



Jii kat ejùk tr'igwiitsàih

GWIIYEENDOO DIITS'AT TR'IGIINJIH

+\$0.50/kg agwahleii dàk tr'igwiitsaih

GWIK'IDEETAK DIITS'AT TR'IGIINJIH

+\$1/kg agwahleii dàk tr'igwiitsaih

ZHÀK GOO'AII DIITS'AT TR'IGIINJIH

Dagwahchii diits'at tr'iinjii ejùk tr'igwiitsaih kwaa Ejich'ii leii gwizhìt nigij'ah

JIDII GWIZHII

GWIIYEENDOO DIITS'AT TR'IGIINJIH

GWIK'IDEETAK DIITS'AT TR'IGIINJIH

ZHÀK GOO'AII DIITS'AT TR'IGIINJIH

Gwinzhih Atr'a'aa Nihlinehch'i'



- Gwinzhih atr'a'aa nihlinehch'i' tanh

- Gwinzhih atr'a'aa nihlinehch'i'
- Gwinzhih atr'a'aa gaii (vizhit ejich'ii ts'at soogaii kwa)
- Jak gaii (vizhit ejich'ii ts'at soogaii kwa)
- Jak ch'u' tanh vizhit soogaii kwa
- Jak ch'u' vizhit soogaii kwa tyah 250 ml agwahchii gòo zhàk nillii, iitsii tyah gwizhìt diinch'uh kwa
- French fries, hash browns ts'at gwinzhih nihlinehch'i' tanh

- Jak ch'u' vizhit soogaii kwa tyah 250 ml gwindoo nichii, iitsii tyah ts'at idril tyah gwizhìt diinch'uh kwa
- Iitsii tyah zhit jak ch'u' vizhit soogaii kwa
- Iitsii tyah zhit gwinzhih atr'a'aa ts'at ja
- Tomatoes t'ook

Łuh Häh Ejichii Nihlinehch'i' Tr'iltsaii



- Łuch'uh dàn
- łuch'uh dàn nihlinehch'i' vizhit ts'at vakak soogaii kwa
- (jii kat gwik'it, rolls, bagels, pita, soft tortillas)
- Łuh häh nihlinehch'i' tr'iltsaii (fùh dagaii ts'at lüh tthoo)
- Cereal vilk'e' tr'ahach'huh kwa
- Cereal vilk'e' tr'ahach'huh kwa
- Macaroni, spaghetti ts'at lasagna noodles gaii (jidiu dagaii ts'at jidii tthoo)
- Rice (jidiu dagaii, jidiu tthoo, khanh vilk'e' tr'ahach'huh)

- Crackers, crisp bread ts'at Pilot biscuits
- Arrowroot ts'at social tea cookies
- Łuh häh lüh tr'iltsaii ts'at lüh semi-perishable nillii nihlinehch'i'
- Pasta lih ts'at atithan Pasta gaii vizhit ejich'ii kwa
- Popping corn vizhit ejich'ii kwa (un-popped kernels)
- Łuch'uh ts'at lüh tlök adài' hee landaii gwilùu'

Aak'ii t'ok ch'u' ts'at nihlinehch'i' vàh tr'iltsaii



- Aak'ii t'ok ch'u' (jidiu lih nillii)

- Aak'ii t'ok ch'u' (jidiu gaii nillii, iitsii tyah zhit diinch'uh, evaporated, sterilized at ultra-high temperature (UHT))
- Aak'ii t'ok ch'u' chocolate vigwaandaii
- Buttermilk
- Fortified soy ch'u'
- Cheese ts'at cheese slices tr'iltsaii
- Cottage cheese
- Yogurt ts'at yogurt ch'u'

- Cream
- Sour cream
- Cream cheese
- Cheese spread tr'iltsaii
- Ice cream, yogurt tanh, sherbet ts'at aak'ii t'ok ch'u' tanh

Nillii ts'at Nihlinehch'i' vàh tr'iltsaii



- Nillii lih ts'at nillii tanh, daih, luk ts'at chuu choo gwilùk
- Nillii nihlinehch'i' tr'iltsaii
- Aghoo' ts'at nihlinehch'i' vàh tr'iltsaii
- Nuts ts'at seeds vizhit soogaii kwa
- Beans gaii (kidney, black, pinto)
- Barley, lentils, split peas gaii
- Peanut butter ts'at nut gòo seed-based spreads nihlinehch'i'
- "Gwinzhih zrahi gá'aa guuzhii" jii kat gwik'it diinch'uh tofu ts'at vegetable-based patties

- Luguhsuu ttài'
- Iitsii tyah zhit luk ts'at chuu choo gwilùk
- Legumes iitsii tyah zhit goo'aaii, jii gwik'it, beans, peas ts'at lentils

Shih Ezhii



- Bèebii guu ch'u'
- Bèebii guu zhii
- Bèebii zhii nihlinehch'i'

- Butter ts'at khaii
- Vilk'e' tr'ahach'huh geenjit khaii (canola, olive, vegetable)
- Tuh tat tr'injal
- Lisel
- Yeast

- Margarine (jidiu tlök nillii ts'at non-hydrogenated)
- Salad dressing, mayonnaise ts'at perishable dips
- Khaii
- Vilk'e' tr'ahach'huh gwighäi' gwiyeendoo diits'at tr'iinjii gwizhìt nillii kwa (jii kat gwik'it sunflower, peanut, flaxseed)
- Shih lih, shih tanh ts'at shih nikk'oo nihlinehch'i', jii kat gwizhìt t'linch'uh kwàh shih häh luu tlök vikatr'lich'u, battered goo pastry zhit, desserts, poutine, sandwiches tr'iilee tr'iltsaii
- Salad tr'iilee tr'iltsaii, salad dressing ts'at/gòo croutons vàh gwizhìt nillii
- Pizza lih
- Pizza vilk'e' tr'ahach'huh tr'iilee nillii
- Soogaii k'it diinch'uh
- Shih gwizhìi vigwahaandalii geenjit vitat tr'ilii nihlinehch'i'

Shih nilih kwa



- Ch'iil
- Sriiñanh gwits'ik gwí'ejich'ii

- Agoodnaih t'atr'ahdahch'aa Health Canada geenjit ah' ginuu
- Gé'tr'ahjii gwidinéh'tee ts'at diinnà' kak t'ahthan gwí'ejich'ii
- Iyehzhak thal ch'it k'it diinch'uh, vah tr'iditsit gwí'dineh'tee ts'at diintsih è'tr'ahjii gwí'dineh'tee
- Diighò' k'et'rahtraa gwidàatlöh ts'at gwitâ', diighò' k'ideetak gwichii', diighò' tr'iltsaii häh gwizhìt tr'it'an ts'at gwidàatlöh
- Diinl' k'et'rahtraa gwidàatlöh niint'aii, daatliih, deodorant, diichiighé' gwidàatlöh ts'at diinl' ts'at diinanh vàh tr'it'ee
- Diigwich'haa ts'at ch'ik k'et'rahtraa gwidàatlöh