

LAND MAMMALS

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COMMUNITY FOOD SYSTEM DATA TABLE # 1

Food category: Land mammals

Scientific identification:

Alces alces

Local name & other common names:

dinjik, moose (English)

Part(s) used:¹ Meat, ribs, bone, heart, fat, bone marrow, head, kidney, liver, blood, brain.

Preparation: Meat is cooked/baked/boiled/roasted/fried/smoked/dried.

(See next page for nutrient information)

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:** Children mentioned moose meat is a food that they like to eat often.

Other miscellaneous information: During the fall, moose meat is one of the top ten contributors of zinc in the adult Gwich'in diet.

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												
Tsiightchic	+	+	+	+	+	+	+	+	++	++	++	+
Teetl'it Zheh		++	++					++	++			

++ = peak harvest, + = harvest,

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Nutrient	Nutrient Composition/100g (edible portion)								
	Blood, raw	Flesh, baked	Flesh, boiled	Flesh, fried	Flesh, roasted	Flesh, smoked/dried	Fat, raw	Ribs, cooked	Bone Grease, cooked
Moisture, g	79	60	62.4	62.7	62.5	7.8	5.3	66	10.6
Energy, kcal	92	160	163	167	162	372	835	165	793
Protein, g	21	35.9	32.1	30.3	32.1	80.2	2.2	26.4	1.8
Carbohydrate, g	0	1	0.7	0.6	0.7	2.5	1.2	0.33	0.8
Fat, g	0.5	1.4	3.5	4.8	3.4	4.6	91.3	6.4	86.9
Ash, g	0.8	0.4	-	-	-	-	-	-	-
PUFA*, g	T	0.33	0.33	0.33	0.33	1.1	2.31	0.33	1.32
Omega-3 fatty acids, g	0	0.11	0.10	0.10	0.10	0.11	0.33	0.11	0.77
Omega-6 fatty acids, g	-	0.22	0.23	0.23	0.23	0.88	1.98	0.22	0.66
MUFA†, g	-	0.33	0.35	0.35	0.35	1.43	54.01	0.33	12.43
Saturated fatty acids, g	-	0.44	0.43	0.43	0.43	1.98	12.98	0.44	26.84
Retinol, µg	-	0	0	0	0	0	31.9	0	31.9
Vitamin A, RE-µg	-	0	0	0	0	0	31.9	0	31.9
Vitamin A, RAE-µg	T	0	0	0	0	0	31.9	0	31.9
Vitamin D, µg calciferol	0	0	0	0	0	0	2.75	0	0
Vitamin C, mg	0.98	0.6	1.1	0.5	1.1	0.6	0	0.6	0
Riboflavin, mg	-	0.33	1.83	0.38	1.83	0.77	0	0.33	0
Vitamin B6, µg	-	0.66	0.54	0.71	0.54	1.32	0	0.66	0
Folate, µg	11.8	4.95	13.2	4.0	13.2	9.5	0	4.95	0
Folate, µg (DFE)	-	4.95	13.2	4.0	13.2	9.5	0	4.95	0
Vitamin E, α-tocopherol, mg	0.15	0.55	0.54	0.54	0.54	0.33	0.66	0.55	0.66
Calcium, mg	2.1	4.2	5.1	3.5	5.1	10.0	4.5	6.5	4.5
Iron, mg	62	4.1	4.0	3.7	4.0	17.3	1.8	3.9	1.8
Copper, µg	-	154.4	150.7	154.5	152.0	815.9	16.8	145	16.8
Magnesium, mg	-	30.0	24.3	30	24.2	86.0	4.7	18.5	4.7
Manganese, mg	-	0	0.02	0.02	0.02	0.11	0	0	0
Phosphorus, mg	-	250.0	245.7	250	250	777.3	33.8	250	33.8
Potassium, mg	-	500	500	500	500	1429	0.22	500	0.22
Selenium, µg	-	19.0	25.0	19.0	25.0	95.0	0.22	40.0	0.22
Sodium, mg	-	50.1	51	50	50	182.1	28.9	50	28.9
Zinc, mg	0.2	7.48	6.47	5.61	6.47	13.42	0.33	5.06	0.33

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

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COMMUNITY FOOD SYSTEM DATA TABLE # 2

Food category: Land mammals

Scientific identification:

Castor canadensis

Local name & other common names:

tsee', beaver (English)

Part(s) used:¹ Meat, tail and feet, liver

Preparation: Meat is 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	-
Copper, µg	-
Iron, mg	-
Phosphorus, mg	-
Potassium, mg	-
Magnesium, mg	-
Manganese, 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: Ranked the second most disliked traditional food (adults only).
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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¹The parts used from left to right are in order of most frequently used to least frequently used.

