0	4.0		
Flour, whole wheat	22 g	.12 mg	3.0					3.0				

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2. A 60 G SERVING OF MEAT IS BASED ON 99 G MEAT, UNCOOKED.

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**NUTRIENT/COST RATIO OF IMPORTED FOODS  
KEENWATIN REGION**

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			RAHWIN INLET (HUDSON'S BAY)	HANKIN INLET (COOP)	CORAL HARBOUR	BAKER LAKE	REPULSE BAY (COOP)	WHALE COVE	ESKIHO POINT			
<b>NIACIN</b>												
Liver, beef <sup>2</sup>	60 g	13.7 NE	29.8									
Chicken, whole <sup>2</sup>	60 g	7.67 NE			22.0			25.0				
Tuna, canned	60 g	9.93 NE	27.6	35.5	34.2				21.6	19.1		
Peanut Butter	60 g	13.6 NE	71.6		65.0	71.6				90.7		
Split Peas	263 g (80 g uncooked)	6.0 NE										
Macaroni	148 g (29 g raw)	4.4 NE	110.0		110.0				40.0	110.0		
Shredded Wheat	1 biscuit (25 g)	1.3 NE	182.9					182.9		256.0		
Bread, white (24 slice loaf)	3 slices (90 g)	3.3 NE	23.6	23.6	11.8			10.3	13.2	15.7		
Bread, whole wheat (24 slice loaf)(60%)	3 slices (90 g)	4.2 NE	30.0							20.0		
Eggs, Grade A, Large	2 eggs	3.6 NE	13.3		11.3			7.7				
Kraft Dinner	148 g (29 g uncooked)	N/A										

1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

KEY: N/A = NOT AVAILABLE  
O/S = OUT OF STOCK

NUTRIENT/COST RATIO OF IMPORTED FOODS  
EASTERN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLUTE BAY	NATIIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET	
<u>PROTEIN</u>												
Milk, Fresh homo	250 mL	8 g	11.4			14.3	11.3					
Trimilk (83 mL Undiluted)	250 mL	8 g			33.3							
Evaporated milk, whole (undiluted)	250 mL (266 g)	18 g	41.9	41.9	26.9	41.9	41.9	41.9	42.9	50.0		
Powdered Skim milk (25 mL powder)	250 mL	9 g	128.6	100.0	53.0		150.0	150.0		150.0		
Dry, whole milk (25 mL powder)	250 mL	3.3 g			19.4	19.4	19.4	9.2	19.4	23.6		
Cheese processed	60 g	13 g	44.8		29.5	41.9		15.7	46.4	41.9		
Cheese, cheddar	60 g	17 g	47.2	55.4	29.8	34.7	35.4	32.7		42.5		
Cottage Cheese	250 mL (237 g)	30 g					15.0					
Eggs, Grade A, Large	2 eggs	12 g	32.4	24.5	26.1	32.4	27.3	23.5	31.6	30.0		
Beef, rump roast <sup>2</sup>	60 g (cooked)	13 g	14.8					25.0				
Beef, Sirloin Steak (with bone) <sup>2</sup>	60 g (cooked)	15 g			11.4	20.0		18.7	15.6			
Beef, hamburger <sup>2</sup>	60 g (cooked)	15 g	25.9	26.8	24.6	30.0	21.7	34.1		31.2		

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2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
EAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO											
			POND INLET (HUDSON'S BAY)	POND INLET (LOOP)	RESOLUTE BAY	NAHTSIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DOUSFT			
Pork, chops <sup>2</sup>	60 g (cooked)	16 g		23.2	21.9			24.6	27.1					
Chicken, whole <sup>2</sup>	60 g (cooked)	14 g			35.9	25.0	30.4	48.3						
Liver, beef <sup>2</sup>	60 g (cooked)	16 g	66.7											
Cod Fillets, frozen	60 g (cooked)	15 g			15.3	16.4					19.5			
Salmon, canned	60 g	14 g	31.8	17.3	36.8	26.4	29.2	43.7	31.1	20.6				
Tuna, canned	60 g	17 g	31.5		42.5	41.5	50.0	53.1	44.7					
Sardines, canned	7 medium (90 g)	23 g	26.4	59.0		69.7	57.5	51.1	60.5					
Shrimp, canned	10 medium (30 g)	7 g	15.5	12.1		11.9	14.0	15.9	13.7	43.7				
Corned Beef, canned	2 slices (90 g)	23 g	52.3	53.5	35.5		60.5	54.8			59.0			
Weiners, package	1 weiner (50 g)	7 g	23.3		25.9	30.4	46.7		31.8	35.0				
Bologna, sliced	1 slice (13 g)	2 g								33.3				
Spork, canned	1 slice (60 g)	9 g	36.0	33.3	25.7		37.5		37.5	37.5				
Baked Beans with Pork	250 mL	17 g		30.9	24.6	50.0	34.0	34.0	29.3					
Chili Con Carne	250 mL	20 g	31.7	33.3	27.0		32.8		27.8	40.8				

