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ASSESSMENT OF DIETARY BENEFIT/RISK IN INUIT COMMUNITIES

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EXECUTIVE SUMMARY

Traditional/country food has a central role in the life of Inuit individuals, households, and communities. With documentation of the threat of contaminants in traditional animal and plant food resources, knowledge on the extent of use of this food is needed. However, it is clear that understanding food use must incorporate knowledge of the holistic values this food has. Therefore in this project, substantial effort has been placed on documenting the benefits of traditional/country food use, specifically nutrient benefits and sociocultural and economic benefits, as well as the contaminant risks.

The research took place from 1997-2000 in 5 regions of Inuit communities with support from the Northern Contaminants Program and with the participation and guidance of the Inuit Tapirisat of Canada. Workshops during the first year identified 18 communities to represent the regions and therefore research agreements were made in each community for the work to be accomplished. Research processes included in each community included preparation of harvest calendars, 24-hr recalls, food frequency interviews, 7-day food records, sociocultural interviews, food perception interviews, and food sample collection for analyses of 25 nutrients, 8 organochlorines and 4 heavy metals. Interviews and food sample collection took place during fall of 1998 and winter of 1999. Participants were randomly selected for interviews, and a total of 1929 interviews were made. Approximately 200 food items prepared for consumption were sampled for analysis of nutrients and contaminants, the results of which were then analyzed with the dietary interview data.

Dietary data were analyzed for the traditional/country food portion of the diet in contrast to the market food portion of the diet. Contaminants were evaluated only for the traditional/country food portion. Traditional/country food was reported as being consumed frequently, and includes more than 100 different species of animals and plants over the 5 regions. The proportion of energy from traditional food varied among communities and between the two seasons, with fall records containing from 8 – 38 percent of all calories from traditional food, and winter records containing from 8 to 42 percent of calories from traditional food.

The traditional food portion of the diet contained substantial nutrients, and improved the quality of the diet. On days when traditional food was not consumed, fat was higher, particularly saturated fat, in some regions. When traditional food was part of the diet, there were higher intakes of vitamin A, vitamin E, iron, zinc, and in some cases, vitamin C. With respect to nutrient density (nutrient/1000 kcalories), the traditional portion of the diet was superior to the market portion for protein, vitamin E, vitamin C, iron, zinc, magnesium, potassium, and phosphorus. Average food intake from both traditional and market food did not provide the current nutrient standard levels for vitamin A, vitamin E, calcium, folic acid, fibre and other nutrients.

Overweight, a risk factor for chronic disease, was more common in middle-aged adults than those younger, with women more at risk than men, in contrast to the general Canadian population.

Traditional/country food provides economic benefits to families. Up to 78% of respondents in communities stated that they would not be able to afford all their food needs, if required to buy it from the store. With respect to sociocultural benefits, many

were recorded. The majority of respondents stated that harvesting and using traditional food by the family provided many attributes, such as contributing to physical fitness and good health, is an occasion for adults to display responsibility for their children, etc. Overall, respondents ranked traditional food as significantly more important than market food as healthy for children, healthy for pregnant and breastfeeding women, tasty, and important to community life.

Results from 24-hr recalls (n=1875) were used for contaminant exposure assessment. A total of 139 food items was mentioned, including parts from different species using different preparation methods. Concentrations of four heavy metals (arsenic (As), cadmium (Cd), mercury (Hg), and lead (Pb)) and eight major groups of organochlorines (chlordane (CHL), chlorobenzene (CBZ), aldrin and dieldrin (DIE), DDT, hexachlorocyclohexane (HCH), mirex (MIR), polychlorinated biphenyls (PCBs) and toxaphene (TOX)) that are typically found in the Canadian Arctic were generated from CINE's database.

The mean intake levels of all 4 heavy metals in the 18 communities were below the tolerable daily intake levels (TDI) used by Health Canada. The high intake sub-group (95th percentile) having higher exposure to Hg were in Rankin Inlet, Resolute Bay, Pond Inlet, Igloolik, and Qikiqtarjuaq. The mean Pb intake levels in Rankin Inlet and Pond Inlet were higher than the TDI. The major sources of Hg were caribou and ringed seal meat and the major sources of Pb were caribou and arctic char meat.

