

FISH, SEAFOOD AND SEA MAMMALS (Continued from the Land mammals section)
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COMMUNITY FOOD SYSTEM DATA TABLE # 10**Food category:** Fish, Seafood and Sea mammals**Scientific identification:***Coregonus nasus, Coregonus clupeaformis, Prosopium cylindraceum***Local name & other common names:**

luk dagau/luk zheu, broad whitefish/lake whitefish/round whitefish (English)

Part(s) used:¹ Flesh, eggs, fish-pipe and head.**Preparation:** The flesh is smoked/baked/fried/dried. The eggs are baked.

Nutrient	Nutrient Composition/100g (edible portion)				
	Flesh baked	Flesh, fried	Flesh, smoked/baked	Flesh, smoked/dried	Eggs, baked
Moisture, g	72.6	72.6	47.9	14.9	50.6
Energy, kcal	126	125	220	385	269
Protein, g	22.0	22.0	42.0	67.0	25.6
Carbohydrate, g	0.44	0.4	0	0	6.4
Fat, g	4.0	3.9	5.8	13	15.7
Ash, g	1.04	-	-	4.0	1.69
PUFA*, g	0.77	0.73	1.43	1.43	3.19
Omega-3 fatty acids, g	0.44	0.45	0.88	0.88	2.42
Omega-6 fatty acids, g	0.33	0.28	0.44	0.66	0.77
MUFA†, g	0.77	0.78	0.88	2.97	2.75
Saturated fatty acids, g	0.55	0.60	1.32	1.76	2.09
Retinol, µg	8.6	8.6	0	19.0	0
Vitamin A, RE-µg	8.6	8.6	0	19.0	0
Vitamin A, RAE- µg	8.6	8.6	0	19.0	0
Vitamin D, µg calciferol	2.75	2.80	6.38	10.45	11.33
Vitamin C, mg	2.2	2.2	4.8	0	49.6
Riboflavin, mg	0.11	0.11	0.22	0.11	1.43
Vitamin B ₆ , µg	0.55	0.56	1.32	0.99	0.66
Folate, µg	2.75	2.78	6.4	21.9	187.3
Folate, µg (DFE)	2.75	2.78	6.4	21.9	187.3
Vitamin E, α-tocopherol, mg	1.76	1.72	1.76	2.86	3.52
Calcium, mg	14.3	14.3	34.0	61.3	39.1
Iron, mg	0.33	0.36	1.54	2.53	1.65
Copper, µg	180.2	180.2	90.0	172.5	98.8
Magnesium, mg	34.0	34.0	58.0	83.3	42.8
Manganese, mg	0	0.03	0	0.11	0.22
Phosphorus, mg	286.9	286.9	515.0	782.2	421.2
Potassium, mg	413.1	413.0	925.0	1 400.0	234.2
Selenium, µg	9.9	9.9	17.3	17.3	67.5
Sodium, mg	56.9	56.9	95.0	169.4	130.0
Zinc, mg	0.44	0.46	0.66	1.43	3.96

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik						+	++	++	++	++	+	
Tsigehtchic	+	+	+	+		++	++	++	++	++	+	+
Teetl'it Zheh							++	++	++	++		

++ = peak harvest, + = harvest,

Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated):

Wild, hunted

Home harvested or purchased: n/a**Seasonality of use:**

Consumption is high in the winter and low in the summer.

Importance value to the community by age/gender: Unknown**Other miscellaneous information:**

Whitefish, not dried, was ranked as one of the top ten contributors of calories, protein and vitamin C in the adult Gwich'in diet (fall season only). Dried whitefish was also a top contributor of protein in the fall season only.

Source of nutrient data:

The analyses were carried out at the Centre for Indigenous Peoples' Nutrition and Environment (CINE), School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

The highlighted values are imputed data.

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Updated on 5/10/2007

COMMUNITY FOOD SYSTEM DATA TABLE # 11**Food category:** Fish, Seafood and Sea mammals**Scientific identification:***Coregonus artedii***Local name & other common names:**

treeluk, cisco lake herring (English)

Part(s) used:¹ Flesh, head, eggs and fish-pipe**Preparation:** The flesh is cooked or dried.

