



Nutrient Value of Alaska Native Foods

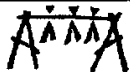
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U. S. Department of Health and Human Services



Indian Health Service
Alaska Area Native Health Service
250 Gambell Street
Anchorage, Alaska



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Nutrient Value of Alaska Native Foods

This revised document compiles nutrient values for 176 foods found in Alaska and used by Alaska Natives, from 40 sources. The nutrient values were obtained from a review of literature, manufacturers' published values, computed values and analyzed values (1-40).

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Explanatory Notes

All values are reported for 100 gram portions which are about three ounces in weight. Blank spaces mean no data was available although the nutrient may be present.

The following units of measure were used for all foods.

KCAL: kcal	PROT: g	CARB: g	LIP: g	SODM: mg	POT: mg	CALC: mg	PHOS: mg
IRON: mg	ZINC: mg	MAG: mg	MANG: mg	COP: mg	A: IU	C: mg	E: mg
RIB: mg	THI: mg	NIA: mg	B6: mg	B12: mcg	FOL: mcg	PANT: mg	H2O: gm
CFIB: g	DFIB: g	CHOL: mg	18:2: g	18:3: g	MONO: g	POLY: g	SAT: g

* = Values incomplete

Total fat and fatty acid values for foods recently analyzed (14, 15) are based on independent assays and may not equal each other.

Food listings include the common name, preparation technique, scientific name, reference, and the number of samples analyzed for the nutrient with the most samples.

For the reader's convenience and reference, nutritive content of selected non-Native foods are included on the last page (29).

Bold print is used where information changed from earlier versions of this document.

List of Abbreviations

Kcal:	Kilocalories
Prot:	Protein
Carb:	Carbohydrate
Lip:	Lipids
Sodm:	Sodium
Pot:	Potassium
Calc:	Calcium
Phos:	Phosphorus
Mag:	Magnesium
Mang:	Manganese
Cop:	Copper
A:	Vitamin A
C:	Vitamin C
E:	Alpha Tocopherol
Rib:	Riboflavin
Thi:	Thiamin
Nia:	Niacin
B6:	Vitamin B 6
B12:	Vitamin B 12
Fol:	Folacin
Pant:	Pantothenic acid
H2O:	Water
CFIB:	Crude Fiber
DFIB:	Dietary Fiber
Chol:	Cholesterol
18:2:	Fatty acid 18:2
18:3:	Fatty acid 18:3
Mono:	Monounsaturated fatty acids
Poly:	Polyunsaturated fatty acids
Sat:	Saturated fatty acids
G/CUBI:	Grams per cubic inch
G/CUI:	" " " "
EP	Edible Portion

FOOD NUTRIENTS
FOOD ITEM

(NUTRIENT VALUES PER 100 GRAMS)

ALASKA NATIVE FOODS

Rev. October 31, 1993

AGUTUK, CLOUDBERRIES W/SEAL OIL (LOW GROWING CLOUDBERRIES [RUBUS CHAMAEMOROUS], SEAL OIL, SHORTENING, SUGAR) (35) (SEE FOOTNOTE 5 FOR INGREDIENTS)

(G/CUP:240)

KCAL: 247	PROT: 1.8	CARB: 22.9	LIP: 18.0	SODM: 1	POT: 1	CALC: 13	PHOS: 25
IRON: .6	ZINC:	MAG:	MANG:	COP:	A: 710	C: 113.8	E: .64
RIB: .05	THI: .04	NIA: .69	B6:	B12:	FOL:	PANT:	H2O: 62.5
CFIB: 2.3	DFIB:	CHOL: 6.6	18:2: 2.1	18:3: .2	MONO: 9.0	POLY: 4.8	SAT: 3.2

FOOD NUTRIENTS
FOOD ITEM

(NUTRIENT VALUES PER 100 GRAMS)

ALASKA NATIVE FOODS

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AGUTUK, FISH W SHORTENING (WHITEFISH, SHORTENING, CORN OIL, SUGAR) (13, 35) (SEE FOOTNOTE 6 FOR INGREDIENTS)										
(G/CUP:240)	KCAL: 464	PROT: 9	CARB: 10.5	LIP: 43.5	SODM: 24	POT: 206	CALC:	HDS: 134		
	IRON: .2	ZINC: .47	MAG: 15.7	MANG:	COP: .03	A: 257	C:	E: 4		
	RIB: .06	THI: .06	NIA: 1.43	B6:	B12:	FOL:	PANT:	H2O: 34		
	CFIB:	DFIB:	CHOL: 26.2	18:2: 16.1	18:3: .5	MONO: 15.6	POLY: 17.3	SAT: 8.6		
AGUTUK, FISH/BERRY W SEAL OIL (SALMONBERRIES, SHORTENING, WHITEFISH, BLACKBERRIES, SUGAR, SEAL OIL) (13, 35) (SEE FOOTNOTE 7 FOR INGREDIENTS)										
(G/CUP:240)	KCAL: 346	PROT: 3.4	CARB: 13.4	LIP: 31.8	SODM: 21	POT: 70.3	CALC: 7.5	PHOS: 46		
	IRON: .3	ZINC: .18	MAG: 7.3	MANG: .13	COP: .03	A: 696	C: 2.9	E: 2.36		
	RIB: .05	THI: .04	NIA: .55	B6: .01	B12:	FOL: 3.43	PANT: .02	H2O: 47.3		
	CFIB: .4	DFIB: .5	CHOL: 10.1	18:2: 7.1	18:3: .53	MONO: 14.4	POLY: 8.4	SAT: 7.7		
AGUTUK, FISH/BERRY W SHORTENING (SALMONBERRIES, SUGAR, WHITEFISH, SHORTENING) (19, 35) (INGREDIENTS, SEE FOOTNOTE 8)										
(G/CUP:240)	KCAL: 273	PROT: 3.6	CARB: 32.1	LIP: 15.1	SODM: 26	POT: 54.1	CALC: 6	PHOS: 47		
	IRON: .33	ZINC: .17	MAG: 5.5	MANG:	COP: .01	A: 742	C: 1	E: 1.12		
	RIB: .05	THI: .04	NIA: .55	B6:	B12:	FOL:	PANT:	H2O: 49.7		
	CFIB:	DFIB:	CHOL: 9.2	18:2: 3.5	18:3: .3	MONO: 6.7	POLY: 4.0	SAT: 3.7		
AGUTUK, FRUIT W SEAL OIL (SALMONBERRIES, SUGAR, SEAL OIL, SHORTENING) (19, 35) (INGREDIENTS, SEE FOOTNOTE 9)										
(G/CUP:240)	KCAL: 246	PROT: .76	CARB: 23.9	LIP: 17.4	SODM: 31	POT: 1.25	CALC: 10	PHOS:		
	IRON: .5	ZINC:	MAG:	MANG:	COP:	A: 1675	C: 1.7	E: .64		
	RIB: .05	THI: .03	NIA: .11	B6:	B12:	FOL:	PANT:	H2O: 64.2		
	CFIB:	DFIB:	CHOL: 6.6	18:2: 2.1	18:3: .2	MONO: 9.0	POLY: 4.8	SAT: 3.2		
AGUTUK, FRUIT W SHORTENING (BLACKBERRIES, SHORTENING, WATER, CORN OIL, SUGAR) (13, 35) (INGREDIENTS, SEE FOOTNOTE 10)										
(G/CUP:240)	KCAL: 281	PROT: .4	CARB: 14.4	LIP: 25.6	SODM: 0	POT: 119	CALC: 19	PHOS: 13		
	IRON: .4	ZINC: .2	MAG: 12.1	MANG: .78	COP: .08	A: 100	C: 12.7	E: 3.5		
	RIB: .02	THI: .02	NIA: .24	B6: .04	B12:	FOL: 20.56	PANT: .15	H2O: 60		
	CFIB: 2.5	DFIB: 2.7	CHOL: 0	18:2: 5.1	18:3: .1	MONO: 11.9	POLY: .5	SAT: 7.1		
AGUTUK, MEAT (CARIBOU, BEEF BROTH, SEAL OIL, CARIBOU TALLOW) (8, 13, 35) (INGREDIENTS, SEE FOOTNOTE 11)										
(G/CUP:240)	KCAL: 259	PROT: 21.7	CARB: .9	LIP: 18.6	SODM: 95	POT: 228	CALC: 16.3	PHOS: 170		
	IRON: 4.55	ZINC: 3.83	MAG: 19.8	MANG: .06	COP: .19	A: 559	C: 2.2	E:		
	RIB: .66	THI: .18	NIA: 4.26	B6: .23	B12: 4.83	FOL: 3.73	PANT: 1.95	H2O: 55.2		
	CFIB:	DFIB:	CHOL: 88.9	18:2: .51	18:3: .31	MONO: 8.7	POLY: 3.6	SAT: 5.1		

FOOD NUTRIENTS (NUTRIENT VALUES PER 100 GRAMS)

ALASKA NATIVE FOODS

Rev. October 31, 1993

FOOD ITEM

ASCIDIANS, KEMAGLUK (N=1) (37) (FOOTNOTE 1)

(G/CUP:226)	KCAL: 23	PROT: 2.7	CARB: 1.7	LIP: .6	SODM: 705	POT: 80	CALC: 43	PHOS:
	IRON: 13	ZINC:	MAG:	MANG:	COP:	A: 0	C: 0	E:
	RIB: 0.10	THI: 0.00	NIA: 0.2	B6:	B12:	FOL:	PANT:	H2O: 90.8
	CFIB:	DFIB:	CHOL: 5.2	18:2: 0.00	18:3: 0.00	MONO: .08	POLY: .2	SAT: .1

ASCIDIANS, MAMAGHWAQ (N=1) (37) (FOOTNOTE 2)

(G/CUP:226)	KCAL: 34	PROT: 5.6	CARB: 1.9	LIP: 0.4	SODM: 606	POT: 103	CALC: 348	PHOS:
	IRON: 33.1	ZINC:	MAG:	MANG:	COP:	A: 0	C: 0	E:
	RIB: 0.20	THI: 0.00	NIA: 0.6	B6:	B12:	FOL:	PANT:	H2O: 83.1
	CFIB:	DFIB:	CHOL: 10.3	18:2: 0.00	18:3: 0.00	MONO: 0.15	POLY: 0.2	SAT: 0.1

ASCIDIANS, RIIGHNAK (N=1) (37) (FOOTNOTE 3)

(G/CUP:226)	KCAL: 41	PROT: 7.1	CARB: 2.0	LIP: 0.5	SODM: 650	POT: 118	CALC: 451	PHOS:
	IRON: 9.7	ZINC:	MAG:	MANG:	COP:	A: 0	C: 0	E:
	RIB: 0.10	THI: 0.00	NIA: 0.3	B6:	B12:	FOL:	PANT:	H2O: 86.5
	CFIB:	DFIB:	CHOL: 3.1	18:2: 0.00	18:3: 0.00	MONO: 0.12	POLY: 0.2	SAT: 0.1

ASCIDIANS, TUKUGHNAK (N=1) (37) (FOOTNOTE 4)

(G/CUP:226)	KCAL: 28	PROT: 3.8	CARB: 2.2	LIP: 0.5	SODM: 656	POT: 102	CALC: 47	PHOS:
	IRON: 3.3	ZINC:	MAG:	MANG:	COP:	A: 0	C: 0	E:
	RIB: 0.20	THI: 0.00	NIA: 0.0	B6:	B12:	FOL:	PANT:	H2O: 90.4
	CFIB:	DFIB:	CHOL: 7.1	18:2: 0.00	18:3: 0.00	MONO: 0.12	POLY: 0.2	SAT: 0.1

FOOD NUTRIENTS (NUTRIENT VALUES PER 100 GRAMS)
 FOOD ITEM

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ASPARAGUS, BEACH GLASSWORT, RAW SALICORNIA PACIFICA (10, 17) N=1 (G/CUP:55)	KCAL: 27 IRON: .9 RIB: .09 CFIB:	PROT: 1.8 ZINC: THI: .01 DFIB:	CARB: 4.3 MAG: NIA: .7 CHOL:	LIP: .3 MANG: B6: 18:2:	SODM: 42.3 COP: B12: 18:3:	POT: A: 1922 FOL: MONO:	CALC: 45 C: 1.8 PANT: POLY:	PHOS: E: H2O: 91.1 SAT:
BEAR, BLACK FLESH, URSUS AMERICANUS (8) (G/OZ:28.3)	KCAL: 163 IRON:* 7.2 RIB: .68 CFIB:	PROT: 20.1 ZINC: THI: .16 DFIB:	CARB: 0 MAG: NIA: 3.2 CHOL:	LIP: 8.3 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: 260 FOL: MONO:	CALC: C: PANT: POLY:	PHOS: 162 E: H2O: 71.2 SAT:
BEAR, POLAR, FLESH, URSUS MARITIMUS (2, 12) (G/OZ: 28.3)	KCAL: 137 IRON: 6.1 RIB: .573 CFIB:	PROT: 25.6 ZINC: THI: .023 DFIB:	CARB: 0 MAG: NIA: 4 CHOL:	LIP: 3.1 MANG: B6: 18:2: .08	SODM: COP: B12: 18:3: .01	POT: 40 A: 1400 FOL: MONO: 2	CALC: 17 C: 2 PANT: POLY: .46	PHOS: E: H2O: 70.3 SAT: .63
BEAR, BROWN OR GRIZZLY, RAW, <u>URSUS ARCTOS</u> , <u>EUARCTOS</u> SPP. N=1 (22) (G/OZ:28.4)	KCAL: 161 IRON: 6.65 RIB: .68 CFIB:	PROT: 20.1 ZINC: THI: .16 DFIB:	CARB: .00 MAG: NIA: 3.20 CHOL:	LIP: 8.3 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: FOL: MONO:	CALC: 3 C: PANT: POLY:	PHOS: 151 E: H2O: 71.2 SAT:
BEAR, BROWN OR GRIZZLY, SIMMERED, <u>URSUS ARCTOS</u> , <u>EUARCTOS</u> SPP. N=1 (22) (G/OZ:28.3)	KCAL: 259 IRON: 10.73 RIB: .82 CFIB:	PROT: 32.42 ZINC: THI: .10 DFIB:	CARB: 0.00 MAG: NIA: 3.35 CHOL:	LIP: 13.39 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: FOL: MONO:	CALC: .5 C: PANT: POLY:	PHOS: 170 E: H2O: 53.6 SAT:
BEAVER, RAW, <u>CASTOR CANADENSIS</u> (8,21) N=3 (G/OZ:28.4)	KCAL: 146 IRON: 6.90 RIB: .22 CFIB:	PROT: 24.05 ZINC: THI: .06 DFIB:	CARB: 0.00 MAG: 25 NIA: 1.90 CHOL:	LIP: 4.80 MANG: B6: 18:2:	SODM: 51 COP: B12: 18:3:	POT: 348 A: FOL: MONO:	CALC: 15 C: 2 PANT: POLY:	PHOS: 237 E: H2O: 70.97 SAT:

