

Traditional Food Guide

FOR ALASKA NATIVE
CANCER SURVIVORS



Alaska Native Tribal Health Consortium
Cancer Program

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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.

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.

“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.

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

– Source unknown

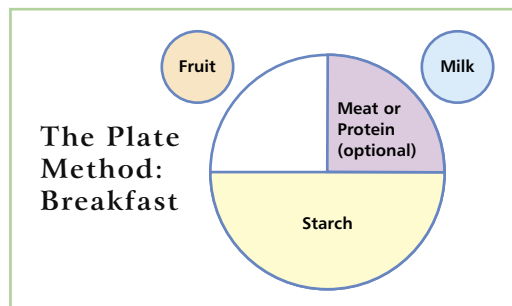
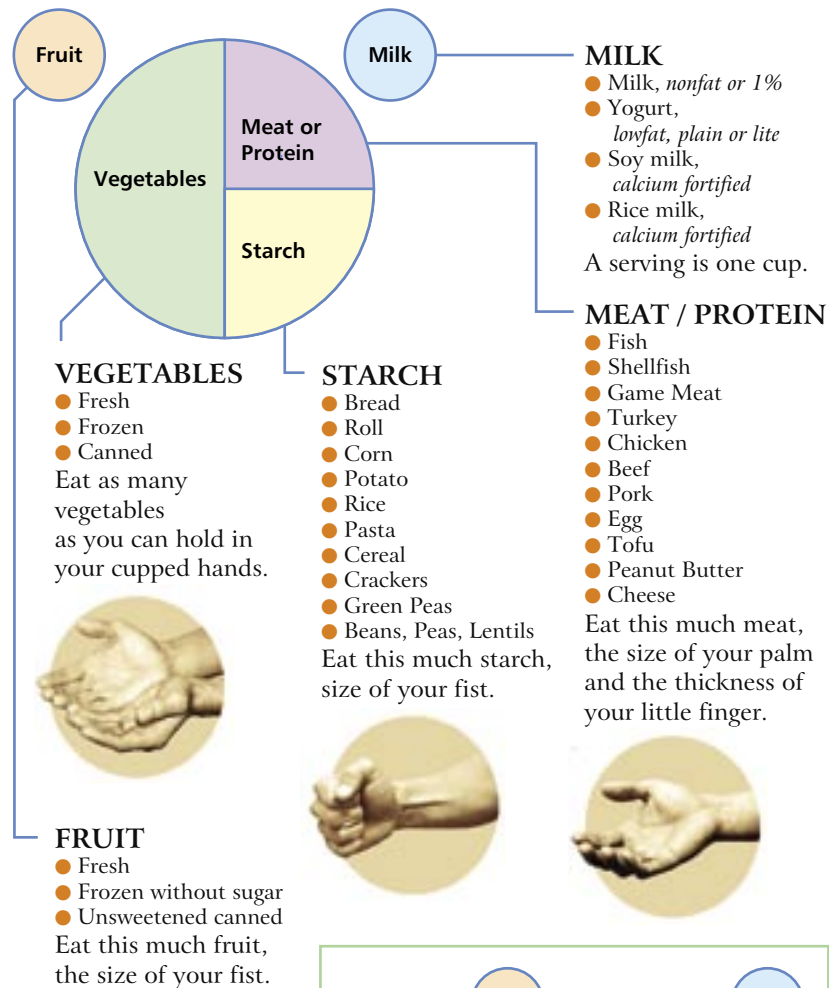
GATHERING & EATING TRADITIONAL FOODS:

- 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.

