

13 Moons Health Challenge Program

Makwa Giizis – BEAR MOON

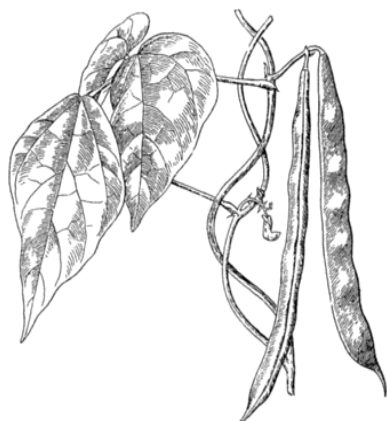
13th Moon - February

ANISHINAABEMOWIN	PRONUNCIATION	ENGLISH
Makwa Giizis	Mah-kwah Gee-zis	Bear Moon
Ashi niswi	Uh-shih-niss-way	Thirteen
Mskodiismin	M-sko-diis-min	Bean
Mskodiisminak	M-shko-diis-mi-nak	Beans
Zaagigi	Zah-gih-gih	Sprout

Bean is Our Relative

Bean nutrition info:

- Tiny nutrient powerhouses
- High in fiber
- Cardiovascular-boosting potassium
- B vitamins
- Folic Acid
- Low-fat source of protein
- Cholesterol-free
- Provides a complete protein when paired with corn
- An affordable form of protein and fiber



13 Moons of Anishinaabe Nutrition: A Nutrition Curriculum Based of Traditional Anishinaabe Foods

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