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
LAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONSTRUCTION/SERVING	NUTRIENT/COST RATIO								
			POND INLET (HUDSON'S BAY)	POND INLET (LOOP)	RESOLJTE BAY	NAHTSIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET
Peanut Butter	15 mL (16 g)	4 g	57.1		40.0	80.0	80.0	57.1	66.7	100.0	
Yoghurt, flavoured	250 g	14 g		11.0		11.0	11.4			6.8	
Ice Cream, vanilla	250 mL (70 g)	6 g	8.4	8.3			8.9	7.1			
Kraft Dinner	148 g (29 g uncooked)										
Peas, dried	263 g (80 g uncooked)	21 g	175.0				175.0			53.8	
Beans, dried	190 g (60 g uncooked)	15 g			57.7		107.1		93.7	83.3	
Lentils, dried	156 g (80 g uncooked)	12 g								38.7	

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1. SUGGESTED BY CANADA FOOD GUIDE.
2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

NUTRIENT/COST RATIO OF IMPORTED FOODS  
RAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO											
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLJTE BAY	HANISIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET			
<b>IRON</b>														
Eggs, Grade A, Large	2 eggs	2.2 mg	5.9	4.5	4.8	5.9	5.0	4.3	5.8	5.5				
Flour, all purpose	22 g	.64 mg	33.0	14.0		32.0	32.0	32.0	64.0	64.0				
Flour, whole wheat	22 g	.66 mg	22.0	33.0				33.0						
Rice, white, short grain	179 g (36 g raw)	0.4 mg				8.0		3.6	8.0	8.0				
Rice, converted	169 g (34 g raw)	1.4 mg				23.3		20.0		15.6				
Rice, brown	169 g (34 g raw)	0.9 mg			18.0									
Cornflakes	18 g	3.4 mg	68.0	85.0		37.8	68.0	68.0	85.0	68.0				
Shredded Wheat	1 biscuit (25 g)	0.8 mg	13.3	20.0			11.4		11.4					
All Bran	31 g	4.3 mg	35.8			53.7		39.0						
Sunny Boy or Red River Pabulum	125 g (30 g raw)	0.6 mg												
Macaroni	148 g (29 g raw)	2.4 mg	48.0				40.0	60.0	60.0	80.0				
Kraft Dinner	148 g (29 g raw)	N/A												

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2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

NUTRIENT/COST RATIO OF IMPORTED FOODS  
BAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLUTE BAY	NAIISIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET	
Bread, white enriched (24 sl.)	1 slice (30 g)	0.5 mg	6.2	12.5	5.6	7.1	5.6	5.6	8.3	10.0		
Bread, whole wheat (60%) (24 sl.)	1 slice (30 g)	0.7 mg	7.8		7.0	10.0	7.8	7.0				
Oats	42 g	0.6 mg	20.0	20.0	20.0		20.0		20.0	20.0		
Oatmeal Cookies	1 biscuit (19 g)	-----										
Pancake Mix	1 pancake (27 g)	0.3 mg	7.5	10.0	3.7		7.5					
Soda Crackers	4 crackers (11 g)	0.1 mg			2.5				10.0	10.0		
Beef, rump roast <sup>2</sup>	60 g	1.6 mg	1.8					3.1				
Beef, sirloin steak (with bone) <sup>2</sup>	60 g	1.9 mg			1.4	2.5		2.4	2.0			
Beef, hamburger <sup>2</sup>	1 pattie (60 g)	2.9 mg	5.0	5.2	4.8	5.8	4.2	6.6		6.0		
Pork, chops <sup>2</sup>	60 g	2.2 mg		3.2	3.0		3.4	3.7				
Chicken, whole <sup>2</sup>	60 g	1.0 mg			2.5	1.8	2.1	3.4				
Liver, beef <sup>2</sup>	60 g	5.3 mg	22.0									
Corned Beef	2 slices (90 g)	3.9 mg	8.9	9.1	6.2		10.3	9.3		10.0		
Raisins	25 mL (14 g)	0.5 mg	10.0		4.2	8.3	12.5	10.0	10.0	12.5		

