

# PiusituKaujutut Labradorimiut Inuit NiKingit

## Traditional Labrador Inuit Foods

**Ukiuk  
Winter**



**Puijik  
Seal**



**Patik  
Marrow**



**Tuktop  
Tulimângit  
Caribou Ribs**



**IKaluk  
Char**



**Ogait  
Sauningit  
Fish Bones**



**Ukalik  
Arctic Hare**



**Autsituk  
Smelts**



**NiaKojak  
Bread**

**Upingasâk  
Spring**



**Mitet  
Ducks**



**Isigiksiat  
ânâtlet  
Smoked Trout**



**Kingukvait  
Shrimp**



**Illâgusik  
Porcupine**



**IKaluk  
Arctic Char**



**Ânâtlik  
Trout**



**Mannet  
Eggs**



**Paniksiat  
Stove Cakes**



**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**

