

I now eat only 'live food' such as vegetables, fruits and animal products, like chicken, pork chops, beef, fish, brown rice. My doctor advised me to only drink water and milk. I do not indulge in processed foods, such as TV dinners, cookies in packages, hot dogs, candies, etc. I now feel better, not so tired and chunky looking.

I should have done this years ago. I find good foods are quite pricy, but worth eating. I now make good food choices.

Mary Rose Maksagak, Cambridge Bay, Nunavut.

*This email refers to both the work of the Nunavut Roundtable for Poverty Reduction and the Nunavut Food Security Coalition.

Photo credit: Nunavut Antipoverty Secretariat

[Send your ideas for stories to feature in this newsletter.](#)

[Edit your subscription](#) | [Unsubscribe](#)