COMMUNITY FOOD SYSTEM DATA TABLE # 3

Food category: Land mammals

Scientific identification:

Erethizon dorsatum

Local name & other common names:

Ts'it, Porcupine (English)

Part(s) used:¹ Meat

Preparation: 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	-
Copper, µg	-
Iron, mg	-
Phosphorus, mg	-
Potassium, mg	-
Magnesium, mg	-
Manganese, 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 often 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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¹The parts used from left to right are in order of most frequently used to least frequently used.

COMMUNITY FOOD SYSTEM DATA TABLE # 4

Food category: Land mammals

Scientific identification:

Lepus americanus

Local name & other common names:

geh, rabbit/snowshoe hare (English)

Part(s) used:¹ Meat, head, liver, blood and brain.

Preparation: Cooked/boiled/smoked/dried.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, boiled
Moisture, g	66.9
Energy, kcal	141
Protein, g	29.5
Carbohydrate, g	0.3
Fat, g	2.4
Ash, g	0.99
PUFA*, g	0.66
Omega-3 fatty acids, g	0
Omega-6 fatty acids, g	0.66
MUFA†, g	0.66
Saturated fatty acids, g	0.77
Retinol, µg	12.32
Vitamin A, RE-µg	12.32
Vitamin A, RAE-µg	12.32
Vitamin D, µg calciferol	0
Vitamin C, mg	0
Riboflavin, mg	0.44
Folate, µg	8.9
Folate, µg (DFE)	8.9
Vitamin B ₆ , µg	0.88
Vitamin E, α-tocopherol, mg	0.88
Calcium, mg	35
Iron, mg	5.7
Copper, µg	396
Magnesium, mg	27.6
Manganese, mg	0
Phosphorus, mg	208.9
Potassium, mg	253.1
Selenium, µg	5.3
Sodium, mg	58.9
Zinc, mg	2.75

*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: Ranked third most liked traditional food for the spring season (adults only).

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 # 5

Food category: Land mammals

Scientific identification:

Ondatra zibethicus

Local name & other common names:

dzan, muskrat (English)

Part(s) used:¹ Meat, tail and brain.

Preparation: Meat is eaten raw/cooked/smoked/dried.

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	68
Energy, kcal	139
Protein, g	25.2
Carbohydrate, g	0
Fat, g	4.2
Ash, g	-
PUFA*, g	1.65
Omega-3 fatty acids, g	0.77
Omega-6 fatty acids, g	0.77
MUFA†, g	1.1
Saturated fatty acids, g	1.1
Retinol, µg	0
Vitamin A, RE-µg	0
Vitamin A, RAE-µg	0
Vitamin D, µg calciferol	0
Vitamin C, mg	2.97
Riboflavin, mg	0.66
Folate, µg	14.6
Folate, µg (DFE)	14.6
Vitamin B ₆ , µg	0.55
Vitamin E, α-tocopherol, mg	0.77
Calcium, mg	20.0
Iron, mg	10.9
Copper, µg	152.2
Magnesium, mg	25.5
Manganese, mg	0.22
Phosphorus, mg	180
Potassium, mg	350.0
Selenium, µg	43.1
Sodium, mg	110.1
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 low in both summer and winter.
Importance value to the community by age/gender: In the Dene/Metis (D/M) survey when adults were asked which traditional foods their children like the least they ranked muskrat most disliked traditional food for the spring season. It is not particularly enjoyed by adults themselves either.
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			++	++	++	++						
Tsiightchic			+	+	+	++	+	+	+			
Teel'tit 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 # 6

Food category: Land mammals

Scientific identification:

Ovis nivicola dalli

Local name & other common names:

divu, dall sheep (English)

Part(s) used:¹ Meat

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	-
Folate, µg	-
Folate, µg (DFE)	-
Vitamin B ₆ , µg	-
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 summer and 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									+			
Tsiightchic												
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 # 7

Food category: Land mammals

Scientific identification:

Rangifer tarandus groenlandicus

Local name & other common names:

chuu choo vadzaih, caribou-barrenland (English)

Part(s) used:¹ Meat, ribs, bone, bone marrow, heart, tongue, head, fat, kidney, stomach, liver, brain and blood.

Preparation: Meat is eaten raw/cooked/smoked/dried/fried/boiled/baked. Bone is used in a soup. Bone marrow and fat are eaten raw. Heart is eaten cooked or raw. Ribs are cooked and liver is baked.

