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COMMUNITY FOOD SYSTEM DATA TABLE # 62

Food category: Game

Scientific identification:

Alces alces

Local name & other common names:

skma, moose (English)

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)	
	Raw flesh	Roasted Flesh
Energy, kcal	115	152
Protein, g	22.0	35.0
Fat, g	3.0	1.3
Carbohydrate, g	0	0
Fiber, g	0	0
Ash, g	0.7	0.6
SAFA*, g	0.22	0.29
MUFA**, g	0.15	0.2
PUFA***, g	0.24	0.31
Retinol, µg	2.0	0
Vitamin A RE - µg	2.0	0
Vitamin A RAE - µg	2.0	0
Beta-carotene, µg	0	0
Thiamine, mg	0.06	0.05
Riboflavin, mg	0.27	0.34
Niacin, mg (NE)	9.0	11.7
Folic acid, µg (DFE)	-	4.0
Folate, µg (naturally occurring)	-	4.0
Folic acid, µg (synthetic)	-	-
Vitamin B ₁₂ , µg	-	6.31
Zinc, mg	5.0	7.5
Iron, mg	3.0	5.0
Calcium, mg	6.0	5.0
Phosphorus, mg	158	250
Sodium, mg	65	50
Magnesium, mg	33	30
Copper, µg	100	200
Manganese, µg	20	20
Selenium, µg	3.0	12.8
Moisture, g	73.0	61.0

--- = not analyzed

Type of procurement: Hunted

Home harvested or purchased: -

Seasonality of use:

Cost of production:

Importance value to the community by age/gender and other

miscellaneous information: All adult moose weigh 1000-2000 pounds, but of the whole animal, only 60% is useable meat. Moose have little body fat, so meat might be quite dry and tough.

Source of nutrient data:

Canadian Nutrient File (2005). Record Id # 3108 for raw flesh and record Id # 3107 for roasted flesh.

*Sum of saturated fatty acids

**Sum of monounsaturated fatty acids

***Sum of polyunsaturated fatty acids

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested									*	*	*	*
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 63

Food category: Game

Scientific identification:

Anas spp.

Local name & other common names:

naxnx, duck (English)

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Raw, flesh and skin
Energy, kcal	206
Protein, g	17.4
Fat, g	15.2
Carbohydrate, g	0
Fiber, g	0
Ash, g	1.2
SAFA*, g	5.04
MUFA**, g	6.8
PUFA***, g	2.02
Retinol, µg	26.0
Vitamin A RE - µg	26.0
Vitamin A RAE - µg	26.0
Beta-carotene, µg	1.0
Thiamine, mg	0.35
Riboflavin, mg	0.27
Niacin, mg (NE)	7.3
Folic acid, µg (DFE)	21.0
Folate, µg (naturally occurring)	21.0
Folic acid, µg (synthetic)	0
Vitamin B ₁₂ , µg	0.65
Zinc, mg	0.77
Iron, mg	4.2
Calcium, mg	5.0
Phosphorus, mg	168
Sodium, mg	56
Magnesium, mg	20
Copper, µg	310
Manganese, µg	19
Selenium, µg	12.8
Moisture, g	66.5

--- = not analyzed

Type of procurement: Hunted
Home harvested or purchased: -
Seasonality of use:

Cost of production:

Importance value to the community by age/gender and other miscellaneous information: Duck is now usually stored in plastic bags and frozen. In the past, ducks were jarred. Also in former times, duck feathers were saved to make quilts, mattresses and pillows.

Source of nutrient data:

Canadian Nutrient File (2005). Record Id # 667 for raw flesh and skin.

*Sum of saturated fatty acids

**Sum of monounsaturated fatty acids

***Sum of polyunsaturated fatty acids

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested									*	*	*	*
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 64

Food category: Game

Scientific identification:

Canschites spp.

Local name & other common names:

mucwmukwt, takws, grouse (English)

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Energy, kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
SAFA*, g	-
MUFA**, g	-
PUFA***, g	-
Retinol, µg	-
Vitamin A RE - µg	-
Vitamin A RAE - µg	-
Beta-carotene, µg	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg (NE)	-
Folic acid, µg (DFE)	-
Folate, µg (naturally occurring)	-
Folic acid, µg (synthetic)	-
Vitamin B ₁₂ , µg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-
Sodium, mg	-
Magnesium, mg	-
Copper, µg	-
Manganese, µg	-
Selenium, µg	-
Moisture, g	-

--- = not analyzed

Type of procurement: Hunted
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information:

Source of nutrient data: Not analyzed

*Sum of saturated fatty acids

**Sum of monounsaturated fatty acids

***Sum of polyunsaturated fatty acids

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested									*	*	*	*
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 65

Food category: Game

Scientific identification:

Odocoileus spp.