The mean intake levels of CBZ, DDT, HCH, MIR and PCBs in the 18 communities were below the tolerable daily intake levels (TDI) used by Health Canada. The mean intake levels for CHL and TOX were, however, four times higher than the provisional

tolerable daily intake (PTDI). The high intake sub-group (95th percentile) had ten times higher exposure of CHL and TOX than the PTDI. The mean CHL and TOX intake levels in Aklavik, Cambridge Bay, Chesterfield Inlet, Rankin Inlet, Resolute Bay, Pond Inlet, Igloolik, Kimmirut, and Qikiqtarjuaq were higher than the PTDI. The major sources for CHL and TOX were marine mammal fat.

Compared to the data collected from Qikiqtarjuaq in 1987-1988, Hg intake levels were similar (1.6 vs 1.8). However, mean intake levels of CHL (0.62 vs 0.44), PCBs (1.9 vs 0.85), and TOX (3.3 vs 1.2) were higher in this study.

It is concluded that several important nutrient, sociocultural and economic benefits exist for using traditional food. The risks of contaminant exposure are greatest for the organochlorines chlordane and toxaphene. Several frequently consumed traditional food species contribute a variety of contaminants to the total diet.

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FOREWORD

This technical report is a detailed description of the current food systems of Inuit communities in five regions: Inuvialuit, Kitikmeot, Kivalliq, Qikiqtaaluk (Baffin) and Labrador. Eighteen participating communities were selected to represent approximately 50 Inuit communities in these regions. The information presented here can be readily extracted to support education and communication initiatives of the Inuit Tapirisat of Canada, and to support and develop community initiatives to improve nutrition, monitor the presence of contaminants, promote the benefits of traditional food, and help individuals make better informed decisions about the food they eat.

The report is descriptive in intent, presented primarily as tables and figures. Interpretation of results are kept to a minimum in keeping with the education and communications initiatives about these findings undertaken by the Inuit Tapirisat of Canada, which have already begun.

Collaborating organizations within each community were provided this summary document as well as their own data on paper and computer diskette. The complete data set is archived at the offices of the Inuit Tapirisat of Canada, Ottawa, and at the Centre for Indigenous Peoples' Nutrition and Environment (CINE) at McGill University.

BACKGROUND, PURPOSE AND ACTIVITIES

Background

The presence of environmental contaminants in traditional/country food in the international Arctic has been reported in numerous studies reviewed in the Canadian Arctic Contaminants Assessment Report (1997) and the Arctic Monitoring and Assessment Programme Assessment Report (1998). The realization that low levels of several persistent heavy metals and organochlorines are present in Arctic food chains has resulted in serious concern about Arctic ecosystems and human health of Indigenous Peoples who depend on subsistence food resources.

In Canada the Northern Contaminants Program began in 1991 with the inception of the Arctic Environmental Strategy. Two reports resulting from the program relevant for Inuit were that of Kinloch et al (1992) and Kuhnlein et al (1995), in which exposure to several organochlorines through the traditional food system was documented, following extensive dietary and food composition studies of one community on Baffin Island. Interviews were conducted bimonthly over the calendar year to document seasonal differences in traditional food use. Differences in food use were shown by season as well as by age and gender. Extension of this work resulted in knowledge of heavy metal exposure through diet (Chan et al, 1995), and the important contributions of traditional/country food to nutrition of the community (Kuhnlein, 1995; Kuhnlein et al, 1995; and Kuhnlein et al, 1996). Thus, it became clear that there are multiple benefits to the use of traditional/country food by Inuit that need to be considered in parallel to the risks from heavy metal and organochlorine exposure. The contaminants where food use

resulted in mean community intakes by women exceeding the established tolerable daily intake were toxaphene, chlordane, and mercury.

While it is known that exposure to most environmental contaminants is through diet, data on concentration of contaminants in traditional/country food as consumed as well as the extent of consumption derived from dietary survey is obtained by interview. The use of dietary data for providing calculation of contaminant exposure also permits evaluation of other risks related to diet, such as over- or under-nutrition, as well as additional benefits associated with traditional/country food use (economic, social, cultural, etc). Studies of this kind were reported for communities in the Western Arctic (Morrison et al, 1995; Kuhnlein et al, 1995). In 1996 a CINE report of 3-years of dietary evaluation with 16 Dene/Métis communities showed differences in food use patterns by latitude (Receveur et al, 1996; Receveur et al, 1997), and in 1998 a CINE report of dietary evaluations in 10 communities of Yukon First Nations was completed (Receveur et al, 1998). In these Western Arctic communities, the food systems are land-based, and therefore not subject to the same extent of organochlorine accumulation. For these areas, it was found that while most contaminants were detected, at least in trace amounts, in all traditional food samples, in no instance was the average contaminant intake above the established guidelines. Thus while the risks of the observed levels of exposure were low and of no public health concern in the Western Arctic, the need for monitoring of the most prominent contaminants, toxaphene and chlordane, was recognized for two frequently consumed food species, trout and salmon.