FOOD NUTRIENTS

(NUTRIENT VALUES PER 100 GRAMS)

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FOOD ITEM

BEAVER, ROASTED, (G/OZ:28.3)	<u>CASTOR CANADENSIS</u> (22)								
	KCAL: 212	PROT:34.85	CARB: 0.00	LIP: 6.96	SODM: 59	POT: 403	CALC: 22	FHOS: 292	
	IRON: 10.0	ZINC:	MAG: 29	MANG:	COP:	A:	C: 3	E:	
	RIB: .31	THI: .05	NIA: 2.20	B6:	B12:	FOL:	PANT:	H2O: 57.92	
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:	
BELUGA, AIR-DRIED (G/CUBI:18.5)	FLESH, DELPHINAPTERUS LEUCAS (8)								
	KCAL: 333	PROT: 73.1	CARB: 0	LIP: 2.3	SODM:	POT:	CALC: 28	FHOS: 608	
	IRON: 91.7	ZINC:	MAG:	MANG:	COP:	A: 530	C:	E:	
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 23.3	
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:	
BELUGA, EYES, DELPHINAPTERUS LEUCAS (8) (G/OZ:28.3)									
	KCAL: 296	PROT: 19.6	CARB: .7	LIP: 23.3	SODM:	POT:	CALC:	FHOS: 187	
	IRON:	ZINC:	MAG:	MANG:	COP:	A: 1870	C:	E:	
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 55.1	
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:	
BELUGA, FLESH, DELPHINAPTERUS LEUCAS (6, 8) (G/OZ:28.3)									
	KCAL: 118	PROT: 26.5	CARB: 0	LIP: .5	SODM:	POT:	CALC: 7	FHOS: 239	
	IRON: 25.9	ZINC:	MAG:	MANG:	COP:	A: 340	C:	E:	
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 72.5	
	CFIB:	DFIB:	CHOL: 80	18:2:	18:3:	MONO:	POLY:	SAT:	
BELUGA, FLIPPER, DELPHINAPTERUS LEUCAS (8) (G/OZ:28.3)									
	KCAL: 277	PROT: 19	CARB: 0	LIP: 21.7	SODM:	POT:	CALC: 11	FHOS: 153	
	IRON: 2.8	ZINC:	MAG:	MANG:	COP:	A: 930	C:	E:	
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 57.5	
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:	
BELUGA, LIVER, DELPHINAPTERUS LEUCAS (8) (G/CUI:10)									
	KCAL: 121	PROT: 18.4	CARB: 2	LIP: 3.9	SODM:	POT:	CALC: 11	FHOS: 230	
	IRON:	ZINC:	MAG:	MANG:	COP:	A: 22100	C:	E:	
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 74.6	
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:	

FOOD NUTRIENTS
FOOD ITEM

(NUTRIENT VALUES PER 100 GRAMS)

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BELUGA, MUKTUK (SKIN & FAT) DELPHINAPTERUS LEUCAS (8, 15, 18)

(G/CUBI:19)

KCAL: 356	PROT: 21.8	CARB: .1	LIP: 43.5	SODM:	POT:	CALC: 7	HDS: 143
IRON: 1	ZINC:	MAG:	MANG:	COP:	A: 2160	C:	E:
RIB: .08	THI: .22	NIA: 2.9	B6:	B12:	FOL:	PANT:	H2O: 41
CFIB:	DFIB:	CHOL: 76	18:2: .4	18:3: .18	MONO: 32.90	POLY: 8.30	SAT: 6.42

BELUGA, OIL, DELPHINAPTERUS LEUCAS (8, 11, 19)

(G/TSP:5)

KCAL: 900	PROT: 0	CARB: 0	LIP: 100	SODM:	POT:	CALC: 0	PHOS: 0
IRON: 0	ZINC:	MAG:	MANG:	COP:	A: 2310	C:	E:
RIB: 0	THI: 0	NIA: 0	B6:	B12:	FOL:	PANT:	H2O: 0
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

BLACKBERRIES, RAW EMPETRUM NIGRUM (N=1 OR MORE FOR SOME NUTRIENTS) (38)

(G/CUP:145)

KCAL: 50	PROT: 0.5	CARB: 10.9	LIP: 1.0	SODM: 1	Revised October 31, 1993		
IRON: 0.2	ZINC: 0.1	MAG: 4.1	MANG: 0.33	COP: 0.8	POT:	CALC: 5	HDS: 7.9
RIB:	THI:	NIA:	B6:	B12:	A:	C:	E:
CFIB:	DFIB:	CHOL:	18:2:	18:3:	FOL:	PANT:	H2O: 87
					MONO:	POLY:	SAT:

BLACKFISH, WHOLE, DALLIA PECTORALIS (8)

(G/OZ:28.3)

KCAL: 86	PROT: 15.5	CARB: 1	LIP: 1.75	SODM:	POT:	CALC: 236	HDS: 287
IRON: 4.6	ZINC:	MAG:	MANG:	COP:	A: 1202	C:	E:
RIB: .37	THI: .01	NIA: 1.9	B6:	B12:	FOL:	PANT:	H2O: 80.1
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

BLUEBERRY, MIXED, FROZEN, THAWED VACCINIUM ALASKANESE V. OVALIFOLIUM N=2 (10)

(G/CUP:145)

KCAL: 44	PROT: .7	CARB: 10.4	LIP: 0	SODM:	POT:	CALC: 15	PHOS:
IRON: 1.1	ZINC:	MAG:	MANG:	COP:	A: 163	C: 2.2	E:
RIB: .1	THI: .03	NIA: .4	B6:	B12:	FOL:	PANT:	H2O: 88.7
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

BRANDT, MEAT, RAW N=3 (34)

(G/OZ:28.4)

KCAL: 178	PROT: 33.3	CARB: .8	LIP: 4.8	SODM: 35	Revised December 11, 1992		
IRON: 7.6	ZINC:	MAG:	MANG:	COP:	POT:	CALC: 90	PHOS:
RIB:	THI:	NIA:	B6:	B12:	A: 0	C: 0	E:
CFIB:	DFIB: .4	CHOL: 102.9	18:2:	18:3:	FOL:	PANT:	H2O:
					MONO:	POLY:	SAT: 1.8

BUTTERCUP, YOUNG LEAVES, CHOPPED, RANUCULUS PALLASII (8, 23)

(G/CUP:55)

KCAL: 34	PROT: 2.5	CARB: 6.3	LIP: .6	SODM:	POT:	CALC: 11	PHOS: 67
IRON: 2.9	ZINC:	MAG:	MANG:	COP:	A: 4860	C: 36	E:
RIB: .69	THI: .04	NIA: 1.2	B6:	B12:	FOL:	PANT:	H2O: 80.3
CFIB: .9	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

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FOOD NUTRIENTS

(NUTRIENT VALUES PER 100 GRAMS)

ALASKA NATIVE FOODS

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FOOD ITEM

CARIBOU, BONE MARROW, RANGIFER TARANDUS (8)

(G/OZ:28.3)

KCAL: 790

PROT: 6.7

CARB: 0

LIP: 84.4

SODM:

POT:

CALC:

FDS: 107

IRON: 4.5

ZINC:

MAG:

MANG:

COP:

A: 240

C:

E:

RIB:

THI: .04

NIA: .2

B6:

B12:

FOL:

PANT:

H2O: 7.4

CFIB:

DFIB:

CHOL:

18:2:

18:3:

MONO:

POLY:

SAT:

FOOD NUTRIENTS
FOOD ITEM

(NUTRIENT VALUES PER 100 GRAMS)

ALASKA NATIVE FOODS

Revised December 10, 1992

CARIBOU, EYE, RANGIFER TARANDUS (8) (G/OZ:28.3)	KCAL: 330 IRON: 4.7 RIB: .05 CFIB:	PROT: 10.8 ZINC: THI: .01 DFIB:	CARB: .1 MAG: NIA: .2 CHOL:	LIP: 31.4 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: 400 FOL: MONO:	CALC: 19 C: PANT: POLY:	PHOS: 58 E: H2O: 57.1 SAT:
CARIBOU FAT, RANGIFER TARANDUS N=1 (15) (G/CUP:205)	KCAL: 663 IRON: RIB: CFIB:	PROT: ZINC: THI: DFIB:	CARB: MAG: NIA: CHOL: 37	LIP: 73.5 MANG: B6: 18:2: 2.12	SODM: COP: B12: 18:3: 2.32	POT: A: FOL: MONO: 28.2	CALC: C: PANT: POLY: 5.09	PHOS: E: H2O: 13 SAT: 32.5
CARIBOU, LIVER RANGIFER TARANDUS (8) (G/OZ:28.3)	KCAL: 143 IRON: 15.7 RIB: CFIB:	PROT: 15 ZINC: THI: DFIB:	CARB: 6.8 MAG: NIA: CHOL:	LIP: 3.9 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: 28800 FOL: MONO:	CALC: 4 C: PANT: POLY:	PHOS: 282 E: H2O: 71.4 SAT:
CARIBOU, RAW, RANGIFER SPP. N=up to 48 (14, 22) (G/OZ:28.4)	KCAL: 127 IRON: 4.69 RIB: .72 CFIB:	PROT: 22.63 ZINC: 4.00 THI: .32 DFIB:	CARB: 0.00 MAG: 26 NIA: 5.50 CHOL: 67	LIP: 3.36 MANG: .078 B6: .37 18:2: .28	SODM: 64 COP: .222 B12: 6.31 18:3: .10	POT: 286 A: <133 FOL: 4 MONO: 1.76	CALC: 17 C: 2 PANT: 2.55 POLY: .47	PHOS: 208 E: H2O: 71.45 SAT: 2.29
CARIBOU, ROASTED, RANGIFER SPP. N=1 (22) (G/OZ:28.3)	KCAL: 167 IRON: 6.17 RIB: .90 CFIB:	PROT: 29.77 ZINC: 5.26 THI: .25 DFIB:	CARB: 0.00 MAG: 27 NIA: 5.79 CHOL: 109	LIP: 4.42 MANG: .087 B6: .32 18:2: .31	SODM: 60 COP: .263 B12: 6.64 18:3: .03	POT: 310 A: FOL: 5 MONO: 1.33	CALC: 22 C: 3 PANT: 2.68 POLY: .62	PHOS: 233 E: H2O: 62.43 SAT: 1.70
CARIBOU, STEW/SOUP (WATER, CARIBOU, POTATOES, CARROTS, CELERY, MACARONI, ONIONS, SALT, GARLIC POWDER, PEPPER) (13, 18) (G/CUP:240)	KCAL: 41 IRON: .2 RIB: .01 CFIB: .2	PROT: 3.8 ZINC: .1 THI: .02 DFIB: .1	CARB: 4.8 MAG: 4.6 NIA: .27 CHOL:	LIP: .7 MANG: .08 B6: .06 18:2: .02	SODM: 72.2 COP: .03 B12: 18:3:	POT: 84.1 A: 1607 FOL: 2.8 MONO:	CALC: 6.7 C: 1.5 PANT: .1 POLY: .02	PHOS: 11.8 E: H2O: 90 SAT: .01

FOOD NUTRIENTS
FOOD ITEM

(NUTRIENT VALUES PER 100 GRAMS)

ALASKA NATIVE FOODS

Revised December 10, 1992

CARIBOU, STOMACH CONTENTS (LICHENS, MOSS, ETC.) (8, 23)

(G/CUP:234)

KCAL: 75	PROT: 5.1	CARB: 12.3
IRON: 5.8	ZINC:	MAG:
RIB: .29	THI: .01	NIA: 1.9
CFIB:	DFIB:	CHOL:

LIP: 2.2	SODM:	POT:
MANG:	COP:	A: 3400
B6:	B12:	FOL:
18:2:	18:3:	MONO:

CALC: 47	PHOS: 209
C:	E:
PANT:	H2O: 78.3
POLY:	SAT:

CARIBOU, TONGUE RANGIFER TARANDUS (8)

(G/OZ:28.3)

KCAL: 264	PROT: 13.7	CARB: 0
IRON: 2.8	ZINC:	MAG:
RIB:	THI: .12	NIA:
CFIB:	DFIB:	CHOL:

LIP: 22.8	SODM:	POT:
MANG:	COP:	A: 190
B6:	B12:	FOL:
18:2:	18:3:	MONO:

CALC: 6	PHOS: 150
C:	E:
PANT:	H2O: 62.5
POLY:	SAT:

CHITON, LEATHERY, GUMBOOTS, KATHARINA TUNICATA (10)

