FISH AND SEAFOODS ***(Continued from the Greens, Roots and Other Plants section)***
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COMMUNITY FOOD SYSTEM DATA TABLE # 43

Food category: Fish and other sea food
Scientific identification:
Clupea pallasi
Local name & other common names:
at, herring-roe (English)
Part(s) used:
Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Raw
Energy, kcal	74
Protein, g	9.6
Fat, g	1.9
Carbohydrate, g	4.5
Fiber, g	-
Ash, g	2.8
SAFA*, g	0.43
MUFA**, g	0.42
PUFA***, g	0.71
Retinol, µg	-
Vitamin A RE - µg	-
Vitamin A RAE - µg	-
Beta-carotene, µg	-
Thiamine, mg	0.1
Riboflavin, mg	0.12
Niacin, mg (NE)	3.56
Folic acid , µg (DFE)	-
Folate, µg (naturally occurring)	-
Folic acid, µg (synthetic)	-
Vitamin B_{12}, µg	-
Zinc, mg	-
Iron, mg	2.7
Calcium, mg	19.0
Phosphorus, mg	-
Sodium, mg	61
Magnesium, mg	-
Copper, µg	-
Manganese, µg	-
Selenium, µg	-
Moisture, g	81.2

--- = not analyzed

Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: Herring can be eaten fresh, boiled, or coated with flour and fried. It is also canned either plain in a sauce or pickled. It is also frozen fresh. In the past, herring was smoked.
Source of nutrient data:
Canadian Nutrient File (2005). Record Id # 5886 for raw herring.

*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 # 44

Food category: Fish and other sea food
Scientific identification:
Cucumaria sp.
Local name & other common names:
7lats, sea cucumber (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:
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: Some people used to pickled sea cucumber. Today, however, few people use sea cucumber at all.
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 # 45

Food category: Fish and other sea food
Scientific identification:
Haliotis spp.
Local name & other common names:
pixani, abalone (English)
Part(s) used:
Preparation:

Nutrient	Nutrient Composition/100g (edible portion)	
	Raw	Flour coated, fried
Energy, kcal	100	148
Protein, g	17.1	19.6
Fat, g	0.8	6.8
Carbohydrate, g	6.0	11.1
Fiber, g	0	0
Ash, g	1.6	1.8
SAFA*, g	0.15	1.7
MUFA**, g	0.11	2.7
PUFA***, g	0.1	1.5
Retinol, µg	2.0	2.0
Vitamin A RE - µg	2.0	2.0
Vitamin A RAE - µg	2.0	2.0
Beta-carotene, µg	0	0
Thiamine, mg	0.19	0.22
Riboflavin, mg	0.1	0.13
Niacin, mg (NE)	4.7	5.63
Folic acid , µg (DFE)	5.0	20.0
Folate, µg (naturally occurring)	5.0	5.0
Folic acid, µg (synthetic)	0	9.0
Vitamin B_{12}, µg	0.73	0.69
Zinc, mg	0.82	0.95
Iron, mg	3.2	3.8
Calcium, mg	31	37
Phosphorus, mg	190	217
Sodium, mg	301	591
Magnesium, mg	48	56
Copper, µg	196	228
Manganese, µg	40	70
Selenium, µg	44.8	51.8
Moisture, g	74.6	60.1

--- = not analyzed

Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: The abalone meat is removed from the shell, coated with flour and fried. Abalone is preserved either in jars/cans or by freezing.
Source of nutrient data:
Canadian Nutrient File (2005). Record Id # 3107 for raw and record Id # 3108 for fried.

