

# Traditional Food Guide

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FOR ALASKA NATIVE  
CANCER SURVIVORS

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Alaska Native Tribal Health Consortium  
Cancer Program



Alaska Native Tribal Health Consortium  
4000 Ambassador Drive  
Anchorage, AK 99508  
[www.anthc.org](http://www.anthc.org)

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CANCER SURVIVORS\*

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2008

*Written by:*

The Alaska Native People

Christine A. DeCourtney, MPA

Desiree M. Simeon, BA

Karen M. Mitchell

*Nutrition*

Jennifer S. Johnson, MPH, RD

Elizabeth D. Nobmann, Ph.D, MPH, RD

Susan Hoyt, MS, RD, LD

*Editing*

Marie J. Lavigne, LMSW

Lakota R. Murray, MEd

Judith M. Muller, MHA

*\*A cancer patient from time of diagnosis, family and friends*

# TABLE OF CONTENTS

<b>Introduction</b>	<b>8</b>
<b>Traditional Food: Good Food for Life</b>	<b>10</b>
<b>General Information</b>	<b>12</b>
<b>Food Choices during Cancer Treatment</b>	<b>12</b>
• Ideas to Increase Protein	12
• Fiber	13
• Fighting Fatigue	13
• Eating When Your Immune System is Weakened	14
• Increasing Appetite During Cancer Treatment	14
• Increasing Calories	15
<b>Food Choices After Cancer Treatment</b>	<b>16</b>
<b>Healthy Lifestyle</b>	<b>16</b>
<b>Physical Activity During &amp; After Cancer Treatment</b>	<b>16</b>
<b>Food Nutrients</b>	<b>18</b>
• Daily Food Guide	21
<b>Food Safety</b>	<b>22</b>
<b>Handwashing</b>	<b>24</b>
<b>Your Visual Guide to Healthy Eating</b>	<b>26</b>
<b>How to Read the Nutrition Section</b>	<b>27</b>

## FOOD FROM THE LAND (ANIMALS)

• Beaver	30
• Bone Marrow	31
• Caribou, Deer, Reindeer	32 / 33
• Hare (Rabbit)	34
• Moose	35
• Musk Ox	36
• Muskrat	37
• Porcupine	38
• Squirrel	39

## FOOD FROM THE LAND (BIRDS)

• Bird Eggs	40
• Black Brant	41
• Canada Goose	42
• Crane	43
• Duck	44
• Ptarmigan	45

## FOOD FROM THE WATER

• Abalone	48
• Arctic Grayling	49
• Black Cod	50
• Blackfish	51
• Clams	52
• Cockles	53
• Cod	54
• Crab	55
• Eulachon, Hooligan, Smelt	56
• Flounder	57
• Gumboots	58
• Halibut	59
• Herring	60
• Herring Eggs	61
• Hooligan Grease	62
• Lingcod	63
• Octopus	64
• Pike	65
• Chum Salmon (Dog)	66
• King Salmon (Chinook)	67
• Pink Salmon (Humpback)	68
• Red Salmon (Sockeye)	69
• Silver Salmon (Coho)	70

### *Food from the Sea (continued)*

• Salmon Eggs	71
• Sea Cucumber	72
• Sea Lion	73
• Seal	74
• Seal Oil	75
• Shrimp	76
• Sticklebacks (Needlefish)	77
• Trout	78
• Walrus	79
• Whitefish	80
• Whitefish Eggs	81
• Whale	82

### **PLANTS**

• Beach Asparagus	86
• Blueberry	87
• Cloudberry	88
• Cranberry, Low Bush	89
• Crowberry (Blackberries)	90
• Eskimo Potato	91
• Fiddlehead Fern	92
• Fireweed	93
• Goosetongue	94
• Mouse Food (Roots)	95
• Salmonberry, High Bush	96
• Seaweed	97
• Sea Lovage	98
• Sourdock	99
• Tundra Tea	100
• Wild Celery	101
• Wild Rhubarb	102

• Wild Rice (Chocolate Lily)	103
• Willow Leaves	104
• Stinkweed	105

### **OTHER FOODS**

• Sailor Boy Pilot Bread	107
• Akutaq (Eskimo Ice Cream)	108

<b>RECIPES</b> (see recipe section for complete listing)	112
--	-----

<b>Moose &amp; Caribou Parts</b>	130
----------------------------------	-----

<b>Urban Living &amp; Subsistence Foods</b>	132
---	-----

<b>Glossary</b>	136
-----------------	-----

<b>Bibliography</b>	138
---------------------	-----

<b>Acknowledgements</b>	141
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Fish rack at Kotlik

ANTHC - Division of Environmental Health & Engineering





## Salmon, Sea Asparagus and Brown Rice

SouthEast Alaska Regional Health Consortium  
Diabetes Program



# INTRODUCTION

Traditional foods are an important part of the Alaska Native culture. The gathering, hunting, preserving, and eating of traditional foods is more than just a diet—it's a way of life for Alaska Native People. A subsistence lifestyle has long connected Alaska Natives with the land and sea through celebrated rituals and practices passed down from generation to generation—from caribou hunting grounds to fish and berry picking camps.

What Alaska Native People eat today is significantly different from what their ancestors ate. The diet includes a combination of traditional and store-bought packaged foods. This contrasts with the diets of the past which relied more heavily on a subsistence lifestyle. Today importance is being placed on returning to a traditional lifestyle and diet. The nutritional and physical benefits to this include eating a diet low in unhealthy fat and cholesterol; eating more animal sources of protein; eating foods without chemicals and additives; and getting more physical activity by gathering, fishing, hunting and preserving traditional Native foods.

However, while Alaska Natives know the value of their traditional foods, it is only recently that nutritional values of these foods have become available. Previously, there was no food data base that contained traditional food information. In the late 1980's, Elizabeth Nobmann, PhD, MPH, RD received a grant from the Indian Health Service to gather and analyze the nutrients in traditional foods. At the time, people questioned whether or not Alaska Natives continued to eat their traditional foods. Dr. Nobmann led a study that determined that indeed Alaska Natives continued to consume local food. Although several investigators had analyzed these foods for their nutrient value as early as the 1950s, the information was not compiled in one place. In addition, many important foods had not been analyzed.

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*What Alaska Native people eat today is significantly different from what their ancestors ate.*

With another grant, Dr. Nobmann requested regional Alaska Native hospitals and interested individuals to gather local foods and send them to her. In turn, she sent them to laboratories for analysis. In 1992 a document was completed that provides nutrient information for over 160 local Alaska foods. Without Dr. Nobmann's pioneer work in supporting the value of traditional foods, this guide would not be possible.

For Alaska Native cancer survivors, traditional foods provide a real source of comfort during and after treatment. There is special meaning and memories associated with many traditional foods. These foods have also been long known for their soothing and healing qualities. Certain foods used in traditional gatherings provide an opportunity to bring an entire community together to share gathered food.

Our goal in developing this traditional food guide is simple — to provide easy to understand nutrition information for cancer patients and families. The guide highlights traditional foods that can and should continue to be eaten by cancer patients during and after treatment. The guide also serves as a resource that healthcare providers can use to encourage Alaska Natives to maintain a healthy diet throughout their lives.

The design of the food guide includes sections on nutrition, food safety, and food sources from the land and sea. The food pages reference the Alaska Native names, history and preparation information, and share personal stories from different Alaska Native cultures. Since there are different names for many traditional Native foods, the guide tries to address the differences by noting the more commonly known names rather than focusing on specific foods from each region in Alaska.

As you read and use “Traditional Food Guide for Alaska Native Cancer Survivors”, remember – this is your book. Feel free to share the guide with your family, friends, and healthcare team — whether it is specific food information, a recipe or two, or even a personal story. *Enjoy!*

*Note: The “Traditional Food Guide for Alaska Native Cancer Survivors” provides general nutrition information. It is not meant to substitute for recommendations from your healthcare team. Please check with your healthcare team about your special nutrition needs during and after cancer treatment.*

# TRADITIONAL FOODS: GOOD FOR LIFE

Alaska Natives have been nourished by foods from the land and water for thousands of years. Alaska Native elders pass on ways to harvest and preserve these foods to the next generation. Their lives depended on this information. Each region of Alaska relies on different types of animals, fish and plants to provide nutrients needed to live in a harsh environment.

Traditional foods have a lifelong association to those who eat them. There is a tradition of respect for these foods. This association and respect flows from the gathering or hunting, to the preparation for eating and storing food. Traditionally,

Alaska Native people thank the animals who give themselves to be harvested.

Native foods are especially good sources of nutrients like protein, iron and Vitamin A and are low in saturated fat and sugar.

When Alaska Natives hunt, fish, and gather food from the land, there are many benefits. Food is the heart of Alaska Native culture and health. Food provides close ties to the land and the environment and helps keep our traditions alive. Participating in harvesting, preparing, sharing and eating of the foods along with others contributes to our spiritual well being.

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*“Without ritual, without story-telling, without the drum, without dance, subsistence is only food.”*

– Andrew Paukan

It’s difficult in these times to think that we can completely go back to a subsistence lifestyle, with all the modern conveniences and foods available at the local store. However, it is realistic to educate ourselves on the many benefits of traditional foods and learn how to make healthier food choices.

People take great comfort from eating Native foods. This guide is meant to show you that the foods you have grown up with are good for your health. The foods in this guide can be used while undergoing cancer treatment, and throughout the recovery and healing process. They are rich in nutrients and healthy for all people. These foods are especially comforting to eat in times of illness and healing.

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*“My mom is 90 years old. It’s like she is in her 60’s and 70’s from eating Native foods.”*

– Source unknown

## GATHERING & EATING TRADITIONAL FOODS:

- Contributes to physical fitness and good health
- Keeps people in tune with nature
- Upholds respect for animal and human life
- Encourages sharing in the community
- Is an important part of culture
- Contributes to children’s education
- Teaches survival skills
- Provides skills in food preservation and preparation

*Note: Plant names may vary among regions. In this guide, we have included all the names that we know.*



# FOOD CHOICES DURING CANCER TREATMENT

It is very important to eat well during your cancer treatment. Eating a diet high in protein (fish, caribou, moose, seal, and other meat) and calories will help you:

- Manage the side effects of your cancer therapy
- Recover from treatment
- Build your body's natural defense system so you are better able to fight infection, and you won't be as tired.

## IDEAS TO INCREASE PROTEIN:

- Eat fish as part of your meals or as a snack
- Eat moose, caribou, seal and other meats
- Eat dried meat or fish
- Add one cup of non-fat dry milk to 1 quart whole milk (4 cups to 1 gallon), use in cooking, hot cereals and shakes
- Eat yogurt, cottage cheese with fruit
- Eat wild bird eggs and store-bought eggs
- Eat peanut butter, beans, nuts, tofu and seeds

---

*“When I was in the hospital, a lady from Nome was next to me and she wouldn't eat anything. They put food in her mouth, and she would turn her head away. Finally they told her IT'S A NATIVE FOOD and she opened her mouth and took the food.”* - Elder

# IT IS IMPORTANT TO EAT FIBER DURING CANCER TREATMENT.

## *Eating fiber can:*

- Help lower bad cholesterol
- Help lower high blood pressure
- Help protect against heart disease
- Clean out the intestines of waste
- Help you feel full
- Help protect against gall bladder disease, colon cancer, and hemorrhoids
- Help prevent constipation

## *Simple ways to get more fiber in your diet:*

- Eat blueberries or salmonberries, or any berries fresh or frozen
- Gather and eat sourdock and other Alaska wild greens
- Eat whole fruit, dried or canned fruit instead of juice
- Have oatmeal or mush for breakfast
- Add barley or brown rice to soup
- Add beans or peas to soups or tacos
- Have baked beans
- Eat whole wheat bread instead of white bread
- Try substituting whole wheat flour for some of the white flour in baking
- Make split pea soup

## FIGHTING FATIGUE

A healthy diet and exercise may help reduce the fatigue that patients often experience during cancer treatment.

## *Ways to reduce fatigue:*

- Eat more protein
- Don't skip meals, especially breakfast
- Try 3 medium-sized meals and 2 healthy snacks
- Avoid sugar and simple sugar products like candy
- Eat plenty of calories
- Drink lots of water, milk, fruit and vegetable juice
- Exercise—even for 10 minutes a day

## FOOD CHOICES DURING CANCER TREATMENT (*Continued*)

### EATING WHEN YOUR IMMUNE SYSTEM IS WEAKENED:

Some cancer treatments can weaken your immune system by lowering your white blood cell count which may increase your risk of getting food-borne illnesses.

#### ***Foods to Avoid:***

- Raw or undercooked meat, fish, or eggs
- Sushi
- Non-pasteurized products such as bleu, feta, or brie cheese, honey, or apple cider
- Water directly from the river or well (unless boiled first)
- Eggnog
- Raw nuts
- Foods from salad bars or deli counters
- Fresh fruit and vegetables (peeled, thick-skinned vegetables and fruits are ok)

*Note: The information above, "Fruits to Avoid," is a standard recommendation for weakened immune systems. However, a presentation at the Oncology Nursing Society Congress "Strategies for Preventing Infection in Cancer Patients with Neutropenia" concluded that "diet could not be linked to bloodstream infection and that safe food handling practices were more likely to reduce food-borne infection than restricting fresh fruits and vegetables." Talk to your healthcare team to see you can eat fresh berries.*

#### ***Other food safety tips:***

- Wash hands before and after meals
- Maintain clean work areas and utensils

### INCREASING APPETITE DURING CANCER TREATMENT:

Not feeling hungry is common when people have cancer, especially during chemotherapy. It is important to maintain a healthy body weight during treatment.

#### ***Tips for increasing appetite:***

- Eat when you feel well
- Eat when you feel hungry
- Surround yourself with good smells, such as the smell of freshly baked bread
- Eat with friends and family
- Eat smaller meals frequently
- Have snacks between meals
- Brush your teeth, or wipe the inside of your mouth with a wash cloth and rinse
- Eat foods you really like when your appetite is not good
- Give food a chance, remember that what sounds bad today may sound good tomorrow

### INCREASING CALORIES:

Cancer and cancer treatments can lead to weight loss. You may find you need to increase your calories to gain back weight you have lost. You may need to eat a lot of food to keep from losing weight.

#### ***Here are some tips to add calories:***

- Add more calories to a meal by adding butter, cheese, seal oil, muktuk, walrus blubber, fish, yogurt or ice-cream.
- Add seal oil to foods like dried fish, vegetables or soup.
- Eat akutaq with fat and berries
- Eat fatty fish like salmon
- Add butter to potatoes, hot cereal, rice, noodles, and cooked vegetables
- Use mayonnaise and salad dressing
- Have a bedtime snack like hot chocolate or hot Tang, tea and crackers with butter and jelly.
- Some cancer patients lose their taste for meat, coffee and fried foods when they are sick. Soups, berries, milk, mush and noodles may be better choices.
- Try salty not sweet foods, dry foods like dry toast, or ginger ale, tea, popsicles and clear liquids like broth.
- If swallowing is difficult, mash foods or add gravies.

*Note: If you are experiencing weight loss, talk to your healthcare team.*

## FOOD CHOICES AFTER CANCER TREATMENT

In general, a healthy diet is a healing diet. Nutrition information presented previously can also be applied to eating after cancer treatment. Talk to a dietician if you have special needs, such as weight loss.

### HEALTHY LIFESTYLE

Maintaining a healthy weight is an important part of a healthy lifestyle during and after cancer treatment. Ask your healthcare team what a healthy weight is for you.

#### *Maintaining a healthy weight:*

- Drink plenty of water.
- Reduce the amount of fat and sugar you eat.
- Recognize and be aware of when and why you eat
- Eat breakfast
- Eat more traditional foods, complex carbohydrates (pasta, rice) and high fiber foods (whole grain bread and cereals, beans).
- Eat more fruits and vegetables
- Use less fat when cooking: boil, broil, bake, steam, grill and microwave your foods
- Avoid soda and other sugary beverages like Kool-Aid and Tang

## PHYSICAL ACTIVITY DURING AND AFTER CANCER TREATMENT

Maintaining or increasing physical fitness during and after cancer treatment can improve your quality of life, reduce the number and intensity of side effects, and help in your overall recovery. Exercise does not have to be hard or cause discomfort. It can be broken up into small amounts of time over a day.

### *Physical activity:*

- Keeps the heart in shape
- Burns off calories from the food you eat
- Improves sleep
- Improves the health of our bodies:
  - Relieves tension and stress
  - Keeps bones strong
  - Improves digestion (helps you avoid constipation)
  - Improves circulation of blood
  - Gives you more energy
  - Generally makes you feel better

### *Tips to increase physical activity:*

- Start slow
- Walk instead of riding in a car, on a four wheeler or on a snow machine
- Ride a bicycle
- Take the stairs instead of the elevator
- Get up and move while watching TV
- Collect and prepare traditional foods
- Aim for 30 minutes of exercise a day

*Note: Check with your healthcare team before starting an exercise program.*

---

*“Happiness is healing. Elders need to taste the food they’ve grown up on so they can feel good about themselves again – it’s a healing thing.”*

*-Frank Wright, Hoonah*

# FOOD NUTRIENTS

*To live, we need energy from three sources:*

● PROTEIN ● FAT ● CARBOHYDRATES

**PROTEIN** helps build organs and muscles. It helps cells grow and heal. During cancer treatment, healing and recovery, your body may need more protein. Protein is found in many foods. Good sources are caribou, moose and seal, all types of fish, and beans. **FAT** supports the body's internal organs and insulates them. It is essential for the function of the nervous system including the brain. No more than 30% of your total daily calories should come from fat. The fat found in traditional Alaska Native foods, like seal oil, salmon, and whale blubber, is rich in heart healthy Omega-3 fatty acids. The fat found in foods from the store, like whole milk, cheese, beef, chicken skin, lard, and butter, contain more unhealthy saturated fat than traditional foods. Saturated fat raises blood cholesterol levels, and is linked to heart disease.

**CARBOHYDRATES** are the main source of fuel for the muscles and brain, and are the favorite source of fuel for every cell in your body. There are two types of carbohydrates: complex and simple sugars. Complex carbohydrates tend to be healthier and more satisfying, and an excellent source of vitamins and minerals. Examples include rice, beans, oatmeal, seaweed and berries.

Simple sugars break down rapidly. Foods with simple sugars may be less nutritious than complex carbohydrates. Examples are jam, jelly, honey, sugar, soda, corn syrup and candy.

---

*“Eat your carrots”,  
the teacher said to  
the little boy. “They  
will help you see the  
moose in the dark.”*

– Togiak Teacher

*We need many other  
nutrients from our food.*

*Examples include:*

**FIBER** is used by the body to clean out the intestinal tract – it helps the bowels to move. It cannot be digested and has no calories. Fiber is found in vegetables and fruits including Alaska wild greens and berries. It is also found in beans and whole grains like whole wheat bread, brown rice, and whole grain cereal including oatmeal. Be sure to drink lots of water when eating fiber-rich foods.

We need **VITAMINS & MINERALS** from food every day. Vitamins and minerals play a key role in all of the body's functions. You may get them from food or take a supplement. The body uses different vitamins for different functions.

**VITAMIN C** is used by your body's immune system to fight infection. Vitamin C is also important for healthy teeth, gums and blood vessels. Vitamin C helps the body use iron from food. Berries are a good Vitamin C food source as well as oranges, grapefruit, and 100% fruit juices. One benefit of getting Vitamin C from foods rather than supplements or fortified foods (example: Tang) is that Vitamin C rich foods provide other healthy nutrients your body needs.

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*“Every summer we went  
to berry camp for 1-2  
weeks. When the tide  
came in, we left for camp  
in our boat loaded with  
supplies. We got to camp  
just as the sun was set-  
ting. My father, Dick  
Bunyan, put out a net to  
catch fish for dinner. We  
picked berries all day and  
filled 3 different sized  
barrels. I miss the tun-  
dra—way out there away  
from the village, city and  
road noise. I miss the  
fresh air, the quietness  
and the birds singing...  
and the berries.”*

– Patricia Bunyan, Anchorage  
(originally from Hooper Bay)



## FOOD NUTRIENTS (*Continued*)

**VITAMIN A** is important for vision – especially night vision. It is also used to keep skin healthy, and contributes to a strong immune system. Good sources of Vitamin A are *local berries*, marine mammal oil (*seal or whale*), and liver. Beta-carotene is a form of Vitamin A found in highbush salmonberries, carrots, pumpkin, apricots, collard greens, kale, sweet potatoes, parsley, and spinach. It is best to get your Vitamin A from food, because Vitamin A can build up to toxic levels in the body when large amounts are taken by supplement.

**IRON** helps the body build muscles and blood which carries oxygen through your bloodstream helping you to be alert and to think clearly. Your body requires more iron when you are growing. Rich sources include meat from seal and whale, meat from moose and caribou, liver and other organ meats. The level of iron in these meats is much higher than in meats from the store. Plant sources of iron include seaweed, dried fruits, whole grains, beans and leafy green vegetables.

**CALCIUM** is the most abundant mineral in the human body, making up about 2% of total body weight. 99% of the body's calcium is in bones and teeth. The other 1% helps the heart beat correctly, nerves function, blood to clot, and helps break down food and use the energy. Alaskans get calcium from eating whole fish, including the skin and bones such as canned fish with soft bones, and from wild bird eggs with embryos, and seaweed. Dairy products like milk and cheese are sources of calcium, along with orange juice or soy milk fortified with calcium, green leafy vegetables, nuts and seeds.

*“I think Native foods make people happier.”*

– Elder

## DAILY FOOD GUIDE

To get these nutrients follow this Daily Food Guide:

### GRAIN PRODUCTS:

6 to 8 servings a day

### VEGETABLES & FRUITS:

6 to 10 servings a day

### MILK PRODUCTS & SUBSTITUTES:

2 to 4 servings a day

### MEATS, FISH, EGGS & BEANS:

2 to 3 servings a day



*Healthy eating plus physical activity equals a healthy lifestyle.*



# FOOD SAFETY

## Preventing Foodborne Illnesses

### WHAT ARE FOODBORNE

**ILLNESSES?** When infectious agents enter our food supply, such as harmful disease-causing bacteria, foodborne illnesses can develop. Individuals with a weakened immune system, including people being treated for cancer, are at higher risk for contracting foodborne illnesses.

*“When the water gets warm, you can tell. The fish will spoil quickly”*

*– Elder speaking about sheefish*

**Signs and symptoms of foodborne illnesses are flu-like:**

nausea, vomiting, diarrhea, fever, headache and fatigue

### COMMON CAUSES:

- Keeping dangerous foods (foods such as meat and fish that spoil easily) at temperatures between 45°F and 145°F for longer than four hours.
- Improper hand washing or cleaning of food preparation surfaces
- Contamination of one food by another, or cross-contamination
- Improper cooking methods
- Improper storing and freezing foods at unsafe temperatures

### DO:

- Serve and consume cooked foods right away
- If cooked foods are not eaten right away keep them hot until they are eaten, or refrigerate or freeze them
- Wash hands before preparing food and before eating
- Wash food preparation surfaces before and after each use
- Use only clean utensils for eating, and transferring cooked foods to serving dishes
- Use two separate cutting boards: one for breads, fruits and vegetables, and another for raw meats, poultry, and seafood
- Wash fruits and vegetables even if you are going to peel them

- Clean the top of cans before using a can opener
- Use food storage bags such as “freezer bags” to store food
- Store leftovers in shallow containers with covers
- Keep your refrigerator between 38-40° F
- Keep your freezer at 0° F
- Thaw foods in the refrigerator or microwave, do not leave food to thaw on the counter
- Cook all meats to an internal temperature of 160° F
- Reheat leftovers to an internal temperature greater than 165° F
- Throw away leftovers stored at room temperature longer than two hours
- Throw away leftovers older than two days
- Wash dishwashing cloths in hot water often
- Wash the top of soda and juice cans before opening. Pour into a clean cup to drink
- **BOIL FERMENTED FOODS BEFORE EATING THEM.** Although it may change the taste, boiling for 10 minutes can destroy the botulism toxin. This is important because you cannot see, taste or smell the botulism toxin.

### DO NOT:

- Keep foods that spoil easily at room temperature – keep them hot or cold
- Refreeze foods once thawed
- Reuse marinating sauce on cooked foods, unless you boil it before using again
- Use utensils or plates that have come in contact with raw food
- Reuse food packaging or grocery bags for food storage
- Use garbage bags for food storage; they are chemically treated for garbage use only
- Use cutting boards for other foods after cutting meat or fish on them
- Put cooked food on a plate that held raw food

**When in doubt,  
throw it out!**

*It is better to throw out food  
that may be contaminated  
than to eat it and get sick!*

# HAND WASHING

Washing your hands is a great way to lower your chances of getting sick—it also helps prevent the spread of germs and illnesses, such as the common cold, flu, meningitis, and Hepatitis A.



**MAKE IT A HABIT!** Hand washing steps to remember:

- Wet your hands with warm water (not cold or hot water).
- Apply plenty of soap and rub the front and back of your hands, wrists, between your fingers, and under your nails for at least 20 seconds. *How long is 20 seconds? A fun tip to help you remember is to sing a familiar childhood song like Twinkle, Twinkle Little Star, the ABC's or "Happy Birthday" twice, slowly.*
- Rinse your hands thoroughly with warm water.
- Completely dry your hands with a clean towel.
- Turn off the water with a paper towel when using a public restroom.