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2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
LAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			POND INLET (HUDSON S BAY)	POND INLET (COOP)	RESOLJTE BAY	NAHTSIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET	
Apricots, dried	4 halves (16 g)	0.9 mg	12.8								9.0	
Apricots, canned in syrup	250 mL	0.8 mg	1.5		4.4						1.4	
Peas, canned	250 mL	3.0 mg	7.0		5.0	6.7	5.6	6.1	5.8		6.1	
Peas, frozen	169 g	3.0 mg	10.7		6.2							
Spinach, canned	250 mL	5.0 mg	7.7	9.4		10.6						
Baked beans with Pork	250 mL	4.9 mg		8.9	7.1	14.4	9.8	9.8	8.4			
Chili Con Carne	250 mL	4.5 mg	7.1	7.5	6.1		7.4		6.2		9.2	
Dried Peas	263 g (80 g uncooked)	4.5 mg	37.5				37.5				11.5	
Dried Lentils	156 g (80 uncooked)	3.3 mg									10.6	
Molasses	15 mL (20 g)	0.9 mg	22.5		18.0		30.0	45.0				

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
BAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO											
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLUTE BAY	NAHLSIVIK	PANGIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET			
<u>CALCIUM</u>														
Milk, Fresh homo	250 mL	306 mg	437.1			546.4	431.0							
Tri Milk, 83 mL Undiluted	250 mL	306 mg			1275.0									
Evaporated Milk, Whole (undiluted)	250 mL (266 g)	694 mg	1613.9	1613.9	1036.0	1613.9	1613.9	1613.9	1614.0	1927.8				
Powdered Skim Milk	250 mL (25 mL powder)	308 mg	4460.0	3422.2	1811.8		5133.3	5133.3		5133.3				
Dry, Whole	250 mL (25 mL powder)	92 mg			541.2	541.2	541.2	255.6	541.2	657.1				
Cheese Processed	60 g	369 mg	1272.4		838.6	1190.3		595.2	1317.9	1190.3				
Cheese Cheddar	60 g	432 mg	1200.0	1661.5	757.9	881.6	900.0	830.8		1080.0				
Cottage Cheese	250 mL (237 g)	142 mg					125.7							
Salmon, canned	90 g	100 mg	227.3	123.5	263.2	188.7	208.3	312.5	222.2	147.1				
Sardines	7 medium (90 g)	393 mg	451.7	1007.7		1190.9	982.5	873.3	1034.2					
Broccoli, frozen	180 g	158 mg												
Baked Beans and Pork	250 mL	146 mg		265.4	211.6	429.4	292.0	292.0	251.7					

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
BAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONSTRUCTION/ SERVING	NUTRIENT/COST RATIO											
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLUTE BAY	NAIISIVIK	PANGHIRTUNG	BRIGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET			
Kraft Dinner	148 g (29 g uncooked)													

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2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
RAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CON- TRIBU- TION/SERVING	NUTRIENT/COST RATIO								
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLUTE BAY	NAHISIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET
<b>VITAMIN C</b>											
Milk, fresh Homo	250 mL	2 mg	2.9			3.6	2.8				
Trimilk, 83 mL undiluted	250 mL	2 mg				8.3					
Evaporated milk, whole (undiluted)	250 mL (266 g)	35 mg	81.4	81.4	52.2	81.4	81.4	81.4	83.3	97.2	
Powdered Skim Milk	250 mL (25 mL powder)	1 mg	14.3	11.1	5.9		16.7	16.7		16.7	
Dry, whole	250 mL (25 mL powder)	1.7 mg			10.0	10.0	10.0	4.7	10.0	12.1	
Oranges, fresh	1 orange (180 g)	66 mg		110.0	146.7	146.7	95.6	66.0	165.0	173.7	
Potatoes, baked	100 g	20 mg	60.6	58.8	11.1	11.1	90.0	83.3		200.0	
Potatoes, cooked with peel	100 g	22 mg	66.7	64.7	122.2	122.2	100.0	91.7		220.0	
Potatoes, cooked without peel	100 g	20 mg	60.6	58.8	11.1	11.1	90.9	83.3		200.0	
Cabbage, raw	74 g	11 mg				200.0	209.5			(1)	
Green Pepper, raw	74 g	94 mg				136.2	587.5			98.9	
Turnips, raw	140 g	28 mg									
Orange Juice, canned	250 mL	106 mg	265.0	192.7		353.3	341.9	294.4		353.3	

