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COMMUNITY FOOD SYSTEM DATA TABLE # 19

Food category: Birds

Scientific identification:

Anas acuta

Local name & other common names:

naak'oh jidigau, pintail (English)

Part(s) used:¹ Meat, gizzard, kidney, heart and liver

Preparation: Meat is eaten cooked/smoked/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	-



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: Not analyzed.
Source of images: Yukon Survey file.

*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					+	+						
Tsiigehtchic					+	+	+	+	+	+		
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.

Updated on 5/10/2007

COMMUNITY FOOD SYSTEM DATA TABLE # 20

Food category: Birds**Scientific identification:***Anas americana***Local name & other common names:**

whistling duck/widgeon (English)

Part(s) used:¹ Meat, gizzard, kidney, heart, liver and eggs.**Preparation:** The meat is eaten cooked/smoked/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	-

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: Not analyzed.

*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					++	++						
Tsiigehtchic					+	+	+	+	+	+		
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.

COMMUNITY FOOD SYSTEM DATA TABLE # 21

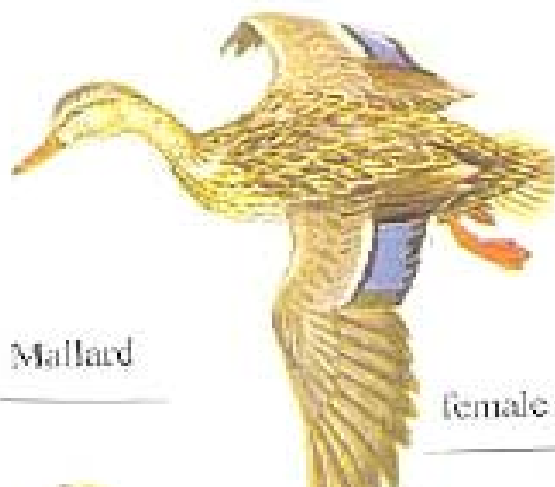
Food category: Birds**Scientific identification:***Anas platyrhynchos***Local name & other common names:**

neet'au, mallard (English)

Part(s) used:¹ Meat, gizzard, heart, liver, kidney, eggs**Preparation:** Meat is eaten cooked/boiled.

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 moderate in the summer and usually not eaten in the winter.
Importance value to the community by age/gender: Unknown
Other miscellaneous information: In the fall duck meat was ranked one the top ten contributors of iron in the adult Gwich'in diet.
Source of nutrient information: Not analyzed.
Source of images: Yukon Survey file.

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

[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 # 22

Food category: Birds**Scientific identification:***Aythya valisineria***Local name & other common names:**

canvasback (English)

Part(s) used:¹ Meat, gizzard, kidney, heart, liver and eggs**Preparation:** Meat is eaten cooked.

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	-



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: Not analyzed.
Source of images: Yukon Survey file.

*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					+							
Tsiigehtchic					+	+	+	+	+	+		
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.

Updated on 5/10/2007

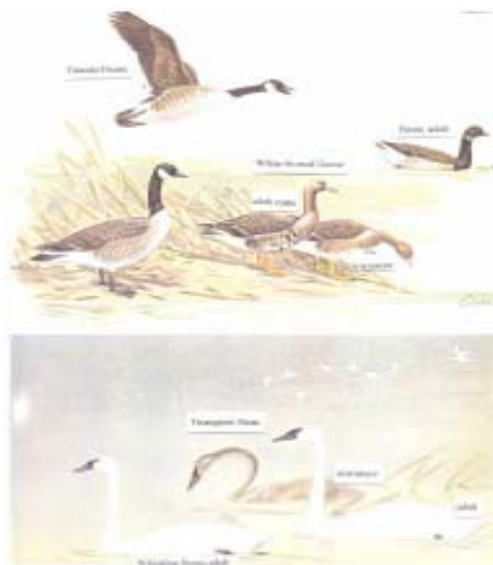
COMMUNITY FOOD SYSTEM DATA TABLE # 23

Food category: Birds**Scientific identification:***Branta canadensis***Local name & other common names:**

kheh, Canada goose (English)