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, kcal	-
Protein, g	-
Carbohydrate, g	-
Fat, g	-
Ash, g	-
PUFA*, g	-
Omega-3 fatty acids, g	-
Omega-6 fatty acids, g	-
MUFA†, g	-
Saturated fatty acids, g	-
Retinol, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE- µg	-
Vitamin D, µg calciferol	-
Vitamin C, mg	-
Riboflavin, mg	-
Vitamin B ₆ , µg	-
Folate, µg	-
Folate, µg (DFE)	-
Vitamin E, α-tocopherol, mg	-
Calcium, mg	-
Iron, mg	-
Copper, µg	-
Magnesium, mg	-
Manganese, mg	-
Phosphorus, mg	-
Potassium, mg	-
Selenium, µg	-
Sodium, mg	-
Zinc, mg	-

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, hunted
Home harvested or purchased: n/a
Seasonality of use: Consumption is low in both winter and summer.
Importance value to the community by age/gender: Unknown
Other miscellaneous information: Unknown
Source of nutrient data: Not analyzed.

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik						+	++	++	++	++		
Tsigehtchic	+	+	+	+		+	+	+	+	+	+	+
Teetl'it Zheh							++	++	++	++		

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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COMMUNITY FOOD SYSTEM DATA TABLE # 12**Food category:** Fish, Seafood and Sea mammals**Scientific identification:***Delphinapterus leucas***Local name & other common names:**

ehvyak, beluga whale (English)

Part(s) used:¹ Muktuk, blubber and flesh**Preparation:** Muktuk is eaten raw. Flesh is cooked/smoked/dried

Nutrient	Nutrient Composition/100g (edible portion)
	Muktuk (skin only), raw
Moisture, g	68.6
Energy, kcal	153
Protein, g	22.1
Carbohydrate, g	2.1
Fat, g	6.2
Ash, g	-
PUFA*, g	0.44
Omega-3 fatty acids, g	0.33
Omega-6 fatty acids, g	0.11
MUFA†, g	1.98
Saturated fatty acids, g	0.55
Retinol, µg	267.5
Vitamin A, RE- µg	267.5
Vitamin A, RAE- µg	267.5
Vitamin D, µg calciferol	1.76
Vitamin C, mg	36.0
Riboflavin, mg	0
Vitamin B ₆ , µg	0.77
Folate, µg	3.85
Folate, µg (DFE)	3.85
Vitamin E, α-tocopherol, mg	1.10
Calcium, mg	5.5
Iron, mg	0.44
Copper, µg	48.4
Manganese, mg	0
Magnesium, mg	16.4
Phosphorus, mg	137.3
Potassium, mg	324.8
Selenium, µg	211.6
Sodium, mg	102.4
Zinc, mg	6.93

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, hunted**Home harvested or purchased:** n/a**Seasonality of use:** Consumption is low in both summer and winter.**Importance value to the community by age/gender:** Unknown**Other miscellaneous information:** Unknown**Source of nutrient data:** The analyses were carried out at the Centre for Indigenous Peoples' Nutrition and Environment (CINE), School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

The highlighted values are imputed data.

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik							++	+				
Tsiighehtchic												
Teetl'it Zheh												

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

[Click here to return to the table of contents](#)¹The parts used from left to right are in order of most frequently used to least frequently used.

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COMMUNITY FOOD SYSTEM DATA TABLE # 13

Food category: Fish, Seafood and Sea mammals**Scientific identification:***Lota lota***Local name & other common names:**

chehluk, loche/burbot (English)

Part(s) used:¹ Flesh, liver, eggs, head, fish-pipe**Preparation:** Flesh is dried or baked. Liver is baked.