(See next page for nutrient information)

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

COMMUNITY FOOD SYSTEM DATA TABLE # 8

Food category: Land mammals

Scientific identification:

Rangifer tarandus tarandus

Local name & other common names:

dachan vadzaih, caribou-woodland (English)

Part(s) used:¹ Meat, ribs, bone marrow, bone, tongue, fat, head, heart, kidney, liver, stomach, blood, brain

Preparation: Meat is eaten cooked/smoked/dried/fried/boiled/baked. Bone is eaten in soup. Bone marrow and fat are eaten raw. Heart and ribs are cooked.

(See next page for nutrient information)

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

Animal (wild, domesticated, hunted), Plant (wild, gathered, cultivated): Wild, hunted **Home harvested or purchased:** n/a

Seasonality of use: Consumption is high in both summer and winter for barrenland caribou. However consumption of woodland caribou is low in the summer and moderate in the winter.

Importance value to the community by age/gender: Adults ranked caribou to be the most liked traditional food in all seasons. It is often children's favorite traditional food as well; they particularly enjoy the meat and tongue of the caribou.

Other miscellaneous information: In the Dene/Metis (D/M) survey and the Food Choice project it was determined that caribou meat, not dried, was ranked one of the top ten contributors of calories, protein, iron and zinc. In the D/M survey, caribou meat, not dried, was also a top contributor of fat, saturated fat, protein and folate in the adult Gwich'in diet (in the fall only). Caribou dried, ranked one of the top ten contributors of protein (spring only) and zinc (for children, dried caribou meat was a source of protein, iron and zinc in the winter only). Caribou liver was one of the top ten contributors of vitamin A, vitamin C (spring only), folate and iron. Caribou fat was also one of the top ten contributors of saturated fat (fall only) and total fat (fall only) in the Gwich'in diet. Caribou heart is a main contributor of iron as well.

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

Nutrient	Nutrient Composition/100g (edible portion)									
	Liver, baked (B)	Flesh, baked (C)	Flesh, boiled (C)	Flesh, dried (C)	Bone marrow, cooked (C)	Bone marrow, raw (C)	Fat, raw (C)	Heart, boiled (C)	Heart, raw (C)	Kidney, cooked (C)
Moisture, g	65.5	65.6	60.6	28.5	49.2	9.1	12.7	66.7	76.5	65.1
Energy, kcal	150	142	176	293	404	781	757	145	103	181
Protein, g	24.6	30.1	34.4	60.8	8.9	7.5	4.0	28.3	19.5	24.5
Carbohydrate, g	4.95	0	0.9	1.1	0	0	0.1	0	0.6	0
Fat, g	3.5	2.4	3.9	5.0	40.9	83.4	82.3	3.5	2.5	9.2
Ash, g	1.54	1.29	-	2.62	0.98	-	-	1.46	-	1.11
PUFA [*] , g	0.77	0.55	0.88	0.68	0.99	0.99	1.32	0.55	0.55	1.76
Omega-3 fatty acids, g	0.22	0.11	0.13	0.11	0.33	0.33	0.77	0.11	0.11	0.11
Omega-6 fatty acids, g	0.55	0.33	0.74	0.57	0.66	0.66	0.66	0.44	0.44	1.65
MUFA [†] , g	0.22	0.44	1.42	1.29	15.29	15.29	12.43	0.88	0.88	1.43
Saturated fatty acids, g	1.21	0.66	1.70	1.75	14.08	14.08	26.84	1.43	1.43	2.2
Retinol, µg	24 689	0	5.5	3.7	142	49	32	8.9	13	106
Vitamin A, RE-µg	24 689	0	5.5	3.7	142	49	32	9	13	106
Vitamin A, RAE-µg	24 689	0	5.5	3.7	142	49	32	9	13	106
Vitamin D, µg calciferol	1.1	0	0	0	0	0	2.8	0.9	0.9	0.9
Vitamin C, mg	23.2	0.6	0.5	0.5	0	0	0	1.8	2.3	7.3
Riboflavin, mg	1.54	0.33	0.38	0.72	0.33	0.33	0	0.55	0.55	2.09
Vitamin B ₆ , µg	1.65	0.66	0.71	1.36	0.66	0.88	0	0.77	0.88	1.21
Folate, µg	230.6	4.95	5.0	9.5	4.95	3.96	0	4.3	5.7	81.6
Folate, µg (DFE)	230.6	4.95	5.0	9.5	4.95	3.96	0	4.3	5.7	81.6
Vitamin E, α-tocopherol, mg	19.8	0.55	0.54	0.35	0	0	0.66	0.33	0.33	0.66
Calcium, mg	4.4	5.5	7.2	14.6	6.2	26.3	4.5	5.3	4.1	12.1
Iron, mg	35.9	4.2	5.5	11.2	6.8	1.4	1.8	8.8	8.5	5.5
Copper, µg	4 146.9	291.6	408.1	812.7	497.4	5.0	16.8	614.6	468.6	577.9
Magnesium, mg	21.2	30.9	29.8	73.7	4.1	1.5	4.7	34.4	26.1	25.4
Manganese, mg	0.33	0	0.06	0.09	0	0	0	0.11	0.11	0.22
Phosphorus, mg	361.4	233.4	260.7	559.9	33.8	24.3	33.8	251.2	188	298.7
Potassium, mg	255.1	400.2	261.6	1 083.3	36.2	8.8	0.22	505.6	392.6	238.2
Selenium, µg	28.1	19.0	0.50	0.50	10.3	1.65	0.22	18.8	0.55	62.8
Sodium, mg	78.1	55.33	45.78	103.81	26.51	32.01	28.93	68.31	78.65	73.92
Zinc, mg	4.84	5.28	4.63	9.02	0.99	0.11	0.33	2.31	1.43	3.85