Part(s) used:¹ Meat, gizzard, fat, heart, kidney, liver and eggs.**Preparation:** Meat is eaten cooked/boiled/smoked/dried.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, boiled
Moisture, g	52.4
Energy, kcal	236
Protein, g	33.9
Carbohydrate, g	0
Fat, g	11.2
Ash, g	0.7
PUFA*, g	1.54
Omega-3 fatty acids, g	0.11
Omega-6 fatty acids, g	1.43
MUFA†, g	2.53
Saturated fatty acids, g	1.76
Retinol, µg	31.0
Vitamin A, RE- µg	31.0
Vitamin A, RAE- µg	31.0
Vitamin D, µg calciferol	0
Vitamin C, mg	1.3
Riboflavin, mg	0.55
Vitamin B ₆ , µg	1.4
Folate, µg	25.9
Folate, µg (DFE)	25.9
Vitamin E, α-tocopherol, mg	1.43
Calcium, mg	6.1
Iron, mg	9.0
Copper, µg	506.7
Manganese, mg	0
Magnesium, mg	25.0
Phosphorus, mg	309.0
Potassium, mg	388.0
Selenium, µg	25.5
Sodium, mg	76.0
Zinc, mg	3.96

**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.**Source of images:** Yukon Survey file.

The highlighted values are imputed data.

*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				++	+							
Tsiigehtchic					+	+	+	+	++	+		
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.

Updated on 5/10/2007

COMMUNITY FOOD SYSTEM DATA TABLE # 24

Food category: Birds**Scientific identification:***Chen caerulescens***Local name & other common names:**

googeh, snow goose/wavies (English)

Part(s) used:¹ Meat, gizzard, heart, kidney, liver and eggs.**Preparation:** Meat is eaten cooked.

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	-



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: Not analyzed.
Source of images: Yukon Survey file.

*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				++								
Tsiigehtchic					+	+	+	+	++	+		
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.

Updated on 5/10/2007

COMMUNITY FOOD SYSTEM DATA TABLE # 25

Food category: Birds**Scientific identification:***Clangula hyemalis***Local name & other common names:**

a'aalak, squaw duck/oldsquaw (English)

Part(s) used:¹ Meat and kidney.**Preparation:** Meat is eaten cooked.

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	-

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 rarely eaten in the winter.
Importance value to the community by age/gender: Unknown
Other miscellaneous information: Unknown
Source of nutrient data: Not analyzed.

*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												
Tsiigehtchic									+	+		
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.

Updated on 5/10/2007

COMMUNITY FOOD SYSTEM DATA TABLE # 26

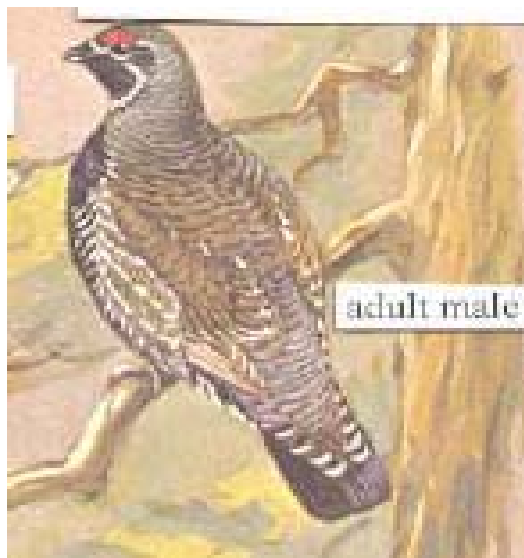
Food category: Birds**Scientific identification:***Dendragus canadensis***Local name & other common names:**

daih, spruce partridge/grouse (English)

Part(s) used:¹ Meat, kidney, gizzard and heart.**Preparation:** Meat is eaten cooked.