(G/OZ:28.3)

KCAL: 83	PROT: 17.1	CARB: 0
IRON: 16.0	ZINC:	MAG:
RIB: .34	THI: .05	NIA: 4.2
CFIB:	DFIB:	CHOL:

LIP: 1.6	SODM:	POT:
MANG:	COP:	A: 1650
B6:	B12:	FOL:
18:2:	18:3:	MONO:

CALC: 121	PHOS:
C: 0	E:
PANT:	H2O: 78.6
POLY:	SAT:

CLAMS, MIXED SPECIES, RAW LAMELLIBRANCHIA N=UP TO 99 (25)

(G/OZ:28.3)

KCAL: 74	PROT: 12.77	CARB: 2.57
IRON: 13.98	ZINC: 1.37	MAG: 9
RIB: 0.213	THI:	NIA: 1.765
CFIB: 0.00	DFIB:	CHOL: 34

LIP: 0.97	SODM: 56	POT: 314
MANG: 0.50	COP: 0.34	A: 300
B6:	B12: 49.44	FOL:
18:2: 0.016	18:3: 0.004	MONO: 0.080

Revised October 31, 1993	
CALC: 46	PHOS: 169
C:	E:
PANT: 0.362	H2O: 81.82
POLY: 0.282	SAT: 0.094

CLAMS, MIXED SPECIES, COOKED, MOIST HEAT (25)

(G/OZ:28.3)

KCAL: 148	PROT: 25.55	CARB: 5.13
IRON: 27.96	ZINC: 2.73	MAG: 18
RIB: 0.426	THI:	NIA: 3.354
CFIB: 0.00	DFIB:	CHOL: 67

LIP: 1.95	SODM: 112	POT: 628
MANG:	COP: 0.688	A: 171
B6:	B12: 98.89	FOL:
18:2: 0.032	18:3: 0.008	MONO: 0.172

Revised October 31, 1993	
CALC: 92	PHOS: 338
C:	E:
PANT:	H2O: 63.64
POLY: 0.552	SAT: 0.188

CLOUDBERRY, RUBUS CHAMAEMORUS L. (8, 18)

(G/CUP:150)

KCAL: 46	PROT: 2.4	CARB: 8.6
IRON: .7	ZINC:	MAG:
RIB: .07	THI: .05	NIA: .9
CFIB: 3.2	DFIB:	CHOL:

LIP: .8	SODM:	POT:
MANG:	COP:	A: 210
B6:	B12:	FOL:
18:2:	18:3:	MONO:

CALC: 18	PHOS: 35
C: 158	E:
PANT:	H2O: 87
POLY:	SAT:

COCKLES CLINOCARDIUM NUTTALLII (5)

(G/OZ:28.3)

KCAL: 79	PROT: 13.5	CARB: 4.7
IRON: 16.2	ZINC:	MAG:
RIB: .2	THI: .01	NIA: 3.2
CFIB:	DFIB:	CHOL:

LIP: .7	SODM:	POT:
MANG:	COP:	A:
B6:	B12:	FOL:
18:2:	18:3:	MONO:

CALC: 30	PHOS:
C:	E:
PANT:	H2O: 78.8
POLY:	SAT:

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FOOD NUTRIENTS

(NUTRIENT VALUES PER 100 GRAMS)

ALASKA NATIVE FOODS

Revised December 10, 1992

FOOD ITEM

CRANBERRY, HIGH BUSH, VIBURNUM EDULE N=4 (14)

(G/CUP:95)

KCAL: 29

PROT: 1.1

CARB: 12.3

LIP: .2

SODM: 26

POT: 140

CALC: 20

PHOS: 15

IRON: 1.0

ZINC:

MAG:

MANG:

COP:

A: 1060

C: 15

E:

RIB: .01

THI: .00

NIA: .9

B6:

B12:

FOL:

PANT:

H2O: 86.0

CFIB:

DFIB: 6.7

CHOL:

18:2:

18:3:

MONO:

POLY:

SAT:

FOOD NUTRIENTS
FOOD ITEM

(NUTRIENT VALUES PER 100 GRAMS)

ALASKA NATIVE FOODS

August 26, 1992

CRANBERRY, LOW BUSH, OR LINGENBERRY, VACCINIUM VITIS IDAEA (8, 18)

(G/CUP:150)

KCAL: 49	PROT: .4	CARB: 12.2	LIP: .5	SODM:	POT:	CALC: 26	PHOS: 21
IRON: .4	ZINC:	MAG:	MANG:	COP:	A: 90	C: 21	E:
RIB: .08	THI: .02	NIA: .4	B6:	B12:	FOL:	PANT:	H2O: 86.7
CFIB: 1.3	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

CRANE, MEAT, RAW N=3 (34)

(G/OZ:28.4)

KCAL: 159	PROT: 33.7	CARB: .4	LIP: 2.7	SODM: 55	POT:	CALC: 5	PHOS:
IRON: 7.4	ZINC:	MAG:	MANG:	COP:	A: 0	C: 0	E:
RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O:
CFIB:	DFIB: .6	CHOL: 125	18:2:	18:3:	MONO:	POLY:	SAT: 1.1

Revised December 11, 1992

DEER, RAW, ODOCOILEUS SPP. N= up to 44 (22)

(G/OZ:28.4)

KCAL: 120	PROT: 22.96	CARB: 0.00	LIP: 2.42	SODM: 51	POT: 318	CALC: 5	PHOS: 202
IRON: 3.40	ZINC: 2.09	MAG: 23	MANG: .041	COP: .253	A:	C:	E:
RIB: .48	THI: .22	NIA: 6.37	B6:	B12:	FOL:	PANT:	H2O: 73.57
CFIB:	DFIB:	CHOL: 85	18:2: .31	18:3: .07	MONO: .67	POLY: .47	SAT: .95

DEER, ROASTED, ODOCOILEUS SPP. N=1 (22)

(G/OZ:28.3)

KCAL: 158	PROT: 30.21	CARB: 0.00	LIP: 3.19	SODM: 54	POT: 335	CALC: 7	PHOS: 226
IRON: 4.47	ZINC: 2.75	MAG: 24	MANG: .046	COP: .300	A:	C:	E:
RIB: .60	THI: .18	NIA: 6.71	B6:	B12:	FOL:	PANT:	H2O: 65.23
CFIB:	DFIB:	CHOL: 112	18:2: .40	18:3: .09	MONO: .88	POLY: .62	SAT: 1.25

DEVILFISH FLESH, MYOXOCEPHALUS (8, 12)

(G/OZ:28.3)

KCAL: 101	PROT: 11.7	CARB: .7	LIP: 5.3	SODM:	POT:	CALC: 12	PHOS: 274
IRON: .4	ZINC:	MAG:	MANG:	COP:	A: 1020	C: 3	E:
RIB: .1	THI: .09	NIA: 1.1	B6:	B12:	FOL:	PANT:	H2O: 80.8
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

DUCK, PINTAIL, RAW, ANATIDAE N=1 (14)

(G/OZ:28.3)

KCAL:	PROT:	CARB:	LIP: .5	SODM:	POT:	CALC:	PHOS:
IRON: 5.3	ZINC:	MAG:	MANG:	COP:	A:	C:	E:
RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 78.8
CFIB:	DFIB:	CHOL: 135	18:2: .09	18:3: .03	MONO: .11	POLY: .16	SAT: .25

EGG, DUCK, WHOLE, FRESH, RAW N=UP TO 13 (39)

(G/EGG:70)

KCAL: 185	PROT: 12.81	CARB:	LIP: 13.77	SODM: 146	POT: 222	CALC: 64	PHOS: 220
IRON: 3.85	ZINC: 1.41	MAG: 16	MANG:	COP:	A: 1328	C: 0	E:
RIB: 0.404	THI: 0.156	NIA: 0.20	B6: 0.25	B12: 5.395	FOL: 80	PANT:	H2O: 70.8
CFIB: 0	DFIB:	CHOL: 884	18:2: 0.56	18:3: 0.10	MONO: 6.52	POLY: 1.22	SAT: 3.68

Revised October 31, 1993

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FOOD NUTRIENTS

(NUTRIENT VALUES PER 100 GRAMS)

ALASKA NATIVE FOODS

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FOOD ITEM

EIDERDUCK SOMATERIA SPECTABILIS (8)

(G/OZ:28.3)

KCAL: 112

PROT: 21.7

CARB: 0

LIP: 2.1

SODM:

POT:

CALC: 10

PHOS: 220

IRON:

ZINC:

MAG:

MANG:

COP:

A:

C:

E:

RIB:

THI:

NIA:

B6:

B12:

FOL:

PANT:

H2O: 75.6

CFIB:

DFIB:

CHOL:

18:2:

18:3:

MONO:

POLY:

SAT:

FOOD NUTRIENTS
FOOD ITEM

(NUTRIENT VALUES PER 100 GRAMS)

ALASKA NATIVE FOODS

August 26, 1992

EULACHON, FLESH, THALEICHTHYS PACIFICUS N=1 (15)

(G/6" FISH:63EP)	KCAL:	PROT:	CARB:	LIP: 9.3	SODM:	POT:	CALC:	PHOS:
	IRON:	ZINC:	MAG:	MANG:	COP:	A:	C:	E:
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 72
	CFIB:	DFIB:	CHOL: 43	18:2: .06	18:3: .01	MONO: 5.27	POLY: .56	SAT: 2.04

EULACHON, GREASE, THALEICHTHYS PACIFICUS N=3 (10, 15)

(G/TBS:15)	KCAL: 900	PROT:	CARB:	LIP: 100	SODM:	POT:	CALC:	PHOS:
	IRON:	ZINC:	MAG:	MANG:	COP:	A: 5650	C:	E:
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 1
	CFIB:	DFIB:	CHOL: 3	18:2: 1.19	18:3: .16	MONO: 62.9	POLY: 2.37	SAT: 27.61

EULACHON, SMOKED, THALEICHTHYS PACIFICUS (10)

(G/OZ:28.3)	KCAL: 308	PROT: 20.5	CARB: .8	LIP: 24.8	SODM:	POT:	CALC: 30	PHOS:
	IRON: 12.2	ZINC:	MAG:	MANG:	COP:	A: 4035	C:	E:
	RIB: .88	THI: .02	NIA: 5.5	B6:	B12:	FOL:	PANT:	H2O: 50.1
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

EULACHON, WHOLE, THALEICHTHYS PACIFICUS N=14 (15, 40) (Based on equal no. of males and females.) Revised January 10, 1994

(G/6" FISH 63EP)	KCAL:	PROT:	CARB:	LIP: 6.9	SODM:	POT:	CALC:	PHOS:
	IRON:	ZINC:	MAG:	MANG:	COP:	A:	C:	E:
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 75
	CFIB:	DFIB:	CHOL: 27	18:2: .04	18:3: .02	MONO: 2.66	POLY: .37	SAT: 1.42

FIDDLEHEAD FERN, ROOT N=1 (14)

(G/CUP:150)	KCAL:	PROT:	CARB:	LIP:	SODM:	POT: 214	CALC:	PHOS: 84
	IRON:	ZINC:	MAG:	MANG:	COP:	A:	C:	E:
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O:
	CFIB:	DFIB: 11.3	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

FIDDLEHEAD FERN, SHOOTS, FLOWER, ATHYRIUM FELIXFEMINA, N=2 (10, 14, 17)

(G/CUP:180)	KCAL: 34	PROT: 3.2	CARB: 4.9	LIP: .2	SODM: 83.6	POT: 281	CALC: 23	PHOS: 79
	IRON: .8	ZINC:	MAG:	MANG:	COP:	A: 1340	C: 8.9	E:
	RIB: .25	THI:	NIA: 2	B6:	B12:	FOL:	PANT:	H2O: 91.1
	CFIB:	DFIB: 6.0	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

FOOD NUTRIENTS
FOOD ITEM

(NUTRIENT VALUES PER 100 GRAMS)

ALASKA NATIVE FOODS

Revised December 10, 1992

PIERCEED PAK, GREEN LEAVES, CHOPPED EPILOBIMUM LATIPOLIUM (8, 14, 23) (G/CUP:55)	KCAL: 37 IRON: 2.1 RIB: .86 CPIB: .9	PROT: 3 ZINC: THI: .04 DPIB: 6.0	CARB: 6.3 MAG: NIA: 1.4 CHOL:	LIP: .8 MANG: B6: 18:2:	SODM: 50 COP: B12: 18:3:	POT: 251 A: 5720 POL: MONO:	CALC: 13 C: 99 PANT: POLY:	PHOS: 166 E: H2O: 87.2 SAT:
PLAUNDER, FLESH, AIR-DRIED, PLATICHTYS STELLATUS (8) (G/CU 1-7)	KCAL: 429 IRON: RIB: CPIB:	PROT: 70.4 ZINC: THI: DPIB:	CARB: 0 MAG: NIA: CHOL:	LIP: 14.2 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: POL: MONO:	CALC: C: PANT: POLY:	PHOS: E: H2O: 9.6 SAT:
POISE, CANADIAN FLESH, SPANTA CANADENSIS (8, 26) (G/OZ:28.3)	KCAL: 161 IRON: 5.6 RIB: .46 CPIB: 0	PROT: 22.75 ZINC: THI: .28 DPIB:	CARB: 0 MAG: 24 NIA: 9.3 CHOL: 84	LIP: 7.13 MANG: B6: .64 18:2: .8	SODM: 87 COP: .306 B12: 18:3: .1	POT: 420 A: POL: MONO: 1.85	CALC: 13 C: PANT: POLY: .9	PHOS: 312 E: H2O: 68.3 SAT: 2.79
PRAYLING, ARCTIC, THYMALLUS ARCTICUS N=3 (8, 14, 30) (G/OZ:28.3)	KCAL: 93 IRON: 1.0 RIB: .11 CPIB:	PROT: 20.5 ZINC: THI: .07 DPIB: 1.0	CARB: .2 MAG: NIA: 2.9 CHOL: 57.6	LIP: 1.5 MANG: B6: 18:2: .1	SODM: 81 COP: B12: 18:3: .04	POT: 339 A: <100 POL: MONO: .58	CALC: .35 C: 1 PANT: POLY: .49	PHOS: 276 E: H2O: 75.6 SAT: .37
HERRING, AIR-DRIED FLESH, CLUPA HARENGUS PALLASI VALENCIENNES (8) (G/CU 1:6.5)	KCAL: 286 IRON: RIB: CPIB:	PROT: 44.7 ZINC: THI: .01 DPIB:	CARB: 0 MAG: NIA: 8.6 CHOL:	LIP: 10.6 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: POL: MONO:	CALC: C: PANT: POLY:	PHOS: 972 E: H2O: 37.5 SAT:
HERRING, AIR-DRIED FLESH PACKED IN OIL (8) (G/GMS:43.5)	KCAL: 286 IRON: RIB: CPIB:	PROT: 44.5 ZINC: THI: .01 DPIB:	CARB: 0 MAG: NIA: 2.2 CHOL:	LIP: 34.6 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: 1300 POL: MONO:	CALC: C: PANT: POLY:	PHOS: 684 E: H2O: 18.2 SAT:

HERRING EGGS, PLAIN N=7 (8, 10, 15, 17, 18)

(G/CUP:169)

KCAL: 56	PROT: 9.6	CARB: 4.4	LIP: 1.93	SODM: 61	POT:	CALC: 19	PHOS:
IRON: 2.7	ZINC:	MAG:	MANG:	COP:	A: 57	C: .6	E:
RIB: .12	THI: .1	NIA: 1.8	B6:	B12:	FOL:	PANT:	H2O: 81.2
CFIB:	DFIB:	CHOL: 40	18:2: .03	18:3: .01	MONO: .42	POLY: .71	SAT: .43

HERRING EGGS ON KELP, GIANT KELP, MACROCYSTIS INTERGRIPOLIA N=1 (10, 17)

(G/CUP:169)

KCAL: 59	PROT: 11.3	CARB: 2.6	LIP: .8	SODM: 60.7	POT:	CALC: 161	PHOS:
IRON: 3.4	ZINC:	MAG:	MANG:	COP:	A: 89	C:	E:
RIB: .13	THI: .1	NIA: 2.7	B6:	B12:	FOL:	PANT:	H2O: 81.8
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

HERRING EGGS, DRY (8, 10, 19)

(G/CUP:113)

KCAL: 333	PROT: 60.4	CARB: 2.8	LIP: 6.6	SODM:	POT:	CALC: 29	PHOS: 808
IRON:	ZINC:	MAG:	MANG:	COP:	A:	C:	E:
RIB: .17	THI: .05	NIA: 4.1	B6:	B12:	FOL:	PANT:	H2O: 27.3
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

HUCKLEBERRY, VACCINIUM PARVIFOLIUM (10, 17, 18)

(G/CUP:150)

KCAL: 37	PROT: .4	CARB: 8.7	LIP: .1	SODM: 9.8	POT:	CALC: 15	PHOS:
IRON: .3	ZINC:	MAG:	MANG:	COP:	A: 79	C: 2.8	E:
RIB: .03	THI: .01	NIA: .3	B6:	B12:	FOL:	PANT:	H2O: 90.7
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

LING COD, FLESH, LOTA LOTA LEPTURA (8, 28)

(G/OZ:28.3)

KCAL: 84	PROT: 17.9	CARB: 0	LIP: .8	SODM: 59	POT: 433	CALC:	PHOS:
IRON:	ZINC:	MAG:	MANG:	COP:	A: 230	C:	E:
RIB: .36	THI: .11	NIA:	B6:	B12:	FOL:	PANT:	H2O: 80
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

LING COD, LIVER (8, 11)

(G/OZ:28.3)

KCAL: 400	PROT: 5.6	CARB: 6	LIP: 42	SODM:	POT:	CALC: 5	PHOS: 123
IRON: 1	ZINC:	MAG:	MANG:	COP:	A: 9100	C:	E:
RIB:	THI: .22	NIA: 4.2	B6:	B12:	FOL:	PANT:	H2O: 45.9
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

FOOD NUTRIENTS
FOOD ITEM

(NUTRIENT VALUES PER 100 GRAMS)

ALASKA NATIVE FOODS

August 26, 1992

MASHU ROOTS, RAW, (G/CUP:150)	HEDYSARUM ALPINUM (8)	KCAL: 115	PROT: 5.8	CARB: 22.6	LIP: 2.4	SODM:	POT:	CALC:	PHOS: 67
		IRON: .07	ZINC: .1	MAG: 1.3	MANG:	COP:	A: 16	C: 11	E:
		RIB: .07	THI: .1	NIA: 1.3	B6:	B12:	FOL:	PANT:	H2O: 67.8
		CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:
MINK, AIR-DRIED FLESH, (G/ANIM:1050)	MUSTELLA VISON (8)	KCAL: 353	PROT: 63.2	CARB: 0	LIP: 9.2	SODM:	POT:	CALC:	PHOS: 821
		IRON: 39.7	ZINC:	MAG:	MANG:	COP:	A:	C:	E:
		RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 9.6
		CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:
MOOSE, BONE MARROW, BAKED, (G/OZ:28.3)	ALCES ALCES N=1 (14)	KCAL: 850	PROT: .5	CARB: 0.0	LIP: 94.2	SODM: 17	POT: 0	CALC: 42	PHOS: 23
		IRON: 1.0	ZINC:	MAG:	MANG:	COP:	A: <100	C: 0	E:
		RIB: .03	THI: .00	NIA: .4	B6:	B12:	FOL:	PANT:	H2O: 5.1
		CFIB:	DFIB: 0.0	CHOL: 49.6	18:2: 4.36	18:3: 3.96	MONO: 50.17	POLY: 8.32	SAT: 30.99
MOOSE, FLESH, DRY, N=4 (14) (G/CUI:10)		KCAL: 217	PROT: 47.8	CARB: 2.1	LIP: 4.0	SODM: 160	POT: 567	CALC:	PHOS: 380
		IRON: 9.6	ZINC:	MAG:	MANG:	COP:	A: <100	C:	E:
		RIB: .60	THI:	NIA: 8.8	B6:	B12:	FOL:	PANT:	H2O: 45.3
		CFIB:	DFIB: 1.7	CHOL: 96	18:2: .24	18:3: .17	MONO: 1.8	POLY: .4	SAT: 1.39
MOOSE, FLESH RAW, (G/OZ:28.4)	ALCES ALCES N= up to 41 (14, 22)	KCAL: 102	PROT: 22.30	CARB: 0.00	LIP: 1.5	SODM: 65	POT: 317	CALC: 5	PHOS: 165
		IRON: 3.28	ZINC: 2.8	MAG: 23	MANG: .008	COP: .067	A: 310	C: 4	E:
		RIB: .24	THI: .07	NIA: 5	B6:	B12:	FOL:	PANT:	H2O: 74.79
		CFIB:	DFIB:	CHOL: 54	18:2: .19	18:3: .09	MONO: 1.18	POLY: .37	SAT: 1.12
MOOSE, LIVER, BRAISED (8, 27) (G/OZ:28.3)		KCAL: 161	PROT: 24.38	CARB: 3.41	LIP: 4.89	SODM: 70	POT: 235	CALC: 7	PHOS: 429
		IRON: 6.77	ZINC: 6.07	MAG: 20	MANG: .413	COP: 2.789	A: 96000	C: 22.6	E:
		RIB: 4.1	THI: .196	NIA: 10.72	B6: .91	B12: 71	FOL: 217	PANT: 4.57	H2O: 66
		CFIB: 0	DFIB:	CHOL: 389	18:2: .45	18:3:	MONO: .65	POLY: 1.07	SAT: 1.91

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MOOSE, NOSE, RAW N=2 (14)

(G/OZ:28.3)

KCAL: 235	PROT: 20.2	CARB: 0.0	LIP: 17.3	SODM: 140	POT: 53	CALC: 14	PHOS: 68
IRON: 1.9	ZINC:	MAG:	MANG:	COP:	A: <100	C: 0	E:
RIB: .25	THI: .01	NIA: 2.0	B6:	B12:	FOL:	PANT:	H2O: 62
CFIB:	DFIB: 0.4	CHOL: 121.6	18:2: .48	18:3: .52	MONO: 11.07	POLY: 1.00*	SAT: 4.37

MOOSE, ROASTED, ALCES ALCES N=1 (22)

(G/OZ:28.3)

KCAL: 134	PROT: 29.27	CARB: 0.00	LIP: .97	SODM: 69	POT: 334	CALC: 6	HDS: 176
IRON: 4.22	ZINC: 3.68	MAG: 24	MANG: .009	COP: .079	A:	C: 5	E:
RIB: .34	THI: .05	NIA: 5.26	B6:	B12:	FOL:	PANT:	H2O: 67.83
CFIB:	DFIB:	CHOL: 78	18:2: .19	18:3: .03	MONO: .20	POLY: .31	SAT: .29

MOOSE STEW (WATER, MIXED VEGETABLES, MOOSE, ONION, FLOUR, SALT, PEPPER) (18)

(G/CUP:240)

KCAL: 54	PROT: 6.6	CARB: 6	LIP: .5	SODM: 221.7	POT: 99.5	CALC: 11.8	PHOS: 16
IRON: 1.52	ZINC: .12	MAG: 5.74	MANG: .09	COP: .02	A: 1043	C: 1.03	E:
RIB: .08	THI: .06	NIA: 1.5	B6: .03	B12:	FOL: 5	PANT: .04	H2O: 86.1
CFIB: .3	DFIB: .53	CHOL:	18:2: .02	18:3: .01	MONO: .01	POLY: .02	SAT: .01

MOUSE NUTS, ROOTS POLYGONUM (8)

(G/CUP:110)

KCAL: 68	PROT: 3.9	CARB: 16.1	LIP: .1	SODM:	POT:	CALC: 22	HDS: 175
IRON:	ZINC:	MAG:	MANG:	COP:	A:	C: 16	E:
RIB: .04	THI: .01	NIA: .1	B6:	B12:	FOL:	PANT:	H2O: 77.2
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

MOUSE NUTS, SFEDLINGS ERIOPHORUM (8)

(G/CUP:144)

KCAL: 78	PROT: 7.3	CARB: 16.3	LIP: 1.1	SODM:	POT:	CALC: 17	HDS: 150
IRON:	ZINC:	MAG:	MANG:	COP:	A:	C: 8	E:
RIB: .14	THI: .01	NIA: 1	B6:	B12:	FOL:	PANT:	H2O: 73
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

MUSKRAT, RAW, ONDATRA ZIBETHICA N=5 (22)

(G/OZ:28.4)

KCAL: 162	PROT: 20.71	CARB: 0.00	LIP: 8.10	SODM: 82	POT: 276	CALC: 25	PHOS: 220
IRON:	ZINC:	MAG: 22	MANG:	COP:	A:	C: 5	E:
RIB: .52	THI: .09	NIA: 6.20	B6:	B12:	FOL:	PANT:	H2O: 69.35
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

*values incomplete

MUSKRAT, ROASTED, (G/OZ:28.3)	<u>ONDATRA ZIBETHICA</u> N=1 (22) KCAL: 234 IRON: RIB: .71 CFIB:	PROT: 30.09 ZINC: THI: .08 DFIB:	CARB: 0.00 MAG: 26 NIA: 7.19 CHOL:	LIP: 11.74 MANG: B6: 18:2:	SODM: 95 COP: B12: 18:3:	POT: 320 A: FOL: MONO:	CALC: 36 C: 7 PANT: POLY:	PHOS: 271 E: H2O: 55.58 SAT:
NEEDLEFISH, PUNGITIUS PUNGITIUS (8, 11) (G/OZ:28.3)	KCAL: 101 IRON: 6.2 RIB: 1.38 CFIB:	PROT: 9.9 ZINC: THI: .05 DFIB:	CARB: 1.1 MAG: NIA: .4 CHOL:	LIP: 6.3 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: 1230 FOL: MONO:	CALC: 93 C: 0 PANT: POLY:	PHOS: 614 E: H2O: 77.3 SAT:
OCTOPUS, OCTOPUS DOFLEINI (10, 33) (G/OZ:28.3)	KCAL: 64 IRON: 4.9 RIB: .04 CFIB:	PROT: 12.3 ZINC: 1.43 THI: .03 DFIB:	CARB: 1.4 MAG: NIA: 2.0 CHOL: 41	LIP: .8 MANG: .021 B6: 18:2:	SODM: COP: .370 B12: 18:3:	POT: A: 0 FOL: MONO:	CALC: 35 C: 0 PANT: POLY: .2	PHOS: 158 E: H2O: 84 SAT: .2
OOGRUK, AIR-DRIED FLESH (BEARDED SEAL) (G/CUBI:4.2)	FLESH (BEARDED SEAL) KCAL: 373 IRON: 49.6 RIB: .63 CFIB:	ERIGNATHUS BARBATUS (8, 18, 30) PROT: 82.6 ZINC: THI: .13 DFIB:	CARB: 0 MAG: NIA: CHOL:	LIP: 2.3 MANG: B6: 18:2: .03	SODM: COP: B12: 18:3: .02	POT: A: 1310 FOL: MONO: 1.33	CALC: C: PANT: POLY: .37	PHOS: 784 E: H2O: 11.6 SAT: .6
OOGRUK, FLESH (6, 8, 11) (G/OZ:28.3)	KCAL: 110 IRON: 12.9 RIB: .26 CFIB:	PROT: 26.7 ZINC: THI: .2 DFIB:	CARB: 0 MAG: NIA: 5.9 CHOL: 100	LIP: .4 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: 1400 FOL: MONO:	CALC: 10 C: PANT: POLY:	PHOS: 198 E: H2O: 69.6 SAT:
OOGRUK, OIL (8, 11, 18) (G/TBS:15)	KCAL: 900 IRON: 0 RIB: 0 CFIB:	PROT: 0 ZINC: THI: 0 DFIB:	CARB: 0 MAG: NIA: 0 CHOL:	LIP: 100 MANG: B6: 18:2: 1	SODM: COP: B12: 18:3: .63	POT: A: 5020 FOL: MONO: 57.1	CALC: 0 C: PANT: POLY: 26.79	PHOS: 0 E: H2O: 0 SAT: 15.87