*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 # 46

Food category: Fish and other sea food
Scientific identification:
Mytilus edulis
Local name & other common names:
smiks, blue mussels (English)
Part(s) used:
Preparation:

Nutrient	Nutrient Composition/100g (edible portion)	
	Raw	Steamed/ boiled
Energy, kcal	82	165
Protein, g	11.9	23.8
Fat, g	2.2	4.5
Carbohydrate, g	3.7	7.4
Fiber, g	-	0
Ash, g	1.6	3.2
SAFA*, g	0.43	0.85
MUFA**, g	0.51	1.0
PUFA***, g	0.61	1.2
Retinol, µg	48	91.0
Vitamin A RE - µg	48	91.0
Vitamin A RAE - µg	48	91.0
Beta-carotene, µg	0	1.0
Vitamin D, µg	0.14	0.28
Thiamine, mg	0.16	0.3
Riboflavin, mg	0.05	0.42
Niacin, mg (NE)	3.82	3.45
Folic acid , µg (DFE)	42	76
Folate, µg (naturally occurring)	42	76
Folic acid, µg (synthetic)	0	0
Vitamin B_{12}, µg	12.0	24.0
Zinc, mg	1.6	2.67
Iron, mg	4.0	6.7
Calcium, mg	26.0	33.0
Phosphorus, mg	197	285
Sodium, mg	286	369
Magnesium, mg	34	37
Copper, µg	94	150
Manganese, µg	3 400	6 800
Selenium, µg	44.8	89.6
Moisture, g	80.6	61.2

--- = not analyzed

Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: Today, mussels are steamed open; the meat is then eaten or frozen.
Source of nutrient data:
Canadian Nutrient File (2005). Record Id # 3115 for raw and record Id # 3116 for steamed/boiled.

*****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 # 47

Food category: Fish and other sea food
Scientific identification:
Neptunes sp.
Local name & other common names:
k'inacw, crab (English)
Part(s) used:
Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Raw
Energy, kcal	79
Protein, g	18.3
Fat, g	0.6
Carbohydrate, g	0
Fiber, g	-
Ash, g	1.8
SAFA*, g	0.09
MUFA**, g	0.08
PUFA***, g	0.13
Retinol, µg	7.0
Vitamin A RE - µg	7.0
Vitamin A RAE - µg	7.0
Beta-carotene, µg	1.0
Vitamin D, µg	0.05
Thiamine, mg	0.043
Riboflavin, mg	0.043
Niacin, mg (NE)	5.35
Folic acid , µg (DFE)	44.0
Folate, µg (naturally occurring)	44.0
Folic acid, µg (synthetic)	0
Vitamin B_{12}, µg	9.0
Zinc, mg	5.95
Iron, mg	0.6
Calcium, mg	46.0
Phosphorus, mg	219
Sodium, mg	836
Magnesium, mg	49
Copper, µg	920
Manganese, µg	35
Selenium, µg	36.4
Moisture, g	79.6

--- = not analyzed

Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: Crab is cooked by steaming or dropping into boiling water, and then the shells are cracked and the meat taken out. In the past, crabmeat was preserved by drying. Today crab is usually preserved by freezing or canning.
Source of nutrient data:
Canadian Nutrient File (2005). Record Id # 3093 for raw crab (Alaska King Crab).

*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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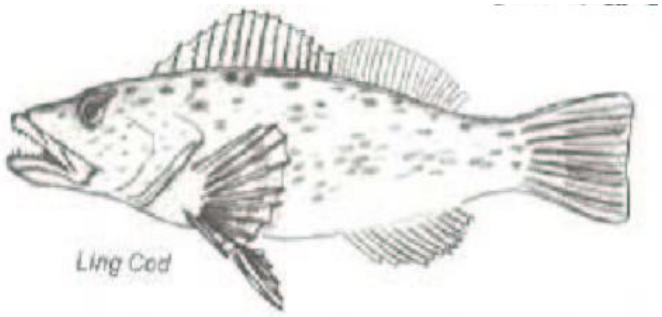
COMMUNITY FOOD SYSTEM DATA TABLE # 48