When soap and water are not available, use an alcohol-based gel or foam instant hand sanitizer (alcohol concentration between 60 & 95%). The 20 second rule still applies. Be sure to apply enough hand sanitizer (at least ½ teaspoon) to get your entire hand wet and rub your hands together until dry.

## EXAMPLES OF WHEN TO WASH YOUR HANDS:

- When hands are visibly dirty
- Before, during, and after food preparation, especially after handling raw meat, poultry, and seafood
- Before and after being around sick family members and friends
- Before and after eating or taking medication
- Before inserting or taking out contact lenses
- After using the bathroom
- After changing a baby's diaper
- After being outside
- After sneezing, coughing, or using a handkerchief or tissue
- After touching computer keyboards and telephones in widely used areas
- After touching any part of the body, such as the face and hair
- After handling money, garbage, a pet or pet waste
- Any time you think your hands may be dirty



Herring eggs on macrocystis kelp.

George Nickerson



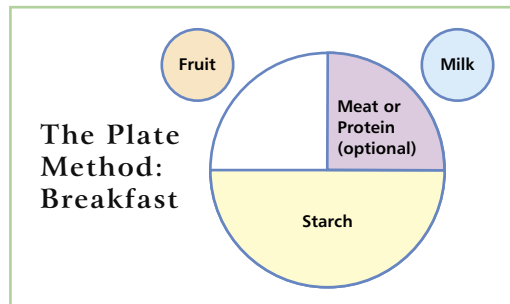
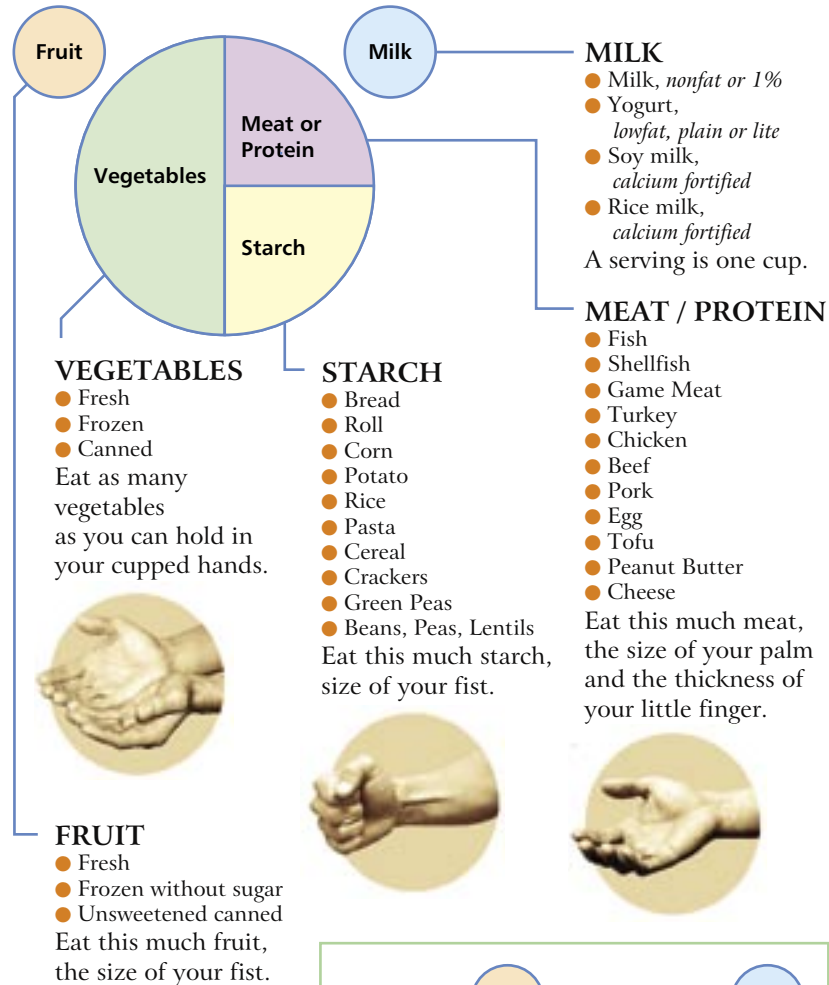
Smoked halibut

Clark James Mishler



# Your Visual Guide to Healthier Eating

## The Plate Method: Lunch and Dinner



Adapted from SouthEast Alaska Regional Health Consortium Diabetes Program

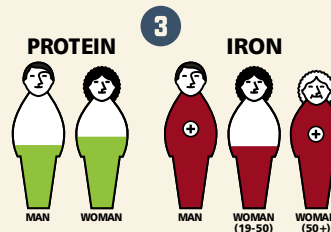
# How To Read The Nutrition Section Of This Guide

Each page offers 5 ways to help you understand the food's nutrition.

- Words** - tell nutritional needs for elders, men, women and the percent that one portion of the food provides
- Portion size** - the serving of meat and fish that fits in the palm of your hand or is the size of a deck of cards; vegetables, soup and other foods that fit in a cup; and a spoon to show 1 tablespoon for fats and oils.
- People** - one serving of food meets part of the recommended daily intake of a nutrient that may be different for elders, men, women. Sometimes one food portion meets more than the daily requirements of a nutrient. This is shown by + on the person
- Happy Heart** - foods that are good for your heart, low in saturated fat and salt.
- Food label** - information that shows standard nutrient values that can be used to compare Native foods to labels on Western foods.

## 1 BEAVER NUTRITION INFORMATION

Beaver is an excellent source of protein



NUTRITION INFORMATION	
Per serving - 3 oz: roasted	
Calories	180
Protein	30 g
Carbohydrate	0 g
Fat	6 g
Calories from fat	30 %
Saturated	2 g
Dietary Fiber	0 g
Cholesterol	99 mg
Sodium	50 mg
Vitamin A	0
Vitamin C	3 mg
Iron	9 mg

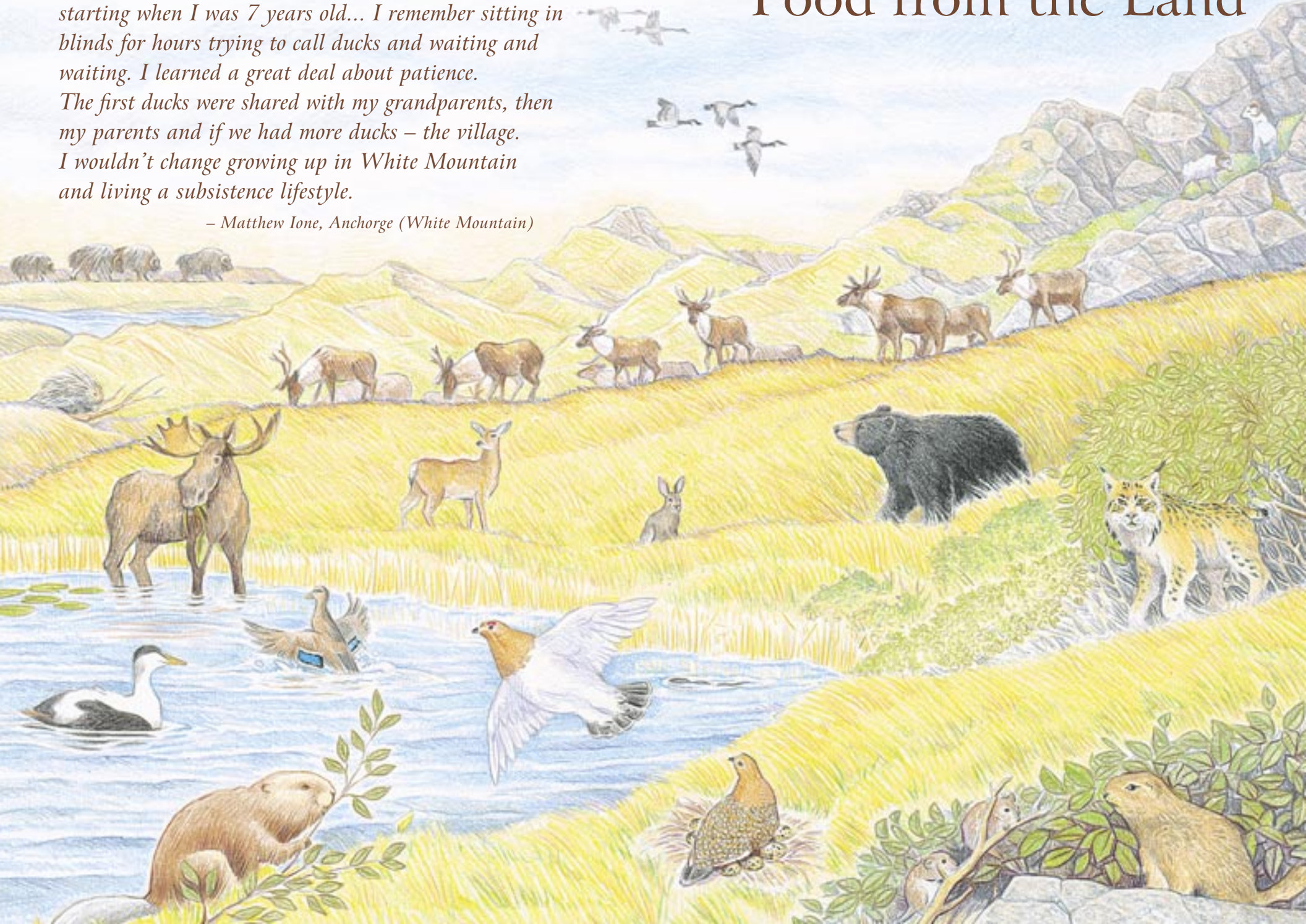


*“My grandfather and uncle taught me how to hunt starting when I was 7 years old... I remember sitting in blinds for hours trying to call ducks and waiting and waiting. I learned a great deal about patience.*

*The first ducks were shared with my grandparents, then my parents and if we had more ducks – the village. I wouldn’t change growing up in White Mountain and living a subsistence lifestyle.*

*– Matthew Ione, Anchorage (White Mountain)*

# Food from the Land





# Beaver

NATIVE NAMES: Ce iq’aq (Yup’ik),  
K’enuy’a (Dena’ina), S’igaidí (Tlingit)

Beaver can be found throughout the forested regions of the state. Beavers require 2 to 3 feet of water in order to protect themselves from enemies. In areas where the water level is too low, they construct dams along waterways to flood the surrounding area. The pelts of beaver are prized items used to make cold weather items such as coats, hats, and mittens. The meat is prized for the taste and fermented beaver tail is a delicacy.

**PREPARATION:** Beaver can be roasted, fried, boiled, dried or fermented. Its meat is dark red, fine grained, moist and tender, and when properly prepared, it can taste like pork.

*Wolves and beavers were difficult to catch before European contact. Because of the difficulty in obtaining their pelts, the Yup’ik believed these animals must be honored. The Yup’ik people honored wolves and beavers by incorporating their pelts into ceremonial headdress, demonstrating respect to the animal spirits.*

*“Beaver tail is excellent! We have it at potlatches. When I go home, I can’t get enough of it. Its texture is chewy, rubbery, with a good taste, and it is softer than moose nose. To prepare, boil, cool, and peel off the skin after boiling.”*

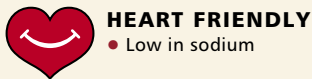
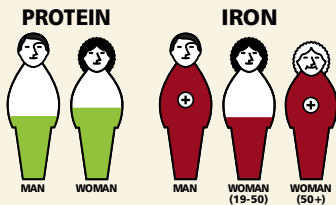
– Audrey Armstrong, Huslia



U.S. Fish & Wildlife Service

## BEAVER NUTRITION INFORMATION

Beaver is an excellent source of protein & iron



NUTRITION INFORMATION	
Per serving - 3 oz: roasted	
Calories	180
Protein	30 g
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Fat	6 g
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Saturated fat	2 g
Dietary Fiber	0 g
Cholesterol	99 mg
Sodium	50 mg
Vitamin A	0
Vitamin C	3 mg
Iron	9 mg

# Bone Marrow

NATIVE NAMES: Eneq (Yup’ik),  
K’eyiha (Dena’ina),  
S’aak s’aak tu.eexí (Tlingit)  
Tumtuŕ (Unangam Tunuu)

Traditionally, bone marrow was eaten raw, or added to soups and stews. The bone marrow of moose and caribou is a valuable and important part of game animals. Caribou bone marrow is high in healthy fats and rich in iron.



Desiree Simeon

## PREPARATION:

Bone marrow soup is the most common method of preparing the caribou marrow. Use bones with a lot of marrow (leg bones) with meat left on them. Cut the bones into sections, and when the marrow is heated, it becomes slippery and soft, and it slips right out.

*People who had seal oil dipped the cooked meat in the seal oil. The dried meat was kept and wrapped in the fall caribou skin. We also cracked the end bones of the caribou and boiled them until the marrow and the fat settled on top. These were then put into the stomach container, and when we wanted something to mix with our food, we used this marrow and fat.*

– [www.alaskool.org](http://www.alaskool.org)

*“The end of the month, I’m going to Clarks Point. My friends are cooking me buttuk bones and seal oil. That’s boiled moose marrow with meat on it to dip in seal oil, with rice on the side. MMMMM....”*

– Nina Heavener, Clarks Point

## BONE MARROW NUTRITION INFORMATION

NUTRITION INFORMATION	
Per serving - 1 oz: cooked	
Calories	222
Protein	2 g
Carbohydrate	0 g
Fat	24 g
Calories from fat	97 %
Saturated fat	NT*
Dietary Fiber	NT*
Cholesterol	NT*
Sodium	NT*
Vitamin A	68 IU
Vitamin C	NT*
Iron	1 mg

\*Not Tested

The caribou, Sitka black-tailed deer, and reindeer are members of the deer family and have similar characteristics and food nutrients.

**PREPARATION:** Caribou, Sitka black-tail deer and reindeer can be boiled, roasted, grilled and dried

## Caribou

NATIVE NAMES: Tuttu (*Iñupiaq*), Tuntu (*Yup'ik*), Ghenuy (*Dena'ina*), Watsix (*Tlingit*), It̕aya̕ (*Unangam Tunuu*)

Caribou have been eaten in Alaska for thousands of years. They live in the tundra, muskeg and forests. Caribou are the only member of the deer family in which both sexes grow antlers. There are about one million caribou in Alaska. Herds numbering 350,000 animals can travel up to 900 miles during the summer calving areas to wintering grounds. The liver, tongue, brain, blood and kidneys are delicacies that add valuable nutrients to the diet. Caribou has more protein and iron than the same amount of beef, and less of the unhealthy saturated fat.

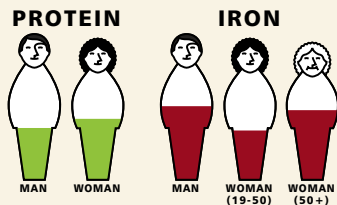


U.S. Fish & Wildlife Service

*Considered an important food of the Alaska Native people, almost all the parts of the caribou are eaten, including the tongue and bone marrow. Caribou is the only animal for which there were hunting songs, which came to the hunter as he awakened. People say that a caribou would "sing through" a person, either to let him know they were nearby or to reveal a taboo that had been broken.*

### CARIBOU NUTRITION INFORMATION

Caribou is an excellent source of protein & iron



**HEART FRIENDLY**  
• Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	142
Protein	25 g
Carbohydrate	0 g
Fat	4 g
Calories from fat	25 %
Saturated fat	1 g
Dietary Fiber	0 g
Cholesterol	93 mg
Sodium	51 mg
Vitamin A	0
Vitamin C	3 mg
Iron	5 mg

## Deer

NATIVE NAMES: Guwakaan (*Tlingit*)

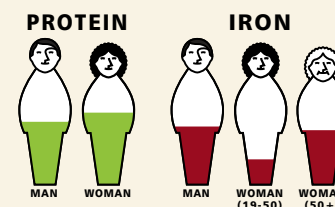
Sitka black-tailed deer can be found in two Alaska locations: the coastal forests of Southeast Alaska and on Kodiak Island. The Sitka black-tailed deer is smaller than the black-tailed deer, weighing between 80 to 100 pounds. The deer on Kodiak Island, however, are much larger and can weigh up to 200 pounds.



U.S. Fish & Wildlife Service

### DEER NUTRITION INFORMATION

Deer is an excellent source of protein & iron



**HEART FRIENDLY**  
• Low in saturated fat  
• Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	134
Protein	26 g
Carbohydrate	0 g
Fat	3 g
Calories from fat	20 %
Saturated fat	1 g
Dietary Fiber	0 g
Cholesterol	95 mg
Sodium	46 mg
Vitamin A	0
Vitamin C	0 mg
Iron	4 mg

## Reindeer

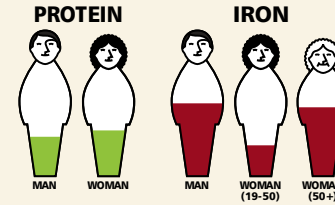
NATIVE NAMES: Qusngiq (*Yup'ik*),

Vejexshla (*Dena'ina*), It̕aygi̕ (*Unangam Tunuu*)

Domesticated reindeer were imported to Western Alaska from Siberia as a solution to the food shortage that resulted from unregulated whaling, which wiped out local populations of marine mammals. By federal regulation, only Alaska Natives are allowed to keep reindeer herds.

### REINDEER NUTRITION INFORMATION

Reindeer is an excellent source of protein & iron



**HEART FRIENDLY**  
• Low in saturated fat

NUTRITION INFORMATION	
Per serving - 3 oz: raw	
Calories	107
Protein	19 g
Carbohydrate	0 g
Fat	3 g
Calories from fat	25 %
Saturated fat	1 g
Dietary Fiber	0 g
Cholesterol	13 mg
Sodium	NT*
Vitamin A	159 IU
Vitamin C	0 mg
Iron	5 mg

\*Not Tested

## Hare, Arctic Hare, Snowshoe Hare, Rabbit

NATIVE NAMES: Ciriik (Yup'ik), Ggeh (Dena'ina), Gâx (Tlingit), Uskaanaâ (Unangam Tunuu)



Hare is an important traditional food. It is found throughout the state and is hunted year-round. Hare rest in protected areas like thickets during the day. When threatened, they thump their hind feet on the ground as an alarm signal. The most commonly known hare in Alaska is the snowshoe.

**PREPARATION:** Hare or rabbit can be prepared much like poultry meat: roasted, broiled, grilled, fried, and stewed.

**CAUTION:** Care should be taken during the skinning and cleaning process as the disease tularemia, or “rabbit fever,” is common in Alaskan hares; wear protective gloves and clean utensils with hot soapy water.

“They have deep, warm fur, but their skin is very fragile and easily torn . . . In former times they cut the hide spirally to make long strips, which they wove into garments or blankets. The overgrown, furry feet served as washcloths and dishrags, and children also made toy dogs of them.”

– Prayers to the Raven, A Koyukon View of the Northern Forest

## Moose

NATIVE NAMES: Tuntuvak (Yup'ik), Dnigi (Dena'ina), Dzísk'w (Tlingit)



U.S. Fish & Wildlife Service

Moose is the most coveted and sought after meat among most Alaska Native populations. A moose may weigh between 800 to 1400 pounds. Moose heart, liver and nose are said to have no equal for tenderness and flavor.

### PREPARATION:

Moose meat can be eaten raw, frozen, boiled, baked, grilled, fried, or dried.

Alaska Native elders know how a moose was harvested by the taste and texture of its meat. If the moose is tough and strong tasting the hunter is often asked, “Why did you let it run?”

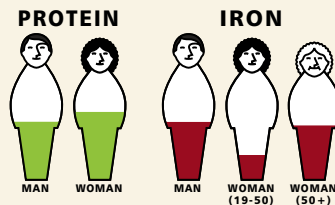
“When moose is out of season, we are still allowed to get one for memorial potlatches. Only men can cut up the meat for potlatches (moose/caribou). The moose parts saved for stew are the tongue, nose (shave hair off), and heart. To prepare, boil for 2-3 hours, add macaroni/rice, vegetables (potatoes/carrots), and canned tomatoes.”

– Audrey Armstrong, Huslia

### HARE NUTRITION INFORMATION

\*nutrient data based on cooked wild rabbit

Hare is an excellent source of protein & iron



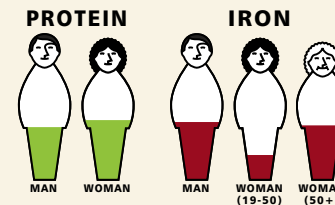
#### HEART FRIENDLY

- Low in saturated fat
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	147
Protein	28 g
Carbohydrate	0 g
Fat	3 g
Calories from fat	18 %
Saturated fat	1 g
Dietary Fiber	0 g
Cholesterol	105 mg
Sodium	38 mg
Vitamin A	0 IU
Vitamin C	0 mg
Iron	4 mg

### MOOSE NUTRITION INFORMATION

Moose is an excellent source of protein & iron



#### HEART FRIENDLY

- Low in fat
- Low in saturated fat
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked*	
Calories	114
Protein	25 g
Carbohydrate	0 g
Fat	1 g
Calories from fat	8 %
Saturated fat	0 g
Dietary Fiber	0 g
Cholesterol	66 mg
Sodium	59 mg
Vitamin A	0
Vitamin C	4 mg
Iron	4 mg



# Musk Ox

NATIVE NAMES: Oomingmak (*Iñupiaq*)

During prehistoric times, musk oxen wandered across the Bering Land Bridge to populate North America with the woolly mammoth, saber-toothed cat, and giant ground sloth. Musk oxen died off in Alaska in the late 1800s due to over-hunting.

They were reintroduced in the 1930s from wild herds in Greenland and several thousand exist in the wild today. When threatened they protect their young by forming circles around them and facing outward.



U.S. Fish & Wildlife Service

## PREPARATION:

Musk Ox can be prepared much like moose: roasted, fried, grilled, boiled, and used in casserole dishes.

*A layer of qiviut (pronounced KIV-EE-UTE) protects the animals from temperatures to -100° F. The wool is eight times warmer than sheep's wool by weight and is hand-knitted by Alaska Natives working in a cooperative arrangement into some of the most luxurious garments in the world. The wool can also be purchased in knitting stores.*

## MUSK OX NUTRITION INFORMATION\*

\*nutrient data based on bison

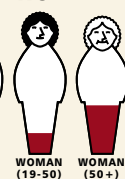
Musk ox is an excellent source of protein & a good source of iron



### PROTEIN



### IRON



### HEART FRIENDLY

- Low in fat
- Low in saturated fat
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	122
Protein	24 g
Carbohydrate	0 g
Fat	2 g
Calories from fat	15 %
Saturated fat	1 g
Dietary Fiber	0 g
Cholesterol	70 mg
Sodium	48 mg
Vitamin A	0
Vitamin C	0 mg
Iron	3 mg

# Muskrat

NATIVE NAMES: Lligvak (*Yup'ik*), Taatsuda (*Dena'ina*), Tsín (*Tlingit*)

Muskrat live throughout most of Alaska's mainland in flood plains and marshy areas. They mainly eat plants, so a muskrat's flesh is sweet and palatable. It is similar to rabbit, with darker meat.



U.S. Fish & Wildlife Service

## PREPARATION:

Muskrat can be roasted, fried, grilled, boiled, and used in casserole dishes. Muskrat is not good rare: it needs to be fully cooked.

*"My mother would put fat and onions in the muskrat's stomach cavity and bake it until it was well done."*

– Elder

## MUSKRAT NUTRITION INFORMATION

Muskrat is an excellent source of protein & iron



### PROTEIN



### IRON



### HEART FRIENDLY

- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	199
Protein	26 g
Carbohydrate	0 g
Fat	10 g
Calories from fat	45 %
Saturated fat	NT*
Dietary Fiber	0 g
Cholesterol	103 mg
Sodium	81 mg
Vitamin A	0
Vitamin C	6 mg
Iron	6 mg

\*Not Tested

# Porcupine

NATIVE NAMES: Cukilek (Yup'ik),  
Qanchi (Dena'ina), Xalak'ách' (Tlingit),  
Nuuniîx (Unangam Tunuu)

The porcupine is found throughout Alaska, except the Alaska Peninsula and Kodiak, Nunivak, and St. Lawrence Islands. It spends much of its time in spruce and hemlock trees feeding on leaves, twigs and bark. Since porcupines are slow moving, they are easily caught. For this reason, they are considered an emergency food.



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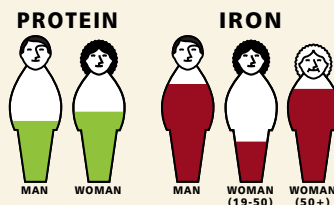
**PREPARATION:** Porcupine can be boiled, fried, roasted, and used in stir fry dishes. Chew the meat slowly to avoid pieces of quill. Porcupine meat is similar to pork.

*Athabascan Indians use porcupine quills to make jewelry and as decoration on clothing. In former times, the "intestine" with fecal pellets inside was dried and used for baby belts. It was believed that it helped the baby have hard feces. This was important in the days when moss was the only diaper.*

## PORCUPINE NUTRITION INFORMATION\*

\*nutrient data based on Raccoon

Porcupine is an excellent source of protein & iron



**HEART FRIENDLY**

- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	217
Protein	25 g
Carbohydrate	0 g
Fat	12 g
Calories from fat	50 %
Saturated fat	3 g
Dietary Fiber	0 g
Cholesterol	82 mg
Sodium	67 mg
Vitamin A	0
Vitamin C	0 mg
Iron	6 mg

# Squirrel

NATIVE NAMES: Qiguiq (Yup'ik),  
Deldida (Dena'ina), Kals'áak (Tlingit),  
Uulngiiîx (Unangam Tunuu)

There are two types of squirrels in Alaska: tree and ground. The ground squirrel primarily inhabits the mountains and tundra.