Local name & other common names:

scwpanilh, deer (English)

Part(s) used:

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Raw, flesh
Energy, kcal	111
Protein, g	21.5
Fat, g	2.7
Carbohydrate, g	0.2
Fiber, g	-
Ash, g	0.6
SAFA*, g	0.63
MUFA**, g	0.34
PUFA***, g	0.35
Retinol, µg	-
Vitamin A RE - µg	-
Vitamin A RAE - µg	-
Beta-carotene, µg	-
Thiamine, mg	0.2
Riboflavin, mg	0.36
Niacin, mg (NE)	10.5
Folic acid, µg (DFE)	-
Folate, µg (naturally occurring)	-
Folic acid, µg (synthetic)	-
Vitamin B ₁₂ , µg	-
Zinc, mg	-
Iron, mg	2.9
Calcium, mg	7.0
Phosphorus, mg	-
Sodium, mg	-
Magnesium, mg	-
Copper, µg	-
Manganese, µg	-
Selenium, µg	-
Moisture, g	75.0

--- = not analyzed

Type of procurement: Hunted
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the past, deer was dried and stored for later use. Meat was dried in strips, hung over a fire right at the hunting camp, so it could be carried back to the village easily.
Source of nutrient data: Canadian Nutrient File (2005). Record Id # 5902 for raw flesh.

*Sum of saturated fatty acids

**Sum of monounsaturated fatty acids

***Sum of polyunsaturated fatty acids

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*							*	*	*	*
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 66

Food category:
Scientific identification:
Oreamnos americanus
Local name & other common names:

yaki, qwwaax, mountain goat (English)

Part(s) used:
Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
Energy, kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
SAFA*, g	-
MUFA**, g	-
PUFA***, g	-
Retinol, µg	-
Vitamin A RE - µg	-
Vitamin A RAE - µg	-
Beta-carotene, µg	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg (NE)	-
Folic acid, µg (DFE)	-
Folate, µg (naturally occurring)	-
Folic acid, µg (synthetic)	-
Vitamin B ₁₂ , mg	-
Zinc, mg	-
Iron, mg	-
Calcium, mg	-
Phosphorus, mg	-
Sodium, mg	-
Magnesium, mg	-
Copper, µg	-
Manganese, µg	-
Selenium, µg	-
Moisture, g	-

--- = not analyzed

Type of procurement: Hunted
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: In the past, mountain goat meat was dried at the hunting camp. Today, mountain goat is usually preserved by freezing.
Source of nutrient data: Not analyzed.

*Sum of saturated fatty acids
 **Sum of monounsaturated fatty acids
 ***Sum of polyunsaturated fatty acids

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*							*	*	*	*
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 67

Food category:
Scientific identification:
Sylvilagus sp.
Local name & other common names:

qax, rabbit (English)

Part(s) used:
Preparation:

Nutrient	Nutrient Composition/100g (edible portion)	
	Raw meat	Cooked meat
Energy, kcal	96	135
Protein, g	21.5	29.0
Fat, g	1.1	2.1
Carbohydrate, g	0	0
Fiber, g	0	0
Ash, g	1.1	1.0
SAFA*, g	0.50	2.0
MUFA**, g	0.2	1.1
PUFA***, g	0.2	1.3
Retinol, µg	0	0
Vitamin A RE - µg	0	0
Vitamin A RAE - µg	0	0
Beta-carotene, µg	0	0
Thiamine, mg	0.03	0.02
Riboflavin, mg	0.06	0.07
Niacin, mg (NE)	11.3	13.6
Folic acid, µg (DFE)	-	8.0
Folate, µg (naturally occurring)	-	8.0
Folic acid, µg (synthetic)	0	0
Vitamin B ₁₂ , µg	-	6.5
Zinc, mg	0.5	2.8
Iron, mg	3.4	5.8
Calcium, mg	33	33
Phosphorus, mg	30	209
Sodium, mg	40	52.
Magnesium, mg	3.0	28.0
Copper, µg	200	220
Manganese, µg	10	40
Selenium, µg	10.0	15.2
Moisture, g	75.5	67.5

--- = not analyzed

Type of procurement: Hunted
Home harvested or purchased: -
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: Rabbit can be hunted all year round. However, few people hunt them because they are scarce. Rabbit meat can be fried, deep fried, baked, steamed, or cooked in stew.
Source of nutrient data: Canadian Nutrient File (2005). Record Id # 3595 for raw meat and Id # 3596 for cooked meat.

*Sum of saturated fatty acids

**Sum of monounsaturated fatty acids

***Sum of polyunsaturated fatty acids

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*	*	*	*	*	*	*	*	*	*	*
Seasonality of use												

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