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OOPAH, WHOLE ANIMAL, TUNICATA (8)

(G/OZ:28.3)	KCAL: 82	PROT: 11.7	CARB: 3.1	LIP: 2.2	SODM:	POT:	CALC: 53	HOS: 109
	IRON: 20.7	ZINC:	MAG:	MANG:	COP:	A:	C:	E:
	RIB: .1	THI:	NIA: .9	B6:	B12:	FOL:	PANT:	H2O: 80.2
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

OWL, HORNED, FLESH, BUBO VIRGIMIANUS (8)

(G/OZ:28.3)	KCAL: 142	PROT: 22.7	CARB: 0	LIP: 5	SODM:	POT:	CALC: 16	HOS: 218
	IRON: 4.8	ZINC:	MAG:	MANG:	COP:	A: 350	C:	E:
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 71.3
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

PIKE, AIR-DRIED FLESH, ESOX LUCIUS (8, 11, 18)

(G/CU I:12)	KCAL: 300	PROT: 68.7	CARB: 0	LIP: 2.8	SODM:	POT:	CALC: 32	HOS: 623
	IRON: .9	ZINC:	MAG:	MANG:	COP:	A: 140	C:	E:
	RIB: .33	THI: .11	NIA: 12	B6:	B12:	FOL:	PANT:	H2O: 22.6
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

PIKE, FLESH (8, 29)

(G/OZ:28.3)	KCAL: 88	PROT: 18.3	CARB: 0	LIP: 1.1	SODM:	POT:	CALC:	HOS: 234
	IRON: .6	ZINC:	MAG:	MANG:	COP:	A:	C:	E:
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 76
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

PIKE, LIVER (2, 8)

(G/OZ:28.3)	KCAL: 156	PROT: 16.6	CARB: 4.3	LIP: 8	SODM:	POT:	CALC: 28	HOS: 412
	IRON: 2.1	ZINC:	MAG:	MANG:	COP:	A: 860	C:	E:
	RIB: .7	THI: .1	NIA: 5	B6:	B12:	FOL:	PANT:	H2O: 69.8
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

PILOT BREAD (31)

(G/CRAC:25)	KCAL: 415.7	PROT: 8.5	CARB: 72.7	LIP: 10.1	SODM: 569	POT: 229	CALC: 92.6	HOS: 192
	IRON: 4.84	ZINC:	MAG:	MANG:	COP:	A: 25	C: .5	E:
	RIB: .34	THI: .52	NIA: 7.8	B6:	B12:	FOL:	PANT:	H2O:
	CFIB:	DFIB: .05	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

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*TARMIGAN, MUSCLE, RAW, LAGOPUS LAGOPUS N=3 (8, 15)										
(G/OZ:28.3)	KCAL: 128	PROT: 24.8	CARB: 0	LIP: 2.3	SODM:	POT:	CALC:	PHOS: 268		
	IRON: 6.2	ZINC:	MAG:	MANG:	COP:	A: 420	C:	E:		
	RIB: 1	THI: .25	NIA:	B6:	B12:	FOL:	PANT:	H2O: 72.8		
	CFIB:	DFIB:	CHOL: 20	18:2: .39	18:3: .03	MONO: .18	POLY: .82	SAT: .63		
*RABBIT, WILD, RAW, SYLVILAGUS SPP., ORYCTOLAGUS SPP. N= up to 31 (22)										
(G/OZ:28.4)	KCAL: 114	PROT: 21.79	CARB: 0.00	LIP: 2.32	SODM: 50	POT: 378	CALC: 12	PHOS: 226		
	IRON: 3.20	ZINC:	MAG: 29	MANG:	COP:	A:	C:	E:		
	RIB: .06	THI: .03	NIA: 6.50	B6:	B12:	FOL:	PANT:	H2O: 74.51		
	CFIB:	DFIB:	CHOL: 81	18:2: .36	18:3: .09	MONO: .63	POLY: .45	SAT: .69		
*RABBIT, WILD, STEWED, SYLVILAGUS SPP., ORYCTOLAGUS N=1 (22)										
(G/OZ:28.3)	KCAL: 173	PROT: 33.02	CARB: 0.00	LIP: 3.51	SODM: 45	POT: 343	CALC: 18	PHOS: 240		
	IRON: 4.85	ZINC:	MAG: 31	MANG:	COP:	A:	C:	E:		
	RIB: .07	THI: .02	NIA: 6.40	B6:	B12:	FOL:	PANT:	H2O: 61.37		
	CFIB:	DFIB:	CHOL: 123	18:2: .54	18:3: .14	MONO: .95	POLY: .68	SAT: 1.05		
*REINDEER, MEAT; RAW PANGIFER TARANDUS (2, 14, 18)										
(G/CUI:20)	KCAL: 127	PROT: 21.8	CARB: 0	LIP: 3.87	SODM:	POT: 80	CALC: 16	PHOS:		
	IRON: 5.3	ZINC:	MAG:	MANG:	COP:	A: 187	C: 0	E:		
	RIB: .68	THI: .33	NIA: 5.5	B6:	B12:	FOL:	PANT:	H2O: 70.1		
	CFIB:	DFIB:	CHOL: 16	18:2: .21	18:3: .09	MONO: 1.16	POLY: .41	SAT: 1.29		
*REINDEER STEW (WATER, REINDEER, RICE, POTATOES, CARROTS, NOODLES, CELERY) (32)										
(G/CUP:28.3)	KCAL: 44	PROT: 3.6	CARB: 5.7	LIP: .6	SODM: 4.1	POT: 112	CALC: 6.4	PHOS: 13.9		
	IRON: 1	ZINC: .07	MAG: 3.9	MANG: .05	COP: .05	A: 1855	C: 3.3	E:		
	RIB: .11	THI: .08	NIA: 1.13	B6: .05	B12:	FOL: .27	PANT: .07	H2O: 89		
	CFIB: .1	DFIB: .1	CHOL: 1.5	18:2: .01	18:3: 0	MONO: 0	POLY: .01	SAT: .01		
*RHUBARB, WILD, LEAVES, POLYGENUM ALASKANUM (8, 18)										
(G/CUP:80)	KCAL: 50	PROT: 4.2	CARB: 9.9	LIP: .5	SODM:	POT:	CALC:	PHOS: 87		
	IRON:	ZINC:	MAG:	MANG:	COP:	A: 4480	C: 33	E:		
	RIB: 13	THI: .1	NIA: .1	B6:	B12:	FOL:	PANT:	H2O: 83.5		
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:		

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SALMON, CHUM, BRINED, ONCORHYNCHUS KETA N=2 (15)

(G/CUI:8.5)	KCAL:	PROT:	CARB:	LIP: 7.8	SODM:	POT:	CALC:	PHOS:
	IRON:	ZINC:	MAG:	MANG:	COP:	A:	C:	E:
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 48
	CFIB:	DFIB:	CHOL: 46	18:2: .15	18:3: .05	MONO: 2.99	POLY: 1.80	SAT: 1.59

SALMON, CHUM OR "DOG", COOKED (13, 25)

(G/OZ:28.3)	KCAL: 152	PROT: 25.5	CARB: 0	LIP: 4.78	SODM: 64	POT: 543	CALC: 13	PHOS: 363
	IRON: .7	ZINC: .6	MAG:	MANG:	COP: .07	A: 108	C:	E:
	RIB: .21	THI: .09	NIA:	B6:	B12:	FOL:	PANT:	H2O: 67.84
	CFIB: 0	DFIB:	CHOL: 94	18:2: .08	18:3: .043	MONO: 1.951	POLY: 1.137	SAT: 1.06

SALMON, CHUM OR "DOG", DRIED (11, 15)

(G/CUI:8.5)	KCAL: 286	PROT: 55.7	CARB: 13.2	LIP: 10.8	SODM:	POT:	CALC: 58	PHOS: 650
	IRON: 1.4	ZINC:	MAG:	MANG:	COP:	A: 500	C:	E:
	RIB: .06	THI: .36	NIA: 27.4	B6:	B12:	FOL:	PANT:	H2O: 19.6
	CFIB:	DFIB:	CHOL: 241	18:2: .24	18:3: .12	MONO: 9.35	POLY: 3.85	SAT: 4.30

SALMON, CHUM OR "DOG", FLESH, RAW (25)

(G/CUI:20)	KCAL: 120	PROT: 20.14	CARB: 0	LIP: 3.77	SODM: 50	POT: 429	CALC: 11	PHOS: 283
	IRON: .55	ZINC: .47	MAG:	MANG: .015	COP: .055	A: 99	C:	E:
	RIB: .18	THI: .08	NIA:	B6:	B12:	FOL:	PANT:	H2O: 75.38
	CFIB: 0	DFIB:	CHOL: 74	18:2: .06	18:3: .034	MONO: 1.541	POLY: .898	SAT: .84

SALMON, KING OR CHINOOK, BRINED STRIPS, ONCORHYNCHUS TSCAWYTSCH N=1 (14)

(G/CUI:6.5)	KCAL:	PROT:	CARB:	LIP: 25.0	SODM: 1820	POT:	CALC:	PHOS:
	IRON:	ZINC:	MAG:	MANG:	COP:	A:	C:	E:
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 19.2
	CFIB:	DFIB:	CHOL: 128	18:2: .23	18:3: .00	MONO: 14.39	POLY: 3.28	SAT: 5.85

SALMON, KING OR CHINOOK, DRIED N=2 (8, 14, 17)

(G/CUI:6.5)	KCAL: 428	PROT: 51	CARB: 0	LIP: 36.3	SODM: 139	POT:	CALC: 28	PHOS: 653
	IRON: 2	ZINC:	MAG:	MANG:	COP:	A: 640	C:	E:
	RIB: .82	THI: .15	NIA: 17.5	B6:	B12:	FOL:	PANT:	H2O: 13.0
	CFIB:	DFIB:	CHOL: 139	18:2: .42	18:3: .00	MONO: 18.8	POLY: 6.12	SAT: 8.02

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SALMON, KING OR CHINOOK, FLESH, COOKED N= up to 4 (14, 25)
(G/OZ:28.3)

KCAL: 214	PROT: 23.3	CARB: .3	LIP: 13.1	SODM: 62	POT: 399	CALC: 39	PHOS: 175
IRON: 2.0	ZINC: .56	MAG:	MANG: .019	COP: .053	A: 390	C: 1	E:
RIB: .11	THI: .026	NIA: 4.69	B6:	B12:	FOL:	PANT:	H2O: 63.8
CFIB:	DFIB: .3	CHOL: 65	18:2: .12	18:3: .03	MONO: 6.54	POLY: 2.33	SAT: 3.97

SALMON, KING OR CHINOOK, KIPPERED, CANNED (5, 10) N=1
(G/OZ:28.3)

KCAL: 266	PROT: 30.7	CARB: 0	LIP: 15.9	SODM:	POT:	CALC: 38	PHOS:
IRON: 1.7	ZINC:	MAG:	MANG:	COP:	A: 50	C:	E:
RIB: .14	THI: .05	NIA: 10.9	B6:	B12:	FOL:	PANT:	H2O: 51.2
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

SALMON, KING OR CHINOOK, LIVER (2, 8)
(G/OZ:28.3)

KCAL: 156	PROT: 16.6	CARB: 4.3	LIP: 8	SODM:	POT:	CALC: 28	PHOS: 412
IRON: 2.6	ZINC:	MAG:	MANG:	COP:	A: 3140	C:	E:
RIB: .7	THI: .1	NIA: 5	B6:	B12:	FOL:	PANT:	H2O: 69.8
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

SALMON, KING OR CHINOOK, RAW (25)
(G/OZ:28.3)

KCAL: 217	PROT: 22.5	CARB: 0	LIP: 13.4	SODM:	POT:	CALC: 79	PHOS: 186
IRON: .9	ZINC:	MAG:	MANG:	COP:	A:	C: 9	E:
RIB: .08	THI:	NIA: 7.2	B6:	B12:	FOL:	PANT:	H2O: 63.6
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

SALMON, KING OR CHINOOK, SMOKED, BRINED, N=4 (14)
(G/CUI:6.5)

KCAL: 420	PROT: 39.9	CARB: 2.93	LIP: 30.0	SODM: 693	POT: 700	CALC: 23	PHOS:
IRON: 4.5	ZINC:	MAG:	MANG:	COP:	A: 527	C:	E:
RIB: .28	THI: .06	NIA: 11.8	B6:	B12:	FOL:	PANT:	H2O: 23.6
CFIB:	DFIB: 2.0	CHOL: 107	18:2: .35	18:3: .00	MONO: 16.9	POLY:	SAT: 6.97

SALMON, KING OR CHINOOK SMOKED AND CANNED (10)
(G/OZ:28.3)