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

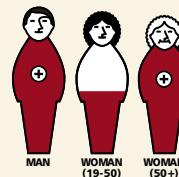
Beaver is an excellent source of protein



PROTEIN



IRON



HEART FRIENDLY

• Low in sodium

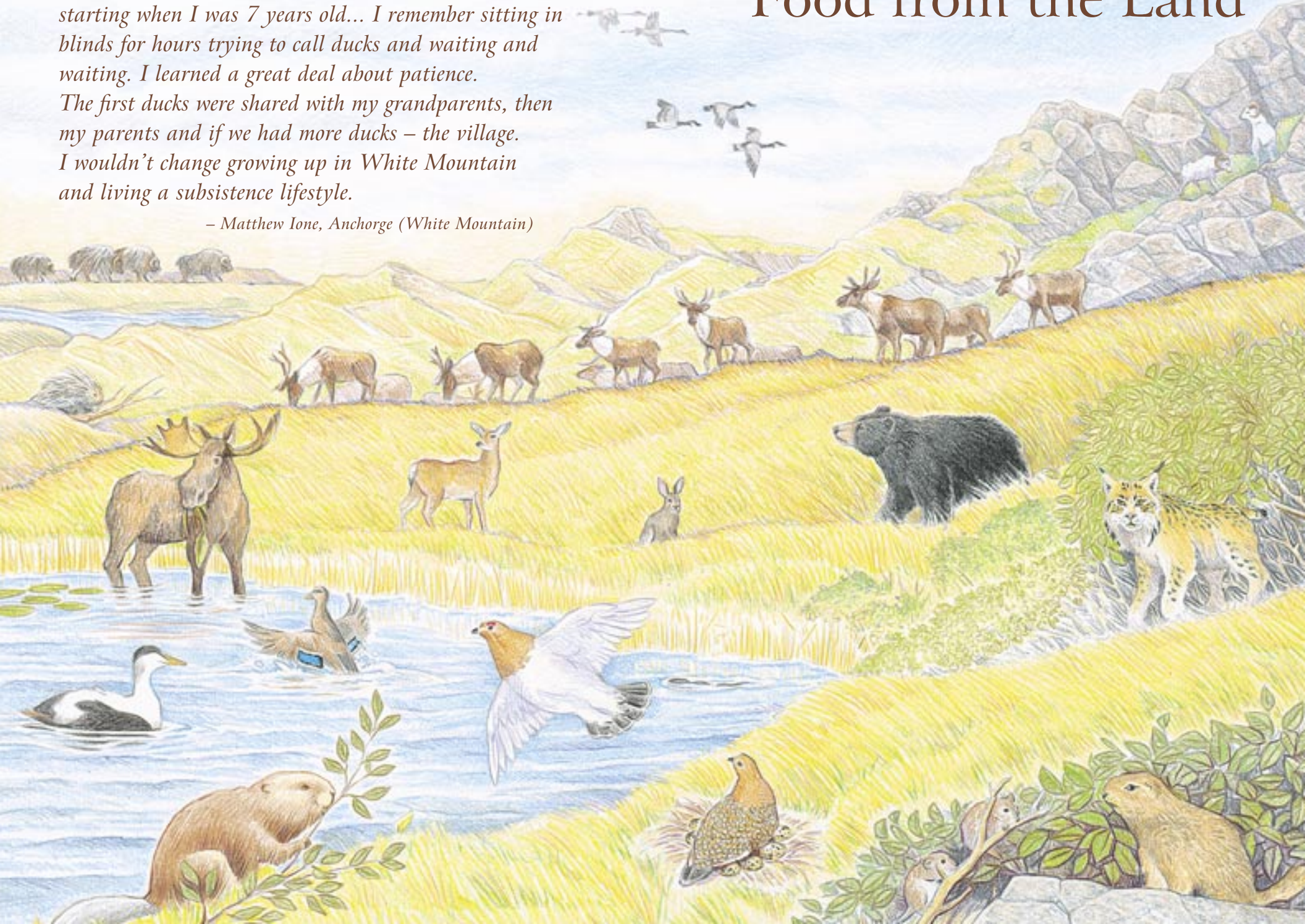
NUTRITION INFORMATION	
Per serving - 3 oz: roasted	
Calories	180
Protein	30 g
Carbohydrate	0 g
Fat	6 g
Calories from fat	30 %
Saturated	2 g
Dietary Fiber	0 g
Cholesterol	99 mg
Sodium	50 mg
Vitamin A	0
Vitamin C	3 mg
Iron	9 mg

“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.



U.S. Fish & Wildlife Service

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.