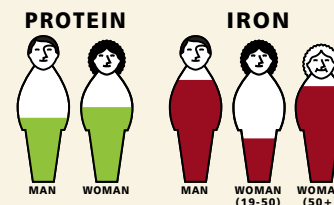
U.S. Fish & Wildlife Service

**PREPARATION:** Squirrel can be prepared by removing the small waxy scent glands inside the fore legs, and washing them completely to remove any loose hair. Squirrel can be broiled, baked, stewed, used in casseroles, roasted, and fried. The flesh of the squirrel has a medium red color, is tender, and has a wonderful taste.

*"When I was a child, Native women trapped squirrels for the skin to make parkys for women and children. The skins were treasured as well as the meat. Women cleaned the squirrel, scraped the hide with their special tools and then dried them. It took a long time. Today, the squirrel skins are still used for parkys and are called 'parky squirrels.'"* – Nina Heavener, Clarks Point

## SQUIRREL NUTRITION INFORMATION

Squirrel is an excellent source of protein & iron



**HEART FRIENDLY**

- Low in saturated fat
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	147
Protein	26 g
Carbohydrate	0 g
Fat	4 g
Calories from fat	24 %
Saturated fat	1 g
Dietary Fiber	0 g
Cholesterol	103 mg
Sodium	101 mg
Vitamin A	0
Vitamin C	0 mg
Iron	6 mg

## Bird Eggs

*Sea Gull, Tern, Goose, Duck, Murre*

NATIVE NAMES: Kayangu (*Yup'ik*), K'eghaya (*Dena'ina*), K'wát' (*Tlingit*)

Seagull eggs are gray with spots and are among the most popular eggs to gather. Gulls lay more eggs when some are taken from their nests. Goose, duck, and tern eggs are also gathered, yet are smaller and harder to find. Eggs are usually harvested from the last week in May until the second week in June. Murre eggs are also popular in the Northwest regions of the state and are harvested in July.



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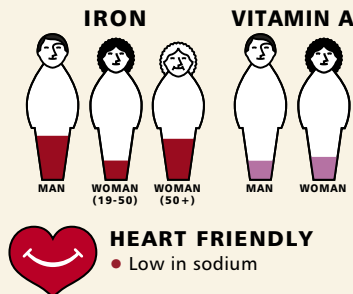
**PREPARATION:** Bird eggs can be prepared and used like chicken eggs. For example, seagull and goose eggs are great in cake mixes. Use one gull egg to replace one chicken egg. Boil eggs in water for at least 20 minutes for hard-boiled eggs.

*To test if an egg is good to eat, Alaska Natives put it in water. If it sinks, it is good to eat. If it floats, it is about to hatch and is not good to eat.*

### BIRD EGG NUTRITION INFORMATION

Bird eggs are a good source Vitamin A, protein & iron

1egg



NUTRITION INFORMATION	
Per serving - 1 egg (duck)	
Calories	130
Protein	9 g
Carbohydrate	1 g
Fat	10 g
Calories from fat	69 %
Saturated fat	3 g
Dietary Fiber	0 g
Cholesterol	619 mg
Sodium	102 mg
Vitamin A	472 IU
Vitamin C	0 mg
Iron	3 mg

## Black Brant

NATIVE NAMES:

Leqlernaq (*Yup'ik*),  
Chulyin Viy'a (*Dena'ina*),  
Kín (*Tlingit*)



U.S. Fish & Wildlife Service

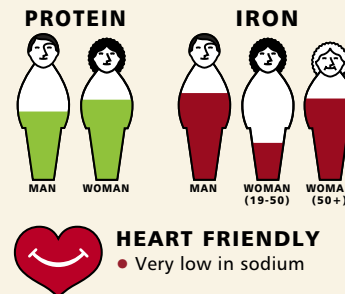
Brants are the last of the geese and the fattest to arrive in Northwest Alaska each spring. They pass through Alaska when the lakes are still frozen but the rivers are flowing. Due to their soft meat and yellow fat, people enjoy eating them as soon as they arrive. The majority nest in the Yukon Delta. In addition, large concentrations of breeding brant are also found on the North Slope.

**PREPARATION:** Brant can be prepared much like chicken: roasted, baked, broiled, grilled, fried, or stewed. Brants also make great soups and casseroles.

*The black brant seldom travels inland from the coast. In the Northwestern Interior it is named K'ideelgho nodaala, "goes the opposite way." It is no compliment when someone is described as being "just like K'ideelgho nodaala," implying a different or contrary approach to everything.*

### BLACK BRANT NUTRITION INFORMATION

Black Brant is an excellent source of protein and iron



NUTRITION INFORMATION	
Per serving - 3 oz: raw	
Calories	151
Protein	28 g
Carbohydrate	1 g
Fat	4 g
Calories from fat	24 %
Saturated fat	2 g
Dietary Fiber	0 g
Cholesterol	88 mg
Sodium	30 mg
Vitamin A	0
Vitamin C	0 mg
Iron	6 mg



## Canada Goose

NATIVE NAMES: Lagilugpiaq (Yup'ik),  
Nut'aq'i (Dena'ina), T'aawák (Tlingit)

People enjoy seeing the geese return, as it means the arrival of spring. The sight of a flying "V" formation and the sound of honking overhead is a sight for tired winter eyes and ears. Geese are fast flappers and they are generally eaten in the fall when they are fatter. A gander (male) protecting the nest makes a formidable adversary. His wings are capable of delivering a blow of surprising force, sufficient to scare away a fox and similar predators. Canada geese mate for life.



U.S. Fish & Wildlife Service

**PREPARATION:** Goose can be prepared much like chicken: roasted, baked, broiled, grilled, fried, or stewed. Goose also makes great soups and casseroles. Traditionally they were boiled, and eaten with seal oil or made into a soup.

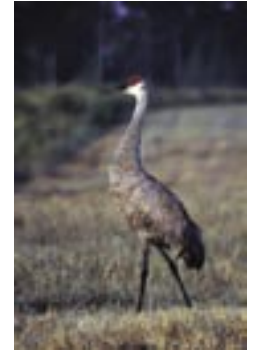
*When geese call very noisily as they fly north in the spring, the weather will turn warm; when they make little or no sound, it will soon become cold.*

## Crane

### Sandhill Crane

NATIVE NAMES: Erinatuli (Yup'ik),  
Ndał (Dena'ina), Dóol (Tlingit)

The sandhill crane breeds in the Yukon-Kuskokwim Delta, the Interior, and along coastal areas throughout Western and Northern Alaska. These birds, along with others from Siberia and Canada, are from the mid-continent population of cranes that winter in Texas, the Southwestern United States and Mexico. A smaller group, the Pacific Flyway, breeds in the Bristol Bay lowlands, on the Alaska Peninsula, and in the Cook Inlet and Susitna Valley region. A few nests have also been found in Southeast Alaska. Sandhill cranes are noted for their mating dance of deep bows followed by leaps, skips, and turns.



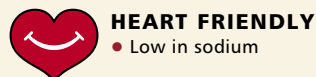
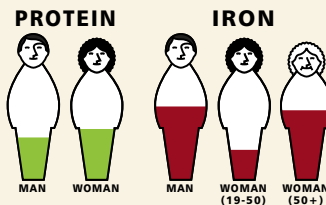
U.S. Fish & Wildlife Service

**PREPARATION:** Crane can be prepared much like chicken: roasted, baked, broiled, grilled, fried, or stewed. Crane also makes great soups and casseroles.

*The sandhill crane is Alaska's largest game bird. Residents of the Yukon-Kuskokwim Delta have affectionately nicknamed it the "Sunday Turkey."* – Alaska Department of Fish & Game

### CANADA GOOSE NUTRITION INFORMATION

Canada goose is an excellent source of protein and a good source of iron

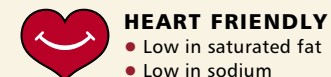
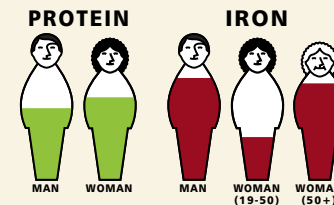


NUTRITION INFORMATION	
Per serving - 3 oz	
Calories	139
Protein	19 g
Carbohydrate	0 g
Fat	6 g
Calories from fat	39 %
Saturated fat	2 g
Dietary Fiber	0 g
Cholesterol	71 mg
Sodium	74 mg
Vitamin A	NT*
Vitamin C	NT*
Iron	5 mg

\*Not Tested

### CRANE NUTRITION INFORMATION

Crane is an excellent source of protein & iron



NUTRITION INFORMATION	
Per serving - 3 oz: raw	
Calories	135
Protein	29 g
Carbohydrate	0 g
Fat	2 g
Calories from fat	13 %
Saturated fat	1 g
Dietary Fiber	1 g
Cholesterol	106 mg
Sodium	47 mg
Vitamin A	0
Vitamin C	0 mg
Iron	6 mg

# Duck

NATIVE NAMES: Atatek (Yup'ik),  
Dałishla (Dena'ina), Gáaxw (Tlingit)

Ducks are mainly migratory birds, present in the Northern Regions of Alaska from May to September. However, some duck species, especially seaducks, remain all winter in Southeast Alaska and other coastal, ice-free areas. There are at least 39 different species of ducks in Alaska: wigeon, mallard, shovellers, pintails, teal, scaup, eiders, harlequin ducks, scoters, long-tailed ducks, goldeneye, and mergansers. Duck meat is an excellent source of protein. Duck meat and eggs provide important nutrients for health.



U.S. Fish & Wildlife Service

**PREPARATION:** Duck can be prepared much like chicken: roasted, baked, broiled, grilled, fried, or stewed. Duck also makes great soups and casseroles.

An elder suggests: “Boil the duck in soda and salt water for ten minutes, wash it off and proceed with the stuffing and roasting process.”

*Green-winged teal ducks are found throughout Northwest Alaska but were rarely hunted because they were so small. They are often called “cup-a-soup” because of their size.*

# Ptarmagin

NATIVE NAMES: Kangqiiq (Yup'ik),  
X'eis'awáa (Tlingit)

Unlike ducks and geese, ptarmigan live year-round in the north. They are known for coming and going. They seldom stay in one area for a long time. It is said when fox are around, ptarmigan move into the hills. Ptarmigan change color from brown to white during the winter months.



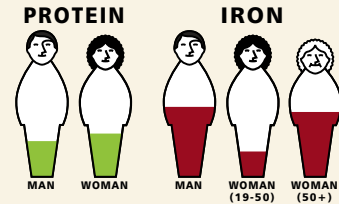
U.S. Fish & Wildlife Service

**PREPARATION:** Ptarmigan are considered very good to eat, and can be prepared much like chicken: roasted, baked, broiled, grilled, fried, or stewed.

*Hunters report ptarmigan follow caribou, eating in places where caribou pawed through the snow to get to the berries and moss. Ptarmigan feathers are super absorbant and were traditionally used to clean things up, similar to how paper towels are used today.*

## DUCK NUTRITION INFORMATION

Duck is an excellent source of protein & iron

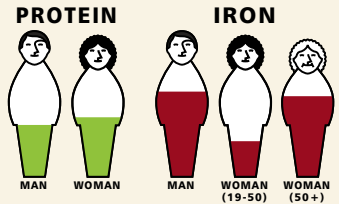


**HEART FRIENDLY**  
• Low in Sodium

NUTRITION INFORMATION	
Per serving - 3 oz: raw	
Calories	105
Protein	17 g
Carbohydrate	0
Fat	4 g
Calories from fat	34 %
Saturated fat	1 g
Dietary Fiber	0
Cholesterol	65 mg
Sodium	48 mg
Vitamin A	45 IU
Vitamin C	5 mg
Iron	4 mg

## PTARMAGIN NUTRITION INFORMATION

Ptarmagin is an excellent source of protein & iron and a good source of Vitamin A



**HEART FRIENDLY**  
• Low in fat • Low in saturated fat  
• Low in cholesterol

NUTRITION INFORMATION	
Per serving - 3 oz: raw	
Calories	109
Protein	21 g
Carbohydrate	0 g
Fat	2 g
Calories from fat	16 %
Saturated fat	1 g
Dietary Fiber	NT*
Cholesterol	17 mg
Sodium	NT*
Vitamin A	357 IU
Vitamin C	NT*
Iron	5 mg

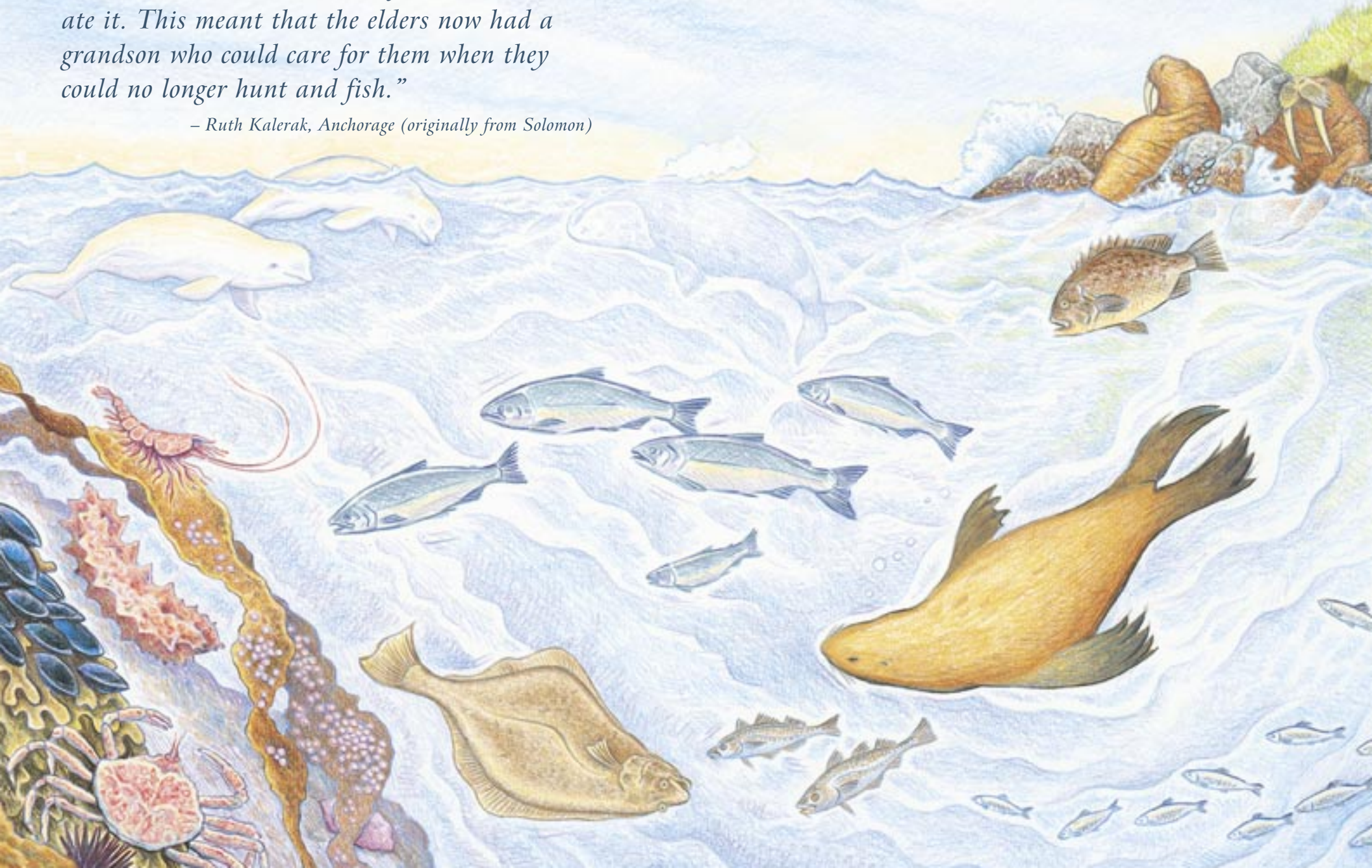
\*Not Tested



*“My dad took my son, Les, hunting and fishing. In the Eskimo way, when Les caught his first fish, everyone stopped to build a fire. The fish was cooked on a stick over the fire and the elders ate it. This meant that the elders now had a grandson who could care for them when they could no longer hunt and fish.”*

*– Ruth Kalerak, Anchorage (originally from Solomon)*

# Food from the Sea





## Abalone (Northern & Pinto)

NATIVE NAMES:

Ivixuq or Uvixu - snail (Iñupiaq),  
Gúnxaa (Tlingit)



Marvin Scott

Abalone are part of the snail family. Although there are many types of abalone, Alaska has only one type, generally referred to as Northern or pinto (one of the smallest species found along the Pacific west coast). Abalone mature slowly and can grow to six inches in length. It is harvested along the coast in Southeast Alaska. Look for abalone during low tide along the bottom of rock ledges.

**PREPARATION:** Abalone can be eaten raw. It can be baked, boiled, fried, sautéed, or put in chowders and stews. Abalone can be preserved canned or frozen. Abalone meat toughens when overcooked. Its tenderness and flavor can be improved by storing in the refrigerator up to two days before it is prepared.

*Abalone is a valued subsistence food in Haida and Tlingit communities in Southeast Alaska. Abalone shells have a brilliant pearl-like color and are used for totem poles, jewelry and traditional fish hooks.*

## Arctic Grayling

NATIVE NAMES: Culugpauk (Yup'ik),  
Suluppaugaq (Iñupiaq),  
Ts'dat'ana (Dena'ina),



U.S. Fish & Wildlife Service

A relative of trout, Arctic grayling is a freshwater fish that weighs from one to three pounds. It is a migratory fish that can be found in lakes or medium-sized rivers such as the Chena and Gulkana, or in large glacial rivers like the Tanana, Susitna, and Yukon.

**PREPARATION:** Arctic grayling has an excellent white flaky flesh, usually eaten frozen (quaq), dried (paniqtuq) or cooked. The skin is good to eat, too.

*Grayling have evolved to meet the needs of life in changing and harsh environments. They can be migratory or can complete their entire life in a short section of lake.*

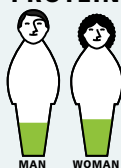
49

### ABALONE NUTRITION INFORMATION

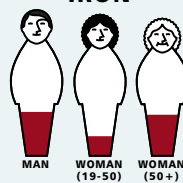
Abalone is an excellent source of protein and a good source of iron



#### PROTEIN



#### IRON



#### HEART FRIENDLY

- Low in fat
- Low in saturated fat

NUTRITION INFORMATION	
Per serving - 3 oz: raw	
Calories	89
Protein	15 g
Carbohydrate	5 g
Fat	1 g
Calories from fat	10 %
Saturated fat	0 g
Dietary Fiber	0 g
Cholesterol	72 mg
Sodium	256 mg
Vitamin A	6 IU
Vitamin C	2 mg
Iron	3 mg

### ARCTIC GRAYLING NUTRITION INFORMATION

Arctic grayling is an excellent source of protein



#### PROTEIN



#### HEART FRIENDLY

- Low in fat
- Saturated fat free
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz	
Calories	79
Protein	17 g
Carbohydrate	0 g
Fat	1 g
Calories from fat	11 %
Saturated fat	0
Dietary Fiber	1 g
Cholesterol	49 mg
Sodium	69 mg
Vitamin A	<100 IU
Vitamin C	1 mg
Iron	1 mg

## Black Cod, Sablefish

NATIVE NAMES: Ishkeen (*Tlingit*)

Black cod is a saltwater whitefish. It is harvested from mid-March through mid-November. Black cod can grow up to ten pounds in weight and measure up to three feet in length. Alaska is considered the largest black cod source in the world.

**PREPARATION:** Black cod flesh is tender and has a rich, sweet flavor. Black cod can be baked, broiled, poached, sautéed, smoked, and steamed.

*Black cod “tips” are considered a delicacy in Southeast Alaska.*

*“The tip is the pectoral fin flesh, part of the bony collar just behind the head.”*

– The Alaska Heritage Seafood Cookbook



Alaska Fisheries Science Center,  
NOAA Fisheries Service

## Blackfish

NATIVE NAMES: Can'giiq (*Yup'ik*),  
Ijuuqieiq (*Iñupiaq*), Huzhegh (*Dena'ina*)



Blackfish are only found in Alaska and Eastern Siberia. A bottom dwelling fish, it can grow up to eight inches in length. They typically live in the densely vegetated areas of lowland swamps, ponds, rivers, and lakes. Traditionally, blackfish has been eaten whole, including bones, which make them a good source of calcium.

**PREPARATION:** Blackfish are eaten frozen or cooked.

*These tundra fish are most famous for being able to freeze as the water freezes and then return to life when the water thaws. “The best blackfish lakes are reported to be those with the most otter and mink sign.”*

– Alaska Department of Fish & Game

### BLACK COD NUTRITION INFORMATION

\*nutrient data based on Pacific Cod

Black cod is an excellent source of protein



#### PROTEIN



NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	89
Protein	20 g
Carbohydrate	0
Fat	1 g
Calories from fat	10 %
Saturated fat	0
Dietary Fiber	0
Cholesterol	40 mg
Sodium	77 mg
Vitamin A	27 IU
Vitamin C	3 mg
Iron	0



#### HEART FRIENDLY

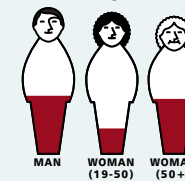
- Low in fat
- Saturated fat free
- Low in sodium

### BLACKFISH NUTRITION INFORMATION

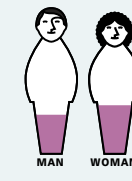
Blackfish is an excellent source of protein, iron and Vitamin A



#### IRON



#### VITAMIN A



#### HEART FRIENDLY

- Low in fat

NUTRITION INFORMATION	
Per serving - 3 oz: whole	
Calories	70
Protein	13 g
Carbohydrate	1 g
Fat	1 g
Calories from fat	19 %
Saturated fat	NT*
Dietary Fiber	NT*
Cholesterol	NT*
Sodium	NT*
Vitamin A	1022 IU
Vitamin C	NT*
Iron	4 mg

\*Not Tested

## Clams

NATIVE NAMES: Aatevtaaŋ (*Yup'ik*),  
Tiq'adi (*Dena'ina*), Gáal' (*Tlingit*)

There are many species of clams in Alaska. The more well known varieties include razor (Arctic and Pacific), butter, geoduck, and littleneck clams. They are gathered at low tide during the summer and fall months. Look for a sandy beach with holes or water squirting out and begin digging for clams.



ANTHC

**CAUTION:** Alaska shellfish can become toxic due to paralytic shellfish poisoning (PSP). Always check with local fish and game officials before digging for clams.

**PREPARATION:** Clams can be fried, steamed, or put in chowder and dips. Clams can be canned, dried, frozen, or smoked.

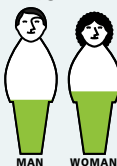
"My dad quit going clam digging. The whole family really enjoyed them. But no one said anything to Daddy about why he quit until the beginning of the third summer of not digging them. My sister asked him why he quit. He said he hated cleaning them, and really missed digging them, but was tired of cleaning them. My sister told him, 'Dad you dig them and I will clean them.' So he did that for about five years (up until the summer before he passed away). My sister said that was the best memory of our Dad – just listening to his stories as they cleaned clams together. After they completed the cleaning they would sit down for a bowl of clam chowder." – Selma Oskolkoff Simon, Anchorage

### CLAMS NUTRITION INFORMATION

Clams are an excellent source of protein & iron



#### PROTEIN



#### IRON



#### HEART FRIENDLY

- Low in fat
- Saturated fat free
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	126
Protein	22 g
Carbohydrate	4 g
Fat	2 g
Calories from fat	12 %
Saturated fat	0 g
Dietary Fiber	NT*
Cholesterol	57 mg
Sodium	95 mg
Vitamin A	145 IU
Vitamin C	1 mg
Iron	24 mg

\*Not Tested

## Cockles, *Heart Clam*

Cockles are a variety of clam found along the Bering Sea coast. Look for cockles just below the sand's surface. The more well known varieties in Alaska include the Basket, Northern, Nuttalls, Greenland, and Iceland cockles. Cockles are also known as the "heart clam" because of its shape when viewed from the side.



Douglas Island Pink &amp; Chum, Inc.

**CAUTION:** Alaska shellfish can become toxic due to paralytic shellfish poisoning (PSP). Always check with local fish and game officials before digging for cockles.

**PREPARATION:** Cockles can be eaten raw or preserved in salt and vinegar. They perish easily, so they should be cooked if not eaten right away. Cockles can be prepared much like clams: boiled, fried, roasted, steamed, or put in dips. Cockles can also be canned or frozen.

"Cockles, along with clams and chitons, were important backup foods for the Tlingit and Haida during 'starving times'--those lean winter months when fresh foods were unavailable and supplies of dried fish and dried clams had been exhausted."