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2. A 50 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
EASTERN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO								
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLJTE BAY	NANITSIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET
Apple juice, canned	250 mL	93 mg	290.6			290.6	290.6	290.6		310.0	
Tomato Juice, canned	250 mL	41 mg	120.6	100.0	80.4	120.6	136.7	105.1		100.0	
Grapefruit, canned	250 mL	80 mg	210.5				148.1	148.1		117.6	
Tomatoes, canned	250 mL	41 mg	91.1	91.1	58.6	110.8	91.1	100.0	93.2	73.2	
Brussel Sprouts, frozen	164 g	143 mg	340.5		193.2		255.6				
Broccoli, frozen	180 g	162 mg									
Orange Juice, Frozen (62 mL undiluted)	250 mL	127 mg	295.3		373.5	577.3	604.8		230.9		

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2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

NUTRIENT/COST RATIO OF IMPORTED FOODS  
BAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CON- TRIBUTION/ SERVING	NUTRIENT/COST RATIO									
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLUTE BAY	NAIISIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET	
<u>FOLIC ACID</u>												
Canned mushrooms	250 mL (257 g)	30 mcg	30.9	29.7		30.3	30.0	28.8	32.3			
Spinach, canned	250 mL (190 g)	193 mcg	296.9	233.8		410.6						
Broccoli, frozen	180 g	110 mcg										
Brussel Sprouts	164 g	106 mcg	252.4		143.2		189.3					
Liver, beef <sup>2</sup>	60 g	120 mcg	500.0									

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
BAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CON- STRICTION/ SERVING	NUTRIENT/COST RATIO								
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLJTE BAY	NAIISIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET
<b>VITAMIN A</b>											
Apricots, dried	4 halves (16 g)	167 RE	2385.7								1670.0
Apricots, canned	240 mL	475 RE	896.2		2638.9			1583.3	819.0		833.3
Carrots, fresh	1 carrot (50 g)	550 RE	3666.7				5000.0	3928.6	3928.6		6111.1
Eggs, Grade A, Large	2 eggs	156 RE	421.6	318.4	339.1	421.6	354.5	305.9		410.5	390.0
Liver, beef <sup>2</sup>	60 g	9612 RE	40050.0								
Butter	(5 g) 5 mL (pat)	38 RE	1900.0	1900.0			3800.0	3800.0	3800.0	3800.0	1900.0
Margarine	(5 g) 5 mL (pat)	46 RE	300.0	150.0	300.0	300.0	300.0	300.0	300.0	300.0	
Tomato Juice, canned	250 mL (256 g)	204 RE	600.0	497.6	400.0	600.0	680.0	523.1			497.6
Broccoli, frozen	180 g	250 RE									
Spinach, canned	250 mL	1520 RE	2338.5	2235.3		3234.0					
Cheese, cheddar	60 g	181 RE	1.1	1.5	0.7	0.8	0.8	0.8			1.0

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
DAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CON- STRIE- TION/SERVING	NUTRIENT/COST RATIO									
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLUTE BAY	NAIISIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET	
<b>RIBOFLAVIN</b>												
Milk, fresh Homo	250 mL	.42 mg	0.6				0.7	0.6				
Trimilk, 83 mL undiluted	250 mL	.42 mg		1.7								
Evopaoated Milk, whole (undiluted)	250 mL	.84 mg	2.0	2.0	1.2	2.0	2.0	2.0	2.0	2.3		
Powdered Skim Milk	250 mL (25mL powder)	.44 mg	6.3	4.9	2.6			7.3	7.3	7.3		
Dry, whole	250 mL (25mL powder)	.11 mg			0.6	0.6	0.6	0.3	0.6	0.8		
Cheese, cheddar	60 g	.23 mg	0.6	0.9	0.4	0.5	0.7	0.4		0.6		
Egg, Grade A, Large	2 eggs	.30 mg	0.8	0.6	0.6	0.8	0.7	0.6	0.8	0.7		
Macaroni	148 g (29 g raw)	.59 mg	11.8					9.8	14.7	14.7	19.7	
Liver, beef <sup>2</sup>	60 g	2.51 mg	10.5									
Salmon, canned	100 mL	.14 mg	0.3	0.2	0.4	0.3	0.3	0.4	0.3	0.2		
Flour, all purpose	22 g	.06 mg	3.0	6.0								
Flour, whole wheat	22 g	.04 mg	1.3	2.0								