KCAL: 150	PROT: 23.2	CARB: 1	LIP: 5.9	SODM:	POT:	CALC: 60	PHOS:
IRON: 1.8	ZINC:	MAG:	MANG:	COP:	A: 319	C:	E:
RIB: .1	THI: .01	NIA: 8.5	B6:	B12:	FOL:	PANT:	H2O: 66.7
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

FOOD NUTRIENTS
FOOD ITEM

(NUTRIENT VALUES PER 100 GRAMS)

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SALMON, PINK OR HUMPBAC, COOKED, ONCORHYNCHUS GORBUSCHA (25)

(G/OZ:28.3)	KCAL: 149	PROT: 25.56	CARB: 0	LIP: 4.42	SODM: 86	POT: 414	CALC:	PHOS:
	IRON: .99	ZINC: .71	MAG: 0	MANG: .019	COP: .099	A: 136	C:	E:
	RIB:	THI:	NIA: 67	B6:	B12:	FOL:	PANT:	H2O: 69.68
	CFIB:	DFIB:	CHOL:	18:2: .064	18:3: .044	MONO: 1.197	POLY: 1.733	SAT: .715

SALMON, PINK, DRIED (2, 10, 25)

(G/CU I:6)	KCAL: 256	PROT: 53.64	CARB: 0	LIP: 5.8	SODM:	POT:	CALC:	PHOS:
	IRON: 3.12	ZINC:	MAG:	MANG:	COP:	A: 218.3	C:	E:
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 22.14
	CFIB: 0	DFIB:	CHOL:	18:2: .07	18:3: .04	MONO: 2.55	POLY: 1.39	SAT: 1.85

SALMON, PINK, RAW (25)

(G/OZ:28.3)	KCAL: 116	PROT: 19.94	CARB: 0	LIP: 3.45	SODM: 67	POT: 323	CALC:	PHOS:
	IRON: .77	ZINC: .55	MAG:	MANG: .015	COP: .077	A: 118	C:	E:
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 76.35
	CFIB: 0	DFIB:	CHOL: 52	18:2: .05	18:3: .034	MONO: .934	POLY: 1.353	SAT: .558

SALMON, SILVER OR COHO, COOKED, ONCOHYNCHUS KISUTCH (25)

(G/OZ:28.3)	KCAL: 185	PROT: 27.36	CARB: 0	LIP: 7.54	SODM: 59	POT: 534	CALC:	PHOS:
	IRON: .89	ZINC: .52	MAG: 0	MANG: 0	COP: .065	A:	C: 1	E:
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 65.35
	CFIB: 0	DFIB:	CHOL: 49	18:2: .323	18:3: .238	MONO: 2.613	POLY: 2.205	SAT: 1.395

SALMON, SILVER OR COHO, DRIED (8, 15, 30) N= up to 5

(G/CUI:6)	KCAL: 578	PROT: 58.16	CARB: 0	LIP: 37.3	SODM:	POT:	CALC:	PHOS: 600
	IRON: 1.5	ZINC:	MAG:	MANG:	COP:	A:	C:	E:
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 12.16
	CFIB:	DFIB:	CHOL: 120	18:2: .39	18:3: .14	MONO: 18.01	POLY: 8.07	SAT: 10.27

SALMON, SILVER OR COHO, DRY IN SEAL OIL (8)

(G/CUBI:10.4)	KCAL: 350	PROT: 51.4	CARB: 0	LIP: 19.4	SODM:	POT:	CALC:	PHOS: 670
	IRON:	ZINC:	MAG:	MANG:	COP:	A: 1220	C:	E:
	RIB: .35	THI: .19	NIA: 4.2	B6:	B12:	FOL:	PANT:	H2O: 28.1
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

FOOD NUTRIENTS
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SALMON, SILVER OR COHO, RAW (25)

(G/OZ:28.3)	KCAL: 146	PROT: 21.62	CARB: 0	LIP: 5.95	SODM: 46	POT: 422	CALC:	PHOS:
	IRON: .7	ZINC: .41	MAG: 0	MANG: .015	COP: .051	A:	C: 1	E:
	RIB: .	THI: .	NIA: .	B6: .	B12: .	FOL: .	PANT: .	H2O: 72.63
	CFIB: 0	DFIB: .	CHOL: 39	18:2: .255	18:3: .183	MONO: 2.064	POLY: 1.742	SAT: 11.02

SALMON, SOCKEYE OR RED CND SOLIDS AND LIQUID, ONCORHYNCHUS NERKA (25)

(G/OZ:28.3)	KCAL: 171	PROT: 20.3	CARB: 0	LIP: 9.3	SODM: 522	POT: 344	CALC: 259	PHOS: 344
	IRON: 1.2	ZINC: .	MAG: .	MANG: .	COP: .	A: 230	C: .	E: .
	RIB: .16	THI: .04	NIA: 7.3	B6: .	B12: .	FOL: .	PANT: .	H2O: 67.2
	CFIB: .	DFIB: .	CHOL: .	18:2: .	18:3: .	MONO: .	POLY: .	SAT: .

SALMON, SOCKEYE OR RED, COOKED, DRY HEAT (25)

(G/OZ:28.3)	KCAL: 216	PROT: 27.31	CARB: 0	LIP: 10.97	SODM: 66	POT: 375	CALC: 7	PHOS: 276
	IRON: .55	ZINC: .51	MAG: 31	MANG: .	COP: .067	A: 209	C: .	E: .
	RIB: .171	THI: .215	NIA: 6.67	B6: .219	B12: 5.8	FOL: .	PANT: .	H2O: 61.84
	CFIB: 0	DFIB: .	CHOL: 87	18:2: .113	18:3: .062	MONO: 5.29	POLY: 2.409	SAT: 1.917

SALMON, SOCKEYE OR RED, KIPPERED, CANNED (5)

(G/OZ:28.3)	KCAL: 190	PROT: 29.5	CARB: .7	LIP: 7.7	SODM: .	POT: .	CALC: 68	PHOS: .
	IRON: 1.3	ZINC: .	MAG: .	MANG: .	COP: .	A: 50	C: .	E: .
	RIB: .22	THI: .02	NIA: 13.9	B6: .	B12: .	FOL: .	PANT: .	H2O: 59.1
	CFIB: .	DFIB: .	CHOL: .	18:2: .	18:3: .	MONO: .	POLY: .	SAT: .

SALMON, SOCKEYE OR RED, RAW (25)

(G/OZ:28.3)	KCAL: 168	PROT: 21.3	CARB: 0	LIP: 9	SODM: 47	POT: 391	CALC: 6	PHOS: 215
	IRON: .5	ZINC: .5	MAG: 24	MANG: .01	COP: .05	A: 192	C: .	E: .
	RIB: .15	THI: .2	NIA: 5.78	B6: .19	B12: .28	FOL: .	PANT: .61	H2O: 70
	CFIB: 0	DFIB: .	CHOL: 62	18:2: .4	18:3: .1	MONO: 4.1	POLY: 1.9	SAT: 1.5

SALMON, SOCKEYE OR RED, DRIED N=2 (10, 14, 17)

(G/CI:6.5)	KCAL: 313	PROT: 42.7	CARB: 3.2	LIP: 14.4	SODM: 166.3	POT: 846	CALC: 84	PHOS: 609
	IRON: 3.3	ZINC: .	MAG: .	MANG: .	COP: .	A: 337	C: .	E: .
	RIB: .39	THI: .15	NIA: 18.5	B6: .	B12: .	FOL: .	PANT: .	H2O: 18
	CFIB: .	DFIB: .	CHOL: .	18:2: .	18:3: .	MONO: .	POLY: .	SAT: .

FOOD NUTRIENTS

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FOOD ITEM

SALMON EGGS, KING, RAW, N=5 (8, 15)									
(G/CUP:169)	KCAL: 250	PROT: 29.2	CARB: 2.9	LIP: 14.0	SODM:	POT:	CALC:	PHOS: 390	
	IRON:	ZINC:	MAG:	MANG:	COP:	A:	C:	E:	
	RIB: .36	THI: .14	NIA: .4	B6:	B12:	FOL:	PANT:	H2O: 59.6	
	CFIB:	DFIB:	CHOL: 174	18:2: .14	18:3: .07	MONO: 4.4	POLY: 4.39	SAT: 2.18	
SALMON EGGS, PINK, CANNED W/SALT N=1 (15)									
(G/CUP:169)	KCAL:	PROT:	CARB:	LIP: 8.8	SODM:	POT:	CALC:	PHOS:	
	IRON:	ZINC:	MAG:	MANG:	COP:A:	C:	E:		
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 73	
	CFIB:	DFIB:	CHOL: 72	18:2: .07	18:3: .05	MONO: 2.02	POLY: 3.58	SAT: 1.36	
SALMON TIPNUK (FERMENTED) (8)									
(G/FISH:92)	KCAL: 174	PROT: 15.9	CARB: 2.7	LIP: 10.6	SODM:	POT:	CALC:	PHOS: 467	
	IRON:	ZINC:	MAG:	MANG:	COP:	A: 780	C:	E:	
	RIB: .15	THI: .13	NIA: 1.9	B6:	B12:	FOL:	PANT:	H2O: 68.8	
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:	
SALMONBERRIES, RUBUS SPECTABILIS, N=1 (14)									
(G/CUP:145)	KCAL: 44	PROT: 1	CARB: 10	LIP: .1	SODM: 41.5	POT: 108	CALC: 14	PHOS: 26	
	IRON: .6	ZINC:	MAG:	MANG:	COP:	A: 1550	C: 0.3	E:	
	RIB: .07	THI: .04	NIA: .1	B6:	B12:	FOL:	PANT:	H2O: 89	
	CFIB:	DFIB: 1.0	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:	
SCOTER, WHITE-WINGED, FLESH, MELANITTA DEGLANDI (8)									
(G/OZ:28.3)	KCAL: 90	PROT: 20.2	CARB: 0	LIP: .4	SODM:	POT:	CALC: 8	PHOS: 164	
	IRON:	ZINC:	MAG:	MANG:	COP:	A: 280	C:	E:	
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 79	
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:	
SEA CUCUMBER, YANE, STICHOPUS CALIFORNICUS (10)									
(G/OZ:28.3)	KCAL: 68	PROT: 13	CARB: 3.1	LIP: .4	SODM:	POT:	CALC: 30	PHOS:	
	IRON: .6	ZINC:	MAG:	MANG:	COP:	A: 310	C:	E:	
	RIB: .94	THI: .05	NIA: 3.2	B6:	B12:	FOL:	PANT:	H2O: 80.7	
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:	

FOOD ITEM

SEAL, LIVER, RINGED SEAL, PUSA HISPIDA (8, 30)

(G/OZ:28.3)

KCAL: 120	PROT: 18.6	CARB: 2.9	LIP: 3.3	SODM:	POT:	CALC: 13	PHOS: 279
IRON: 13.5	ZINC:	MAG:	MANG:	COP:	A: 36600	C:	E:
RIB: .18	THI: .18	NIA:	B6:	B12:	FOL:	PANT:	H2O: 74.2
CFIB:	DFIB:	CHOL:	18:2: .06	18:3: .01	MONO: 1.1	POLY: 1.03	SAT: 1.17

SEAL, MEAT, DRY (11, 30)

(G/CU I:10)

KCAL: 243	PROT: 46	CARB: 0	LIP: 6.6	SODM:	POT:	CALC: 19	PHOS: 300
IRON: 35.1	ZINC:	MAG:	MANG:	COP:	A: 360	C:	E:
RIB: .353	THI: .174	NIA: 8.8	B6:	B12:	FOL:	PANT:	H2O: 41.2
CFIB:	DFIB:	CHOL:	18:2: .07	18:3: .05	MONO: 3.77	POLY: 1.42	SAT: 1.41

SEAL, OIL, ALASKA, MIXED SPECIES, N= up to 13 (6, 8, 9, 14, 18, 30)

(G/TSP:5)

KCAL: 854	PROT: .4	CARB: 8.6	LIP: 97.7	SODM: 7	POT: 8	CALC: 1	PHOS: 0
IRON: .6	ZINC:	MAG:	MANG:	COP:	A: 5823	C:	E:
RIB: .00	THI:	NIA: .4	B6:	B12:	FOL:	PANT:	H2O: 0.0
CFIB:	DFIB:	CHOL: 68.8	18:2: 1.11	18:3: 1.01	MONO: 56.15	POLY: 28.19	SAT: 12.86

SEAL, FLESH, RINGED (8, 9, 17)

(G/OZ:28.3)

KCAL: 150	PROT: 28.4	CARB: 0	LIP: 3.2	SODM: 110.1	POT:	CALC: 5	PHOS: 238
IRON: 19.6	ZINC:	MAG:	MANG:	COP:	A: 1050	C:	E:
RIB: .53	THI: .14	NIA:	B6:	B12:	FOL:	PANT: .65	H2O: 67.4
CFIB:	DFIB:	CHOL: 90	18:2: .05	18:3: .01	MONO: 1.72	POLY:	SAT: .82

SEAWEED, BLACK, DRIED, PORPHYRA SP (10, 14, 17)

(G/CUP:13.4)

KCAL: 298	PROT: 28.7	CARB: 41.3	LIP: 2	SODM: 1118.5	POT: 3125	CALC: 157	PHOS: 624
IRON: 10.4	ZINC:	MAG:	MANG:	COP:	A: 4719	C: 17.4	E:
RIB: 2.25	THI: .11	NIA: 11.5	B6:	B12:	FOL:	PANT:	H2O: 9.2
CFIB:	DFIB: 38.5	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

SEAWEED, RIBBON, DRIED PALMARIA SP. N=2 (10, 14)

(G/CUP:13)