– The Alaska Heritage Seafood Cookbook

### COCKLES NUTRITION INFORMATION

Cockles are an excellent source of protein & iron



#### IRON



#### HEART FRIENDLY

- Low in fat

NUTRITION INFORMATION	
Per serving - 3 oz	
Calories	67
Protein	11 g
Carbohydrate	4 g
Fat	1 g
Calories from fat	8 %
Saturated fat	NT*
Dietary Fiber	NT*
Cholesterol	NT*
Sodium	NT*
Vitamin A	NT*
Vitamin C	NT*
Iron	14 mg

\*Not Tested



## Cod

NATIVE NAMES: Atgiaq (Yup'ik),  
Hey Tsagela (Dena'ina),  
Uugaq - Tomcod (Iñupiaq),  
Atxida (Unangam Tunuu),  
Chudéi - Tomcod (Tlingit)



ANTHC

Several types of cod are eaten in Alaska, including tomcod and mudsharks. Cod is harvested in the Bering Sea and Gulf of Alaska, and is typically frozen as soon as it is caught.

**PREPARATION:** Cod can be baked, broiled, poached, fried, or steamed.

*“Traditionally we took the insides out of the mudsharks and cut the whole fish up, including the skin, fins and head, and boiled it along with the eggs and liver. We grew up eating those fish and we learned to love that distinct taste. Sometimes, we yearn for it yet.”*

— Anore Jones

## Crab

NATIVE NAMES: Ivalriiyak (Yup'ik),  
Ch'naŋ'in (Dena'ina),  
S'áaw - Dungeness (Tlingit)



Carin Bailey

There are many species of crab in Alaska. The more well known varieties include dungeness (dungeness), king (golden, blue, and red), and snow (also known as tanner crab). King crabs are the largest, and their size can span up to six feet in length. Snow crabs are one of the smaller crabs. The legs of the crab have the most meat, with the body having a small amount. Crabs are harvested in pots in the Bristol Bay, Pribilof Islands, Norton Sound areas, and Southeast Alaska.

**PREPARATION:** Crab can be steamed, baked, simmered, or boiled, and used in casseroles, salads, appetizers and sauces.

*The hazardous working conditions and weather make Alaska's crab fisheries one of the most dangerous jobs in America.*

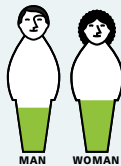
54

### COD NUTRITION INFORMATION

Cod is an excellent source of protein



#### PROTEIN



#### HEART FRIENDLY

- Low in fat
- Saturated fat free
- Low in sodium

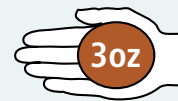
NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	89
Protein	20 g
Carbohydrate	0
Fat	1 g
Calories from fat	10 %
Saturated fat	0
Dietary Fiber	0
Cholesterol	40 mg
Sodium	77 mg
Vitamin A	27 IU
Vitamin C	3 mg
Iron	0

55

### CRAB NUTRITION INFORMATION

\*nutrient data based on King Crab

Crab is an excellent source of protein



#### PROTEIN



#### HEART FRIENDLY

- Low in fat
- Saturated fat free

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	82
Protein	16 g
Carbohydrate	0
Fat	1 g
Calories from fat	11 %
Saturated fat	0
Dietary Fiber	0
Cholesterol	45 mg
Sodium	911 mg
Vitamin A	25 IU
Vitamin C	7 mg
Iron	1 mg

## Eulachon, Ooligan, Hooligan, Smelt

NATIVE NAMES:

Cemerliq or Cimigliq (Yup'ik),  
Dilhi (Dena'ina),

Eulachon are slender, silver, shallow-water fish and can be found in both fresh and salt water across most of Alaska's coastline. Several types of smelt are eaten in Alaska, and are caught in dip nets, seines, and gill nets.

**PREPARATION:** Smelt can be boiled, baked, grilled, smoked, dried, and salted.

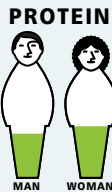


Alaska Fisheries Science Center,  
NOAA Fisheries Service

*The extracted fat from hooligan, known as hooligan grease, is widely used as a condiment as well as a Native medicine, used traditionally for rashes. The Tsimshian Indians refer to eulachon ooligan as "savior" fish, since it was the first fresh fish to return to Alaska in the spring. The people of Southeast Alaska refer to it as candle fish due to its high oil content, enough to make a "candle."*

### EULACHON NUTRITION INFORMATION

Eulachon is an excellent source of protein



#### HEART FRIENDLY

- Saturated fat free
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	105
Protein	19 g
Carbohydrate	0
Fat	3 g
Calories from fat	23 %
Saturated fat	0
Dietary Fiber	0
Cholesterol	76 mg
Sodium	65 mg
Vitamin A	49 IU
Vitamin C	0
Iron	1 mg

## Flounder

NATIVE NAMES: Cagiq (Yup'ik),  
Hnighelq'ayi (Dena'ina),  
Dzánti (Tlingit)

Flounder is a bottom dwelling flat fish similar to the halibut. Flounder can grow up to 10 pounds in weight. Species include "lemon sole," arrowtooth (turbot), blackback, dover and rock sole. Alaska is considered the largest flounder source in the world, with the largest numbers harvested in the Gulf of Alaska.

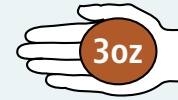


Alaska Fisheries Science Center,  
NOAA Fisheries Service

**PREPARATION:** Flounder can be baked, broiled, poached, fried, steamed, and dried or frozen.

### FLOUNDER NUTRITION INFORMATION

Flounder is an excellent source of protein



#### HEART FRIENDLY

- Low in fat
- Saturated fat free
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	100
Protein	21 g
Carbohydrate	0 g
Fat	1 g
Calories from fat	9 %
Saturated fat	0 g
Dietary Fiber	0 g
Cholesterol	58 mg
Sodium	89 mg
Vitamin A	37 IU
Vitamin C	0
Iron	0s

## Gumboots, *Leathery Chiton, Bidarkis*

NATIVE NAMES: Shaaw (*Tlingit*)

There are seven species of gumboots in Alaska, and the two more well known varieties include the black and giant chitons. An oval shaped mollusk with a black top, gumboots can measure up to ten inches in length. Gumboots attach themselves to the bottom of rocks and can be found in middle to lower tidal areas along the Aleutian Islands, Prince William Sound area, and Southeast Alaska.



Alma Callis

**PREPARATION:** Gumboot meat has a sweet taste. Remove the inside brown strip of the gumboot and discard. The remaining meat can be eaten raw, boiled, dried, fried, pickled, roasted, or steamed. Gumboots taste good dipped in butter, added to chowders, or made into fish patties.

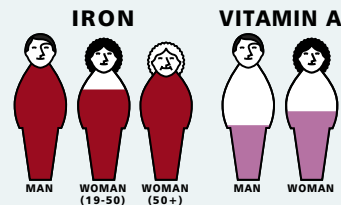
*Gumboots are a prized food to the Tlingit, Haida, and Tsimshian.*

*Gumboot determination recognizes the gumboots “stick-to-it tenacity.” Characterizing “gumboot determination” captures not only the purpose and strength of this small creature, but describes how the Alaska Native people of Southeast Alaska survived and overcame epidemics.*

– *Gumboot Determination: The Story of the SouthEast Alaska Regional Health Consortium*

### GUMBOOT NUTRITION INFORMATION

Gumboot is an excellent source of protein, iron & Vitamin A



**HEART FRIENDLY**

- Low in fat

NUTRITION INFORMATION	
Per serving - 3 oz	
Calories	71
Protein	15 g
Carbohydrate	0
Fat	1 g
Calories from fat	13 %
Saturated fat	NT*
Dietary Fiber	NT*
Cholesterol	NT*
Sodium	NT*
Vitamin A	1402 IU
Vitamin C	0
Iron	14 mg

\*Not Tested

## Halibut

NATIVE NAMES: Caqig (*Yup'ik*), Taghelq'ayi (*Dena'ina*), Cháatl (*Tlingit*)

Halibut is the largest of the flat fish and grows to over 600 pounds. The species tends to inhabit deep ocean waters and must be brought carefully to the surface to be kept alive. Alaska Natives once fished for halibut with wooden hooks suspended below floats made from seal stomachs. Their fishing line was made from cedar bark, spruce roots, kelp and other natural materials.

**PREPARATION:** Halibut can be baked, broiled, poached, fried, or steamed. The meat from the bottom of the halibut is used in soups and chowders, and the top side for steaks.



Alaska Fisheries Science Center,  
NOAA Fisheries Service

*Salmon, Arctic char, halibut and pike skins were commonly used to create waterproof clothing and other household items such as storage containers. This reinforces traditional Alaska Native values that everything provided by nature must be put to good use.*

### HALIBUT NUTRITION INFORMATION

Halibut is an excellent source of protein



**HEART FRIENDLY**

- Low in fat
- Saturated fat free
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked with skin	
Calories	96
Protein	19 g
Carbohydrate	0
Fat	2 g
Calories from fat	19 %
Saturated fat	0
Dietary Fiber	0
Cholesterol	64 mg
Sodium	73 mg
Vitamin A	136 IU
Vitamin C	NT*
Iron	0

\*Not Tested



# Herring

NATIVE NAMES:

Iqalluarpak (Yup'ik),  
Kuts'enekuha (Dena'ina),  
Yaaw (Tlingit),  
Uqsruqtuuq (Iñupiaq)



Alaska Seafood Marketing Institute

Herring move offshore to feed in the summer and become extremely fat in the fall. They move in-shore over winter where fresh water meets salt water. Herring are often harvested with the use of a gill net, but can be caught by jigging with a small, barbless, single hook or other sports gear.

**PREPARATION:** The most common way herring is eaten is baked or fried, preferably the day it is caught. Herring can also be dried, pickled, salted, or frozen.

*“Last time someone seined herring, the net was so full and heavy that they had to turn one end loose and let them all go. It was too heavy to pull in.”*

– Kivalina resident

*“Traditional dried herring remains a major staple of the diet in Bering Sea villages near Nelson Island where salmon are not readily available.”*

– Alaska Department of Fish and Game

## HERRING NUTRITION INFORMATION

Herring is an excellent source of protein



### PROTEIN



### HEART FRIENDLY

- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	212
Protein	18 g
Carbohydrate	0
Fat	15 g
Calories from fat	64 %
Saturated fat	4 g
Dietary Fiber	0
Cholesterol	84 mg
Sodium	81 mg
Vitamin A	99 IU
Vitamin C	0
Iron	1 mg

# Herring Eggs

NATIVE NAMES: Elquaq (Yup'ik),  
Kuts'enekuha Q'in (Dena'ina),  
Gáax'w (Tlingit)



Mike and Edna Jackson

Herring eggs are considered an Alaska Native delicacy and sometimes called “Tlingit caviar.” They are harvested either on ribbon kelp or hemlock branches submerged in an area where herring are known to spawn. The herring may be herded into the area and penned with nets to force them to spawn on the kelp or hemlock. Once enough eggs are deposited, the herring are released from the pen to spawn again for future harvests.

**PREPARATION:** Herring eggs are eaten raw or poached, with butter, seal oil, eulachon oil, or soy sauce. Herring eggs can also be dried.

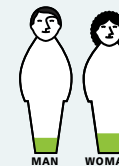
*Herring eggs will keep in the freezer for up to a year. It is best to thaw the eggs in a bowl of salt water, to help them defrost faster and dislodge sand from the eggs. Some Tlingit are connoisseurs of herring eggs, and know certain regions by their flavor or texture. Good harvest grounds are often jealously guarded secrets. Bristol Bay residents believe “3rd pass” (the third spawning) of herring eggs is the best.*

## HERRING EGG NUTRITION INFORMATION

Herring eggs are a good source of protein



### PROTEIN



### HEART FRIENDLY

- Low in fat
- Saturated fat free
- Low in sodium

NUTRITION INFORMATION	
Per serving - 1/2 cup: raw	
Calories	63
Protein	8 g
Carbohydrate	4 g
Fat	2 g
Calories from fat	29 %
Saturated fat	0
Dietary Fiber	NT*
Cholesterol	34 mg
Sodium	52 mg
Vitamin A	48 IU
Vitamin C	1 mg
Iron	2 mg

\*Not Tested

## Hooligan Grease

NATIVE NAMES:  
Saak eexl̓ (Tlingit)

Hooligan (eulachon, ooligan, smelts) is an oily fish, and the oil rendered from it is primarily used as a dip for other foods. It is also used to preserve berries, roots, herbs, and salmon eggs, the oil has a clear color when prepared.

**PREPARATION:** Hooligan grease preparation varies. It can be frozen or kept in a jar in a cool place. Hooligan grease is used as a dip for dried fish, dried herring, or black seaweed. It can also be added to boiled fish and meat dishes.

*Traditionally, hooligan grease was used as an indicator for weather changes, and social or personal events. An increased milky appearance in the grease predicted stormy weather for fishermen. Any fish parts remaining after the oil was rendered was often discarded into the river, and it was thought it would contribute nutrients [back to the river].*

– [www.nativeknowledge.org](http://www.nativeknowledge.org)



Alaska Fisheries Science Center,  
NOAA Fisheries Service

## Lingcod

NATIVE NAMES: X'áax'w (Tlingit)

Lingcod is different from cod and is classified as a greenling, a spiny-finned fish. Lingcod are slender and have a large head and mouth with very sharp teeth. They are a bottom dwelling fish and can be found near the rocky reefs of the Alaska Peninsula, Aleutian Islands, Southeast Alaska, and the outer Kenai Peninsula, Kodiak, and Prince William Sound areas. They can grow up to 80 pounds in weight and measure up to 60 inches in length.

**PREPARATION:** Lingcod flesh is a bluish color when raw, and turns white when cooked. Lingcod can be baked, broiled, fried, sautéed, and used in stews.

*Lingcod liver and cheeks are considered a delicacy.*



Alaska Department of Fish and Game  
Groundfish Project

### HOOLIGAN GREASE NUTRITION INFORMATION

\*nutrient data based on eulachon grease



NUTRITION INFORMATION	
Per serving - 1 tablespoon	
Calories	135
Protein	0
Carbohydrate	0
Fat	15 g
Calories from fat	100 %
Saturated fat	4 g
Dietary Fiber	0
Cholesterol	0
Sodium	0
Vitamin A	848 IU
Vitamin C	0
Iron	0

### LINGCOD NUTRITION INFORMATION

Lingcod is an excellent source of protein



#### PROTEIN



#### HEART FRIENDLY

- Low in fat • Saturated fat free
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz	
Calories	71
Protein	15 g
Carbohydrate	0
Fat	1 g
Calories from fat	8 %
Saturated fat	NT*
Dietary Fiber	NT*
Cholesterol	NT*
Sodium	50 mg
Vitamin A	196 IU
Vitamin C	NT*
Iron	NT*

\*Not Tested

# Octopus

NATIVE NAMES: Amikuk (Yup'ik),  
Amaguk (Dena'ina)

Octopus are a relative of clams, snails, and oysters. There are more than 30 different species of octopus that can weigh up to 100 pounds. The giant Pacific octopus is the largest and can grow to 30 feet in length. Octopus can be found along seaside cliffs at low tide or by overturning stones on outer flats during low tides.

**CAUTION: be sure to handle the octopus carefully to avoid being bitten.**



Alaska SeaLife Center

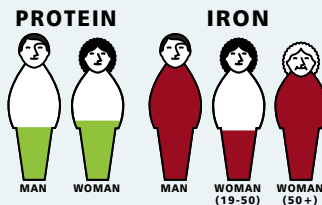
**PREPARATION:** Remove contents from inside the octopus's head as this is all waste. Clean tentacles of slime. This can be done by washing very thoroughly with slightly salted water. Too much salt will toughen the meat.

*"Alaska's Aleut and Tlingit peoples relied on foods like octopus when game, fish, or large marine mammals were scarce. Octopus commonly wound up simmering in traditional chowders."*

— Alaska Heritage Seafood Cookbook

## OCTOPUS NUTRITION INFORMATION

Octopus is an excellent source of protein & iron



### HEART FRIENDLY

- Low in fat
- Saturated fat free

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	139
Protein	25 g
Carbohydrate	4 g
Fat	2 g
Calories from fat	13 %
Saturated fat	0
Dietary Fiber	0
Cholesterol	82 mg
Sodium	391 mg
Vitamin A	255 IU
Vitamin C	7 mg
Iron	8 mg

# Pike

NATIVE NAMES:  
Cuukvak (Yup'ik),  
Ghelguts'i (Dena'ina),  
Siulik (Iñupiaq)

Northern pike are a large fish ranging in weight from five to 50 pounds. They live in shallow lakes, streams, sloughs, and rivers. Pike is not a prized food, but it is eaten for variety or when other fish are not available.



Donald Zanoff

**PREPARATION:** Northern pike are eaten dried, frozen, boiled, roasted, or fried and can be added to agutak. The skin of the pike has large scales and a heavy mucous. Some bake the fish in a heavy brown paper bag to allow the scales and skin to cling to the paper while cooking, leaving the tender meat intact. The pike's stomach, intestines, air bladder liner, and head are edible.

*In the Distant Time, the pike ate a little baby that had just been fed from his mother's breast. The baby became the pike's liver and this is why a white fluid comes from pike liver when it is cooking.*

## PIKE NUTRITION INFORMATION

Pike is an excellent source of protein



### HEART FRIENDLY

- Low in fat
- Saturated fat free
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	96
Protein	21 g
Carbohydrate	0 g
Fat	1 g
Calories from fat	9 %
Saturated fat	0
Dietary Fiber	0
Cholesterol	42 mg
Sodium	42 mg
Vitamin A	69 IU
Vitamin C	3.2 mg
Iron	1 mg



## Chum Salmon, *Dog fish*

NATIVE NAMES: Aluyak (*Yup'ik*),  
Seyi (*Dena'ina*), Téel' (*Tlingit*),  
Qalugruaq (*Inupiaq*)

Chum salmon have the widest distribution of all the Pacific salmon. Chum salmon are large fish which provide many pounds of food (fresh, dried and frozen). Bright silver chums, fresh from the ocean, have the most fat, the best color and the firmest flesh. As they move up the river they use up some fat, making them easier to dry.



Alaska Seafood Marketing Institute

**PREPARATION:** Chum salmon can be dried, boiled half dried, half dried and stored in seal oil, smoked, salted or pickled. The eggs are also eaten in soup, raw and lightly fermented as caviar, stored in oil or dried.

*“When salmon are half dead, those old, spawning salmon, their skins are tough. We make water boots from this tough salmon skin.”*  
– Mamie Beaver in “Fish That We Eat”

## King Salmon, *Chinook*

NATIVE NAMES:  
Kiaqtaq (*Yup'ik*),  
Łiq'a Ka'a (*Dena'ina*),  
T'á (*Tlingit*)



Alaska Seafood Marketing Institute

The largest of all salmon, kings weigh up to 40 pounds. They are prized for their red flesh, rich flavor, high-oil content, and firm texture. Subsistence fishermen in the Yukon and Kuskokwim Rivers catch an average of 60,000 kings per year.

**PREPARATION:** King salmon can be baked, broiled, grilled, fried, steamed, or poached. It can be used in casseroles and various other dishes. They may also be smoked, brined and dried in strips.

*Salmon are more powerful than any other fish. Children may be sheltered from the danger of “bad spirits” by wearing dried salmon tails around their neck or carrying them in their pockets.*

### CHUM SALMON NUTRITION INFORMATION

Chum salmon is an excellent source of protein



#### PROTEIN



#### HEART FRIENDLY

- Low in saturated fat
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	131
Protein	22 g
Carbohydrate	0 g
Fat	4 g
Calories from fat	27 %
Saturated fat	1 g
Dietary Fiber	0
Cholesterol	81 mg
Sodium	54 mg
Vitamin A	97 IU
Vitamin C	0
Iron	1 mg

### KING SALMON NUTRITION INFORMATION

King salmon is an excellent source of protein



#### PROTEIN



NUTRITION INFORMATION	
Per serving - 3 oz: kippered	
Calories	178
Protein	20 g
Carbohydrate	0
Fat	11 g
Calories from fat	56 %
Saturated fat	2 g
Dietary Fiber	0
Cholesterol	57 mg
Sodium	740 mg
Vitamin A	35 IU
Vitamin C	0
Iron	0

## Pink Salmon, Humpback

### NATIVE NAMES:

Amaqayak (Yup'ik),

Łiq'a Ka'a (Dena'ina), Cháas' (Tlingit)

The pink salmon is also known as the “Humpback” or “Humpy” because of the flattened hump which develops on the back of an adult male before spawning. The pink salmon is the smallest of the Pacific salmon found in North America and can grow up to four pounds in weight and measure 20 to 25 inches in length.



Alaska Seafood Marketing Institute

**PREPARATION:** Pink salmon can be baked, broiled, grilled, fried, steamed, or poached. Pinks can be dried, hung in the heat of summer, because they have less oil than other salmon. They dry with a salty taste, and shrink hard when they dry, like pike. The dried fish can be stored in seal oil.

*“I took my grandson out in a skiff to catch pinks. We caught 15 fish, and then went house to house to give to elders. At the last elder’s house, we gave away the only fish left. After leaving, my grandson asked ‘Umma, what are we going to do? My mom needs fish too.’ I said we can go fishing tomorrow. This was my grandson’s first experience of the ‘gift of giving’ to others.”*

– Eleanor McMullen, Port Graham

## Red Salmon, Sockeye

### NATIVE NAMES:

Cayak (Yup'ik),

Q'uya (Dena'ina), Gaat (Tlingit)

Sockeye salmon from Alaska’s waters rank among the world’s finest seafood. The natural environment provides them with superior flavor, color and texture. Thousands of salmon travel through Alaska’s rivers and streams returning to their place of origin to spawn.



Alaska Seafood Marketing Institute

**PREPARATION:** Red salmon can be baked, broiled, grilled, fried, steamed, or poached.

*Red salmon have a distinctive deep-red color that is retained when cooking. Their fat content depends on where they are caught. They are often good for drying. Commercial fishermen refer to these salmon as “money-fish” because they fish for red salmon to make money.*

68

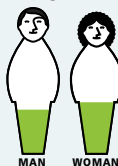
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### PINK SALMON NUTRITION INFORMATION

Pink salmon is an excellent source of protein



#### PROTEIN



#### HEART FRIENDLY

- Low in saturated fat
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: dried	
Calories	127
Protein	22 g
Carbohydrate	0 g
Fat	4 g
Calories from fat	28 %
Saturated fat	1 g
Dietary Fiber	0
Cholesterol	57 mg
Sodium	73 mg
Vitamin A	116 IU
Vitamin C	0
Iron	1 mg

### RED SALMON NUTRITION INFORMATION

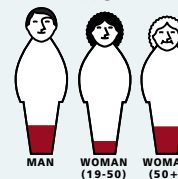
Red salmon is an excellent source of protein and a good source of iron



#### PROTEIN



#### IRON



#### HEART FRIENDLY

- Low in saturated fat

NUTRITION INFORMATION	
Per serving - 3 oz: canned	
Calories	137
Protein	23 g
Carbohydrate	0
Fat	5 g
Calories from fat	33 %
Saturated fat	1 g
Dietary Fiber	0
Cholesterol	59 mg
Sodium	332 mg
Vitamin A	184 IU
Vitamin C	0
Iron	2 g

## Silver Salmon, Coho

NATIVE NAMES: Caayuryaq (Yup'ik),  
Nudleggha (Dena'ina), L'ook (Tlingit)

Silver salmon is one of the most important and frequently used traditional food sources. Also called coho salmon, silver salmon in central and western Alaska are found in coastal waters of Alaska from Dixon Entrance in Southeastern Alaska, as far north as Point Hope, and up the Yukon River to the Alaska-Yukon border. Silver salmon enter spawning river systems from August through November, usually during periods of high water.



Alaska Seafood Marketing Institute

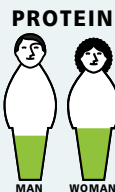
**PREPARATION:** Silver salmon can be baked, broiled, grilled, fried, steamed, or poached. They have more fat than sockeye salmon, but less than king salmon.

*"Of all my traditional Native foods, I love dried fish . . . I live next to a stream that is one hundred feet from my house, and I fish there. The fun part of going after fish, whether it's sockeye, dogfish, humpies, coho, or silvers, is being physically active. Being involved in the preparation process--doing the work, getting the wood, hanging the fish to dry, and caring for the fish. You don't just walk away."*

— Lincoln Bean, Kake

### SILVER SALMON NUTRITION INFORMATION

Silver salmon is an excellent source of protein



#### HEART FRIENDLY

- Low in saturated fat
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: raw	
Calories	123
Protein	19 g
Carbohydrate	1 g
Fat	5 g
Calories from fat	37 %
Saturated fat	1 g
Dietary Fiber	0
Cholesterol	49 mg
Sodium	49 mg
Vitamin A	85 IU
Vitamin C	0
Iron	0

## Salmon Eggs, Roe, Salmon Caviar

NATIVE NAMES: Kaháakw (Tlingit)

A by-product of salmon, salmon eggs or roe are a tasty delicacy, and sometimes referred to as "salmon caviar." The eggs are bright orange in color and the size of a small pea.

**PREPARATION:** Salmon eggs can be boiled with fish, dried, fried, or used as a garnish in other dishes. Salmon eggs become firm and chewy when dried.