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**NUTRIENT/COST RATIO OF IMPORTED FOODS  
EAFFIN REGION**

PRODUCT	SERVING SIZE	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO								
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLUTE BAY	NAIHSIVIK	PAIGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET
Rice, white, short grain	179 g (36 g raw)	.02 mg				0.4		0.2			
Rice, converted	169 g (34 g raw)	.02 mg				0.3		0.3		0.2	
Rice, brown	169 g (34 g raw)	.02 mg			0.4						
Kraft Dinner	148 g (29 g uncooked)	N/A									

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
BAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO								
			POND INLET (HUDSON'S BAY)	POND INLET (COOP)	RESOLJTE BAY	NAIHSIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET
<u>THIAMINE</u>											
Liver, Beef <sup>2</sup>	90 g	.23 mg	1.0								
Pork, chop <sup>2</sup>	60 g	.63 mg		0.9	0.9			1.0	1.1		
Peas, frozen	169 g	.46 mg	1.6		1.0						
Peas, canned	250 mL	.16 mg	0.4		0.3	0.4	0.3	0.3	0.3	0.3	
Cornflakes	200 mL (18 g)	.38 mg	7.6	9.5		4.2	7.6	7.6	9.5	7.6	
All Bran	200 mL (31 g)	.65 mg	5.4			8.1		5.9			
Rice, short grain, white	179 g (36 g raw)	.04 mg				0.8		0.4	0.8	0.8	
Rice, converted	169 g (34 g raw)	.20 mg				3.3		2.8		2.2	
Macaroni	148 g (29 g raw)	.35 mg	7.0				5.8	8.7	8.7	11.7	
Oatmeal	42 g	.25 mg	8.3	8.3	8.3		8.3		8.3	8.3	
Pork and Beans	250 mL	.21 mg		0.4	0.3	0.6	0.4	0.4	0.4		
Kraft Dinner	148 g (29 g uncooked)										
Flour, white, all purpose	22 g	.09 mg	2.0	4.0		2.0	2.0	2.0	4.0	4.0	

1. SUGGESTED BY CANADA FOOD GUIDE.

2. A 60 G SERVING OF MEAT IS BASED ON 90 G MEAT, UNCOOKED.

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
EASTERN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONSTRUCTION/SERVING	NUTRIENT/COST RATIO											
			POND INLET (HUDSON'S BAY)	POND INLET (LOOP)	RESOLJTE BAY	NAHLSIVIK	PANGNIRTUNG	BRIGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET			
Flour, whole wheat	22 g	.12 mg	2.0	3.0					3.0					

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NUTRIENT/COST RATIO OF IMPORTED FOODS  
BAFFIN REGION

PRODUCT	SERVING SIZE <sup>1</sup>	NUTRIENT CONTRIBUTION/SERVING	NUTRIENT/COST RATIO									
			POND INLET (HUDSON'S BAY)	POND INLET (LOOP)	RESOLJTE BAY	IAHUSIVIK	PANGNIRTUNG	BROUGHTON	LAKE HARBOUR	UNKNOWN	CAPE DORSET	
<u>MEAT</u>												
Liver, beef <sup>2</sup>	60 g	13.7 NE	57.1									
Chicken, whole <sup>2</sup>	60 g	7.67 NE										
Tuna, canned	60 g	9.93 NE	18.4		24.8	19.7	13.7	16.7	26.4			
Peanut Butter	60 g	13.6 NE	61.8		34.9	24.2	29.2	31.0	26.1			
Split peas	263 g (80 g uncooked)	6.0 NE	50.0			68.0	71.6	48.6	56.7	80.0		
Macaroni	148 g (29 g raw)	4.4 NE	88.0				50.0			15.4		
Shredded Wheat	1 biscuit (25 g)	1.3 NE	213.3	60.0			73.3	110.0	110.0	146.7		
Bread, white	3 slices (90 g)	3.3 NE		27.5	12.2	16.5	182.9		182.9			
Bread, whole wheat (60%)	3 slices (90 g)	4.2 NE					12.2	11.4	16.5	22.0		
Eggs, Grade A, Large	2 eggs	3.6 NE	9.7	7.3	7.8	7.7	15.6	13.5				
Kraft Dinner	148 g (29 g uncooked)						8.2	7.1	9.5	9.0		

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