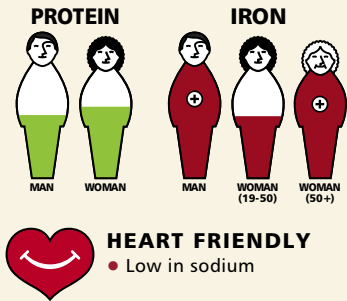
Wolves and beavers were difficult to catch before European contact. Because of the difficulty in obtaining their pelts, the Yup’ik believed these animals must be honored. The Yup’ik people honored wolves and beavers by incorporating their pelts into ceremonial headdress, demonstrating respect to the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

BEAVER NUTRITION INFORMATION

Beaver is an excellent source of protein & iron



NUTRITION INFORMATION	
Per serving - 3 oz: roasted	
Calories	180
Protein	30 g
Carbohydrate	0 g
Fat	6 g
Calories from fat	30 %
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)



Desiree Simeon

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.

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

“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

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.



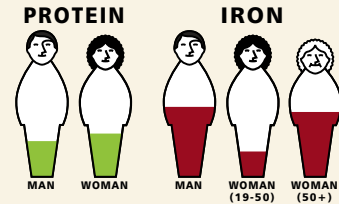
U.S. Fish & Wildlife Service

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

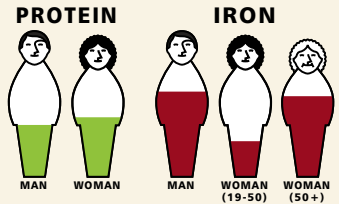


HEART FRIENDLY
• Low in Sodium

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

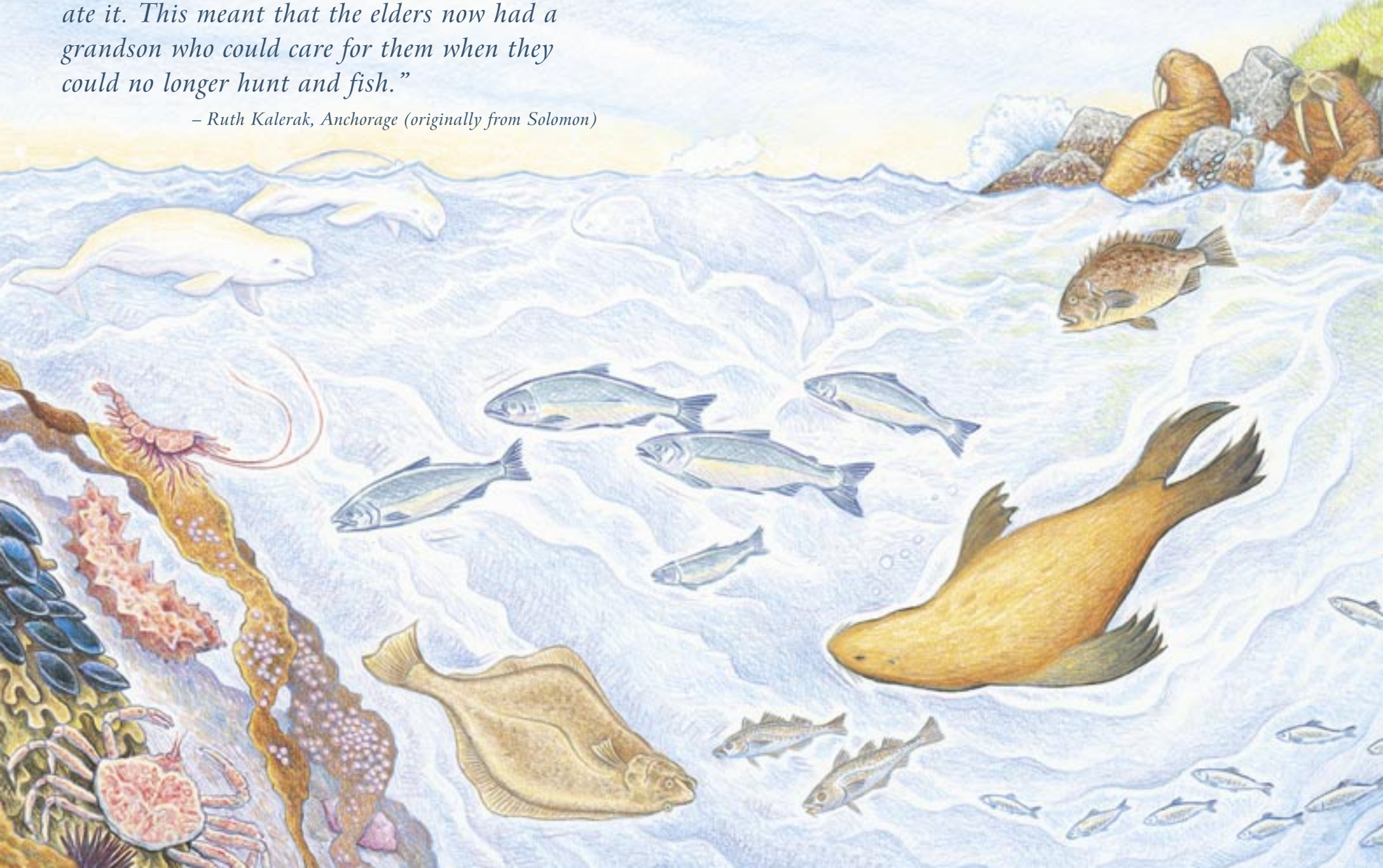
NUTRITION INFORMATION	
Per serving - 3 oz: raw	
Calories	109
Protein	21 g
Carbohydrate	0 g
Fat	2 g
Calories from fat	16 %
Saturated fat	1 g
Dietary Fiber	NT*
Cholesterol	17 mg
Sodium	NT*
Vitamin A	357 IU
Vitamin C	NT*
Iron	5 mg