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 both summer and winter.**Importance value to the community by age/gender:** Unknown**Other miscellaneous information:** Unknown**Source of nutrient data:** Not analyzed.**Source of images:** Yukon Survey file.**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

[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 # 27

Food category: Birds**Scientific identification:***Melanitta perspicillata, Melanitta fusca***Local name & other common names:**

deetree'aa, njaa, black duck/surf scoter/white-winged scoter (English)

Part(s) used:¹ Meat, gizzard, heart, kidney, liver and eggs.**Preparation:** Meat is eaten cooked/baked.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh: Baked
Moisture, g	63.1
Energy, kcal	172
Protein, g	30.1
Carbohydrate, g	0
Fat, g	5.7
Ash, g	-
PUFA*, g	0.77
Omega-3 fatty acids, g	0.33
Omega-6 fatty acids, g	0.55
MUFA†, g	2.2
Saturated fatty acids, g	1.65
Retinol, µg	0
Vitamin A, RE-µg	0
Vitamin A, RAE-µg	0
Vitamin D, µg calciferol	0
Vitamin C, mg	0.11
Riboflavin, mg	3.63
Vitamin B ₆ , µg	0.55
Folate, µg	19.8
Folate, µg (DFE)	19.8
Vitamin E, α-tocopherol, mg	0.11
Calcium, mg	6.1
Iron, mg	8.0
Copper, µg	744.2
Manganese, mg	0.11
Magnesium, mg	28.6
Phosphorus, mg	270.1
Potassium, mg	300.0
Selenium, µg	31.6
Sodium, mg	71.9
Zinc, mg	2.53

*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 moderate 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					+	+	+	+	++	+		
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.

Updated on 5/10/2007

COMMUNITY FOOD SYSTEM DATA TABLE # 28**Food category:** Birds**Scientific identification:***Mergus serrator, Mergus merganser***Local name & other common names:**

fish duck/red breasted merganser/common merganser (English)

Part(s) used:¹ Meat, gizzard, kidney, liver and heart**Preparation:** Meat is eaten cooked.

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	-

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 rarely eaten in the winter.
Importance value to the community by age/gender: Unknown
Other miscellaneous information: Unknown
Source of nutrient data: Not analyzed.

*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												
Tsiigehtchic									+	+		
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.

Updated on 5/10/2007

COMMUNITY FOOD SYSTEM DATA TABLE # 29**Food category:** Birds**Scientific identification:***Olor buccinator, Olor columbianus, Cygnus columbianus***Local name & other common names:**

daadzau, trumpeter swan/whistling swan/tundra swan (English)

Part(s) used:¹ Meat, gizzard, kidney, heart, liver and eggs.**Preparation:** Meat is eaten cooked.

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	-

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: Not analyzed.

*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					+	+						
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.

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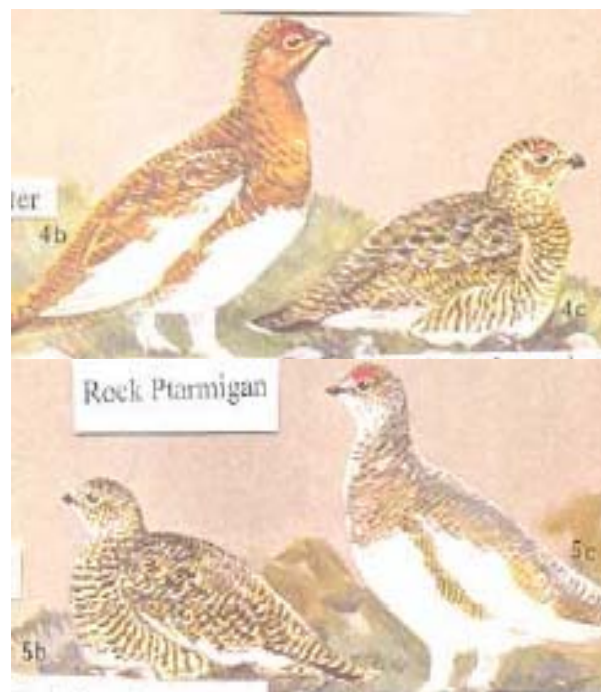
COMMUNITY FOOD SYSTEM DATA TABLE # 30

Food category: Birds**Scientific identification:***Lagopus mutus*, *Lagopus lagopus***Local name & other common names:**

daagoo, rock ptarmigan/willow ptarmigan (English)

Part(s) used:¹ Meat, gizzard, kidney, heart and liver.**Preparation:** Meat is eaten cooked.

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	-



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: Not analyzed
Source of images: Yukon Survey file.

*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		+	+	++			+					
Tsiigehtchic	+	+	+	+	+	+	+	+	+	+	+	+
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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