Nutrient	Nutrient Composition/100g (edible portion)		
	Flesh, baked	Liver, baked	Eggs, cooked
Moisture, g	76	38	50.6
Energy, kcal	97	459	269
Protein, g	22.0	12.0	25.6
Carbohydrate, g	0	6.1	6.4
Fat, g	1.0	43.0	15.7
Ash, g	1.1	1.3	-
PUFA*, g	0.44	4.4	3.15
Omega-3 fatty acids, g	0.33	2.97	2.40
Omega-6 fatty acids, g	0.11	1.43	0.75
MUFA†, g	0.11	8.25	2.75
Saturated fatty acids, g	0.22	4.84	2.10
Retinol, µg	8.0	3 000	0
Vitamin A, RE- µg	8.0	3 000	0
Vitamin A, RAE- µg	8.0	3 000	0
Vitamin D, µg calciferol	0.44	331	11.3
Vitamin C, mg	0	8.7	49.6
Riboflavin, mg	0.22	0.66	1.40
Vitamin B ₆ , µg	0.33	0.33	0.61
Folate, µg	1.0	1.0	187.3
Folate, µg (DFE)	1.0	1.0	187.3
Vitamin E, α-tocopherol, mg	0	0.66	3.52
Calcium, mg	35.0	2.6	39.0
Iron, mg	0.55	1.6	1.7
Copper, µg	40.0	270.1	98.8
Manganese, mg	0	0	0.24
Magnesium, mg	22.0	11.0	42.8
Phosphorus, mg	200.0	188.0	421.2
Potassium, mg	360	200	234
Selenium, µg	16.17	40.04	67.50
Sodium, mg	100	64	130
Zinc, mg	0.77	1.32	3.91

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, hunted

Home harvested or purchased: n/a

Seasonality of use:

Consumption is low in both summer and winter.

Importance value to the community by age/gender:

Unknown

Other miscellaneous

information: Loche, not dried, was ranked one of the top ten contributors of protein, calcium and zinc in the adult Gwich'in diet (fall season only). In the fall, loche liver is also a main contributor of vitamin A for Gwich'in adults.

Source of nutrient data: The analyses were carried out at the Centre for Indigenous Peoples' Nutrition and Environment (CINE), School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

The highlighted values are imputed data.

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik									+	++	++	
Tsigehtchic								+	+	+	++	+
Teetl'it Zheh									++	++	++	

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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¹The parts used from left to right are in order of most frequently used to least frequently used.

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COMMUNITY FOOD SYSTEM DATA TABLE # 14**Food category:** Fish, Seafood and Sea mammals**Scientific identification:***Salvelinus alpinus***Local name & other common names:**

dhik'u, arctic char/arctic salmon (English)

Part(s) used:¹ Flesh, fish-pipe, eggs, head**Preparation:** Flesh is cooked/boiled/smoked/dried

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, boiled
Moisture, g	69
Energy, kcal	151
Protein, g	26.1
Carbohydrate, g	0
Fat, g	5.2
Ash, g	1.69
PUFA*, g	1.32
Omega-3 fatty acids, g	1.1
Omega-6 fatty acids, g	0.22
MUFA†, g	2.53
Saturated fatty acids, g	0.88
Retinol, µg	88.6
Vitamin A, RE- µg	88.6
Vitamin A, RAE- µg	88.6
Vitamin D, µg calciferol	12.86
Vitamin C, mg	0.88
Riboflavin, mg	0.11
Vitamin B ₆ , µg	0.55
Folate, µg	43.2
Folate, µg (DFE)	43.2
Vitamin E, α-tocopherol, mg	0.22
Calcium, mg	30.0
Iron, mg	0.44
Copper, µg	81.0
Manganese, mg	0
Magnesium, mg	30.0
Phosphorus, mg	250.0
Potassium, mg	379.7
Selenium, µg	0.6
Sodium, mg	49.7
Zinc, mg	0.66

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, hunted

Home harvested or purchased: n/a

Seasonality of use: Consumption is low in both summer and winter.

Importance value to the community by age/gender: Unknown

Other miscellaneous information: Unknown

Source of nutrient data: The analyses were carried out at the Centre for Indigenous Peoples' Nutrition and Environment (CINE), School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

The highlighted values are imputed data.

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik					++	+	+	++				
Tsiigehtchic				+	+						+	+
Teet'it Zheh									+			

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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¹The parts used from left to right are in order of most frequently used to least frequently used.

