

# PiusituKaujutut Labradorimiut Inuit NiKingit Traditional Labrador Inuit Foods

**Aujak  
Summer**



**kavisilik  
Salmon**



**Pitsik  
Dried Fish**



**Ammomajuit  
Clams**



**Maktak  
Whaleskin**



**Tulligunnak  
Seedum**



**Sennâluk  
Rhubarb**



**Akpik  
Bake Apple**



**Kuleligak  
Capelin**

**Ukiaksâk  
Fall**



**Mitik  
Duck**



**AKigget  
Partridges**



**Tuktuk  
Caribou**



**Nillik  
Goose**



**kimminait  
Red Berries**



**MamaiktuKu  
tet Labrador  
Tea**



**Paungait  
Black  
Berries**



**NiaKojait  
Buns**



**Songujunik  
NukiKagiamut  
For Strong  
Muscles**



**Songujunik  
SauniKagiamut  
amma  
kigutiKagiamut  
For Strong  
Bones and Teeth**



**Piujunik  
IjiKagiamut,  
UviniKagiamut  
amma Kanimma-  
tailigiamut  
For Good Eyes,  
Skin and Less  
Infection**



**NukiKagiamut  
For Energy**



**Labradorimiut Inuit Ilannânga Canadamiut NiKiksangit Malillugit  
The Labrador Inuit Companion to Canada's Food Guide**