*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.

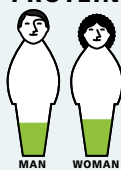
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ABALONE NUTRITION INFORMATION

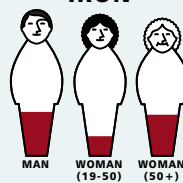
Abalone is an excellent source of protein and a good source of iron



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

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.

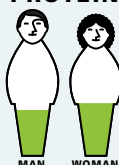
– Frances Lampe, Kaktovik

WHALE NUTRITION INFORMATION

Whale is an excellent source of protein & iron



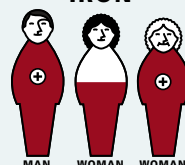
PROTEIN



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."

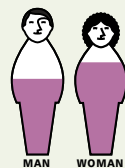
— Ethel Lund, Juneau

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

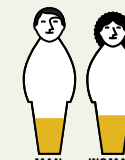
Blueberries are an excellent source of Vitamin C, and a good source of fiber



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.

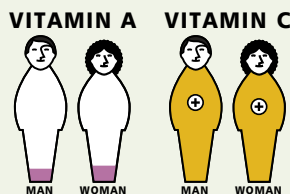
PREPARATION: Low bush salmonberries can be prepared in pies, jellies and syrups. Traditionally, they are eaten with sugar and seal oil after a meal. They are best stored frozen, or preserved with other foods, such as blackberries, nagoonberries or sour dock leaves.

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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.

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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

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.