Food category: Fish and other sea food
Scientific identification:
Ophiodon elongatus
Local name & other common names:
nalm, ling cod (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:
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: The fillet can be frozen or eaten fresh. It can be dipped in flour and fried, or dipped in batter and deep fried. Some people like to smoke cod fillets before freezing them.
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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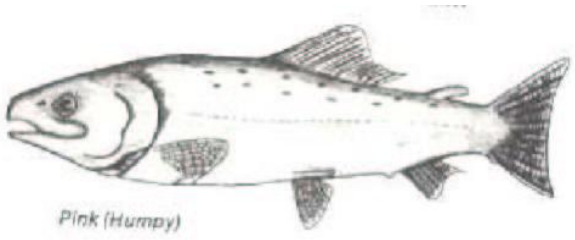
COMMUNITY FOOD SYSTEM DATA TABLE # 49

Food category: Fish and other sea food
Scientific identification:
Oncorhynchus gorbuscha
Local name & other common names:
kap'ay, humps, pink salmon (English)
Part(s) used:
Preparation:

Nutrient	Nutrient Composition/100g (edible portion)	
	Raw	Poached
Energy, kcal	142	144
Protein, g	20.4	24.1
Fat, g	6.7	5.3
Carbohydrate, g	0	0
Fiber, g	0	0
Ash, g	1.4	1.5
SAFA*, g	1.7	1.3
MUFA**, g	2.4	1.9
PUFA***, g	2.3	1.8
Retinol, µg	35	21
Vitamin A RE - µg	35	21
Vitamin A RAE - µg	35	21
Beta-carotene, µg	0	0
Vitamin D, µg	24.0	21.5
Thiamine, mg	0.17	0.15
Riboflavin, mg	0.11	0.1
Niacin, mg (NE)	19.2	22.3
Folic acid , µg (DFE)	4.0	4.0
Folate, µg (naturally occurring)	4.0	4.0
Folic acid, µg (synthetic)	0	0
Vitamin B_{12}, µg	3.2	3.5
Zinc, mg	0.67	0.67
Iron, mg	0.78	0.82
Calcium, mg	29.0	30.0
Phosphorus, mg	754	779
Sodium, mg	68	58
Magnesium, mg	32	35
Copper, µg	80	90
Manganese, µg	15	18
Selenium, µg	-	-
Moisture, g	71.5	69.2

--- = not analyzed



Type of procurement:
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, pink salmon was dried in the smokehouse. Today, it is canned, dried, barbequed and made into 'sluq' or 'knum'.
Source of nutrient data:
Canadian Nutrient File (2005). Record Id # 3221 for raw and record Id # 3228 for poached.

*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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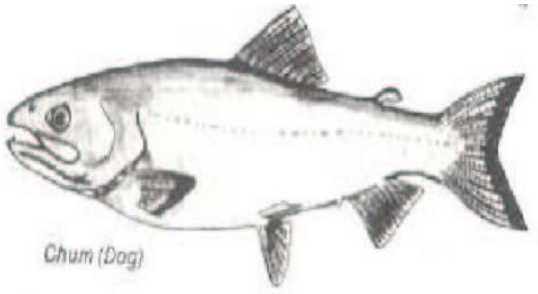
COMMUNITY FOOD SYSTEM DATA TABLE # 50

Food category: Fish and other sea food
Scientific identification:
Oncorhynchus keta
Local name & other common names:
t'li, chum (dog) (English)
Part(s) used:
Preparation:

Nutrient	Nutrient Composition/100g (edible portion)	
	Raw	Poached
Energy, kcal	126	113
Protein, g	23.1	22.3
Fat, g	3.7	2.6
Carbohydrate, g	0	0
Fiber, g	0	0
Ash, g	1.3	1.3
SAFA*, g	0.94	0.7
MUFA**, g	1.3	0.92
PUFA***, g	1.3	0.88
Retinol, µg	30.0	5.0
Vitamin A RE - µg	30.0	5.0
Vitamin A RAE - µg	30.0	5.0
Beta-carotene, µg	0	0
Vitamin D, µg	15.9	17.0
Thiamine, mg	0.09	0.08
Riboflavin, mg	0.1	0.11
Niacin, mg (NE)	15.4	20.9
Folic acid , µg (DFE)	4.0	4.0
Folate, µg (naturally occurring)	4.0	4.0
Folic acid, µg (synthetic)	0	0
Vitamin B_{12}, µg	3.3	2.04
Zinc, mg	0.58	0.61
Iron, mg	0.66	0.7
Calcium, mg	44.0	50.0
Phosphorus, mg	724	742
Sodium, mg	93	79
Magnesium, mg	31	32
Copper, µg	63	61
Manganese, µg	17	17
Selenium, µg	36.5	-
Moisture, g	73.3	70.6