KCAL: 323	PROT: 19.9	CARB: 59.5	LIP: .6	SODM: 1250	POT: 5250	CALC: 190	PHOS: 348
IRON: 11	ZINC:	MAG:	MANG:	COP:	A: 23	C: 4.3	E:
RIB: 1	THI: .07	NIA: 6.9	B6:	B12:	FOL:	PANT:	H2O: 7.2
CFIB:	DFIB: 32.5	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

FOOD ITEM

SMELT, FLESH AND SMALL BONES, OSMERUS DENTEX (8)

(G/CMS:63)	KCAL: 117	PROT: 16.7	CARB: 0	LIP: 5.1	SODM:	POT:	CALC: 74	PHOS: 205
	IRON: .6	ZINC:	MAG:	MANG:	COP:	A: 460	C:	E:
	RIB: .13	THI:	NIA: 1.5	B6:	B12:	FOL:	PANT:	H2O: 77.5
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

SMELT, RAINBOW, DRY FLESH, HYPOMESUS OLIDUS (8, 30)

(G/OZ:28.3)	KCAL: 361	PROT: 59.3	CARB: 0	LIP: 11.9	SODM:	POT:	CALC:	PHOS:
	IRON:	ZINC:	MAG:	MANG:	COP:	A:	C:	E:
	RIB:	THI: .01	NIA: 1	B6:	B12:	FOL:	PANT:	H2O: 18.4
	CFIB:	DFIB:	CHOL:	18:2: .09	18:3: .01	MONO: 7.82	POLY: 1.28	SAT: 2.79

SOUP, BROTH, SALMON, KING (14)

(G/CUP:240)	KCAL: 4	PROT: 1.0	CARB: 0.0	LIP: .2	SODM: 21	POT: 31	CALC: 4	PHOS: 173
	IRON: .8	ZINC:	MAG:	MANG:	COP:	A: 0	C: 0	E:
	RIB: .01	THI: .01	NIA: .9	B6:	B12:	FOL:	PANT:	H2O: 98.7
	CFIB:	DFIB: .1	CHOL: <2	18:2:	18:3:	MONO: .1	POLY: .03	SAT: .07

SOUP, FISH (LOW SODIUM BROTH, SALMON, WHITE RICE, MACARONI, ONIONS) (13)

(G/CUP:240)	KCAL: 74	PROT: 7.4	CARB: 5.6	LIP: 2.2	SODM: 30	POT: 128	CALC: 35	PHOS: 112
	IRON: .5	ZINC:	MAG: .6	MANG: .01	COP:	A: 40	C: .3	E:
	RIB: .02	THI: .07	NIA: 2.64	B6: .01	B12:	FOL: .73	PANT: .01	H2O: 84
	CFIB: 0	DFIB:	CHOL: 12	18:2:	18:3:	MONO:	POLY:	SAT: .5

SOURDOCK, YOUNG LEAVES, RUMEX ARTICUS (8)

(G/CUP:80)	KCAL: 35	PROT: 2.3	CARB: 6.5	LIP: .7	SODM:	POT:	CALC: 2	PHOS: 55
	IRON: .8	ZINC:	MAG:	MANG:	COP:	A: 11900	C: 68	E:
	RIB: .54	THI: .09	NIA: 1.1	B6:	B12:	FOL:	PANT:	H2O: 89.7
	CFIB: 1.1	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

SQUIRREL, GROUND, FLESH, CITELLUS UNDULATUS (8)

(G/OZ:28.3)	KCAL: 117	PROT: 19.3	CARB: 0	LIP: 3.8	SODM:	POT:	CALC:	PHOS: 175
	IRON: 4.7	ZINC:	MAG:	MANG:	COP:	A: 220	C:	E:
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 75.4
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

FOOD ITEM

SQUIRREL, GROUND, AIR DRIED, CITELLUS UNDULATUS (8) (G/OZ:28.3)	KCAL: 445 IRON: . RIB: . CFIB: .	PROT: 34 ZINC: . THI: . DFIB: .	CARB: 0 MAG: . NIA: . CHOL: .	LIP: 33.1 MANG: . B6: . 18:2: .	SODM: . COP: . B12: . 18:3: .	POT: . A: . FOL: . MONO: .	CALC: . C: . PANT: . POLY: .	PHOS: 404 E: . H2O: 24.7 SAT: .
SQUIRREL, RAW, SCIURIDAE (FAMILY) N= up to 17 (22) (G/OZ:28.4)	KCAL: 120 IRON: 4.70 RIB: .21 CFIB: .	PROT: 21.23 ZINC: . THI: .07 DFIB: .	CARB: 0.00 MAG: 24 NIA: 4.00 CHOL: 83	LIP: 3.21 MANG: . B6: . 18:2: .92	SODM: 103 COP: . B12: . 18:3: .02	POT: 304 A: . FOL: . MONO: 1.18	CALC: 2 C: . PANT: . POLY: .94	PHOS: 172 E: . H2O: 73.83 SAT: .38
SQUIRREL, ROASTED, SCIURIDAE (FAMILY) N=1 (22) (G/OZ:28.4)	KCAL: 173 IRON: 6.81 RIB: .29 CFIB: .	PROT: 30.77 ZINC: . THI: .06 DFIB: .	CARB: 0.00 MAG: 28 NIA: 4.64 CHOL: 121	LIP: 4.65 MANG: . B6: . 18:2: 1.34	SODM: 119 COP: . B12: . 18:3: .03	POT: 352 A: . FOL: . MONO: 1.72	CALC: 3 C: . PANT: . POLY: 1.36	PHOS: 211 E: . H2O: 62.07 SAT: .55
STONECROP YOUNG LEAVES, CHOPPED, SEDUM ROSEA (8, 23) (G/CUP:55)	KCAL: 33 IRON: .6 RIB: .34 CFIB: .7	PROT: 1.2 ZINC: . THI: .03 DFIB: .	CARB: 6 MAG: . NIA: .8 CHOL: .	LIP: 1 MANG: . B6: . 18:2: .	SODM: . COP: . B12: . 18:3: .	POT: . A: 6250 FOL: . MONO: .	CALC: 1 C: 79 PANT: . POLY: .	PHOS: 20 E: . H2O: 91.5 SAT: .
TEA, TUNDRA; VALUES REPRESENT A COMBINATION OF HERB TEA AND LABORADOR TEA (13, 17) (G/FL O:29.6)	KCAL: 1 IRON: .08 RIB: 0 CFIB: 0	PROT: 0 ZINC: .04 THI: .01 DFIB: .	CARB: .2 MAG: 1 NIA: 0 CHOL: 0	LIP: 0 MANG: .04 B6: 0 18:2: 0	SODM: 132 COP: .02 B12: 0 18:3: 0	POT: 9 A: 0 FOL: .6 MONO: 0	CALC: 2 C: .3 PANT: .01 POLY: 0	PHOS: 0 E: . H2O: 99.7 SAT: 0
TOM COD, DRY FLESH, ELEGINUS GRACILIS (8) (G/OZ:28.3)	KCAL: 293 IRON: . RIB: . CFIB: .	PROT: 64.3 ZINC: . THI: . DFIB: .	CARB: 0 MAG: . NIA: . CHOL: .	LIP: 2 MANG: . B6: . 18:2: .	SODM: . COP: . B12: . 18:3: .	POT: . A: . FOL: . MONO: .	CALC: . C: . PANT: . POLY: .	PHOS: . E: . H2O: 27.2 SAT: .

FOOD NUTRIENTS (NUTRIENT VALUES PER 100 GRAMS)
FOOD ITEM

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TOM COD, FLESH (8)

(G/OZ:28.3)

KCAL: 70	PROT: 14.7	CARB: 0	LIP: .8	SODM:	POT:	CALC:	PHOS:
IRON: .65	ZINC:	MAG:	MANG:	COP:	A:	C:	E:
RIB: .13	THI: .14	NIA: 2.2	B6:	B12:	FOL:	PANT:	H2O: 79.2
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

TOM COD, LIVER (8)

(G/OZ:28.3)

KCAL: 448	PROT: 8	CARB: 1.9	LIP: 45.1	SODM:	POT:	CALC: 6	PHOS: 203
IRON: 3.8	ZINC:	MAG:	MANG:	COP:	A: 11000	C:	E:
RIB: .48	THI: .09	NIA: 6.2	B6:	B12:	FOL:	PANT:	H2O: 44.2
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

TROUT, DOLLY VARDEN, SALVELINUS MALMA N= up to 5 (6, 8, 14)

(G/OZ:28.3)

KCAL: 100	PROT: 19.7	CARB: .5	LIP: 2.0	SODM: 102	POT: 285	CALC: 13	PHOS: 191
IRON: 1.3	ZINC:	MAG:	MANG:	COP:	A: 58	C: .8	E:
RIB: .21	THI: .05	NIA: 4.8	B6:	B12:	FOL:	PANT:	H2O: 75.8
CFIB:	DFIB: .6	CHOL: 53	18:2: .03	18:3: .09	MONO: .81	POLY: .90	SAT: .48

VENISON, SITKA DEER, RAW, ODOCOILEUS HEMIONUS SITKENSIS, N=2 (10, 15)

(G/OZ:28.3)

KCAL: 117	PROT: 21.5	CARB: .2	LIP: 2.66	SODM:	POT:	CALC: 7	PHOS:
IRON: 2.9	ZINC:	MAG:	MANG:	COP:	A: 0	C: 0	E:
RIB: .36	THI: .2	NIA: 6.6	B6:	B12:	FOL:	PANT:	H2O: 75
CFIB:	DFIB:	CHOL: 18	18:2: .18	18:3: .05	MONO: .34	POLY: .35	SAT: .63

VENISON, SITKA DEER, LIVER, RAW, ODOCOILEUS HEMIONUS SITKENSIS N=1 (15)

(G/OZ:28.3)

KCAL:	PROT:	CARB:	LIP: 4.5	SODM:	POT:	CALC:	PHOS:
IRON:	ZINC:	MAG:	MANG:	COP:	A:	C:	E:
RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 76
CFIB:	DFIB:	CHOL: 44	18:2: .38	18:3: .11	MONO: .57	POLY: 1.13	SAT: 1.62

WALRUS, DRY FLESH, ODOHENUS ROSMARUS (8)

(G/OZ:28.3)

KCAL: 267	PROT: 57	CARB: 0	LIP: 2.6	SODM:	POT:	CALC:	PHOS: 415
IRON: 43	ZINC:	MAG:	MANG:	COP:	A: 410	C:	E:
RIB: .79	THI: .21	NIA: 10.1	B6:	B12:	FOL:	PANT:	H2O: 38.8
CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:

FOOD NUTRIENTS
FOOD ITEM

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WALRUS, FLESH (6, 8, 11, 30) (G/OZ:28.3)	KCAL: 200 IRON: 9.4 RIB: .24 CFIB:	PROT: 19.2 ZINC: THI: .18 DFIB:	CARB: 0 MAG: NIA: 4.8 CHOL: 80	LIP: 13.6 MANG: B6: 18:2: .1	SODM: COP: B12: 18:3: .05	POT: A: 170 FOL: MONO: 8.42	CALC: 18 C: PANT: POLY: 2.6	PHOS: 122 E: H2O: 65.1 SAT: 2.57
WALRUS, FLESH & SUBCUTANEOUS FAT (8) (G/OZ:28.3)	KCAL: 287 IRON: 9.4 RIB: .32 CFIB:	PROT: 16.3 ZINC: THI: .08 DFIB:	CARB: 0 MAG: NIA: CHOL:	LIP: 24.1 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: 550 FOL: MONO:	CALC: C: PANT: POLY:	PHOS: 125 E: H2O: 58.9 SAT:
WALRUS, LIVER (8) (G/OZ:28.3)	KCAL: 130 IRON: 14.4 RIB: 1.91 CFIB:	PROT: 21 ZINC: THI: .08 DFIB:	CARB: 3.5 MAG: NIA: CHOL:	LIP: 3 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: 81200 FOL: MONO:	CALC: C: PANT: POLY:	PHOS: 288 E: H2O: 71.5 SAT:
WALRUS, OIL (6, 8, 11, 18 *Ref. 6 gives cholesterol of walrus fat) (G/TBS:15)	KCAL: 900 IRON: RIB: 0 CFIB:	PROT: 0 ZINC: THI: 0 DFIB:	CARB: 0 MAG: NIA: 0 CHOL: 120*	LIP: 100 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: 2600 FOL: MONO:	CALC: 0 C: PANT: POLY:	PHOS: E: H2O: 0 SAT:
WALRUS, SKIN WITH FUR, N=1 (15) (G/CUI:19)	KCAL: IRON: RIB: CFIB:	PROT: ZINC: THI: DFIB:	CARB: MAG: NIA: CHOL: 39	LIP: 24.0 MANG: B6: 18:2: .15	SODM: COP: B12: 18:3: .03	POT: A: FOL: MONO: 13.62	CALC: C: PANT: POLY: 3.11	PHOS: E: H2O: 50 SAT: 2.97
WALRUS, SUBCUTANEOUS MEAT, NO SKIN, NO FUR, N=1 (15) (G/CUI:19)	KCAL: IRON: RIB: CFIB:	PROT: ZINC: THI: DFIB:	CARB: MAG: NIA: CHOL: 37	LIP: 29.7 MANG: B6: 18:2: .17	SODM: COP: B12: 18:3: .04	POT: A: FOL: MONO: 15.76	CALC: C: PANT: POLY: 5.33	PHOS: E: H2O: 48 SAT: 3.37