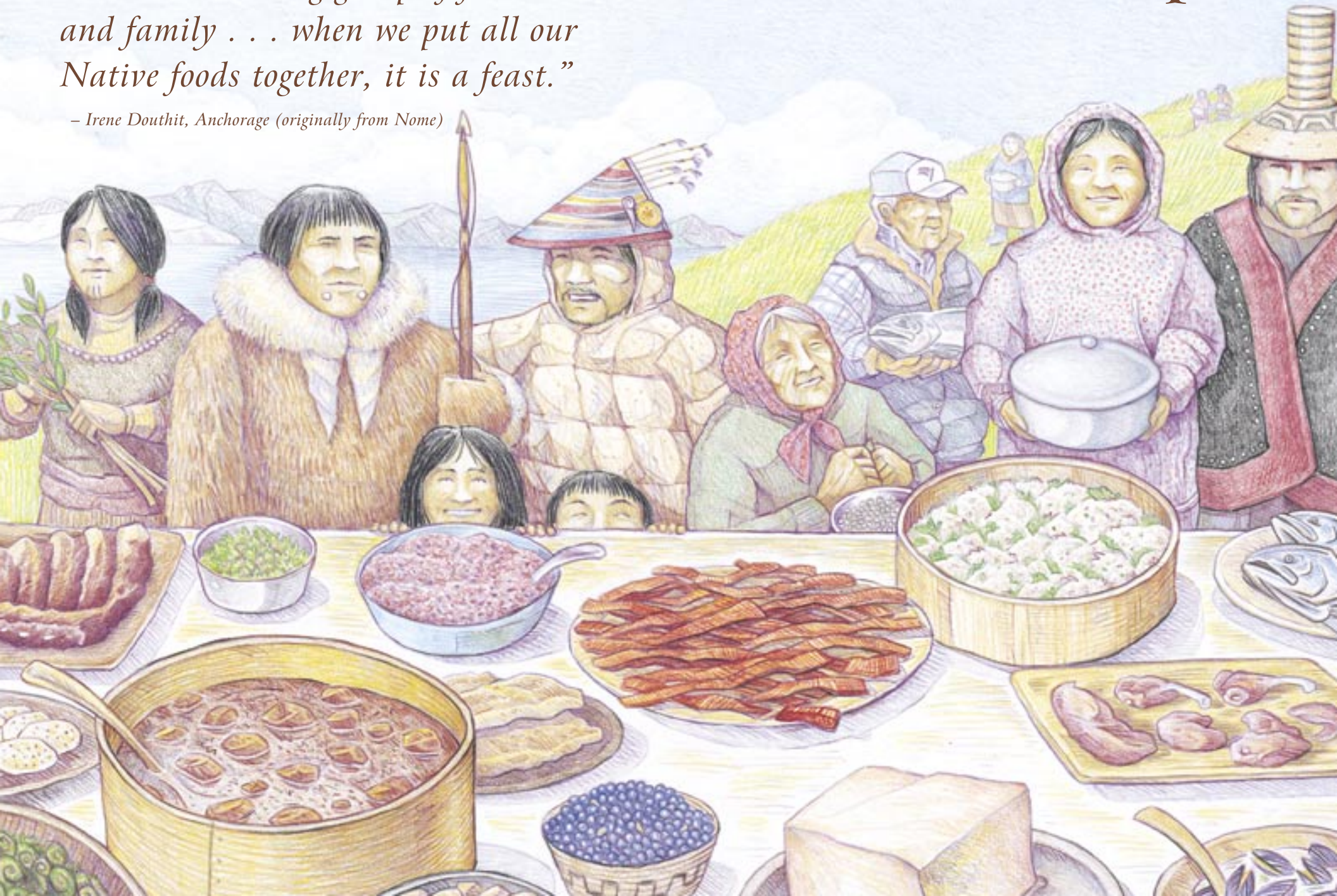
This was a healthy and tasty treat for Alaska Natives a long time ago; they never used sugar. Each family makes akutaq a little differently. This is how my family makes our akutaq. There aren't any real instructions on how to make this recipe because we make it the way we were taught and we pass it down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



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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.

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.

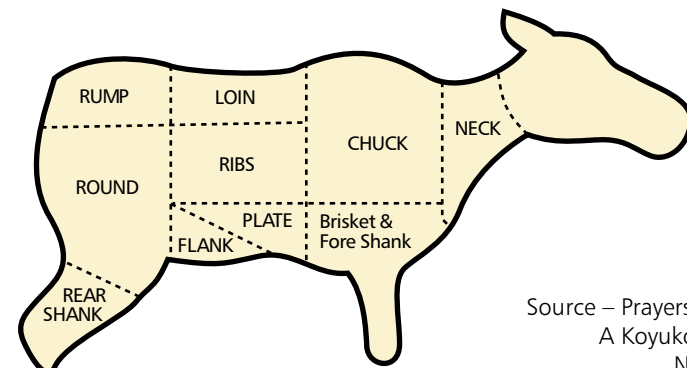
Brisket This is excellent meat, prepared by boiling.

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

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* 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.

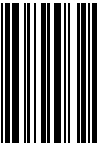
This guide can also be used by all people who include Alaska's wild animals, plants and fish as part of their diet.

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