ANTHC

*Every part of a fish is used, including the roe – dried salmon eggs are a favorite food of Yup'ik elders.*

### SALMON EGGS NUTRITION INFORMATION

Salmon eggs are an excellent source of protein



NUTRITION INFORMATION	
Per serving - 1/2 cup: raw	
Calories	212
Protein	25 g
Carbohydrate	2 g
Fat	12 g
Calories from fat	51 %
Saturated fat	2 g
Dietary Fiber	NT*
Cholesterol	147 mg
Sodium	NT*
Vitamin A	0
Vitamin C	NT*
Iron	NT*

\*Not Tested



## Sea Cucumber

NATIVE NAMES: Yéin (*Tlingit*),  
Yano (*Haida*)

The giant red sea cucumber is commercially harvested largely in Southeast Alaska, with a small amount harvested in Kodiak and Chignik. The sea cucumber looks like a giant slug with spiny skin. They can grow up to one and one-half feet in length, and weigh one pound. They are found at the bottom of tidal pools. Sea cucumber is typically harvested from early spring to late fall.



Alaska Fisheries Science Center,  
NOAA Fisheries Service

**PREPARATION:** Collect sea cucumbers at extreme low tide in June through August. Cut off each end. Squeeze out the insides and wash them clean. Split the sea cucumber lengthwise and peel off its outer skin, leaving the long white muscles. Sea cucumber may be: chopped for chowder; chopped and scrambled in omelettes; dipped in egg, then coated in flour or breadcrumbs and fried quickly; ground for patties, mixed with flour and egg batter; and used in chop suey.

*Sea cucumbers were traditionally harvested with spears and long poles, and then boiled or roasted over a campfire. The Tlingits call sea cucumbers yein, or “sea sweet potato.”*

## Sea Lion

NATIVE NAMES: Apakcuk (*Yup'ik*),  
Ta'ilk'eghi (*Dena'ina*),  
Taan (*Tlingit*)

Steller sea lions were traditionally a primary source of food for inhabitants of the Aleutian Islands. They are called sea lions because they resemble the lions of Africa and Asia.



U.S. Fish & Wildlife Service

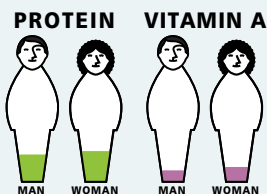
**PREPARATION:** Sea lion meat can be cooked in any regular meat dish, stewed, fried, or eaten plain.

*“Sea lion was a big deal for people in Kodiak, better meal than seal. My parents always talked about sea lion. Just a few weeks ago, I had a feast of bear, seal and sea lion (served separately) simmered in their own gravy—that’s how I like to eat it!”*

– Iver Malutin, Kodiak

### SEA CUCUMBER NUTRITION INFORMATION

Sea cucumber is an excellent source of protein and a good source of Vitamin A



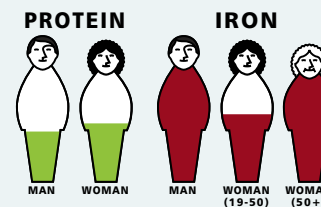
**HEART FRIENDLY**  
• Fat free

NUTRITION INFORMATION	
Per serving - 3 oz	
Calories	58
Protein	11 g
Carbohydrate	3 g
Fat	0
Calories from fat	0 %
Saturated fat	NT*
Dietary Fiber	NT*
Cholesterol	NT*
Sodium	NT*
Vitamin A	264 IU
Vitamin C	NT*
Iron	1 mg

\*Not Tested

### SEA LION NUTRITION INFORMATION

Sea lion is an excellent source of protein & iron, and is a good source of Vitamin A



**HEART FRIENDLY**  
• Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: meat with fat (raw)	
Calories	160
Protein	20 g
Carbohydrate	2 g
Fat	8 g
Calories from fat	45 %
Saturated fat	2 g
Dietary Fiber	0 g
Cholesterol	53 mg
Sodium	61 mg
Vitamin A	246 IU
Vitamin C	<3 mg
Iron	9 mg

## Seal

NATIVE NAMES: Keviq (Yup'ik),  
Qutsaghił'iy (Dena'ina),  
X'óon (Tlingit),  
Isű (Unangam Tunuu)

Seal is a delicacy among Alaska Natives who harvest it year round.

Some prefer to hunt seal in the early spring when they are fattest and will render the most seal oil.



U.S. Fish & Wildlife Service

**PREPARATION:** The meat is a dark red-black color. Seal meat can be cooked in any regular meat dish, stewed, fried, or eaten plain. Almost every part of the seal is eaten.

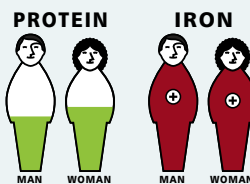
*"To prepare fur seal flippers, "lusta," let them ferment in rock salt for a few months. I would see my mom preparing them with other ladies, who would get together and eat the flippers with potatoes and seal oil. Lusta is considered a delicacy and is cut to 1/2 the size of a pinky nail in order for it to digest well in the system."* – Tina Woods

*"I was taught to give my first catch of seal to an elder in the community; I remember being reluctant, but did it anyway. The elder said to me, 'God bless you with many more; God bless you with everything.'"*  
– Dan Karmun, Nome (grew up in Deering)

### SEAL NUTRITION INFORMATION

\*nutrient data based on ringed seal

Seal is an excellent source of protein & iron, and a good source of Vitamin A



**HEART FRIENDLY**

• Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: raw	
Calories	121
Protein	24 g
Carbohydrate	0
Fat	3 g
Calories from fat	22 %
Saturated fat	1 g
Dietary Fiber	NT*
Cholesterol	76 mg
Sodium	9 mg
Vitamin A	327 IU
Vitamin C	NT*
Iron	17 mg

\*Not Tested

## Seal Oil

NATIVE NAMES: Tangeq (Yup'ik),  
Qutsaghił'iy Tlegh (Dena'ina),

Seal oil that is properly prepared and stored is sweet and has a clear consistency (milky when frozen). Seal oil uses include: added as a flavor in agutak, fish dishes, and soups; used as a dip; and used as a trade item for other Native foods.



Patricia Bunyan

**PREPARATION:** Seal oil preparation varies by Alaska region. Seal oil is used for a dip when eating dried meats and fish, potatoes, herring eggs, and can also be used to complement other Native foods.

*"I don't feel full until I eat Native food, like a little seal oil at the end of a meal."*

– Elder

### SEAL OIL NUTRITION INFORMATION

\*nutrient data based on spotted seal oil

Seal oil is a good source of Vitamin A



**VITAMIN A**



**HEART FRIENDLY**

• Low in sodium

NUTRITION INFORMATION	
Per serving - 1 tablespoon	
Calories	125
Protein	0
Carbohydrate	0
Fat	149 g
Calories from fat	100 %
Saturated fat	2 g
Dietary Fiber	0
Cholesterol	NT*
Sodium	0
Vitamin A	487 IU
Vitamin C	0
Iron	0

\*Not Tested

# Shrimp

NATIVE NAMES: Cungaralukvak (*Yup'ik*),  
Ts'enełts'eha (*Dena'ina*),  
S'éeex'át (*Tlingit*)

There are five varieties of shrimp found in Alaska's North Pacific waters: coon-stripe, humpy, pink, side-stripe, and spot. Larger shrimp are known as prawns and smaller sized as cocktail shrimp. Pink shrimp is the largest harvest in Alaska. Light weight pots are used to catch shrimp for personal use.



Alaska Fisheries Science Center,  
NOAA Fisheries Service

**PREPARATION:** Shrimp can be prepared many different ways: simmered, baked, boiled, fried, in casseroles, salads, and sauces.

*Traditionally, shrimp were enjoyed whenever a quantity was found in a sea mammal's stomach.*

# Sticklebacks, Needlefish

NATIVE NAMES: Cukilek (*Yup'ik*),  
Dgheyay (*Dena'ina*), Took (*Tlingit*)

Sticklebacks are a small, slender fish, greenish in color, that grows to 4 inches in length.

Sticklebacks have a row of nine short spines on their back in front of their dorsal fin. Sticklebacks are harvested in great quantities in small streams and waterways, and can be found in Southern and Western Alaska.



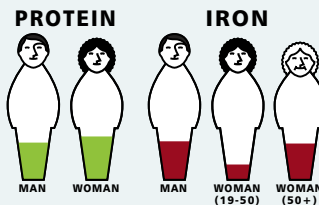
**PREPARATION:** Sticklebacks are usually eaten raw while the fish is still alive. The fish head is swallowed first to prevent its spiny back from sticking to the throat.

*The Dena'ina of Cook Inlet would survive on sticklebacks until the salmon began to run.*

## SHRIMP NUTRITION INFORMATION

\*nutrient data based on mixed species

Shrimp is an excellent source of protein and a good source of iron



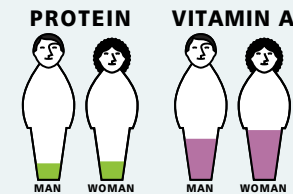
### HEART FRIENDLY

- Saturated fat free
- Low fat

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	84
Protein	18 g
Carbohydrate	0
Fat	1 g
Calories from fat	11 %
Saturated fat	0
Dietary Fiber	0
Cholesterol	166 mg
Sodium	190 mg
Vitamin A	191 IU
Vitamin C	2 mg
Iron	3 mg

## STICKLEBACK NUTRITION INFORMATION

Sticklebacks are an excellent source of Vitamin A, and a good source of protein



NUTRITION INFORMATION	
Per serving - 3 oz	
Calories	86
Protein	8 g
Carbohydrate	1 g
Fat	5 g
Calories from fat	52 %
Saturated fat	NT*
Dietary Fiber	NT*
Cholesterol	NT*
Sodium	NT*
Vitamin A	1046 IU
Vitamin C	0
Iron	5 mg

\*Not Tested



# Trout

## NATIVE NAMES:

Anerrluaq (Yup'ik),  
Tsagela (Dena'ina),  
Yaa (Tlingit)

There are many species of trout in Alaska, including sea trout, Dolly Varden, and Arctic char.

They are found in lakes, streams and in the sea.



U.S. Fish & Wildlife Service

**PREPARATION:** Trout can be roasted or eaten frozen. They may also be boiled, baked, fried, or made into trout soup. Trout livers can be prepared with blueberries and eaten at any meal or for dessert. Trout can be hard to dry when they are fat. They can be half-dried for one to four days, then boiled and eaten with seal oil. Trout may also be stored pickled with blueberries.

*Trout were traditionally pickled with sourdock in Northwestern Alaska, which caused their bones to soften and become edible.*

# Walrus

NATIVE NAMES: Asveq (Yup'ik),  
Hnihik'ghiltsatl'i (Dena'ina),  
Kooléix'waa (Tlingit)

Walruses prefer to inhabit shallow water areas, close to ice or land. They are harvested from villages near the coast of the Bering Strait and from St. Lawrence Island, King Island, and Little Diomed Island. Adult females can weigh up to 2,000 pounds, with males weighing more than 4,000 pounds. There are many traditional uses of walrus: the use of the meat for food, the skins for making boat and house covers, the intestines are eaten and were used for rain coats, the bones for tools, the stomach for containers and drums, the hide for clothing and house covers, the meat for dog food, the fresh hide for the preservation of other foods and the ivory for useful and decorative implements.



U.S. Fish & Wildlife Service

**PREPARATION:** Walrus meat can be baked, boiled, or fried, with the meat slow cooked to an internal temperature of 185°F to kill any parasites. Walrus meat can be cut into thin steaks and tenderized.

*Walrus is a prized subsistence food for Alaska Natives living in Alaska's coastal communities. A good walrus harvest can provide a village with enough meat for a year.*

## TROUT NUTRITION INFORMATION

\*nutrient data based on wild rainbow trout

Trout is an excellent source of protein



### PROTEIN



### HEART FRIENDLY

- Low in saturated fat
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	128
Protein	19 g
Carbohydrate	0
Fat	5 g
Calories from fat	35 %
Saturated fat	1 g
Dietary Fiber	0
Cholesterol	59 mg
Sodium	48 mg
Vitamin A	42 IU
Vitamin C	2 mg
Iron	0

## WALRUS NUTRITION INFORMATION

Walrus is an excellent source of protein & iron



### PROTEIN



### IRON



NUTRITION INFORMATION	
Per serving - 3 oz: raw	
Calories	169
Protein	16 g
Carbohydrate	0
Fat	12 g
Calories from fat	64 %
Saturated fat	2 g
Dietary Fiber	NT*
Cholesterol	68 mg
Sodium	NT*
Vitamin A	144 IU
Vitamin C	NT*
Iron	8 mg

\*Not Tested

# Whitefish, Broad, Humpback, Pygmy, Round, Least Cisco, Bering Cisco, Arctic Cisco, Sheefish



Thomas C. Kline, Jr.

NATIVE NAMES: Cavirrutnaq (Yup'ik), Łih (Dena'ina)

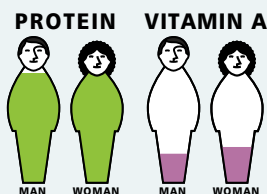
Whitefish are the most abundant group of fish north of the Alaska Range, inhabiting almost every type of river or freshwater habitat in Alaska. In Northwest Alaska, part of a caribou's shoulder blade bone was traditionally used to scale whitefish. The fish are caught in traps from break up until after freeze up.

**PREPARATION:** Whitefish have delicious, white, flaky, mild tasting flesh. They can be eaten in a wide variety of ways depending on how fat they are: raw, half dried, and dried; cooked rare or well done; cooked in most fish recipes, roasted over the fire; eaten frozen, fermented, or boiled whitefish is also used in agutak.

*Koyukon people held a small ceremony when the first whitefish was taken in the spring. They had survived another winter—cause enough for celebration—and now the secure abundance of summer was just ahead.*

## WHITEFISH NUTRITION INFORMATION

Whitefish is an excellent source of protein & Vitamin A



NUTRITION INFORMATION	
Per serving - 3 oz: dried	
Calories	315
Protein	53 g
Carbohydrate	0
Fat	11 g
Calories from fat	31 %
Saturated fat	2 g
Dietary Fiber	0
Cholesterol	226 mg
Sodium	170 mg
Vitamin A	620 IU
Vitamin C	0
Iron	3 mg

# Whitefish Eggs

NATIVE NAMES: Cilluvak (Yup'ik), Q'in (Dena'ina)

Whitefish eggs are usually harvested by jigging in the open river or by ice fishing in the winter. Salmon eggs are used to lure the whitefish, which usually end up stealing the eggs from the "J" hook. You need eggs to get their eggs.

**PREPARATION:** Cook whitefish eggs by blanching them in simmering water. Traditionally they were generally eaten raw, right after a female whitefish was caught. They are said to slip right down your throat.

*"Only catch enough fish to last you through the winter. Use or preserve every part of the fish that is edible. Fish are easy to spoil, especially the whitefish, so take care of the fish as soon as they are caught. If we are lazy and idle, food won't come to us."*

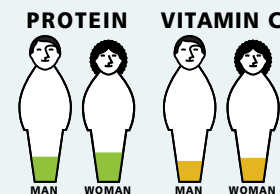
— Henry Frank

*"When I was five years old, I remember how a neighboring village used to catch whitefish using a 'fish fence' made out of driftwood and willow trees. Before freeze up, and depending on the width of the river, the wood and trees were placed in the river with several one to two feet openings to create passage ways for the fish. A dip net was then used to catch the fish passing through the openings. Sadly, they don't fish this way anymore. But, I always remember watching other people catching the fish."*

— Levi Brink, Kasigluk

## WHITEFISH EGG NUTRITION INFORMATION

Whitefish eggs are an excellent source of protein, and a good source of Vitamin C



**HEART FRIENDLY**

• Low in sodium

NUTRITION INFORMATION	
Per serving - 1/2 cup: raw	
Calories	88
Protein	12 g
Carbohydrate	4 g
Fat	2 g
Calories from fat	20 %
Saturated fat	0
Dietary Fiber	0
Cholesterol	373 mg
Sodium	136 mg
Vitamin A	257 IU
Vitamin C	10 mg
Iron	5 mg

# Whale, Beluga, Bowhead

## NATIVE NAMES:

Arveq (*Yup'ik*),  
Talin (*Dena'ina*),  
Yáay (*Tlingit*)



Donald Zanoft

## For centuries

whales were hunted for their valuable oil and very fine grained meat. Alaska Natives in the North continue to harvest whales as a source of food and fuel, as they have traditionally done for thousands of years.

**PREPARATION:** Whale meat can be prepared by pan-broiling the square steaks and serving them sizzling hot. Whale meat is also excellent for soup stock, stews, roasts, and curries. Another way to enjoy whale is to eat the muktuk (the outer covering of the whale), which is traditionally eaten raw or cooked.

*September brings whaling season to Kaktovik, a village-wide activity. Women prepare food to send out with the whaling crews and wait on the beach for the crews to return with a whale. The day after the whale is beached, everyone goes to the captain's house to eat whale meat and muktuk. They spend the whole day visiting and eating and then take some of the leftover whale meat home with them.*

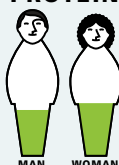
– Frances Lampe, Kaktovik

## WHALE NUTRITION INFORMATION

Whale is an excellent source of protein & iron



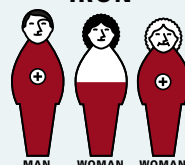
### PROTEIN



MAN

WOMAN

### IRON



MAN

WOMAN  
(19-50)

WOMAN  
(50+)



### HEART FRIENDLY

- Lean
- Low in sodium

NUTRITION INFORMATION	
Per serving - 3 oz: cooked	
Calories	115
Protein	22 g
Carbohydrate	0
Fat	6 g
Calories from fat	48 %
Saturated fat	1 g
Dietary Fiber	0
Cholesterol	24 mg
Sodium	85 mg
Vitamin A	280 IU
Vitamin C	6 mg
Iron	12 mg

*“It has been believed by the Native people for many years that animals, just like human beings, have spirits. The belief has always been there that you must treat the animals with respect. I think it has been traditional for every tribe that ever existed in the world to try not to make the animals that you hunt for food suffer. If you are going to kill an animal, make it clean and quick....you do not waste them. You do not play with them. There was a belief that if you played with them, you are insulting the animals, birds and fish. And a lot of times they think the spirits of those animals, birds and fish will turn around and tell the other animals: ‘Don’t go to that person. He hasn’t any respect for us.’ And that person, the hunter, will not be able to catch anything.”*

– Chuck Hunt (born near Kotlik, worked as a U.S. Fish and Wildlife translator in Bethel)

*“When I was 10 years old, and living in Kwigillnok, my father wanted me to go hunting with him and retrieve ducks after he shot them. My mother warned me not to play with the ducks if they were just injured. She said if I did, my father wouldn’t get any more ducks that day. I began retrieving the ducks after my father shot them, sloshing through the mud and water. When I found one that was only injured, I played with it, not heeding my mother’s warning. My father didn’t get any more ducks that day.”*

– Nina M. Heavener, Clarks Point



*“When I think of plants...and of all living things;  
I remember being told and learning about how every-  
thing works together and interacts with one another.  
When gathering, I notice that plants, medicinal and  
edible, have complex relationships. It is the whole of the  
plant and its place in the environment that determines  
the plant’s potency and compatibilty with others.”*

*– Gloria Simeon, Bethel*

# Plants





## Beach Asparagus, Sea Asparagus, Pickleweed

### NATIVE NAMES:

It'garralek (Yup'ik),

Similar to asparagus and green beans, beach asparagus are the small, fleshy stems and branches of salty seacoast plants. A young plant looks like a tiny cactus, or branching coral with reddish tips. It is found on the beaches and bays of Southeastern Alaska, and is harvested in late spring throughout the summer. If picked later, after the plant has flowered, the beach asparagus has a "woody" taste.



Libby Watanabe

**PREPARATION:** Beach asparagus are crisp and tender, and can be eaten raw. As summer moves on, they become a little crunchier and they may be briefly boiled. Older, tougher beach asparagus can be steamed along with mussels, clams or crabs. Their sea-breeze scent enhances the fresh aroma of the shellfish sharing the pot.

*"They told me to eat kale when I was getting cancer treatment. I don't even know what kale is. I wanted sea asparagus."*

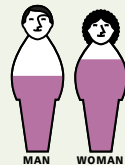
— Ethel Lund, Juneau

### BEACH ASPARAGUS NUTRITION INFORMATION

Beach asparagus is an excellent source of Vitamin A



#### VITAMIN A



#### HEART FRIENDLY

- Fat free
- Low calorie
- Very low in sodium

#### NUTRITION INFORMATION

Per serving - 1 cup: raw	
Calories	15
Protein	1 g
Carbohydrate	2 g
Fat	0
Calories from fat	0 %
Saturated fat	0
Dietary Fiber	NT*
Cholesterol	NT*
Sodium	23 mg
Vitamin A	1057 IU
Vitamin C	1 mg
Iron	0

\*Not Tested

## Blueberry

NATIVE NAMES: Curaq (Yup'ik), Kanat'a (Tlingit), Ugiidgin - bog blueberry (Unangam Tunuu)

Blueberries are found in wooded areas, along waterways, and on the tundra. They can be eaten fresh or frozen. Wild blueberries are very rich in vitamins. A recent study showed that Alaska wild blueberries are even more nutrient rich than wild blueberries in the Lower 48 states.



ANTHC

**PREPARATION:** The Alaskan lowbush blueberry has a tart, fresh flavor and may be used in pies, muffins, and puddings. It may be eaten raw or preserved in sauce, jam, jelly and relish.

*In earlier days as barrels of blueberries would freeze, the expanding ice crystals would push up and spill some of the blueberry juice out. It would drip down the side of the barrels and freeze like candle wax. One woman remembers looking forward to picking off those frozen bumps to eat. "They tasted so good, but sometimes they were kind of strong."*

### BLUEBERRIES NUTRITION INFORMATION

Blueberries are an excellent source of Vitamin C, and a good source of fiber



#### FIBER



#### VITAMIN C



#### HEART FRIENDLY

- Low fat
- Very low in sodium

#### NUTRITION INFORMATION

Per serving - 1 cup: raw	
Calories	88
Protein	2 g
Carbohydrate	18 g
Fat	1 g
Calories from fat	11 %
Saturated fat	NT*
Dietary Fiber	4 g
Cholesterol	NT*
Sodium	9 mg
Vitamin A	167 IU
Vitamin C	26.5 mg
Iron	1 mg

\*Not Tested

## Cloudberry, Low Bush Salmonberry

NATIVE NAMES: Aqevyik (Yup'ik),  
Aqpik (Iñupiaq),  
Algnan (Unangam Tunuu)



The low bush salmonberry is found mainly in Northern and Western Alaska in bogs, tundra, and open forest areas. Its fruit is ready for harvesting in mid to late fall. When ripe, it has a beautiful golden color. Each low-growing plant bears a single berry, best picked by hand.

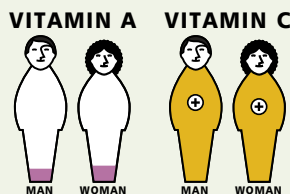
**PREPARATION:** Low bush salmonberries can be prepared in pies, jellies and syrups. Traditionally, they are eaten with sugar and seal oil after a meal. They are best stored frozen, or preserved with other foods, such as blackberries, nagoonberries or sour dock leaves.

88

*When a few hard (unripe) salmonberries are mixed with ripe berries, the ones picked too early will turn black and be no good. Stories warning of picking salmonberries too early were often told to teach children, newcomers and greedy people when to pick salmonberries. This would ensure that some berries were left behind for late pickers, or to be given back to the earth for the next season.*

### CLOUDBERRIES NUTRITION INFORMATION

Cloudberryes are an excellent source of Vitamin C, and a good source of Vitamin A



**HEART FRIENDLY**  
• Low in fat

NUTRITION INFORMATION	
Per serving - 1 cup: raw	
Calories	76
Protein	4 g
Carbohydrate	13 g
Fat	1 g
Calories from fat	14 %
Saturated fat	NT*
Dietary Fiber	NT*
Cholesterol	NT*
Sodium	NT*
Vitamin A	315 IU
Vitamin C	237 mg
Iron	1 mg

\*Not Tested

## Low Bush Cranberry, Lingonberry

NATIVE NAMES: Kavirliq (Yup'ik),  
Dáxw (Tlingit), Kiikan (Unangam  
Tunuu - Eastern dialect),  
Tuyangis (UT - Atka dialect)



Alaska Plant Materials Center

Low bush cranberries can be picked almost year round. By the end of August some will be ripe enough to cook up for sauce or jam. The full flavor of low bush cranberries does not develop until after the first frost. Unpicked berries remain under the snow all winter and are good to eat frozen, or ready to pick in the spring when the snow melts.

**PREPARATION:** Low bush cranberries can be eaten in pies, jams, syrups, or by themselves. Low bush cranberries are very tangy when eaten raw, and are often sweetened and cooked. They can be made into cranberry sauce or used in akutaq. Traditionally, they are mixed with meat and fat. To preserve the cranberries, they can be frozen or dried.

*The Dena'ina say that the cranberry is more sustaining than any other berry. The Iñupiaq stored cranberries in a qallivik, a special long birch basket with a lid sewn on it, which they kept in a ground pit or propped up in a tree for safe keeping.*

89

### LOW BUSH CRANBERRIES NUTRITION INFORMATION

Low bush cranberries are an excellent source of Vitamin C



**HEART FRIENDLY**  
• Low in fat

NUTRITION INFORMATION	
Per serving - 1 cup: raw	
Calories	82
Protein	1 g
Carbohydrate	18 g
Fat	1 g
Calories from fat	8 %
Saturated fat	NT*
Dietary Fiber	NT*
Cholesterol	NT*
Sodium	NT*
Vitamin A	135 IU
Vitamin C	32 mg
Iron	1 mg

\*Not Tested



## Crowberry, Blackberry, Mossberry

NATIVE NAMES: Kavlakuarq (*Yup'ik*),  
Paungaq (*Iñupiaq*),  
Qaayun (*Unangam Tunuu - Eastern dialect*),  
Aangsus (*Unangam Tunuu - Atka dialect*)



Crowberries grow on low dense mats which cover the ground. They bloom very early in the spring, yet they are the last berry to ripen. The best time to harvest crowberries is just before the first frost when the berries are of maximum size, sweetness and firmness. Crowberries get softer and sweeter after each freeze. Pick the big ones and let the smaller ones keep growing. Return to the same area later to pick them when ripe.

