**FISH & GAME** *(Continued from Wild plants section)*
***(Please click on the page number to go directly to the table)***

***Cervus nippon*** _____ ***18***

**yuk, Hokkaido deer (English)** _____ **18**

***Oncorhynchus L.*** _____ ***19***

**atat, Salmon, dried (English)**_____ **19**

***Margaritifera margaritifera***_____ ***20***

**pipa, Pearl mussels, fresh water (English)** _____ **20**

**COMMUNITY FOOD SYSTEM DATA TABLE # 18**

**Food category:** Fish and game
**Scientific identification:**
*Cervus nippon*
**Local name & other common names:**
yuk, Hokkaido deer (English)
**Part(s) used:** Meat, internal organs and blood.
**Preparation:** Eaten raw as sashimi, barbequed, dried.

| Nutrient | Nutrient Composition/100g (edible portion) |
|---|---|
| | Meat, raw |
| Moisture, g | 70.8 |
| Energy, Kcal | 156 |
| Protein, g | 19.5 |
| Fat, g | 8.7 |
| Carbohydrate, g | 0 |
| Fiber (soluble), g | 0 |
| Fiber (insoluble), g | 0 |
| Fiber (total), g | 0 |
| Ash, g | 1.0 |
| Retinol, µg | 3.0 |
| Vitamin A, RE-µg | 3.0 |
| Vitamin A, RAE-µg | 3.0 |
| Folic acid, µg | 1.0 |
| Vitamin B6 | 0.52 |
| Vitamin C, mg | 1.0 |
| Vitamin D, µg | T |
| Vitamin E, mg | 0.5 |
| Vitamin $B_{12}$, mg | 0.6 |
| Calcium, mg | 3.0 |
| Copper, µg | 170 |
| Iron, mg | 3.5 |
| Magnesium, mg | 23.0 |
| Phosphorus, mg | 220 |
| Potassium, mg | 360 |
| Sodium, mg | 43.0 |
| Zinc, mg | 2.5 |

**- -= not analyzed**

**T= trace**

**Type of procurement:** Unknown
**Home harvested or purchased:** Unknown
**Seasonality of use:** January
**Cost of production, if known:** n/a
**Importance value to the community by age/gender and other miscellaneous information:** A special treat.
**Source of nutrient data:** Composition analysis was completed in 2005 at Rakuno Gakuen University, Ebetsu, Japan.

**Months Harvested and Seasonality of Use**

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

Click here to return to the table of contents

**COMMUNITY FOOD SYSTEM DATA TABLE # 19**

**Food category:** Fish and game
**Scientific identification:**
*Oncorhynchus L.*
**Local name & other common names:**
atat, Salmon, dried (English)
**Part(s) used:** -
**Preparation:** Cooked, broiled, soup

| Nutrient | Nutrient Composition/100g (edible portion) |
|---|---|
| | Salmon, smoked |
| Moisture, g | 64 |
| Energy, Kcal | 153 |
| Protein, g | 25.7 |
| Fat, g | 5.5 |
| Carbohydrate, g | 0.1 |
| Fiber (soluble), g | 0 |
| Fiber (insoluble), g | 0 |
| Fiber (total), g | 0 |
| Ash, g | 4.7 |
| Retinol, µg | 43.0 |
| Vitamin A, RE-µg | 43.0 |
| Vitamin A, RAE-µg | 43.0 |
| Folic acid, µg | 10.0 |
| Vitamin B6 | 0.52 |
| Vitamin C, mg | 0 |
| Vitamin D, µg | 28.0 |
| Vitamin E, mg | 1.2 |
| Vitamin $B_{12}$, mg | 8.0 |
| Calcium, mg | 19.0 |
| Copper, µg | 70 |
| Iron, mg | 0.8 |
| Magnesium, mg | 20.0 |
| Phosphorus, mg | 240 |
| Potassium, mg | 250 |
| Sodium, mg | 1500 |
| Zinc, mg | 0.5 |

**--- = not analyzed**

**Type of procurement:** Market
**Home harvested or purchased:** Purchased
**Seasonality of use:** Year round
**Cost of production, if known:** n/a
**Importance value to the community by age/gender and other miscellaneous information:** A variety of species are sold at the marked, prices vary, it can be bought fresh or dried, salted or processed otherwise.
**Source of nutrient data:** Japan Standard Food Composition Tables. Fifth Revised Edition (2000).

**Months Harvested and Seasonality of Use**

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

Click here to return to the table of contents

**COMMUNITY FOOD SYSTEM DATA TABLE # 20**

**Food category:** Fish and game
**Scientific identification:**
*Margaritifera margaritifera*
**Local name & other common names:**
pipa, Pearl mussels, fresh water (English)
**Part(s) used:** -
**Preparation:** Cooked

| Nutrient | Nutrient Composition/100g (edible portion) |
|---|---|
| | Mussels, raw |
| Moisture, g | 82.9 |
| Energy, Kcal | 70 |
| Protein, g | 10.3 |
| Fat, g | 1.4 |
| Carbohydrate, g | 3.2 |
| Fiber (soluble), g | - |
| Fiber (insoluble), g | - |
| Fiber (total), g | - |
| Ash, g | 2.2 |
| Retinol, µg | 34.0 |
| Vitamin A, RE-µg | 34.0 |
| Vitamin A, RAE-µg | 34.0 |
| Folic acid, µg | 42.0 |
| Vitamin B6 | 0.02 |
| Vitamin C, mg | - |
| Vitamin D, µg | - |
| Vitamin E, mg | 1.1 |
| Vitamin $B_{12}$, mg | 10.3 |
| Calcium, mg | 43.0 |
| Copper, µg | 50 |
| Iron, mg | 3.5 |
| Magnesium, mg | 73.0 |
| Phosphorus, mg | 160 |
| Potassium, mg | 230 |
| Sodium, mg | 540 |
| Zinc, mg | 1.0 |

**--- = not analyzed**

**T= trace**

**Type of procurement:** Unknown
**Home harvested or purchased:** Unknown
**Seasonality of use:** Summer
**Cost of production, if known:** n/a
**Importance value to the community by age/gender and other miscellaneous information:** Fresh water mussels became important food during period of food shortage. The shells are used as tools.
**Source of nutrient data:** Japan Standard Food Composition Tables. Fifth Revised Edition (2000). Data for mussels, raw.

**Months Harvested and Seasonality of Use**

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

Click here to return to the table of contents