Inungnun Tuhaqtitauyukhaq

Kina piyagiaqaqa haffuminga vitamin Dmik?

Aullaqtirvia Uplua: **Ubluiqtirvia 10, 2018**
Nutqaqvikhaq Ublua: **Ubluiqtirvia 31, 2018**
Nunavut **60 sec**

Tamaita inuit ihagiagiyaat vitamin D hauniqlingnaitumik kigutinunlu. Ikayuutauyuq timiptingnun hauniqlingnaitumik, ikayuutauyuq angiklivalianingmun uvalu aanialaitkutikhaq. Vitamin Dqangniq akhuungnaqtuq tamainun inungnun, hingayaluaqtunun, nutaganuanun uvalu nukaqhingnun nutaqanun.

Nunavunmi, hiqinaaluayuinami vitamin Dqaqluangnaituq. Nutaganuat uvalu nutaqat kitut piqaluangitut vitamin Dmik hauniqlingniaqtut, ulugianaqtuq aaniagut tamna hauningnun akiklinaqtut uvalu pigitiqhutik. Pihimayaaptingnik vitamin Dmik, tamaita inuit havautituqtukhat ubluq tamaat vitamin Dmik:

- Nutaganuat ukiuqaqtut malgungnik ihiyukhat malgungnik kuhingningnik (800 IU) haffuminga Baby Ddrops™.
- Hingaiyat havautituqtukhat hingaiyat havautikhainik atia vitamin plus 1000 IU haffuminga vitamin Dmik.
- Nutaqat malgungnin 18nun ukiuqaqtut uvalu ingnikhat avatqumayut 50nik ukiunik havautituqtukha 400 IU haffuminga vitamin Dmik havautinik.

Niqit vitamin Dqaqtut ilauyu niqainait iqaluit, maqtaaq, maniit huvailu; uvalu niuvaavingnit niqit niuvaqtakhat ituk, iqaluit (salmon, tuna uvalu sardines), maniit, yoghurtmik vitamin Dqaqtumik butallu.

Baby Ddrops™ piinagialgit akiitut munaqhitkunin. NIHB pidjutigiyait vitamin D tamainun ukiuqaqtunun hingaiyanunlu vitaminik uvalu multivitamins nutaqanun ukiuqaqtunun lavanik.

Kangiqhitiagumaguvin, pulaaqlugit munaqhitkut uvaluuniin Aaniaqtailinikkut Inuunikkut qagitayaliqiviani uvani https://livehealthy.gov.nu.ca/in.

###

ᑲᑐᑎᓗᒍ ᓄᓇᕗᑦ ᐱᕈᖅᐸᓕᐊᑎᓪᓗᒍ
Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Tuhagaqtidjutikhanut Uqaqvikhaq:

Sarah Paterson
Tuhaqtakhanun Atannguyaullaktuq
Havagviat Munarhiliqiyitkut
867-975-5762
SPaterson@gov.nu.ca

ᐱᕙᓪᓕᐊᔪᑦ ᑐᓴᒐᒃᓴᙳᖅᑎᑕᐅᔪᑦ ᐱᔭᐅᔪᓐᓇᖃᑦᑕᖅᑐᑦ ᐃᓄᒃᑎᑑᖓᓗᑎᒃ, ᖃᓪᓗᓈᑎᑐᑦ, ᐃᓄᐃᓐᓇᖅᑐᓐ ᐅᐃᕖᑎᑐᓪᓗ ᐅᕙᓂ, *www.gov.nu.ca.*
News releases are available in Inuktitut, English, Inuinnaqtun and French on *www.gov.nu.ca*.
Tuhaqtaghat ittut Inuktitut, Qablunaatitut, Inuinnaqtun Uiviititullu talvani *www.gov.nu.ca*.
Les communiqués de presse sont disponibles en inuktitut, en anglais, en inuinnaqtun et en français au *www.gov.nu.ca*.

Tuhaqtipkaiyiit