**PREPARATION:** The flavor of the crowberries can be brought out by cooking. The mild sweet berry is enjoyed eaten with sugar and milk, in agutak, cereal, or seal oil. To preserve them, the berries have traditionally been stored in seal oil, or mixed with other berries and frozen. The Iñupiaq people mix their berries with fish livers.

*"When you are very thirsty, look for crowberries, they satisfy your thirst quickly."*

### CROWBERRY NUTRITION INFORMATION

Crowberries are an excellent source of fiber



#### HEART FRIENDLY

- Low in fat
- Very low in sodium

#### FIBER



NUTRITION INFORMATION	
Per serving - 1 cup: raw	
Calories	75
Protein	1 g
Carbohydrate	14 g
Fat	1 g
Calories from fat	18 %
Saturated fat	NT*
Dietary Fiber	5 g
Cholesterol	NT*
Sodium	4 mg
Vitamin A	67 IU
Vitamin C	7 mg
Iron	0

\*Not Tested

## Eskimo Potato

NATIVE NAMES: Marallaq or Masru (*Yup'ik*)

The Eskimo potato is a tall plant. It grows up to two feet tall, and has long flower stalks with many small narrow light pink to purple pea-shaped flowers. It is dug up just before freeze-up, after the first hard frost, and in the spring time after the ground thaws.



Alaska Plant Materials Center

**CAUTION:** There are similar looking plants, such as the wild sweet pea, that are poisonous. It is important to be positive that you are harvesting the Eskimo potato.

**PREPARATION:** Eskimo potatoes can be eaten raw, boiled, baked, or fried. The Dena'ina Athabascans boil the roots with berries and add bear fat; fry the root in fat; put it in hot water for a drink; or eat it raw with moose grease.

*A basket of roots might be traded for a fur blanket or an undisclosed amount of dry fish. In dire times these roots would be gathered in the winter and they were known for saving many lives.*

*"The Eskimo potato is a root that can be picked in the spring or fall. Cut in bite size pieces and freeze; soak in seal oil; mix with other wild plants (willow leaves, wild celery) and carrots. Add dried fish, muktuk (whale blubber) or black meat (dried seal meat). Chill for a few hours to allow the flavors to mix. The salad makes a wonderful trail mix for a instant meal or snack."* – Emily Hughes, Teller

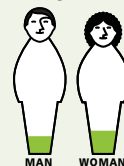
### ESKIMO POTATO NUTRITION INFORMATION

\*Nutrient data based on regular potato

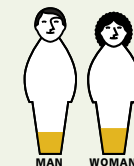
Eskimo potato is a good source of protein and Vitamin C



#### PROTEIN



#### VITAMIN C



NUTRITION INFORMATION	
Per serving - 1 cup: raw	
Calories	202
Protein	9 g
Carbohydrate	34 g
Fat	4 g
Calories from fat	18 %
Saturated fat	NT*
Dietary Fiber	NT*
Cholesterol	NT*
Sodium	NT*
Vitamin A	24 IU
Vitamin C	17 mg
Iron	NT*

\*Not Tested

# Fiddlehead Fern

NATIVE NAMES: Cetuguar (Yup'ik)

Fiddlehead ferns are also known as the “trailing wood” fern. Fiddleheads are the coiled edible spring growth of ferns. They can be found from the Brooks Range southward toward the Aleutian Islands, and on the Alaska Panhandle. To harvest them, pick the tightly coiled fiddleheads in early spring. Fiddlehead fern rootstock can be harvested in early spring or fall.



Alaska Plant Materials Center

**CAUTION:** Pick fiddleheads only when they are young and tightly coiled, as the mature ferns are toxic.

**PREPARATION:** Fiddleheads should always be cooked before eating. The tighter the head the tastier it will be. Fiddleheads can be prepared by steaming, boiling, or baking. Before cooking fiddleheads, rub off the bitter brown chaff on the stalks and rinse them with water.

“In the early spring one year, the people ran out of food. They divided into two groups, one moving into the higher country to dig ferns, and the other to the salt water to dig clams. Those people who lived on ferns received back their strength and gained weight, while those that lived on clams barely survived.”

– Tanaina Plantlore

# Fireweed, Wild Asparagus, Wild Herb

NATIVE NAMES: Ciilqaaq (Yup'ik), Lóol (Tlingit), Cillqaqtaq (Alutiiq), Pamiqtaq (Inupiaq), Chikayaasiĭ (Unangam Tunuu - Atka dialect)



U.S. Fish & Wildlife Service

Fireweed is common throughout Alaska, from the Arctic to the Kenai Peninsula. Traditionally, all parts of this plant have been eaten in a variety of different ways. Fireweed grows best on burned-over land or disturbed soil, along river banks and where people live. Fireweed is ready to pick when the stem is violet colored, the leaves are dark purple, and they are 2 to 4 inches tall. The best time to pick fireweed is in the spring. The plant becomes tough and bitter tasting as it ages.

**PREPARATION:** Fireweed flowers and leaves are used in salads, soups, casseroles, teas, jams, and honey. Stems and shoots can be boiled, steamed and covered with a cream sauce like asparagus. Fireweed shoots can be bundled and hung to dry for a few days. Wilted fireweed can be preserved in seal oil.

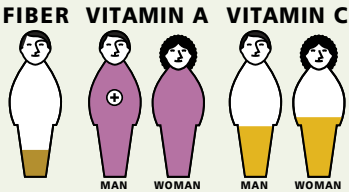
“When the fireweed blossoms reach the tip of the stalk, summer is over.”

“In Southeast Alaska, the Haida have traditionally gathered tall stems in spring and eaten them at festivals by splitting each shoot lengthwise with the thumb and sprinkling each piece with sugar. Then they pull pieces several inches long through their teeth, scraping off the tender inner part. The remaining fibrous part is twisted into twine for fish nets.”

– Alaska Geographic

## FIDDLEHEAD FERN NUTRITION INFORMATION

Fiddlehead ferns are an excellent source of fiber and Vitamin A, and a good source of Vitamin C



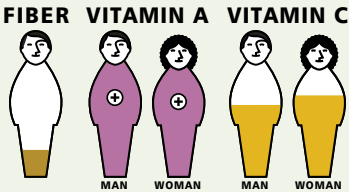
**HEART FRIENDLY**  
● Low in fat  
● Very low in sodium

NUTRITION INFORMATION	
Per serving - 1 cup: raw	
Calories	51
Protein	7 g
Carbohydrate	8 g
Fat	1 g
Calories from fat	11 %
Saturated fat	NT*
Dietary Fiber	6 g
Cholesterol	0
Sodium	2 mg
Vitamin A	5426 IU
Vitamin C	40 mg
Iron	2 mg

\*Not Tested

## FIREWEED NUTRITION INFORMATION

Fireweed is an excellent source of Vitamins A & C, and a good source of fiber



**HEART FRIENDLY**  
● Fat free  
● Very low in sodium

NUTRITION INFORMATION	
Per serving - 1 cup: raw	
Calories	24
Protein	2 g
Carbohydrate	3 g
Fat	0
Calories from fat	0 %
Saturated fat	NT*
Dietary Fiber	3 g
Cholesterol	NT*
Sodium	28 mg
Vitamin A	3146 IU
Vitamin C	55 mg
Iron	1 mg

\*Not Tested

# Goosetongue, Seaside Plantain

NATIVE NAMES: Nutaqitlila (*Dena'ina*),  
Suktéitl (*Tlingit*)

Goosetongue is a popular seaside green found in the coastal and salt marsh areas of Southeast Alaska, the Aleutian Islands, and the Seward Peninsula. They have long, thick roots and thick, fleshy leaves and are best harvested from spring to early summer.



Scott Brylinsky

**CAUTION:** The arrow grass plant, which has toxic leaves, closely resembles goosetongue. It is important to be positive that you are harvesting goosetongue.

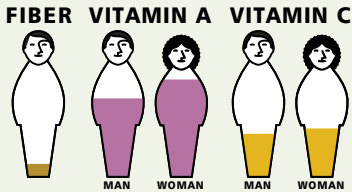
**PREPARATION:** Goosetongue can be eaten raw, steamed, blanched, frozen or canned. It tastes great right off the beach, lightly steamed, sautéed, or added to salads, casseroles, and stir-fried dishes.

Some Dena'ina say that people learned the use of goosetongue as food from Russians, which may be true. A significant number of Dena'ina people recall Dena'ina names for useful plants, but cannot recall a name for goosetongue.

## GOOSETONGUE NUTRITION INFORMATION\*

\*Nutrient data based on Alaska wild greens

Goosetongue is an excellent source of Vitamins A & C, & a good source of fiber & iron



**HEART FRIENDLY**  
• Low in fat • Low calorie  
• Very low in sodium

NUTRITION INFORMATION	
Per serving - 1 cup: cooked	
Calories	25
Protein	2 g
Carbohydrate	4 g
Fat	1 g
Calories from fat	29 %
Saturated fat	0 g
Dietary Fiber	3 g
Cholesterol	0 mg
Sodium	4 mg
Vitamin A	2026 IU
Vitamin C	33 mg
Iron	3 mg

# Mouse Food (Roots), Mouse Caches

NATIVE NAMES: Anlleq (*Yup'ik*),  
Nivi (*Iñupiaq*)

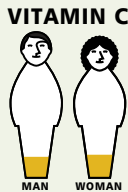
Mouse caches provide an easy way to gather roots such as Eskimo potato, or masru. The mouse caches are located by searching for soft spots in the tundra. Once found, the top layer of the ground is gently lifted, and using gloves, the mouse cache is felt out for roots. Only the larger roots are taken, leaving the smaller pieces for the mouse to survive. The cache is carefully repaired by covering with twigs, or grass if available.

**PREPARATION:** The roots taken from the mouse cache are first cleaned by removing any non-edible roots. They can be eaten raw, boiled, baked, or fried.

The Yup'ik people have passed down from generation to generation that one needs to show respect for the food found in mouse caches. They take only the largest roots and return the smaller ones. In doing this, the mouse will still have food and will not starve and die, and will return the following year to gather more roots. The Iñupiaq add a small repayment like dried fish to thank the mouse for their hard work.

## MOUSE FOOD NUTRITION INFORMATION

Mouse food is an excellent source of Vitamin C



**HEART FRIENDLY**  
• Fat free

NUTRITION INFORMATION	
Per serving - 1 cup	
Calories	89
Protein	4 g
Carbohydrate	18 g
Fat	0
Calories from fat	0 %
Saturated fat	NT*
Dietary Fiber	NT*
Cholesterol	NT*
Sodium	NT*
Vitamin A	NT*
Vitamin C	18 mg
Iron	NT*

\*Not Tested



## High Bush Salmonberry, Salmonberry

NATIVE NAMES: Was'x'aan tléigu (Tlingit), Alagnan (Unangam Tunuu)



In Alaska the salmonberry ranges from Southcentral Alaska to the Kenai Peninsula and Southeast Alaska. They are mainly found in moist woods, at the base of mountains, or along roadsides. These berries may be red or orange when ripe and are ready for harvesting in mid to late summer depending on the location. The fruit has a sweet tart flavor and is related to the raspberry. There is a similar berry called salmonberry in Western and Southwestern Alaska, with a very different taste.

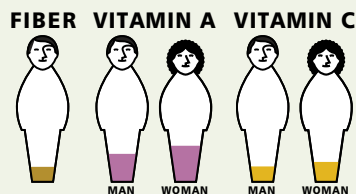
**PREPARATION:** Fresh salmonberry shoots, flowers and leaves and berries are edible. Salmonberry shoots can be eaten raw, or added to dishes and stir fried. The flowers can be added to salads, or used to make teas, and the berries are great for jams, pies, syrups, Eskimo ice cream, or just eaten by themselves.

**CAUTION:** Salmonberry flowers should be used fresh or completely dried. When partially dried they can be mildly toxic.

The most common theory about how salmonberries got their name is based on their resemblance to the color of salmon eggs, but one Chinook legend tells how Coyote had to put salmonberries in the mouth of each salmon he caught in order to have continued luck with fishing.

### SALMONBERRY NUTRITION INFORMATION

Salmonberries are an excellent source of Vitamin A, and a good source of Vitamin C and iron



**HEART FRIENDLY**

- Low in fat
- Very low in sodium

NUTRITION INFORMATION	
Per serving - 1 cup: raw	
Calories	68
Protein	1 g
Carbohydrate	15 g
Fat	0
Calories from fat	0 %
Saturated fat	NT*
Dietary Fiber	3 g
Cholesterol	NT*
Sodium	20 mg
Vitamin A	719 IU
Vitamin C	13 mg
Iron	1 mg

\*Not Tested

## Seaweed, Kelp, Black, Ribbon

NATIVE NAMES: Elquaq (Yup'ik), Laak'ask (Tlingit), Qahnguû - Seaweed, kelp in general (Unangam Tunuu)



ANTHC

Seaweed is available along the Southeast Alaska coast, Gulf of Alaska, and Aleutian Islands. Green in color, it turns black when dried. It has three growth seasons: winter, spring and summer, but it's best to harvest in the early spring (April and May). Harvest times vary each year in relation to changes in temperature, sun, and rain. The seaweed should be 8 to 15 inches long, elastic and stretchy when it is ready to be harvested.

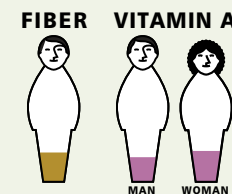
**PREPARATION:** Seaweed can be eaten raw, dried, or boiled. It makes a good snack eaten like "popcorn." It keeps indefinitely if dried thoroughly, and is best dried in the sun. It may be added to salads, fish stews, and soups for flavor.

Seaweed is a prized food to the Tlingit, Haida, and Tsimshian. Dried seaweed tastes different from one Southeast community to another as each has a distinct taste. Recipes are shared from generation to generation. Traditionally, fresh or dried seaweed was used as a natural laxative, and to draw out infections. The salt and iodine in seaweed is used to soothe a sore throat.

### SEAWEED NUTRITION INFORMATION

\*Nutrient data based on black seaweed

Seaweed is an excellent source of Vitamin A, and a good source of fiber



**HEART FRIENDLY**

- Fat free

NUTRITION INFORMATION	
Per serving - 1 cup: dried	
Calories	40
Protein	4 g
Carbohydrate	6 g
Fat	0
Calories from fat	0 %
Saturated fat	0
Dietary Fiber	5 g
Cholesterol	NT*
Sodium	145 mg
Vitamin A	613 IU
Vitamin C	2 mg
Iron	1 mg

\*Not Tested

# Sea Lovage, Beach Lovage

NATIVE NAMES: Tukkaayuk (Tlingit)

Sea lovage is a member of the parsley family and grows in sandy and gravelly areas along the coast. It can grow up to two feet high and has three shiny leaflets, with white or pink colored flowers. Sea lovage is sweet, mild, and tender. For the best texture and flavor, it is picked before other leaves and grasses grow around it when the leaves are half-grown. Sea lovage is known as “petrúshki” in the Kodiak Island area.

**PREPARATION:** The Iñupiaq eat the leaves raw in seal oil. Fresh sea lovage has a pungent spicy flavor. When stored in oil, it is milder and sweeter. Sea lovage can be used as a seasoning in dishes: boiled or baked with fish; added to soups and stews; or used as a substitute for celery or parsley in recipes.

*Sea lovage is used as a seasoning for fish dishes or salads in the Aleutians. Wild green lovers use sea lovage much like spinach or swiss chard.*



Alaska Plant Materials Center

# Sourdock, Arctic Dock, Sorrel

NATIVE NAMES:

Aatunaq (Yup'ik),  
Qunnarliiq (Alutiiq),  
Quagaq (Iñupiaq),  
Aluungiġ (Unangam Tunuu  
- Atka dialect)



Alaska Plant Materials Center

Sourdock grows in wet places along lakes and rivers. It can be picked all summer and fall as soon as the leaves are big enough. It can be harvested in the winter if the plant grows near a spring which helps prevent the ground from freezing. Sourdock leaves and stems are edible. The large plant leaves have a sour taste.

**PREPARATION:** Traditionally in the North, large quantities of sourdock are cooked and then stored to ferment with seal fat and berries, to eat in the winter. The acidic qualities of sourdock have been used to pickle and preserve foods, including trout, for the long winter. Stems can be made into jam.

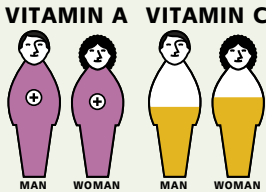
*“My favorite wild plant is sourdock. I have fond memories of picking sourdock with my grandmother. She filled an old flour or sugar sack, put it in a huge pot, added sugar, and boiled it with lots of water. The juice was put in a big stainless steal pot and that would be our juice when we were at camp. It had a unique flavor and almost tasted like guava juice.”*

– Emily Hughes, Teller

## NO NUTRITION INFORMATION AVAILABLE

## SOURDOCK NUTRITION INFORMATION

Sourdock is an excellent source of Vitamin A & C



**HEART FRIENDLY**

- Low in fat
- Low calorie

NUTRITION INFORMATION	
Per serving - 1 cup: young leaves	
Calories	34
Protein	2 g
Carbohydrate	5 g
Fat	1 g
Calories from fat	14 %
Saturated fat	NT*
Dietary Fiber	NT*
Cholesterol	NT*
Sodium	NT*
Vitamin A	9520 IU
Vitamin C	54 mg
Iron	1 mg

\*Not Tested

# Tundra Tea, Hudson Bay Tea, Labrador Tea, Eskimo Tea

NATIVE NAMES: Iyuq (Yup'ik),  
Kenunghdza (Dena'ina),  
Caa'uq (Alutiiq),  
S'ikshaldéen (Tlingit), Tilaaqiuq (Iñupiaq)



Alaska Plant Materials Center

Tundra tea is a shrub with distinct leaves, a brownish underside and flowers that are white or pink. It grows throughout Alaska, except on the Aleutian Islands. It is commonly found in the tundra, bog, and spruce forest environments. It is a very popular traditional beverage with medicinal properties that are considered safe when used in moderation.

**CAUTION:** Consuming large quantities can have toxic effects.

**PREPARATION:** Tundra tea is made by pouring boiling water over the leaves and steeping gently. The leaves can also be used as a spice to flavor other teas, sauces, meats and stews. It is said the older, darker leaves “make the tastiest tea.”

*The Yup'ik use tundra tea to soothe an upset stomach. The Dena'ina also use the tea for heartburn, colds, and arthritis, as a wash for sores, and a laxative.*

*“We always have tundra tea, and mix it with a little bit of store-bought tea. Everyone always wants to have tundra tea at potlatches.”*  
– Audrey Armstrong, Huslia

## TUNDRA TEA NUTRITION INFORMATION



**HEART FRIENDLY**  
• Fat free  
• Low calorie

NUTRITION INFORMATION	
Per serving - 1 oz tea	
Calories	2
Protein	0
Carbohydrate	0
Fat	0
Calories from fat	0 %
Saturated fat	0
Dietary Fiber	NT*
Cholesterol	0
Sodium	313 mg
Vitamin A	0
Vitamin C	1 mg
Iron	0

\*Not Tested

# Wild Celery, Indian Celery, Cow Parsnip

NATIVE NAMES: Canraq (Yup'ik),  
Vgyuun (Alutiiq), Yaana.eit (Tlingit),  
Ikuusuk (Iñupiaq),  
Saaqudaâ (Unangam Tunuu)



U.S. Fish & Wildlife Service

Wild celery is an important Alaska Native medicine and food plant. It grows up to eight feet tall, bears small white flowers, and has a strong smell. It grows along the coast where it is moist and among the beach grasses.

**CAUTION:** Great care should be taken to identify wild celery correctly, because there are plants in the same family with similar-looking flowers that are deadly poisonous, such as water hemlock.

**PREPARATION:** The stems of wild celery can be eaten raw or cooked. They should always be peeled before consuming. It is a great replacement for regular celery in many recipes, stews, casseroles, and stir fries. It has a similar but much stronger taste than sea lovage.

*The dried stem of the plant was used as a drinking straw by new mothers in earlier days.*

## WILD CELERY NUTRITION INFORMATION\*

\*Nutrient data based on domestic celery



**HEART FRIENDLY**  
• Low calorie  
• Low in sodium

NUTRITION INFORMATION	
Per serving - 1 cup: cooked	
Calories	14
Protein	1 g
Carbohydrate	3 g
Fat	0
Calories from fat	0 %
Saturated fat	0
Dietary Fiber	1 g
Cholesterol	0
Sodium	68 mg
Vitamin A	87 IU
Vitamin C	5 mg
Iron	0



# Wild Rhubarb, Alaskan Rhubarb

NATIVE NAMES: Angukaq (Yup'ik),  
Tl'aak'wách' (Tlingit),  
Quuguulnaadaġ (Unangam Tunuu -  
Nikolski dialect)

Wild rhubarb is a large herb that can grow to over six feet tall. It is common in Western and Interior Alaska. It grows in woods and along streams in the inland area.

**PREPARATION:** Wild rhubarb is often used for rhubarb in many pie and jam recipes. Traditionally, the stems and leaves were boiled and eaten plain. Other popular ways to eat wild rhubarb include eating the raw tips with peanut butter, or cutting the wild rhubarb into green salads.

*"One food I still eat a lot of is cooked wild rhubarb mixed with blackberries. It has a lot of vitamins that are missing in our diet. It provides good nourishment. I learned from my mother, mother-in-law and other elders about the greens that are edible and most importantly, when to pick them. Wild rhubarb grows along the bank of the lake where we have our summer camp. You have to pick them while they are young and tender."*

– Mary Schaeffer, Kotzebue



Alaska Plant Materials Center

# Wild Rice, Chocolate Lily, Indian Rice, Kamchatka Lily, Riceroor

NATIVE NAMES:  
Laaqaq (Aleut), Koox (Tlingit)

Wild rice is found along the coast, stream banks, and marshy areas of Southcentral and Southeast Alaska, as well as the Aleutian Chain. It has a green stem and flowers that are dark purple or nearly black in color. Wild rice can grow 1 to 2 feet tall. It is harvested summer through fall. Wild rice has an aroma that is unforgettable.

**PREPARATION:** The bulb of the plant is the source of the rice. People usually dig with their hands to obtain the bulb. The Dena'ina use the bulb for food by breaking it apart and soaking it overnight to remove any bitter taste. They then boil it about 1 hour and then pour off the water. It is mixed with any kind of oil before eating. Wild rice can also be eaten raw or dried, and is used in casseroles, soups, and stews, or as a side dish.

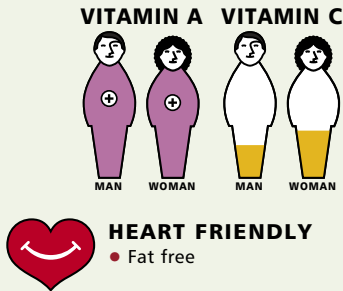
– Taniana Plant Lore



Robert Gorman

## WILD RHUBARB NUTRITION INFORMATION

Wild rhubarb is an excellent source of Vitamins A & C



NUTRITION INFORMATION	
Per serving - 1 cup: leaves	
Calories	49
Protein	3 g
Carbohydrate	8 g
Fat	0
Calories from fat	0 %
Saturated fat	NT*
Dietary Fiber	NT*
Cholesterol	NT*
Sodium	NT*
Vitamin A	3584 IU
Vitamin C	26 mg
Iron	NT*

\*Not Tested

## NO NUTRITION INFORMATION AVAILABLE

## Willow Leaves

NATIVE NAMES: Enrilnguaq (Yup'ik),  
Ch'áal' (Tlingit)

There are many different types of willow in Alaska. Some willow are bitter and regarded as inedible, but all are safe to eat. One favorite to eat is Surah, which has a refreshing aftertaste. Look for leaves that are long and narrow, smooth on both sides, with smooth margins and a darker shade of green above. The bark of many willows is bitter tasting due to the natural aspirin it contains. Herbalists find willow bark teas, tinctures and salves to be effective and lack the side effects of the synthetic drug. The willow is a favorite food of moose.



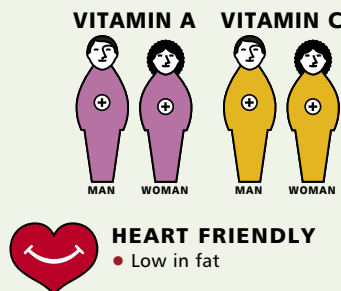
Alaska Plant Materials Center

**PREPARATION:** Pick willow leaves in early spring when bright green and 1/2 - 1 1/2 inch long. Nibble leaves as a snack, or add to salads, sandwiches, or casseroles.