Type of procurement:
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, chum salmon was smoked and stored in the cedar boxes in the smokehouse. Today, chum salmon is preserved by canning, jarring, salting, smoking and as sluq'.
Source of nutrient data:
Canadian Nutrient File (2005). Record Id # 3217 for and record Id # 3227 for poached.

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

--- = not analyzed

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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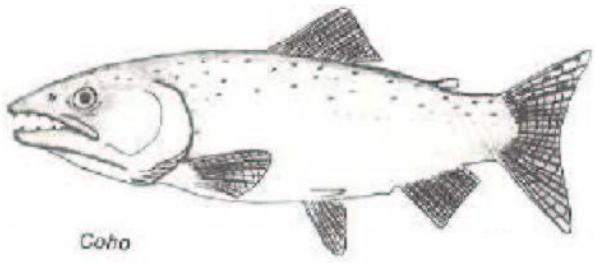
COMMUNITY FOOD SYSTEM DATA TABLE # 51



Food category: Fish and other sea food
Scientific identification:
Oncorhynchus kisutch
Local name & other common names:
ways, coho, silver salmon (English)
Part(s) used:
Preparation:

Nutrient	**Nutrient Composition/100g (edible portion)**			
	Raw+skin	k'num	Fillet, raw	sluq
Energy, kcal	172	267	105	295
Protein, g	18	29	23	60
Fat, g	8	11	1	3
Carbohydrate, g	7	13	1	7
Fiber, g	-	-	-	-
Ash, g	1	2	2	7
SAFA*, g	-	-	-	-
MUFA**, g	-	-	-	-
PUFA***, g	-	-	-	-
Retinol, µg	26	103	66.7	74
Vitamin A RE - µg	26	103	66.7	74
Vitamin A RAE - µg	26	103	66.7	74
Beta-carotene, µg	-	-	-	-
Vitamin D, µg	3.3	8.6	0.65	6.13
Thiamine, mg	0.77	0.09	0.35	0.05
Riboflavin, mg	0.22	0.29	0.10	0.25
Niacin, mg	3.1	5.4	4.1	11.6
Folic acid, µg (DFE)	6	15	5	9
Folate, µg (naturally occurring)	6	15	5	9
Folic acid, µg (synthetic)	-	-	-	-
Vitamin B_{12}, µg	-	-	-	-
Zinc, mg	0.7	1.0	0.4	1.2
Iron, mg	0.6	0.7	0.4	0.9
Calcium, mg	66	128	8	21
Phosphorus, mg	217	407	250	687
Sodium, mg	53	89	35	197
Magnesium, mg	24	42	29	84
Copper, µg	364	158	271	490
Manganese, µg	20	52	8	73
Selenium, µg	-	-	-	-
Moisture, g	65	45	75	26

-= not analyzed

Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: Today, Coho is canned, jarred, smoked, barbequed, salted and made into 'sluq' or knum.
Source of nutrient data: Data are sourced from Anthea C Kennelly's thesis "A nutrient evaluation of selected Nukalk salmon preparations." 1986. The University of British Columbia.