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

(W) =Woodland caribou

(B) = Barrenland caribou

(C) = All other caribou is of unknown origin; either woodland or barrenland caribou

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Nutrient	Nutrient Composition/100g (edible portion)						
	Brisket, cooked (C)	Fat, cooked (C)	Flesh, dried (W)	Flesh, fried (B)	Flesh, raw (B)	Head, cooked (C)	Ribs, cooked (C)
Moisture, g	65.6	12.8	28.5	65.5	72.7	65.6	65.6
Energy, kcal	142	757	293	142	119	142	142
Protein, g	30.1	3.96	60.8	30.2	22.7	30.1	30.1
Carbohydrate, g	0	0.1	1.1	0	1.2	0	0
Fat, g	2.4	82.3	5.0	2.4	2.6	2.4	2.4
Ash, g	-	0.04	2.62	-	-	-	-
PUFA [†] , g	0.55	1.32	0.66	0.51	0.44	0.55	0.55
Omega-3 fatty acids, g	0.11	0.77	0.11	0.14	0.11	0.11	0.11
Omega-6 fatty acids, g	0.33	0.66	0.55	0.38	0.33	0.33	0.33
MUFA [†] , g	0.44	12.43	1.32	0.40	0.55	0.44	0.44
Saturated fatty acids, g	0.66	26.84	1.76	0.68	0.77	0.66	0.66
Retinol, µg	0	31.9	3.6	0	40.4	0	0
Vitamin A, RE-µg	0	31.9	3.6	0	40.4	0	0
Vitamin A, RAE-µg	0	31.9	3.63	0	40.4	0	0
Vitamin D, µg calciferol	0	2.75	0	0	0	0	0
Vitamin C, mg	0.6	0	0.6	0.5	1.0	0.6	0.6
Riboflavin, mg	0.33	0	0.77	0.38	1.32	0.33	0.33
Vitamin B ₆ , µg	0.66	0	1.32	0.71	0.44	0.66	0.66
Folate, µg	4.95	0	9.5	5.0	11.8	4.95	4.95
Folate, µg (DFE)	4.95	0	9.5	5.0	11.8	4.95	4.95
Vitamin E, α-tocopherol, mg	0.55	0.66	0.33	0.54	0.22	0.55	0.55
Calcium, mg	5.5	4.5	14.6	5.5	4.4	5.5	5.5
Iron, mg	4.2	1.8	11.2	4.2	4.5	4.2	4.2
Copper, µg	291.6	16.8	812.7	291.6	294.1	291.6	291.6
Magnesium, mg	30.9	4.7	73.7	30.9	27.2	30.9	30.9
Manganese, mg	0	0	0.11	0.03	0	0	0
Phosphorus, mg	233.4	33.8	559.9	233.5	213.7	233.4	233.4
Potassium, mg	400.2	0.22	1083.3	400.2	334.4	400.2	400.2
Selenium, µg	19.0	0.22	0.55	19.0	10.3	19.0	19.0
Sodium, mg	55.3	28.9	103.8	55.3	48.5	55.3	55.3
Zinc, mg	5.28	0.33	9.02	5.29	3.85	5.28	5.28

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

(W)=Woodland caribou

(B) =Barrenland caribou

(C) =All other caribou is of unknown origin; either woodland or barrenland caribou

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 data are not analytical data.

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COMMUNITY FOOD SYSTEM DATA TABLE # 9

Food category: Land mammals

Scientific identification:

Ursus americanus/Ursus arctus

Local name & other common names:

shoh, bear, black/grizzly (English)

Part(s) used:¹ Meat

Preparation: Meat is 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	-

*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 is usually not eaten in the winter.

Importance value to the community by age/gender: In the fall season it is ranked second most disliked traditional food (adults only).

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