*"In the spring, the wild willow leaves start sprouting. That is one of the best times to pick the leaves. After picking, we soak the them in seal oil in jars for use as a side dish in the summer."*  
— Emily Hughes, Teller

### WILLOW LEAF NUTRITION INFORMATION

Willow leaf is an excellent source of Vitamins A & C



NUTRITION INFORMATION	
Per serv. - 1 cup: young leaves, chopped	
Calories	67
Protein	3 g
Carbohydrate	11 g
Fat	1 g
Calories from fat	12 %
Saturated fat	NT*
Dietary Fiber	NT*
Cholesterol	NT*
Sodium	NT*
Vitamin A	10285 IU
Vitamin C	105 mg
Iron	1 mg

\*Not Tested

## Stinkweed, Wormwood, Caribou Leaves, Alaskan Sage

NATIVE NAMES:

Caiggluk (Yup'ik), Charighik (Inupiaq)



Alaska Plant Materials Center

Stinkweed can be found in northern communities along the Arctic Ocean and Bering Sea, and southward along Southeast's Northern Panhandle. It can grow 1 to 3 feet tall, has narrow leaves yellow-green to brown in color, with a silvery underside and ball shaped flowers. Stinkweed has a distinct minty smell, hence the name "stinkweed." It has both medicinal and food use: the leaves are harvested before the plant flowers for use as a spice, with leaves and flowers harvested for medicinal use.

**CAUTION: Consuming large quantities can affect the central nervous system causing convulsions, and comas. The plant should be avoided by pregnant or breast-feeding women.**

**PREPARATION:** Stinkweed is very bitter. Its leaves can be dried and used as a spice. Leaves and flowers can be finely chopped and boiled until dark for a medicinal tea. Other traditional methods include wetting the stinkweed and applying directly to sores and cuts. It can also be wrapped around a hot pad to treat an earache.

*Alaska Natives have long known the medicinal qualities of stinkweed. Stinkweed teas are used to fight infection from colds, the flu, a sore throat, and upset stomachs. It is also applied externally as a treatment for body aches, cuts, rashes, and sores. Bristol Bay residents tie stinkweed into bundles and slap against the body during steam baths to relieve pain.*

*Stinkweed is not regarded as a food. However its popularity with Alaska Natives as a traditional medicinal plant is the reason it is included in this guide.*

**NO NUTRITION INFORMATION AVAILABLE**

# Other Foods

## Sailor Boy Pilot Bread, *Pilot Boy Crackers*

NATIVE NAMES: Cugg'aliq (Yup'ik)

According to Tlingit elders, Pilot Bread was introduced along with sugar and rice with the arrival of the first white men by ship. It continues to be a staple for many families today.



**PREPARATION:** Serves as a hand-held base for many foods, keeps a long time, and travels well. Pilot bread, dried fish, and tea are common foods to take hunting and fishing.

*Alaskans may not live by Pilot Bread alone, but they profess an unmatched devotion to the round, durable, unsalted crackers that are the staff of life for villagers, cabin-dwellers and a few city-folk. One elder would eat Pilot Bread every day if he could, "I like that whipped cheese on it, but I have to drive 34 miles to buy it, so I don't always have it". Another likes "eating it in soup, like moose soup or something".*

– Anchorage Daily News, November 6, 2007

### PILOT BREAD NUTRITION INFORMATION



**HEART FRIENDLY**

• Low in sodium

NUTRITION INFORMATION	
Per serving - 25 g: 1 piece	
Calories	100
Protein	2 g
Carbohydrate	18 g
Fat	3 g
Calories from fat	20 %
Saturated fat	0
Dietary Fiber	1 g
Cholesterol	0 g
Sodium	130 mg
Vitamin A	0 IU
Vitamin C	0 g
Iron	1 mg



# Eskimo Ice Cream

NATIVE NAMES: Akutaq (Yup'ik), Akutuq (Iñupiaq)

Eskimo ice cream, or akutaq, is made for special occasions: celebrations, funerals, when a boy gets his first animal, and holidays. Akutaq (pronounced A-GOO-DUK) is Yu'pik and means “blended one” or “mix them together.” Recipes differ from one Alaska region to another, and it is typically made with Crisco, berries, ground fish, or seal oil.

**PREPARATION:** Many foods can be combined to make Eskimo ice cream, such as berries, fish, or meat can be added to make it a dessert, a meal. Eskimo ice cream is an excellent trail food since it packs easily and can be eaten frozen.

*Eskimo ice cream is a well-known Alaska Native favorite. In times past hunters would bring “akutaq” along with them on hunting trips as a survival food.*



Patricia Bunyan

## ESKIMO ICE CREAM NUTRITION INFORMATION

\* Detailed nutrients of the five usual ingredients: a hard fat like back fat, a soft fat like seal oil or vegetable oil, liquid like water or juice, sweetening, and other foods like berries, fish, or greens.

NUTRITION INFORMATION	
Per serving - 1/2 cup: Salmonberry Agutak	
Calories	331
Protein	1 g
Carbohydrate	16 g
Fat	30 g
Calories from fat	82 %
Saturated fat	7 g SFA
Dietary Fiber	1 g
Cholesterol	0
Sodium	30 mg
Vitamin A	23 RE
Vitamin C	1 mg
Iron	1 mg

# Akutaq (Eskimo Ice Cream)

Akutaq is a Yup'ik word that means “mix them together”, but white men called it “Eskimo Ice Cream.” Akutaq is made in many different ways. This recipe was made by Natives a long, long time ago for survival. When Natives went out to go hunting, they brought along akutaq. Akutaq can also be made with moose meat and fat, caribou meat and fat, fish, seal oil, berries.

This was a healthy and tasty treat for Alaska Natives a long time ago; they never used sugar. Each family makes akutaq a little differently. This is how my family makes our akutaq. There aren't any real instructions on how to make this recipe because we make it the way we were taught and we pass it down to our kids that way.

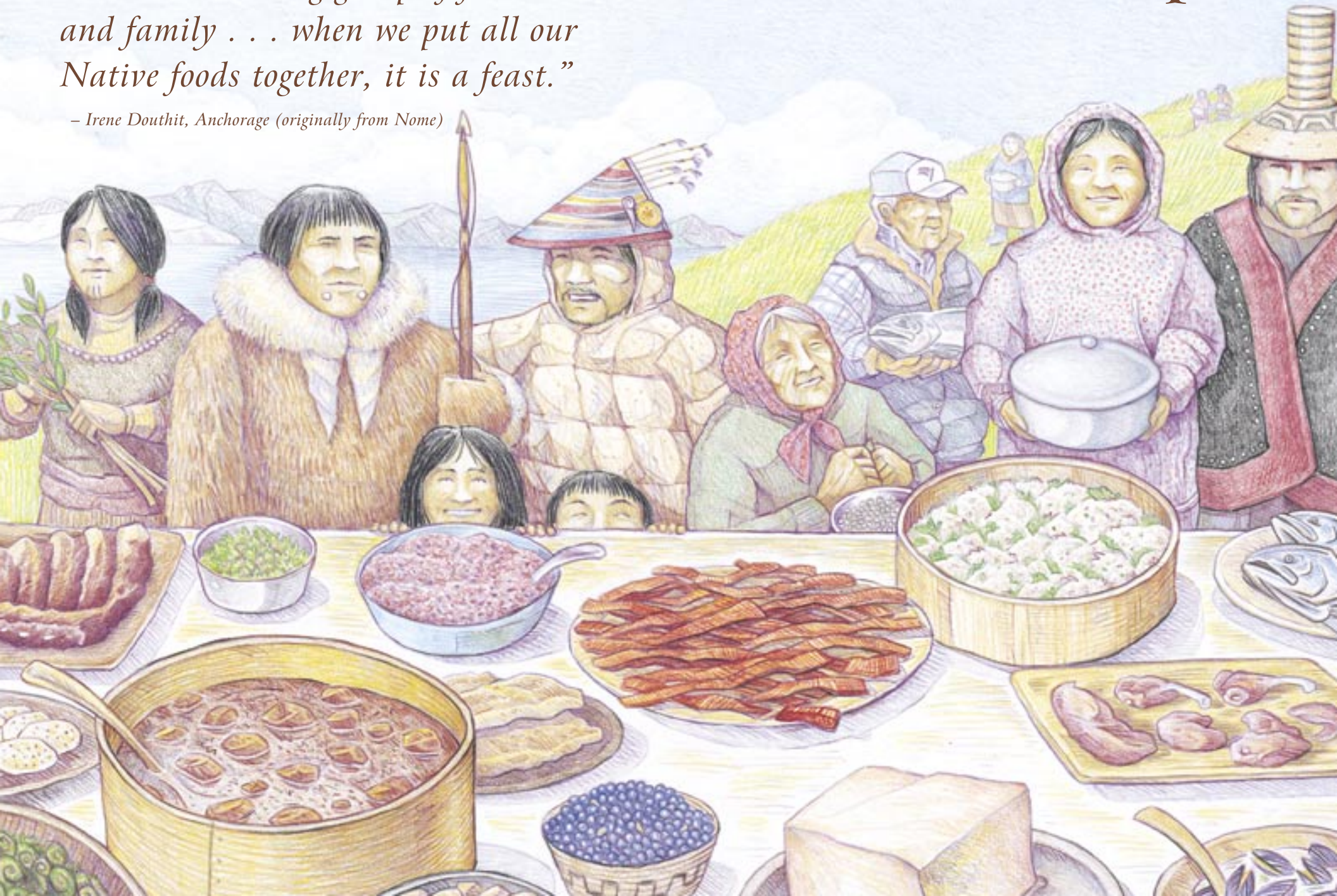
The traditional way to make akutaq is to let them watch and learn. And when we are done making it, we draw a shape of a cross in the middle of the akutaq with our finger. Then we take each type of berry from the akutaq (unless there is only one type of berry) and a pinch of the mixture and throw it into the fire. When I do that, I have to say, “Tamarpeci nerluci.” In English it means “All of you eat!”



*“Native food tastes better when it is eaten with a big group of friends and family . . . when we put all our Native foods together, it is a feast.”*

*– Irene Douthit, Anchorage (originally from Nome)*

# Recipes



## RECIPE TABLE OF CONTENTS

Arctic Fajitas	113
Moose Meat, Gravy and Rice	114
Caribou Soup	115
Caribou Stew	116
Quick Caribou Taco Soup	116
Grilled Caribou or Moose Marinade	117
Baked Moose Bones	117
Beaver Pot Roast	118
Baked Spring Squirrel or Muskrat	118
Duck Soup	119
Breast of Duck	119
Baked Ptarmigan	120
Seagull Egg Pie	120
Sheefish Chowder	121
Herring Egg Salad	121
Akutaq with Seal Oil	122
Baked Whitefish	122
King Salmon Roast	123
Salmon Bake	123
Easy Fish Pie	124
Boiled Fish	124
Pallas Buttercups, Salmon and Rice	125
Humpy & Sea Lovage Soup	125
Beach Asparagus with Parmesan	126
Rhubarb Crisp	126
Oven Roasted Kelp Chips	127
Ribbon Seaweed Chips	127
Seaweed Rice Balls	128
Roasted Seaweed Popcorn	128
Cranberry Nut Bread	129

## Arctic Fajitas

### INGREDIENTS:

1 to 2 lb moose, caribou, reindeer, or musk ox meat

1 green pepper

1 medium onion

Soy sauce to taste

1 medium tomato

Sour cream or yogurt for topping

Salt and pepper to taste

2-3 cloves crushed garlic

Additional spices as desired

Fresh flour tortillas or whole wheat flour tortillas

NUTRITION INFORMATION	
Makes 8 fajitas. Per fajita:	
Calories	306
Protein	25.1 g
Carbohydrate	29.4 g
Fat	9.6 g
Saturated fat	2.7 g
Dietary Fiber	0.8 g
Cholesterol	76.6 mg
Sodium	557 mg
Vitamin A	260.4 IU
Vitamin C	19.9 mg
Iron	5.3 mg

**INSTRUCTIONS:** Slice meat in the thinnest strips possible (partially frozen meat makes this easier). Fry meat in oil in skillet till brown, Add salt, pepper, garlic, and a dash of soy sauce. Add peppers and cook until peppers are half cooked. Put your hot filling in a fresh tortilla; add fresh tomatoes, onions and sour cream.

– From “Build Strong Families - Arctic Home Cooking”, 2nd Edition,  
by Maniilaq Association Employees, Kotzebue, Alaska



# Moose Meat, Gravy and Rice

## INGREDIENTS:

- 1 lb moose meat
- 1 teaspoon garlic powder
- Salt to taste
- Pepper to taste
- 3 to 4 cups water
- ¼ cup soy sauce
- 1 bunch broccoli
- ½ bunch cauliflower
- 1 small can mushrooms
- 4 tablespoon cornstarch (or flour)
- ½ cup water

NUTRITION INFORMATION	
Serves 4. Per serving:	
Calories	357
Protein	35.5 g
Carbohydrate	50.8 g
Fat	2.7 g
Saturated fat	0.4 g
Dietary Fiber	7.1 g
Cholesterol	61.3 mg
Sodium	1082.5 mg
Vitamin A	956.3 IU
Vitamin C	173.6 mg
Iron	7.2 mg

**INSTRUCTIONS:** Cut meat into bite size pieces and brown in a large fry pan. Add salt, pepper and garlic powder. When meat is well done and brown, add water and soy sauce; bring to a boil, then let simmer 45 minutes to one hour. Cut vegetables into bite size pieces and add to meat. Let simmer for 15 minutes. Mix cornstarch into ½ cup water. Mix very well and add to meat. And vegetables, stirring constantly until desired thickness. Cook for about 5 minutes or until gravy is done. Serve over steamed rice.

– From “Build Strong Families - Arctic Home Cooking”, 2nd Edition,  
by Maniilaq Association Employees, Kotzebue, Alaska

# Caribou Soup

## INGREDIENTS:

- 1 gallon ziplock bag of caribou
- 3-4 tablespoons cooking oil
- Chopped onions to taste
- Chopped carrots
- Chopped celery
- 1 cup rice
- 1 cup macaroni/noodles
- 1 tablespoon parsley
- Garlic salt, to taste
- Onion salt to taste
- 1 tablespoon curry (optional)
- 1 large pot of water
- Salt and pepper to taste

NUTRITION INFORMATION	
Per 1 cup serving:	
Calories	98.4
Protein	9.1 g
Carbohydrate	11.5 g
Fat	1.7 g
Saturated fat	0.02 g
Dietary Fiber	0.24 g
Cholesterol	
Sodium	173.3 mg
Vitamin A	3856.8 IU
Vitamin C	3.6 mg
Iron	0.5 mg

**INSTRUCTIONS:** Cut the caribou meat into bite size pieces. Can use ribs, backbones or any pieces of meat with bones. Sauté in pot with cooking oil. Sprinkle a little bit of meat tenderizer if needed. Add salt, garlic salt, onion salt, and parsley flakes. Pepper is optional. Add onion, celery, and carrots, then sauté in oil with meat. Cook until meat is brown, about a half hour. Add about 2 ½ quarts water to cover meat and vegetables. Boil for one hour; stir to prevent sticking. Salt to taste. Add potatoes, rice, and macaroni; cook another half hour on low simmer.

– From “Build Strong Families - Arctic Home Cooking”, 2nd Edition,  
by Maniilaq Association Employees, Kotzebue, Alaska

## Caribou Stew

*By Jeannette M. Smith, Wasilla (originally from Hooper Bay)*

### INGREDIENTS:

1 pound caribou meat  
 3 medium potatoes  
 1 onion (chopped)  
 1 package mixed vegetables  
 1 can of tomatoes  
 1 tablespoon beef soup seasoning base  
 1/2 teaspoon Tabasco pepper sauce  
 3 tablespoons Spike seasoning  
 Rice

**INSTRUCTIONS:** Boil caribou for 30 minutes. Add rest of ingredients and seasoning to taste. Simmer for 1 hour.

## Quick Caribou Taco Soup

*By Jeannette M. Smith, Wasilla (originally from Hooper Bay)*

### INGREDIENTS:

2 lbs. ground caribou  
 1 chopped onion  
 2 cans diced tomatoes and green chilis  
 2 cans whole kernel corn  
 2 cans ranch style beans  
 1 package taco seasoning  
 1 package ranch dressing mix  
 Grated cheese

**INSTRUCTIONS:** Brown ground meat with onion until the meat is brown and onion is clear. Drain the grease. Put in a large pot and add the rest of the ingredients. Simmer 15 - 20 minutes. Serve with oyster crackers or tortilla chips and grated cheese.

## Grilled Caribou or Moose Marinade

*By Jeannette M. Smith, Wasilla (originally from Hooper Bay)*

### INGREDIENTS:

Caribou or moose steaks  
 2/3 cup soy sauce  
 1/4 cup olive oil  
 6 garlic cloves (cut or minced)  
 2 teaspoons ground ginger  
 2 teaspoons dry mustard  
 2 tablespoons molasses  
 Bacon

**INSTRUCTIONS:** Mix soy sauce, oil, garlic, ginger, mustard, and molasses. Place thick bacon around the steak and hold in place with tooth picks. Brine for an hour or overnight then cook on a grill.

## Baked Moose Bones

*By Natasha Nelson, Ekwok*

### INGREDIENTS:

2 lbs. moose bones (or caribou bones)  
 3 small potatoes, peeled and diced  
 4 stalks celery  
 4 carrots  
 Medium onion

**INSTRUCTIONS:** Put the bones in a roasting pan. Peel and dice the potatoes and carrots, and chop the celery and onion. Add the vegetables and some water to the pan. Bake moose bones for two hours at 400 ° F. Bake caribou bones at 375 ° F for one to two hours.

## Beaver Pot Roast

### INGREDIENTS:

Beaver  
Flour  
2 small onions  
2 bay leaves  
Salt and pepper

NUTRITION INFORMATION	
Serves 4. Per serving:	
Calories	218.8
Protein	28.7 g
Carbohydrate	11.5 g
Fat	5.6 g
Saturated fat	*
Dietary Fiber	1 g
Cholesterol	*
Sodium	59.5 mg
Vitamin A	10.75 IU
Vitamin C	5 mg
Iron	8.5 mg

\*Missing nutrient information

**INSTRUCTIONS:** Cut small beaver hindquarters into pieces. Dip in flour and brown in a dutch oven. Add onions and bay leaves. Add salt and pepper to taste. Cover and let cook until fork tender.

– From “Out of Alaska’s Kitchens”, 1961

## Duck Soup

### INGREDIENTS:

1-2 ducks, plucked, cleaned, and cut up  
Fresh or dried onion  
Salt and pepper to taste  
1 handful of rice  
1 handful or macaroni

NUTRITION INFORMATION	
Serves 6. Per serving:	
Calories	219.5
Protein	15.2 g
Carbohydrate	11.1 g
Fat	12.3 g
Saturated fat	4 g
Dietary Fiber	0.5 g
Cholesterol	63.7 mg
Sodium	239.3 mg
Vitamin A	71 IU
Vitamin C	5.2 mg
Iron	3.9 mg

**INSTRUCTIONS:** In a large pot, boil all parts, including feet, head, gizzard, heart, and liver. Boil 1/2 hour, then add 1 onion or dried onion to taste. Add uncooked rice and macaroni. Cook slowly until rice is cooked, about 45 minutes.

– From “Out of Alaska’s Kitchens”, 1961

## Baked Spring Squirrel or Muskrat

### INGREDIENTS:

3-4 Spring squirrels or muskrats, skinned and gutted  
1/2 onion  
Salt and pepper to taste  
Garlic powder to taste  
Butter

NUTRITION INFORMATION	
Serves 6. Per serving:	
Calories	302.5
Protein	31.7 g
Carbohydrate	1.5 g
Fat	18.1 g
Saturated fat	3.7 g
Dietary Fiber	0.3 g
Cholesterol	15.3 mg
Sodium	359.2 mg
Vitamin A	178.3 IU
Vitamin C	8.6 mg
Iron	10 mg

**INSTRUCTIONS:** Put the cleaned squirrel/muskrat in a baking pan lined with tin foil. Pat with butter, salt, pepper, and garlic to taste. Add onion chunks. Bake, uncovered, until browned and crispy at 350° F, for 30 minutes to an hour, depending on your stove. Serve with baked potatoes and/or carrots. The old timers ate them. They taste like springtime!

## Breast of Duck

### INGREDIENTS:

Duck breasts  
Salt and pepper  
Flour  
Butter

NUTRITION INFORMATION	
Serves 4. Per serving:	
Calories	204.8
Protein	15.7 g
Carbohydrate	8.2 g
Fat	12 g
Saturated fat	6.5 g
Dietary Fiber	0.4 g
Cholesterol	79.3 mg
Sodium	103 mg
Vitamin A	305.8 IU
Vitamin C	4.6 mg
Iron	3.9 mg

**INSTRUCTIONS:** Combine salt, pepper and flour and then coat breasts well in mixture. Arrange in shallow pan or roaster. Dot breasts with butter. Place in hot oven at 450° to 500° F. Cook 20 to 30 minutes, basting often. Reduce heat and cook longer, if well done meat is preferred.

– From “Out of Alaska’s Kitchens”, 1961



# Baked Ptarmigan

INGREDIENTS:

- 3 lb ptarmigan
- 1/2 cup water
- 2 tablespoons vegetable oil
- 2 small potatoes
- 1 sliced onion, raw
- 1/2 cup carrots, raw

NUTRITION INFORMATION	
Serves 4. Per serving:	
Calories	285.8
Protein	30.5 g
Carbohydrate	17.7 g
Fat	9.4 g
Saturated fat	0.5 g*
Dietary Fiber	3.1 g
Cholesterol	22.9 mg
Sodium	308 mg*
Vitamin A	3160.9 IU
Vitamin C	19.9 mg
Iron	7.5 mg

\*Missing nutrient information

**INSTRUCTIONS:** Place cleaned ptarmigan in a deep baking dish with a cover. Add a little bit of oil and water. Arrange freshly cut vegetables, like potatoes, onion, carrots, or your favorite vegetables, around the sides of the dish. Season to taste. Bake until tender.

– From “Out of Alaska’s Kitchens”, 1961

# Seagull Egg Pie

INGREDIENTS:

- 2 Seagull eggs
- 1 teaspoon vanilla
- 2 1/2 cups milk
- 1/2 cup sugar
- Dash of salt
- Nutmeg
- Unbaked pie shell

NUTRITION INFORMATION	
Serves 8. Per serving:	
Calories	302
Protein	23.5 g
Carbohydrate	2.7 g
Fat	22.3 g
Saturated fat	7.6 g
Dietary Fiber	0.5 g
Cholesterol	92.3 mg
Sodium	407 mg
Vitamin A	781.5 IU
Vitamin C	1.2 mg
Iron	1.1 mg

**INSTRUCTIONS:** Beat eggs, sugar, salt, vanilla together. Add milk and beat for 5 minutes. Place in unbaked pie shell and sprinkle with nutmeg, before putting in oven. Bake for 45 minutes at 400° F.

– From “Out of Alaska’s Kitchens”, 1961

# Sheefish Chowder

INGREDIENTS:

- Sheefish
- Salt to taste
- Onion
- Flour
- Carrots, if desired

NUTRITION INFORMATION	
Serves 5. Per serving: *	
Calories	127.8
Protein	20.8 g
Carbohydrate	5.2 g
Fat	2.7 g
Saturated fat	0.4 g
Dietary Fiber	0.8 g
Cholesterol	50.8 mg
Sodium	289.2 mg
Vitamin A	2139.4 IU
Vitamin C	2 mg
Iron	0.7 mg

**INSTRUCTIONS:** Skin and clean fish while frozen. Boil with salt and remove bones. Flake it, add salt and onions. Thicken with flour. Add carrots if desired.

– From “Out of Alaska’s Kitchens”, 1961

# Herring Egg Salad

By Eleanor Batchelder, Anchorage (originally from Juneau)

INGREDIENTS:

- 1-2 cups herring eggs
- Lettuce or baby greens, washed and dried
- 1/4 cup carrots, grated
- 1 1/2 green onions, finely sliced
- 1/4 cup radishes, thinly sliced
- 1-2 tomatoes, diced

**INSTRUCTIONS:** Mix lettuce or baby greens, carrots, green onions, radishes, and tomatoes together well. Add one to two cups of cooked, cooled herring eggs. Make sure the herring eggs are nice sized portions, rather than clumps of eggs. You can add light canola mayonnaise or a salad dressing of your choice.

# Akutaq

(with seal oil)

INGREDIENTS:

- 6 cup berries
- ½ cup seal oil
- ½ cup shortening (Crisco)
- 1 cup sugar

**INSTRUCTIONS:** Mix the fat with the sugar. Add the berries.

– From “Alaska Native Nutrient Book”, Elizabeth Nobmann

NUTRITION INFORMATION	
Per 1/2 cup serving:	
Calories	296
Protein	2.2 g
Carbohydrate	27.5 g
Fat	21.6 g
Saturated fat	3.8 g
Dietary Fiber	
Cholesterol	7.9 mg
Sodium	1.2 mg
Vitamin A	852 IU
Vitamin C	136.6 mg
Iron	0.7 mg

# Baked Whitefish

INGREDIENTS:

- 1 medium sized whitefish
- 1 medium onion
- Salt and pepper
- 1½ cup rice
- 3½ cup water

**INSTRUCTIONS:** Clean and scale fish. Lay fish down. Put onion inside fish. Add rice and water with fish. Bake at 350° F for 40 minutes. Do not overbake.