*****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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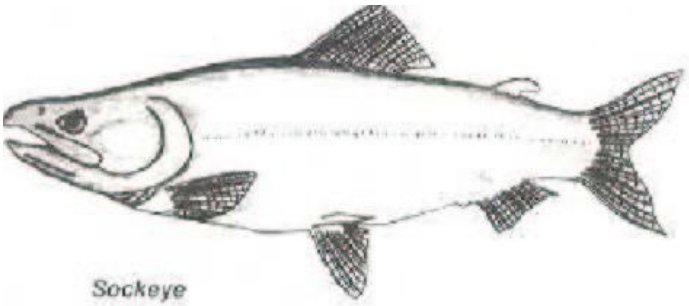
COMMUNITY FOOD SYSTEM DATA TABLE # 52

Food category: Fish and other sea food
Scientific identification:
Oncorhynchus nerka
Local name & other common names:
samlh, sockeye salmon (English)
Part(s) used:
Preparation:


Sockeye

Nutrient	Nutrient Composition/100g (edible portion)			
	Raw	Canned	BBQ	BBQ/Cnd
Energy, kcal	137	158	173	208
Protein, g	20	20	28	28
Fat, g	5	6	5	8
Carbohydrate, g	3	6	4	6
Fiber, g	-	-	-	-
Ash, g	2	3	3	3
SAFA*, g	-	-	-	-
MUFA**, g	-	-	-	-
PUFA***, g	-	-	-	-
Retinol, µg	50	70	120	146
Vitamin A RE - µg	50	70	120	146
Vitamin A RAE - µg	50	70	120	146
Beta-carotene, µg	-	-	-	-
Vitamin D, µg	5.68	5.28	16.23	10.90
Thiamine, mg	0.40	0.14	0.19	0.03
Riboflavin, mg	0.28	0.16	0.54	0.43
Niacin, mg	4.6	4.6	6.4	6.1
Folic acid, µg (DFE)	7	6	14	7
Folate, µg (naturally occurring)	7	6	14	7
Folic acid, µg (synthetic)	-	-	-	-
Vitamin B_{12}, µg	-	-	-	-
Zinc, mg	0.9	0.6	1.3	1.0
Iron, mg	0.8	0.3	1.3	0.9
Calcium, mg	52	59	81	70
Phosphorus, mg	216	238	361	325
Sodium, mg	58	783	270	438
Magnesium, mg	25	20	36	33
Copper, µg	665	166	1390	624
Manganese, µg	17	9	67	67
Selenium, µg	-	-	-	-
Moisture, g	70	66	60	55

Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: Today, sockeye are preserved by canning, jarring, barbequing, and smoking and as sluq'. Fresh sockeye are usually cooked as steak. Another favorite way is to make a mulligan (or stew) with potatoes and vegetables.
Source of nutrient data: Data are sourced from Anthea C Kennelly's thesis "A nutrient evaluation of selected Nukalk salmon preparations." 1986. The University of British Columbia.

***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 # 53

Food category: Fish and other sea food
Scientific identification:
Oncorhynchus tshawytscha
Local name & other common names:
amlh, spring, chinook, king (English)
Part(s) used:
Preparation:


Spring Salmon

Nutrient	Nutrient Composition/100g (edible portion)		
	Raw	Baked	Smoked
Energy, kcal	173	223	112
Protein, g	19.9	25.7	18.3
Fat, g	10.4	13.4	4.3
Carbohydrate, g	0	0	0
Fiber, g	0	0	0
Ash, g	1.3	1.8	2.6
SAFA*, g	3.1	3.2	0.93
MUFA**, g	4.4	5.74	2.0
PUFA***, g	2.8	2.66	1.0
Retinol, µg	136	149.0	26.0
Vitamin A RE - µg	136	149.0	26.0
Vitamin A RAE - µg	136	149.0	26.0
Beta-carotene, µg	0	0	0
Vitamin D, µg	17.7	22.6	10.5
Thiamine, mg	0.054	0.044	0.023
Riboflavin, mg	0.113	0.154	0.1
Niacin, mg (NE)	8.4	14.9	8.1
Folic acid , µg (DFE)	30.0	35.0	2.0
Folate, µg (naturally occurring)	30.0	35.0	2.0
Folic acid, µg (synthetic)	0	0	0
Vitamin B_{12}, µg	1.3	2.9	3.3
Zinc, mg	0.44	0.56	0.31
Iron, mg	0.25	0.91	0.85
Calcium, mg	26.0	28.0	11.0
Phosphorus, mg	289	371	164
Sodium, mg	47	60	784
Magnesium, mg	95	0.56	18
Copper, µg	41	53	23
Manganese, µg	15	19	17
Selenium, µg	36.5	46.8	32.4
Moisture, g	71.6	65.6	72

--- = not analyzed

Type of procurement:
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, spring was preserved by drying. Today, spring salmon is salted or half smoked and then canned or frozen.
Source of nutrient data:
Canadian Nutrient File (2005). Record Id #3051 for raw, record Id #3157 for baked and record Id # 3050 for smoked.