Updated on 5/10/2007

COMMUNITY FOOD SYSTEM DATA TABLE # 15**Food category:** Fish, Seafood and Sea mammals**Scientific identification:***Salvelinus namaycush***Local name & other common names:**

vit, lake trout (English)

Part(s) used:¹ Flesh, eggs, head, fish-pipe**Preparation:** Flesh is eaten raw/cooked/boiled or dried

Nutrient	Nutrient Composition/100g (edible portion)		
	Flesh, cooked	Flesh, boiled	Flesh, raw
Moisture, g	70	68.6	77.4
Energy, kcal	144	165	95
Protein, g	22.2	21.5	16.0
Carbohydrate, g	0.5	0	3.3
Fat, g	5.9	8.8	2.0
Ash, g	0.9	-	-
PUFA*, g	0.63	-	0.99
Omega-3 fatty acids, g	0.5	0.50	0.66
Omega-6 fatty acids, g	-	0.20	0.33
MUFA†, g	-	0.70	0.88
Saturated fatty acids, g	-	0.52	0.77
Retinol, µg	-	61.0	52.6
Vitamin A, RE- µg	-	61.0	52.6
Vitamin A, RAE- µg	61	61.0	52.6
Vitamin D, µg calciferol	20.50	20.49	19.69
Vitamin C, mg	1.8	1.8	2.4
Riboflavin, mg	-	0.12	0.11
Vitamin B ₆ , µg	-	0.60	0.66
Folate, µg	43.2	43.2	57.5
Folate, µg (DFE)	-	43.2	57.5
Vitamin E, α-tocopherol, mg	0.17	0.17	0.22
Calcium, mg	22.2	33.5	18.2
Iron, mg	0.64	0.73	0.33
Copper, µg	-	40.0	66.6
Manganese, mg	-	0.06	0
Magnesium, mg	-	21.0	26.5
Phosphorus, mg	-	219.8	237.6
Potassium, mg	-	406.4	324.5
Selenium, µg	-	60.0	22.6
Sodium, mg	-	46.8	48.4
Zinc, mg	0.6	0.79	0.55

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, hunted

Home harvested or purchased: n/a

Seasonality of use: Consumption is low in both summer and winter.

Importance value to the community by age/gender: Unknown

Other miscellaneous information: Unknown

Source of nutrient data: The analyses were carried out at the Centre for Indigenous Peoples' Nutrition and Environment (CINE), School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

The highlighted values are imputed data.

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik												+
Tsiigehtchic												
Teetl'it Zheh									+			

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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¹The parts used from left to right are in order of most frequently used to least frequently used.

Updated on 5/10/2007

COMMUNITY FOOD SYSTEM DATA TABLE # 16**Food category:** Fish, Seafood and Sea mammals**Scientific identification:***Stenodus leucichthys***Local name & other common names:**

shryuh, inconnu, connie/coney (English)

Part(s) used:¹ Flesh, head, fish-pipe, eggs**Preparation:** Flesh is cooked/baked/smoked/dried.

Nutrient	Nutrient Composition/100g (edible portion)	
	Flesh, baked	Flesh, smoked/dried
Moisture, g	74	18
Energy, kcal	117	408
Protein, g	22.0	57.0
Carbohydrate, g	0	0
Fat, g	3.2	20.0
Ash, g	1.2	3.2
PUFA*, g	0.77	2.45
Omega-3 fatty acids, g	0.55	2.00
Omega-6 fatty acids, g	0.33	0.45
MUFA†, g	0.55	4.73
Saturated fatty acids, g	0.44	2.50
Retinol, µg	0	76.0
Vitamin A, RE- µg	0	76.0
Vitamin A, RAE- µg	0	76.0
Vitamin D, µg calciferol	13.4	10.4
Vitamin C, mg	0.88	0
Riboflavin, mg	0.33	0.07
Vitamin B ₆ , µg	0.55	1.0
Folate, µg	43.2	21.9
Folate, µg (DFE)	43.2	21.9
Vitamin E, α-tocopherol, mg	0.22	2.86
Calcium, mg	20.0	40
Iron, mg	0.44	4.0
Copper, µg	30.0	100.0
Manganese, mg	0	0.09
Magnesium, mg	32.0	75.0
Phosphorus, mg	240	570
Potassium, mg	500	1 100
Selenium, µg	0.55	17.3
Sodium, mg	37.0	230
Zinc, mg	0.44	1.00

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, hunted

Home harvested or purchased: n/a

Seasonality of use: Consumption is high in the summer and low in the winter.