– From “The Alaskan Grub Box” by Sis Laroux

NUTRITION INFORMATION	
Serves 6. Per serving:	
Calories	331.8
Protein	24.9 g
Carbohydrate	40.5 g
Fat	7.2 g
Saturated fat	1.6 g
Dietary Fiber	1.1 g
Cholesterol	62.3 mg
Sodium	252.8 mg
Vitamin A	612.8 IU
Vitamin C	1.4 mg
Iron	2.5 mg

# King Salmon Roast

INGREDIENTS:

- Salt and pepper
- 1 teaspoon dry mustard
- 1/2 cup sliced onion
- 3 tablespoons melted butter or olive oil

**INSTRUCTIONS:** Remove the scales from the salmon and cut a piece suited to your family. Wash fish in clear, cold water with a teaspoon of table salt added. Wipe dry on a paper towel. Place salmon in a small roaster, or an oblong bread pan with 1 1/2 cups cold water; salt and pepper and 1 teaspoon of dry mustard sprinkled over the fish, plus 1/2 cup sliced onion and 3 tablespoons of melted butter or oil. Roast in oven 1 1/2 hours or until done.

– From “Out of Alaska’s Kitchens”, 1961

# Salmon Bake

By Jeannette M. Smith, Wasilla (originally from Hooper Bay)

INGREDIENTS:

- 1 to 2 fillet of salmon
- 1 to 3 tablespoons of mayonnaise or mustard
- Spike seasoning to taste
- Garlic seasoning to taste
- Bacon and onions to taste

**INSTRUCTIONS:** Cover the salmon with mayonnaise or mustard and seasonings. Add bacon and onion as desired on top. Cook covered at 350° with foil for about 20 mintues. Remove foil and bake another 20 minutes.

# Easy Fish Pie

INGREDIENTS:

- ¼ lb cabbage, shredded
- 1 large carrot, chopped
- 1 large onion, chopped
- 2 tablespoons shortening
- 2 tablespoons butter
- Salt and pepper
- 1 lb salmon, skinned and boiled (easier to debone when cooked)
- 1 cup cooked rice
- Pie crust

**INSTRUCTIONS:** Combine cabbage, carrot, and onion; simmer all vegetables in shortening and butter until tender. Add salt and pepper. In a 9x13 inch pan, line the bottom of the pan with pie crust. Leave some dough for top. Preheat oven to 350°. Line pan with crust and place ½ the rice on the bottom crust, then ½ the cooked vegetables, then add salmon (next layer). Add the rest of the vegetables and the remainder of the rice and the top crust.

Halibut is also very good in fish pie, but do not overcook. Canned salmon can also be used. Mix the rice with the vegetables, spread on bottom crust, fill, then add top crust. Bake 45 minutes.

– From “The Alaskan Grub Box”, by Sis Laroux

NUTRITION INFORMATION	
Serves 5. Per serving:	
Calories	306.6
Protein	28.8 g
Carbohydrate	18.1 g
Fat	18.2 g
Saturated fat	6 g*
Dietary Fiber	1.7 g
Cholesterol	63.8 mg
Sodium	352 mg*
Vitamin A	2670 IU
Vitamin C	12.2 mg
Iron	1.5 mg

# Boiled Fish

INGREDIENTS:

- Whitefish, or other small fish
- Salt
- ½ cup onion

**INSTRUCTIONS:** Scale and clean fish. Cut up and put in a kettle of water with salt and boil until done. Drain and serve with raw onions.

– From “Out of Alaska’s Kitchens”, 1961

NUTRITION INFORMATION	
Serves 4. Per serving:*	
Calories	154
Protein	21.6 g
Carbohydrate	1.3 g
Fat	6.9 g
Saturated fat	1.6 g
Dietary Fiber	0.3 g
Cholesterol	62.3 mg
Sodium	349 mg
Vitamin A	611.8 IU
Vitamin C	1.1 mg
Iron	0.4 mg

# Pallas Buttercups, Salmon and Rice

INGREDIENTS:

- 2 lbs Pallas Buttercups
- 2 fillets of salmon
- 4 oz. seal oil
- 2 cups long grain white rice

**INSTRUCTIONS:** Boil fresh fish in water. Take 1/2 of broth from boiled fish and put into another pan. Boil buttercups in the broth. Eat with seal oil on top and serve with rice and fish.

– From “Out of Alaska’s Kitchens”, 1961

NUTRITION INFORMATION	
Serves 6. Per serving:	
Calories	491
Protein	36.3 g
Carbohydrate	26 g
Fat	28.1 g
Saturated fat	4.1 g
Dietary Fiber	*
Cholesterol	68.6 mg
Sodium	68.7 mg
Vitamin A	8448.9 IU
Vitamin C	55.6 mg
Iron	6 mg

\*Missing nutrient information

# Humpy & Sea Lovage Soup

by Irene Douthit, Anchorage (originally from Nome)

INGREDIENTS:

- Couple of humpies
- 1 teaspoon salt
- 1/2 cup sea lovage
- 1 onion, chopped

**INSTRUCTIONS:** Cut the cleaned humpies into thirds, heads and all. Place in pot and cover with water. Add salt to taste. Boil for 15-20 minutes. Add the sea lovage. Serve the broth in cups and fish on a plate, with seal oil on the side. Yummy!



# Beach Asparagus with Parmesan

INGREDIENTS:

- 2 cups beach asparagus, fresh or canned
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon lemon juice
- 1/2 cup parmesan, shredded
- Black pepper, ground

NUTRITION INFORMATION	
Serves 4. Per serving:	
Calories	109.7
Protein	4.3 g
Carbohydrate	1.8 g
Fat	9.6 g
Saturated fat	2.7 g
Dietary Fiber	0.1 g*
Cholesterol	7.25 mg
Sodium	181.6 mg
Vitamin A	593.3 IU
Vitamin C	0.7 mg
Iron	0.5 mg

\*Missing nutrient information

**INSTRUCTIONS:** If the asparagus is fresh, blanch for one minute in unsalted boiling water. If asparagus is canned, heat it in small pan for 5 minutes. Drain and place in a serving bowl. Make a dressing with olive oil and lemon juice, and spoon over the warm beach asparagus. Sprinkle with parmesan and ground black pepper. Serve warm.

– From “Common Edible Seaweeds in the Gulf of Alaska”, by Dolly Garza

# Rhubarb Crisp

INGREDIENTS:

- 4 cups rhubarb, cut up
- 1/2 lb butter
- 1 cup flour
- 2 cups sugar
- 1/2 teaspoon cinnamon

NUTRITION INFORMATION	
Serves 9. Per serving:	
Calories	414
Protein	2.1 g
Carbohydrate	57.6 g
Fat	20.6 g
Saturated fat	13 g
Dietary Fiber	1.4 g
Cholesterol	54 mg
Sodium	147.1 mg
Vitamin A	683.3 IU
Vitamin C	4.3 mg
Iron	0.8 mg

**INSTRUCTIONS:** Mix butter, flour, sugar, and cinnamon until crumbly. Scatter over rhubarb. Bake in a moderate oven until the rhubarb is well done.

– From “Out of Alaska’s Kitchens”, 1961

# Oven Roasted Kelp Chips

INGREDIENTS:

- Kelp

**INSTRUCTIONS:** Roast kelp strips in an oven at 200° F for 5 to 10 minutes, or until seaweed turns green. Remove, cool, and eat.

– From “Common Edible Seaweeds in the Gulf of Alaska”, by Dolly Garza

NUTRITION INFORMATION	
Per 1 cup serving:	
Calories	42
Protein	3 g
Carbohydrate	8 g
Fat	0 g
Saturated fat	0 g
Dietary Fiber	4 g
Cholesterol	0 mg
Sodium	163 mg
Vitamin A	3 IU
Vitamin C	1 mg
Iron	1.5 mg

# Ribbon Seaweed Chips

INGREDIENTS:

- Ribbon Seaweed

**INSTRUCTIONS:** Put some ribbon seaweed in a shallow pan and roast it at 125°-175° F for about 5 minutes. Remove from oven and allow to cool. It will crisp up as it cools. It has its own salt and flavor, so there is no need to add seasonings!

– From “Common Edible Seaweeds in the Gulf of Alaska”, by Dolly Garza

NUTRITION INFORMATION	
Per 1 cup serving:	
Calories	42
Protein	3 g
Carbohydrate	8 g
Fat	0 g
Saturated fat	0 g
Dietary Fiber	4 g
Cholesterol	0 mg
Sodium	163 mg
Vitamin A	3 IU
Vitamin C	1 mg
Iron	1.5 mg

## Seaweed Rice Balls

### INGREDIENTS:

- 2 tablespoons honey
- 4 tablespoons soy sauce
- 2 Tablespoons sesame oil
- 1/4 teaspoon ground ginger
- 8 cups cooked rice
- 1/3 cup sesame seeds
- 2 cups roasted black seaweed, crushed

NUTRITION INFORMATION	
Per 1 cup serving:	
Calories	42
Protein	3 g
Carbohydrate	8 g
Fat	0 g
Saturated fat	0 g
Dietary Fiber	4 g
Cholesterol	0 mg
Sodium	163 mg
Vitamin A	3 IU
Vitamin C	1 mg
Iron	1.5 mg

**INSTRUCTIONS:** In a small bowl, mix honey, soy sauce, sesame oil, and ginger. In large bowl, mix rice with sesame seed and then add the marinade. Add the crushed black seaweed (reserving a small amount to use as garnish). Form 1-inch balls. Place on a platter and sprinkle lightly with crushed black seaweed. You can also serve as a rice dish, without making the balls.

– From “Common Edible Seaweeds in the Gulf of Alaska”, by Dolly Garza

## Roasted Seaweed Popcorn

### INGREDIENTS:

Black Seaweed

**INSTRUCTIONS:** Fill a shallow pan with a single layer of black seaweed. Roast in an oven at around 175° F for 10 minutes. Check to see if it is roasted by trying to bend and snap a piece. If it snaps, it is ready to munch on like popcorn. Roasted seaweed may act as a laxative if you eat too much at once.

– From “Common Edible Seaweeds in the Gulf of Alaska”, by Dolly Garza

## Cranberry Nut Bread

*By Judi Christiansen, Seward*

### INGREDIENTS:

- 2 cups flour
- 1 cup sugar
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup margarine
- ¾ cup orange juice
- 1 tablespoon grated orange rind
- 1 egg, well beaten
- ½ cup chopped walnuts
- 1 ½ cup wild cranberries

**INSTRUCTIONS:** Mix together first five ingredients, cut in margarine until mixture resembles course corn meal. Combine orange juice and rind with egg and pour into dry mixture. Mix just until damp, fold in nuts and berries. Spoon into sprayed pan. Bake one hour at 350° F, or until bread springs back when lightly touched. Let set for five to ten minutes. Remove from pan to cool.

# MOOSE & CARIBOU PARTS

**Head** The head is one of the best parts of a moose. Nearly all its tissues and meat are eaten, except for the glands which are not used from any animal. Head meat is very rich and is usually cut from the skull for cooking “moosehead soup” or “head cheese.” Sometimes an entire head is suspended over a campfire and roasted—this is a great delicacy.

**Nose** This is boiled, roasted in a campfire, or dried and then soaked and boiled for eating.

**Eyes** Eyeballs are not eaten, but surrounding tissues and fat are boiled and eaten. Fat is also dried or eaten raw.

**Ears** Cartilage at the base of the ears is boiled or roasted for eating.

**Tongue** Often eaten after boiling, roasting or drying.

**Lower jaw** The entire jaw is boiled then the meat and tissues are eaten. Marrow from inside the jawbone is also eaten. The lower jaw is tabooed for all except old men.

**Lips and mouth tissues** Cooked and eaten but the lower lip is tabooed for all except old men. Tabooed parts are not included in dishes such as moosehead soup.

**Head muscles** are cooked and eaten.

**Brain** used in preparing “head cheese” and in tanning hides.

**Neck** All meat from the neck is eaten, except that from the first joint, which is permitted only to old people beyond childbearing age. Like most taboos on food, this one is imposed to prevent undesirable characteristics in the user’s children. Often the penalty for eating tabooed foods is slowness or clumsiness.

**Shoulder blade** The shoulder meat is cooked or dried, and the moose’s scapula can be dried and used for a moose call.

**Foreleg** The upper leg muscles and lower leg muscles are cooked and dried. The marrow is eaten raw or cooked. Joints of the leg bones may be pulverized and boiled to obtain grease. The lower foreleg bone is fashioned into a scraper for removing fat from animal skins.

**Foot** Forefeet and hind feet are boiled and the tissues are eaten. The feet are tabooed for all except old people.

**Backbone** The meat is cooked or dried and is considered very high in quality. This is especially true for the anterior meat along the high shoulder vertebrae. The bones are not used, but the spinal cord is removed from the cooked vertebrae and eaten. The sinew is removed, dried and used for sewing. Back sinew is considered the best for sewing and making snares.

**Pelvis** The meat is highly esteemed and is prepared by cooking or drying.

**Tail** This is cooked and eaten but is tabooed for all except old people.

**Hindleg** The upper leg muscles are extremely valuable as food; the lower leg muscles are less preferred because they are too sinewy. The hind leg sinew can be used for sewing. The bones may be pulverized and boiled for grease, and the marrow is removed and eaten.

**Ribs** One of the best parts of moose or caribou. All rib meat is either dried or cooked, often for special events.

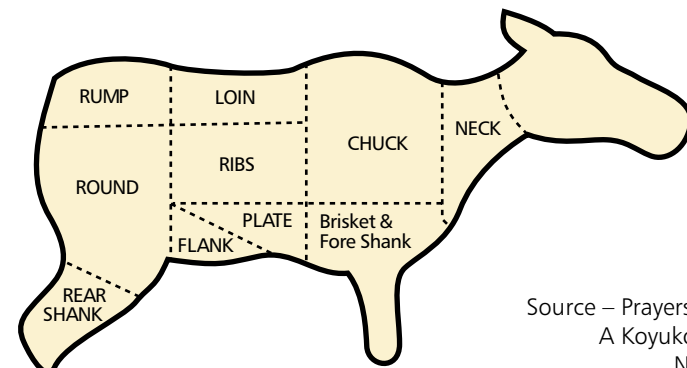
**Brisket** This is excellent meat, prepared by boiling.

**Belly meat** Dried, or boiled for a long period before eating. Considered a very good meat.

**Lungs** Sometimes cut into thin strips and boiled with meat; but primarily used for dog food.

**Liver** Cooked and eaten

**Large stomach** This is not eaten but may be filled with blood from the kill, frozen and then chopped up for dog food.



Source – Prayers to the Raven,  
A Koyukon View of the  
Northern Forest



## URBAN LIVING & SUBSISTENCE FOODS

Nowhere else in the United States is there such a strong reliance on traditional foods and non-food resources gathered from the land and sea as there is in Alaska. Eleven different Alaska Native cultures are spread across more than 200 urban and rural communities. Common ground shared by all of Alaska Native cultures is the importance traditional Native foods have in everyday living.

Alaskans living in rural areas harvest about 44 million pounds of wild food each year, an average of about 375 pounds per person. Urban Alaskans harvest about 10 million pounds of wild foods, an average of about 22 pounds per person. The highest amount of wild foods harvested per person occurs within Western and Interior Alaska.

With the mix of wild food available throughout our state, it is no wonder that traditional Native foods are shared through informal trade networks and exchanges between family and friends living in rural Alaska and their extended family living in more urban areas. It is not uncommon to trade a gallon Ziplock bag of salmonberries from the Yukon-Kuskokwim for some caribou or whale meat from the North Slope.

The large distances between family and friends and the desire to taste favorite Native foods from “back home” are commonly bridged through regular Native food gatherings with family, friends, and co-workers. Enjoying our traditional Native foods through sharing is what brings us together and connects us to our past.



## Alaska Natives living in Anchorage miss their traditional foods, but still find ways to get their favorite foods.

*“I miss whitefish and rhubarb akutaq. My cousins and I would go gather rhubarb and catch whitefish so our Ama (grandmother) would make us akutaq.”*

– Quentin Simeon, Anchorage (originally from Bethel, Aniak)

*“[I miss] the ease of access to [subsistence activities back home] the most. When you are at home, the store is your backyard, or just up or down the river. In Anchorage or in urban communities, the best places seem so far away, even if they are not. But [even more], the urban communities make you feel disconnected from the earth.”*

– Quentin Simeon, Anchorage (originally from Bethel, Aniak)

*“I go to Nome every summer and go to fish camp, go berry picking, and pick willow greens and sea lovage (tukkaayuk in Iñupiaq)... One of my favorite Native foods is fresh humpy soup with onion and tukkaayuks, served with seal oil... What I miss about living back home is going fishing for tomcod out at Nook. After the hole is chopped in the ice, you jig for just a bit, and pull out tomcod by the dozens. They insta-freeze, and we’d haul ‘em home, slice them up with an ulu, and eat them frozen with seal oil.”*

– Irene Douthit, Anchorage (originally from Nome)

*“My husband and son go out every summer, from May to October, in his home town on the lower Yukon and fish, and hunt moose and birds. So my freezer’s full at home.”*

– Ann Lawrence, Anchorage (originally from Mountain Village)

*"I fish and gather my own berries at least once a year. My family and friends bring in Native foods for me once or twice a year... I miss everything about home – poke fish (dry fish soaked in seal oil), dried seal meat, and the fresh fish gathered all summer long (whitefish and salmon). I really miss fresh fish and tundra greens (sourdock)."*

– Martha Ray, Anchorage (originally from Hooper Bay)

*"My mom, who is from Hooper Bay, hadn't been feeling well for awhile. She didn't have much of an appetite, and wasn't sleeping well. One day, a neighbor called to see if she wanted some cooked seal meat. She was so happy that they thought of her. She said she felt better after eating it – the seal meat "hit the spot," and helped her sleep better that night."*

– Karen Mitchell, Anchorage

*"Just this weekend we went picking blackberries up on Flattop. While there picking berries, we ran into family I hadn't seen in a long time. We had a wonderful time getting together. It was just like we were back home."*

– Laura M. Apatiki, Anchorage (originally from St. Lawrence Island)

*"I continue to live a subsistence life in the big city. I go salmon fishing every summer. And after that I pick berries, from salmonberries to cranberries until the snow falls."*

– Martha Ray, Anchorage (originally from Hooper Bay)

Bristol Bay residents gathering roe on kelp at Metervik Bay

Fritz Johnson



***Select values are from the Association of Alaska School Boards' Alaska Initiative for Community Engagement Traditional Values of Alaska poster:***

*"Respect all living things" – Saint Lawrence Island Yup'ik*

*"Respect the animals you catch for food" – Cup'ik*

*"Have respect for our land and its resources at all times" "Share with others whenever possible" "Learn hunting and outdoor survival skills" – Bristol Bay Yup'ik*

*"Take care of the land" "Take care of the sea/ocean"*

*– Unangax (Aleut)*

*"Live with and respect the land, sea, and all nature"*

*"Subsistence is sustenance for the life" – Unangan/Unangas*

*"Respect for land" "Respect for nature" "Practice of traditions" – Athabaskan*

*"A subsistence lifestyle, respectful of and sustained by the natural world" "Stewardship of the animals, land, sky and waters" "Respect for self, others and our environment is inherent in all of these values"*

*– Kodiak Alutiiq*

*"Respect for nature" "Hunter success"*

*– Northwest Arctic Iñupiaq*

*"Respect for nature – qiksriksrautiqaania Iñuuni-aavigmun" "Hunting traditions - a'yuniallaniq"*

*– North Slope Iñupiaq*

*"Respect for nature and property" "We are stewards of the air, land, and sea" – Southeast tribal values*



# GLOSSARY

**Appetite:** Hunger or the desire to eat food.

**Bone Marrow:** A sponge-like tissue found in most large bones. Bone marrow produces white blood cells, red blood cells and platelets.

**Bone Marrow/ Stem Cell Transplant:** A medical procedure where damaged bone marrow is destroyed by high doses of anti-cancer drugs or radiation and replaced with healthy stem cells (blood forming cells) of the patient or donated by another person.

**Botulism:** An illness caused by eating foods contaminated with a toxin, which can effect nerve function and have devastating effects on the body.

**Calorie:** A unit of measure, like gram or milligram, that represents the amount of energy our bodies get from food.

**Cancer:** A word for more than 100 different diseases in which abnormal cells divide without control or order.

**Carbohydrate:** The main source of food energy for the body. There are two types: complex carbohydrates (which includes fiber) and simple sugars.

**Chemotherapy:** A medical treatment where medications are given to a patient to destroy cancer cells.

**Cholesterol:** An essential part of every cell in our bodies. It is made by the body and found in the some of the foods we eat.

**Constipation:** Bowel movements which are hard, dry and difficult to pass.

**Cross-contamination:** The spread of harmful bacteria from one food to another by direct contact or by dirty cooking utensils or hands.

**Diarrhea:** Runny, watery bowel movements.

**Dietitian:** A health professional with special training in nutrition, who can give advice on what and when to eat and answer questions about healthy eating.

**Fat:** The major storage form of energy in the body, fat is needed for good health.

**Fatigue:** Tiredness.

**Fiber:** A type of carbohydrate our bodies cannot fully digest, found in whole grains, vegetables, fruits and beans. It helps the body move the bowel to remove waste.

**Foodborne illness:** Any illness that results from eating food that is contaminated with bacteria or viruses.

**Fortified:** The addition of an essential vitamin or mineral to food to help meet dietary needs. An example is the addition of folic acid to flour.

**Iron:** A mineral used by the body to build muscle, to help the brain and body function, and to carry oxygen through the bloodstream.

**Malignant:** A cancer tumor that may invade and destroy nearby tissue and spread to other parts of the body.

**Metastasis:** The spread of cancer from one part of the body to another.

**Mineral:** Found in food, a mineral is an essential element used by the body to maintain health and well-being. Calcium and iron are examples of minerals.

**Nausea:** Feeling sick in the stomach, dizzy, light headed or wanting to throw up.

**Nutrient:** Substances in foods that provide nourishment to keep the body healthy and help it to grow. Vitamins and minerals are examples of nutrients.

**Platelets:** Special cells within the body that help blood clot.

**Protein:** An energy source in food made of amino acids. Proteins are used by the body to help cells grow and heal, as well as to build and maintain healthy tissues, muscles and organs.

**Radiation Therapy:** Treatment with high energy rays to kill cancer cells, shrink tumors and/or reduce cancer pain.

**Red blood cells:** Special cells that carry oxygen to all parts of the body.

**Recurrence:** The return of cancer, at the same place as the original tumor or in another location.

**Side effect:** An unintended effect of cancer treatment.

**Toxin:** A poisonous substance made by other living cells or organisms that can have varying negative health effects when it comes in contact with the body.

**Vitamin:** Complex organic materials that play a key role in the body's health. Vitamins are found naturally in food. Supplements of vitamins and minerals are available in stores.

**White blood cells:** Special cells in the blood that fight off infections. They are part of the immune system.



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*"To honor is the highest form of respect."* – Quentin Simeon

### **Alaska Native Tribal Health Consortium (ANTHC) Alaska Native Elder Health Advisory Committee Members (ANEHAC):**

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Natasha Nelson  
George Nickerson  
Patrick Norman  
Fred Olin  
Selma Oskolkoff-Simon  
Andrew Pauken\*  
Martha Ray  
Frieda Seebold  
Gloria Simeon  
Quentin Simeon  
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Libby Watanabe  
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Frank Wright  
Donald Zanooff

\* Their wisdom continues to be shared  
after they have passed.

*“ I miss visiting with families at fish camp. Enjoying their company – drinking coffee or tea and eating and visiting. When I am on the river in a boat I feel connected to the land and water – our Athabascan people have been living along the Yukon for centuries. I miss the potlatches for celebrations and memorials.”*

*– Fred Olin, Anchorage (originally from Ruby and Galena)*

*“I love to go berry picking with my mom. It gives us much satisfaction to bring home full buckets to our families. My mom taught me how to make delicious desserts with berries, but my favorite recipe is the easiest: Pour frozen berries into a bowl. Eat with spoon. Canned milk, sprinkle of sugar optional. Mmmmmmm. I think I’ll go eat a bowl of berries!”*



*– Nora Nagaruk, MD Nome (originally from Unalakleet)*

*Dr. Nagaruk is a cancer survivor who desperately missed her Native foods (especially berries) while she was in Seattle, WA for cancer treatment.*

*“People used to be more active, and food was different. [We] need more information about healthy, organic food [Alaska berries and wild greens].”*



*– Patrick Norman, Tribal Chief, Port Graham*





*When someone is diagnosed with cancer, a long, difficult journey begins. It takes time to confirm a cancer diagnosis, complete treatment, and deal with the after effects of the disease and treatment. Cancer impacts everyone who makes the cancer journey, not only the patient, but family, friends and entire communities. To honor the waterways that are so important to Native life, our cancer program logo shows a boat with a cancer patient in the bow navigating the way. Behind the patient are family, friends, healthcare providers and others supporting the cancer journey. The patient is the focus of the journey and takes charge of fighting the disease—spiritually, mentally, emotionally and physically. However, the patient doesn't make the journey alone. We make the journey together.*



The Traditional Food Guide includes examples of foods that have nourished the Alaska Native people for thousands of years. Also included are recipes, nutritional information and food suggestions for cancer survivors. For the first time, Alaska Native cancer survivors have nutritional information gathered from many sources about traditional foods. Now even during treatment they can know that it is helpful to enjoy comforting and familiar foods throughout their cancer journey.

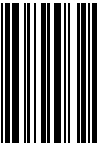
This guide can also be used by all people who include Alaska's wild animals, plants and fish as part of their diet.

Alaska Native Tribal Health Consortium  
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