*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 # 54

Food category: Fish and other sea food
Scientific identification:
Phoca sp.
Local name & other common names:
ascw, seal (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:
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: When ooligan grease was scare, seal fat was used. Today seal meat and fat is frozen and usually cooked by boiling or baking.
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 # 55

Food category: Fish and other sea food
Scientific identification:
Platichtys stellatus
Local name & other common names:
pays, nukakals, flounder (English)
Part(s) used:
Preparation:

Nutrient	Nutrient Composition/100g (edible portion)	
	Raw	Baked
Energy, kcal	86	110
Protein, g	18.8	24.2
Fat, g	1.2	1.5
Carbohydrate, g	0	0
Fiber, g	0	0
Ash, g	1.2	1.5
SAFA*, g	0.28	0.36
MUFA**, g	0.23	0.28
PUFA***, g	0.33	0.65
Retinol, µg	10.0	13.0
Vitamin A RE - µg	10.0	13.0
Vitamin A RAE - µg	10.0	13.0
Beta-carotene, µg	0	0
Vitamin D, µg	1.15	1.5
Thiamine, mg	0.09	0.08
Riboflavin, mg	0.076	0.114
Niacin, mg (NE)	6.4	6.7
Folic acid , µg (DFE)	8.0	9.0
Folate, µg (naturally occurring)	8.0	9.0
Folic acid, µg (synthetic)	0	0
Vitamin B_{12}, µg	1.5	2.5
Zinc, mg	0.45	0.63
Iron, mg	0.36	0.34
Calcium, mg	18.0	18.0
Phosphorus, mg	184	289
Sodium, mg	81	105
Magnesium, mg	31	58
Copper, µg	32	26
Manganese, µg	17	20
Selenium, µg	32.7	58.2
Moisture, g	79.1	73.2

= not analyzed

Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: Flounder is not usually preserved except by freezing. It is eaten fresh, and usually cooked by frying either whole or in fillets.
Source of nutrient data:
Canadian Nutrient File (2005). Record Id # 3216 for raw and record Id # 3007 for baked.

*****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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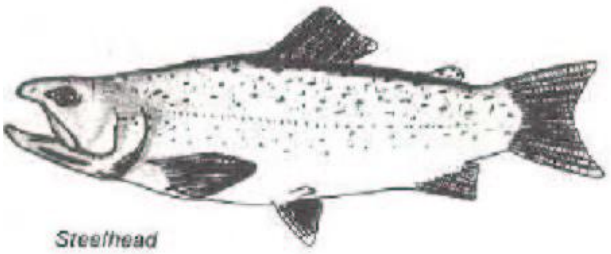
COMMUNITY FOOD SYSTEM DATA TABLE # 56

Food category: Fish and other sea food
Scientific identification:
Salmo gairdnerii
Local name & other common names:
k'lat, steelhead (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:
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: Today, steelhead is usually preserved by freezing. There are still some people who smoke steelhead in early spring when other fish are not available.
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 # 57

Food category: Fish and other sea food
Scientific identification:
Salmo spp
Local name & other common names:
tutup, trout (English)
Part(s) used:
Preparation:

Nutrient	Nutrient Composition/100g (edible portion)	
	Raw	Baked
Energy, kcal	143	183
Protein, g	20.8	26.6
Fat, g	6.6	8.5
Carbohydrate, g	0	0
Fiber, g	0	0
Ash, g	1.2	1.5
SAFA*, g	1.15	1.5
MUFA**, g	3.25	4.2
PUFA***, g	1.5	1.9
Retinol, µg	17.0	19.0
Vitamin A RE - µg	17.0	19.0
Vitamin A RAE - µg	17.0	19.0
Beta-carotene, µg	0	0
Vitamin D, µg	3.9	5.0
Thiamine, mg	0.35	0.43
Riboflavin, mg	0.33	0.42
Niacin, mg (NE)	8.4	10.7
Folic acid , µg (DFE)	13.0	15.0
Folate, µg (naturally occurring)	13.0	15.0
Folic acid, µg (synthetic)	0	0
Vitamin B_{12}, µg	7.8	7.49
Zinc, mg	0.66	0.85
Iron, mg	1.5	1.9
Calcium, mg	43.0	55.0
Phosphorus, mg	245	314
Sodium, mg	52	67
Magnesium, mg	22	28
Copper, µg	190	240
Manganese, µg	851	1 091
Selenium, µg	12.6	16.2
Moisture, g	71.4	63.4

--- = not analyzed

Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: Trout are eaten fresh soon after they are caught.
Source of nutrient data:
Canadian Nutrient File (2005). Record Id # 3204 for raw and record Id # 3215 for baked.

*****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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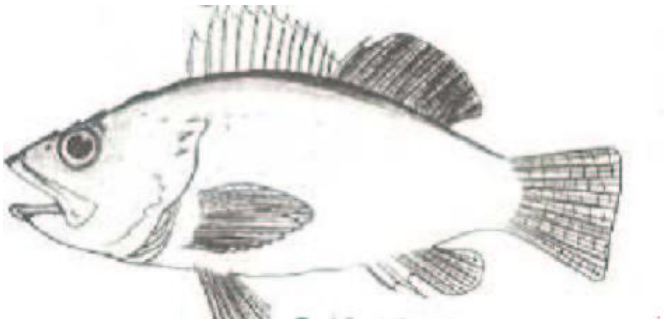
COMMUNITY FOOD SYSTEM DATA TABLE # 58

Food category: Fish and other sea food
Scientific identification:
Sebastes ruberrimus
Local name & other common names:
lc7iixw, red cod, snapper (English)
Part(s) used:
Preparation:



Nutrient	Nutrient Composition/100g (edible portion)	
	Raw	Baked
Energy, kcal	94	121
Protein, g	20.5	26.3
Fat, g	1.3	1.7
Carbohydrate, g	0	0
Fiber, g	0	0
Ash, g	1.3	1.4
SAFA*, g	0.29	0.37
MUFA**, g	0.25	0.32
PUFA***, g	0.46	0.59
Retinol, µg	30.0	35.0
Vitamin A RE - µg	30.0	35.0
Vitamin A RAE - µg	30.0	35.0
Beta-carotene, µg	0	0
Vitamin D, µg	2.3	2.9
Thiamine, mg	0.046	0.053
Riboflavin, mg	0.003	0.004
Niacin, mg (NE)	4.1	5.25
Folic acid , µg (DFE)	5.0	6.0
Folate, µg (naturally occurring)	5.0	6.0
Folic acid, µg (synthetic)	0	0
Vitamin B_{12}, µg	3.0	3.5
Zinc, mg	0.36	0.44
Iron, mg	0.18	0.24
Calcium, mg	32.0	40.0
Phosphorus, mg	198	201
Sodium, mg	64	57
Magnesium, mg	32	37
Copper, µg	30	46
Manganese, µg	13	17
Selenium, µg	38.2	49
Moisture, g	76.9	70.4

--- = not analyzed

Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: The fillet can be frozen, or eaten fresh. They can be dipped in flour and fried, or dipped in batter and deep fried. Some people like to smoke code fillets before freezing them.
Source of nutrient data:
Canadian Nutrient File (2005). Record Id # 3066 for raw and record Id # 3067 for baked.