Importance value to the community by age/gender: Unknown

Other miscellaneous information: Unknown

Source of nutrient data: The analyses were carried out at the Centre for Indigenous Peoples' Nutrition and Environment (CINE), School of Dietetics and Human Nutrition, Macdonald Campus, McGill University.

The highlighted values are imputed data.

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik						++	++	++	++	++	+	
Tsiigehtchic	+	+	+	+		++	++	++	+		+	+
Teet'it Zheh							++	++	++			

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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¹The parts used from left to right are in order of most frequently used to least frequently used.

Updated on 5/10/2007

COMMUNITY FOOD SYSTEM DATA TABLE # 17**Food category:** Fish, Seafood and Sea mammals**Scientific identification:***Stizostedion vitreum***Local name & other common names:**

walleye (English)

Part(s) used:¹ Flesh**Preparation:** Cooked or dried

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, kcal	-
Protein, g	-
Carbohydrate, g	-
Fat, g	-
Ash, g	-
PUFA*, g	-
Omega-3 fatty acids, g	-
Omega-6 fatty acids, g	-
MUFA†, g	-
Saturated fatty acids, g	-
Retinol, µg	-
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Vitamin D, µg calciferol	-
Vitamin C, mg	-
Riboflavin, mg	-
Vitamin B ₆ , µg	-
Folate, µg	-
Folate, µg (DFE)	-
Vitamin E, α-tocopherol, mg	-
Calcium, mg	-
Iron, mg	-
Copper, µg	-
Manganese, mg	-
Magnesium, mg	-
Phosphorus, mg	-
Potassium, mg	-
Selenium, µg	-
Sodium, mg	-
Zinc, mg	-

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, hunted
Home harvested or purchased: n/a
Seasonality of use: Consumption is low in the summer and it is not generally eaten in the winter season.
Importance value to the community by age/gender: Unknown
Other miscellaneous information: Unknown
Source of nutrient data: Not analyzed.

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik												
Tsiigehtchic						+	+	+				
Teet'it Zheh												

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

[Click here to return to the table of contents](#)¹The parts used from left to right are in order of most frequently used to least frequently used.

Updated on 5/10/2007

COMMUNITY FOOD SYSTEM DATA TABLE # 18**Food category:** Fish, Seafood and Sea mammals**Scientific identification:***Thymallus arcticus***Local name & other common names:**

shriijaa, arctic grayling/bluefish (English)

Part(s) used:¹ Flesh, head.**Preparation:** Cooked or dried.

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, kcal	-
Protein, g	-
Carbohydrate, g	-
Fat, g	-
Ash, g	-
PUFA*, g	-
Omega-3 fatty acids, g	-
Omega-6 fatty acids, g	-
MUFA†, g	-
Saturated fatty acids, g	-
Retinol, µg	-
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Vitamin D, µg calciferol	-
Vitamin C, mg	-
Riboflavin, mg	-
Vitamin B ₆ , µg	-
Folate, µg	-
Folate, µg (DFE)	-
Vitamin E, α-tocopherol, mg	-
Calcium, mg	-
Iron, mg	-
Copper, µg	-
Manganese, mg	-
Magnesium, mg	-
Phosphorus, mg	-
Potassium, mg	-
Selenium, µg	-
Sodium, mg	-
Zinc, mg	-

*PUFA=Polyunsaturated fatty acids, †MUFA=Monounsaturated fatty acids

Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, hunted

Home harvested or purchased: n/a

Seasonality of use: Consumption is low in the summer and it is not generally eaten in the winter.

Importance value to the community by age/gender: Unknown

Other miscellaneous information: Unknown

Source of nutrient data: Not analyzed.

Months Harvested and Seasonality of Use

Months harvested in:	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aklavik					++						++	
Tsiigehtchic				+	+	+						
Teetl'it Zheh									+	+		

++ = peak harvest, + = harvest, *** = high use, ** = moderate use, * = low use

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