FOOD NUTRIENTS
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WHALE, BOWHEAD, BLUBBER SUBQ FAT, BALAENA MYSTICETUS (6, 8, 18)									
(G/CU I:19)	KCAL: 870	PROT: .4	CARB: 0	LIP: 96.5	SODM:	POT:	CALC:	PHOS: 5	
	IRON: .5	ZINC:	MAG:	MANG:	COP:	A:	C:	E:	
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 2.9	
	CFIB:	DFIB:	CHOL: 150	18:2:	18:3:	MONO:	POLY:	SAT:	
WHALE, BOWHEAD, MEAT, BALAENA MYSTICETUS N=3 (8, 15, 18, 30)									
(G/CUI:15)	KCAL: 177	PROT: 26.2	CARB: 0	LIP: 7.2	SODM:	POT:	CALC:	PHOS: 213	
	IRON: 14.1	ZINC:	MAG:	MANG:	COP:	A: 330	C:	E:	
	RIB: .79	THI: .19	NIA: 7.4	B6:	B12:	FOL:	PANT:	H2O: 68.5	
	CFIB:	DFIB:	CHOL: 28	18:2: .05	18:3: .07	MONO: 3.43	POLY: 1.11	SAT: 1.22	
WHALE, BOWHEAD, MUKTUK, BALAENA MYSTICETUS (SKIN AND SUBCUTANEAS FAT) N=3 (8, 15, 18)									
(G/CUI:15)	KCAL: 475	PROT: 12.6	CARB: 1.2	LIP: 46.1	SODM:	POT:	CALC: 5	PHOS: 87	
	IRON:	ZINC:	MAG:	MANG:	COP:	A: 750	C:	E:	
	RIB: .02	THI: .08	NIA: .8	B6:	B12:	FOL:	PANT:	H2O: 40	
	CFIB:	DFIB:	CHOL: 54	18:2: .45	18:3: .12	MONO: 28.12	POLY: 7.97	SAT: 6.56	
WHALE, OIL, BALAENA MYSTICETUS (8, 11, 18)									
(G/TBS:15)	KCAL: 900	PROT: 0	CARB: 0	LIP: 100	SODM:	POT:	CALC: 0	PHOS: 0	
	IRON: 0	ZINC:	MAG:	MANG:	COP:	A: 2810	C:	E:	
	RIB: 0	THI: 0	NIA: 0	B6:	B12:	FOL:	PANT:	H2O: 0	
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:	
WHITEFISH, DRY FLESH, COREGONUS NASUS AND OTHERS N = at least 4 (8, 15, 18)									
(G/CUBI:20)	KCAL: 412	PROT: 69	CARB: .9	LIP: 12.5	SODM:	POT:	CALC: 65	PHOS: 844	
	IRON: .9	ZINC:	MAG:	MANG:	COP:	A: 730	C:	E:	
	RIB: .14	THI: .06	NIA: 10.3	B6:	B12:	FOL:	PANT:	H2O: 15	
	CFIB:	DFIB:	CHOL: 284	18:2: .69	18:3: .54	MONO: 8.05	POLY: 3.43	SAT: 4.21	
WHITEFISH, HEAD, EYES, CHEEKS AND SOFT BONES, COREGONUS NASUS (8)									
(G/OZ:28.3)	KCAL: 112	PROT: 18.6	CARB: 0	LIP: 3.6	SODM:	POT:	CALC:	PHOS: 242	
	IRON: 3.9	ZINC:	MAG:	MANG:	COP:	A:	C:	E:	
	RIB:	THI:	NIA:	B6:	B12:	FOL:	PANT:	H2O: 76.3	
	CFIB:	DFIB:	CHOL:	18:2:	18:3:	MONO:	POLY:	SAT:	

FOOD NUTRIENTS
FOOD ITEM

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WHITEFISH, LIVER, COREGONUS NASUS (2, 8) (G/OZ:28.3)	KCAL: 104 IRON: 8.6 RIB: .54 CFIB:	PROT: 11 ZINC: THI: .18 DFIB:	CARB: 5.1 MAG: NIA: 2.7 CHOL:	LIP: 4.4 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: 1510 FOL: MONO:	CALC: 53 C: PANT: POLY:	PHOS: 297 E: H2O: 76.1 SAT:
WHITEFISH, RAW MIXED SPECIES, COREGONUS SPP N= up to 68 (8, 15, 25) (G/OZ:28.3)	KCAL: 136 IRON: .29 RIB: .13 CFIB:	PROT: 18.9 ZINC: .99 THI: .13 DFIB:	CARB: 0 MAG: 33 NIA: CHOL: 55	LIP: 6.1 MANG: B6: 18:2: .24	SODM: 51 COP: .072 B12: 18:3: .29	POT: 317 A: 540 FOL: MONO: 2.56	CALC: C: PANT: POLY: 1.82	PHOS: 280 E: H2O: 72.8 SAT: 1.37
WHITEFISH, ROE, COREGONUS NASUS (8, 11, 18) (G/OZ:255)	KCAL: 87 IRON: .9 RIB: CFIB:	PROT: 8 ZINC: THI: .15 DFIB:	CARB: 2.4 MAG: NIA: 1.4 CHOL:	LIP: 5 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: 490 FOL: MONO:	CALC: 54 C: PANT: POLY:	PHOS: 312 E: H2O: 83.8 SAT:
WILLOW, LEAVES IN OIL, SALIX PULCHRA CHAM. (8, 23) (G/CUP:148)	KCAL: 584 IRON: 1.3 RIB: CFIB:	PROT: 2.6 ZINC: THI: DFIB:	CARB: 8.1 MAG: NIA: CHOL:	LIP: 61 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: FOL: MONO:	CALC: C: PANT: POLY:	PHOS: 58 E: H2O: 28 SAT:
WILLOW, YOUNG LVS, CHOPPED, SALIX PULCHRA CHAM. (8, 23) (G/CUP:55)	KCAL: 102 IRON: 2.6 RIB: CFIB: 1.1	PROT: 6.1 ZINC: THI: DFIB:	CARB: 20.7 MAG: NIA: 2.3 CHOL:	LIP: 1.6 MANG: B6: 18:2:	SODM: COP: B12: 18:3:	POT: A: 18700 FOL: MONO:	CALC: 130 C: 190 PANT: POLY:	PHOS: 126 E: H2O: 68.7 SAT:

FOOD NUTRIENTS
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BEEF, GROUND, LEAN, RAW HbK 8-13 rev. 1985 p 332 n=73

(G/OZ:28.4)

KCAL: 264	PROT: 17.69	CARB: .00
IRON: 1.77	ZINC: 3.86	MAG: 18
RIB: .21	THI: .050	NIA: 4.51
CFIB: .00	DFIB: .00	CHOL: 75

LIP: 20.67	SODM: 69
MANG: .015	COP: .073
B6: .25	B12: 2.34
18:2: .63	18:3: .10

POT: 261	CALC: 8
A: .00	C: 0.0
FOL: 8	PANT: .37
MONO: 9.01	POLY: .85

PHOS: 136
E: .00
H2O: 60.18
SAT: 8.31

BUTTER, HbK 8-4 1978 p 16 Rev 1978 N=522

(G/Pat 5)

KCAL: 717	PROT: .85	CARB: .06
IRON: .16	ZINC: .05	MAG: 2
RIB: .034	THI: .005	NIA: .042
CFIB: 0	DFIB: .00	CHOL: 219

LIP: 81.11	SODM: 826
MANG: .00	COP: .00
B6: .003	B12: .00
18:2: 1.8	18:3: 1.2

POT: 26	CALC: 24
A: 3058	C: 0
FOL: 3	PANT: .00
MONO: 23.4	POLY: 3.0

PHOS: 23
E: 1.58
H2O: 15.87
SAT: 50.5

CORNOIL, HbK 8-4 p 29 Rev 1978 N=1

(G/tbs:13.6)

KCAL: 884	PROT: 0.0	CARB: 0.0
IRON: .00	ZINC: .00	MAG: .00
RIB: .00	THI: .00	NIA: .00
CFIB: .00	DFIB: .00	CHOL: 0

LIP: 100	SODM: .00
MANG: .00	COP: .00
B6: .00	B12: .00
18:2: 58.0	18:3: .7

POT: .00	CALC: .00
A: .00	C: .00
FOL: .00	PANT: .00
MONO: 24.2	POLY: 58.7

PHOS: .00
E: 83.2
H2O: 0.0
SAT: 12.7

EGGS, CHICKEN, WHOLE, RAW HbK 8-1 rev. 1989 p 137 N=20

(1 egg=50 gm)

KCAL: 149	PROT: 12.49	CARB: 1.22
IRON: 1.44	ZINC: 1.10	MAG: 10
RIB: .508	THI: .062	NIA: .073
CFIB: 0.00	DFIB: .00	CHOL: 425

LIP: 10.02	SODM: 126
MANG: .024	COP: .014
B6: .139	B12: 1.00
18:2: 1.14	18:3: .03

POT: 121	CALC: 49
A: 635	C: 0.0
FOL: 47	PANT: 1.255
MONO: 3.81	POLY: 1.36

PHOS: 178
E: .00
H2O: 75.33
SAT: 3.10

LETTUCE, ICEBERG, RAW HbK 8-11 p 222 Rev 1982 N=110

(G/leaf:20)

KCAL: 13	PROT: 1.01	CARB: 2.09
IRON: .50	ZINC: .22	MAG: 9
RIB: .030	THI: .046	NIA: .187
CFIB: .53	DFIB: .00	CHOL: 0

LIP: .19	SODM: 9
MANG: .151	COP: .028
B6: .040	B12: 0
18:2: .00	18:3: .00

POT: 158	CALC: 19
A: 330	C: 3.9
FOL: 56	PANT: .046
MONO: .007	POLY: .100

PHOS: 20
E: .00
H2O: 95.89
SAT: 1025

ORANGES, RAW, ALL COMMERCIAL VARIETIES HbK8-9 p 179 (Rev 1981) N=88

(G/fruit:131)

KCAL: 47	PROT: .94	CARB: 11.75
IRON: .10	ZINC: .07	MAG: 10
RIB: .04	THI: .087	NIA: .282
CFIB: .43	DFIB: .00	CHOL: 0

LIP: .12	SODM: 0
MANG: .025	COP: .045
B6: .06	B12: 0
18:2: .018	18:3: .007

POT: 181	CALC: 40
A: 205	C: 53.2
FOL: 20.3	PANT: .25
MONO: .023	POLY: .025

PHOS: 14
E: .00
H2O: 86.75
SAT: .015

FOOTNOTES

1. Ascidiarians are a class of animals in the phylum, chordata; sub-phylum, urochordata, commonly known as tunicates. The Class, Ascidiacea, are often called seasquirts. They are found and eaten in Gambell, Alaska and in the Far East. The names used here are from Gambell, Alaska. Kemagluk are 3" diameter solid spheres with a wart-like outer coat or tunic (hence "tunicates") and are brown in color. They are collected from the beach following storms.
2. Mamaghwaaq is an ascidian that grows in colonies. It is approximately 2" x 1/4" of fingerlike branches, yellow-orange in color. They are harvested from the beaches after storms in Gambell, Alaska.
3. Riighnak is a single unit or simple ascidian. They are about 2" diameter hard crusted spheres, brown in color. They are harvested from the beaches after storms in Gambell, Alaska.
4. Tukughnak is an ascidian that grows in colonies. They average 2" in diameter, and are amorphous - shaped animals with external folds in the off-white exterior. Some are orange tinted. They are harvested from the beaches after storms in Gambell, Alaska.
5. Agutuk, cloudberries with seal oil

6c	900g	*cloudberries, Rubus chamaemorus
1/2 c	120g	seal oil
1/2 c	100g	shortening, hydrogenated soybean and cottonseed oils
1 c	200g	sugar

*Cloudberries are also called salmonberries in parts of Alaska. The Rubus chamaemorus berry grows on 2-8" high stems. They grow in moist boggy arctic and subarctic tundra and in bogs of Southeastern Alaska. In the Lower Kuskokwim they are called Ahtchaigpiat (Esk.), in Barter Island, Shismaref, Kotzebue, Noorvik and Nome they are call Akpik.

They are a very rich source of vitamin C in contrast to the Rubus Spectabilis salmonberry. It grows on shrubs 1 1/2 to 6 1/2 feet high and is found on woody mountain sides of Southeastern Alaska, the Gulf of Alaska coastal area west to Kodiak, the Alaska Penninsula and the Aleutian Islands. (36)

6. Agutuk, fish with shortening (Eskimo Ice Cream from Mountain Village)

1 medium	433g	Whitefish, raw, mixed species
1c	205g	Shortening, hydrogenated soybean and cottonseed oils
3/4c	164g	corn oil
1/2c	96g	sugar
7. Agutuk; Fish/Berry with Seal oil

3c	435g	Salmonberries, Rubus spectabilis
2c	410g	Shortening, hydrogenated soybean and cottonseed oils
8oz	226g	Whitefish, raw mixed species
1c	144g	Blackberries (substitute for Alaskan berries)
1 tbs	128g	Sugar
6 tsp	30g	Seal oil

8. Agutuk, Fish/Berry with Shortening
 4c 600g Salmonberries, *Rubus spectabilis*
 2c 400g Sugar
 2c 240g Whitefish, raw, mixed species
 1c 200g Shortening, hydrogenated soybean and cottonseed oils
9. Agutuk, Fruit with Seal oil
 6c 900g Salmonberries, *Rubus spectabilis*
 1/2c 120g Seal oil
 1/2c 100g Shortening, hydrogenated soybean and cottonseed oils
 1 c 200g Sugar
10. Agutuk, fruit with shortening (Recipe from Bethel)
 3 qt. 1728g Blackberries, Raw (substitute for *Empetrum nigrum*.)
 3 c 615g Shortening, hydrogenated soybean and cottonseed oils
 1 c 226g water
 1/2 c 109g corn oil
 1 c 192g sugar
11. Agutuk, meat
 8c 1818g caribou, roasted
 1c 227g beef broth (substitute for caribou broth)
 1c 240 seal oil
 1c 205 caribou fat

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