*****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 # 59

Food category: Fish and other sea food
Scientific identification:
Several genera
Local name & other common names:
ts'ikwa, clams (English)
Part(s) used:
Preparation:

Nutrient	Nutrient Composition/100g (edible portion)	
	Raw	Boiled/ Steamed
Energy, kcal	71	101
Protein, g	12.8	25.6
Fat, g	1.0	2.0
Carbohydrate, g	2.6	5.1
Fiber, g	0	0
Ash, g	1.9	3.7
SAFA*, g	0.094	0.19
MUFA**, g	0.08	0.17
PUFA***, g	0.28	0.55
Retinol, µg	90.0	171.0
Vitamin A RE - µg	90.0	171.0
Vitamin A RAE - µg	90.0	171.0
Beta-carotene, µg	0	0
Vitamin D, µg	0.07	0.14
Thiamine, mg	0.08	0.15
Riboflavin, mg	0.213	0.43
Niacin, mg (NE)	4.2	8.1
Folic acid , µg (DFE)	16.0	29.0
Folate, µg (naturally occurring)	16.0	29.0
Folic acid, µg (synthetic)	0	0
Vitamin B_{12}, µg	49.4	98.9
Zinc, mg	1.37	2.73
Iron, mg	14.0	28.0
Calcium, mg	46.0	92.0
Phosphorus, mg	169	338
Sodium, mg	56	112
Magnesium, mg	9	18
Copper, µg	344	690
Manganese, µg	500	1000
Selenium, µg	24.3	64
Moisture, g	81.8	63.6

--- = not analyzed

Type of procurement:
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, clams were dried and smoked slightly. To eat them fresh, fry them or cook them in chowder.
Source of nutrient data:
Canadian Nutrient File (2005). Record Id #3109 for raw and record Id # 3111 for baked.

*****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 # 60

Food category: Fish and other sea food
Scientific identification:
Strongylocentrotus sp.
Local name & other common names:
mtm, sea urchin (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:
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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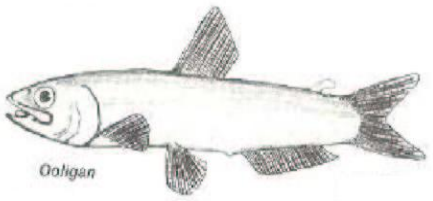
COMMUNITY FOOD SYSTEM DATA TABLE # 61

Food category: Fish and other sea food
Scientific identification:
Thaleichthys pacificus
Local name & other common names:
eulachon, ooligan (English)
Part(s) used:
Preparation: raw, smoked, dried, and grease

Nutrient	Nutrient Composition/100g (edible portion)			
	Raw	Dried	Smoked	Grease
Energy, kcal	-	-	-	-
Protein, g	-	-	-	-
Fat, g	16.7	15.5	21.9	98.0
Carbohydrate, g	-	-	-	-
Fiber, g	-	-	-	-
Ash, g	-	-	-	-
Retinol, µg	3196	2021	4439	2400
Vitamin A RE - µg	3196	2021	4439	2400
Vitamin A RAE - µg	3196	2021	4439	2400
SAFA*, g				
MUFA**, g	-	-	54.8	36.0
PUFA***, g	-	-	-	-
Omega-3 fatty acids, g	-	-	3.5	21
Omega-6 fatty acids, g	-	-	2.3	1.1
Cholesterol, mg	109	84	124	200
Zinc, mg	-	-	2.2	-
Iron, mg	-	-	1.8	-
Calcium, mg	-	-	405	-
Phosphorus, mg	-	-	-	-
Sodium, mg	-	-	-	-
Magnesium, mg	-	-	-	-
Copper, µg	-	-	-	-
Manganese, µg	-	-	-	-
Selenium, µg	-	-	-	-
Moisture, g	72.2	69.6	59.2	1.4

--- = not analyzed



Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production:
Importance value to the community by age/gender and other miscellaneous information: When in season, many people eat them fresh everyday. They can be boiled, baked or dipped in flour and fried. Some people have cooked ooligans in sandwiches. People say that eating a lot of ooligans, especially fried, will make you very sleepy.
Source of nutrient data: Data are sourced from Journal of Food Composition and Analyses 9, 18-31 (1996).

*****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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