Other researchers who have addressed extent of food use and nutrient intake by Inuit communities include Wein and Freeman (1992), Wein et al (1996), Lawn, (1993, 1994); Moffat et al, (1994) and Blanchet, et al (2000).

The study reported here was conducted in collaboration and with participation by the Inuit Tapirisat of Canada (ITC) and the Centre for Indigenous Peoples' Nutrition and Environment (CINE) from 1997 - 2000. Also participating were the Inuvialuit Regional Corporation and the Labrador Inuit Association.

Purpose

The objectives of the research were stated in the project proposal, and in each community research agreement as:

1) To derive quantitative estimates of traditional/country and market food intake among Inuit in 5 regions (Inuvialuit, Kitikmeot, Keewatin, Baffin and Labrador), representing approximately 50 communities;

2) To complete databases of nutrient and contaminant contents of traditional food as prepared and consumed for quantitative estimates of intake of these items;

3) To define benefits of traditional/country food in terms of nutritional, socioeconomic and cultural significance; and

4) To define the levels of dietary exposure to contaminants (mercury, cadmium, arsenic, lead, and several organochlorines).

Project Activities

There were three phases to the project, each of a one-year duration (Table 1).

Phase 1 (1997-98): Development of the methodology

Existing information in databases of contaminants and nutrients in traditional food species were compiled. Regional workshops were held for each participating region from October, 1997, to February, 1998, where a total of 39 communities sent representatives to discuss the research methods, and identify participating communities. Each workshop identified the extent of traditional food used seasonally by communities in that region, and recommended the communities in which to conduct the research. The overwhelming interest in this study meant that while all community representatives wished the evaluation to take place in their community, a selection had to be carefully made by workshop participants, based on factors such as the diversity of the local food system, community size, existing health concerns, and budget limitations of the project. Therefore the research was defined to be conducted in the communities noted in Figure 1. It was not possible to conduct the project in one identified community, Pelly Bay, due to budget constraints. An additional budget portion was obtained for the research to be conducted in Qikiqtarjuaq.

Phase 2 (1998-99): Data collection

During the second year (1998-99) of the project, research agreements (Appendix 1) were negotiated with each community identified at the workshops, and pilot testing of the interview tools was completed in Shingle Point and Chesterfield Inlet. Research staff were hired and trained at workshops at CINE in September and January. Random 10 percent samples of resident households in the research communities were selected during each time period, and interviewing proceeded of a maximum of two adults and one adolescent from each household. Collection of food samples thought to be of primary importance during the interview period were made. The interviewing periods extended from October to December, and January to early April. Survey instruments (Appendix 3) included 24-hr recalls, traditional food frequency of use in the prior three months, seven-day traditional food use records during the season of interview, a short socioeconomic questionnaire, and height and weight measures. During the winter interview period, additional information was gained with repeat 24-hr recalls (n=172) and a qualitative exercise on food attributes (n=126). Community food store prices and availability of selected items for a standard market basket of food was completed by research assistants(Appendix 4). Harvest calendars were confirmed by community residents (Appendix 5). All data were returned to CINE for computer file entry and processing. In all, 1929 interviews were completed and approximately 200 samples of food prepared for consumption were collected (Appendix 2, Appendix 6).

Phase 3 (1999-2000): Data analysis, discussion of results, and reporting

During this final phase of the project, laboratory and data analyses proceeded at CINE, as did discussion of results in a draft report prepared for a workshop (March, 2000) of representatives from participating Inuit communities in each of the five regions.

Laboratory analyses were conducted and data were added to the existing database for four heavy metals (arsenic (As), cadmium (Cd), mercury (Hg), and lead (Pb)) and eight major groups of organochlorines (chlordane (CHL), chlorobenzene (CBZ), aldrin and dieldrin (DIE), DDT, hexachlorocyclohexane (HCH), mirex (MIR), polychlorinated biphenyls (PCBs) and toxaphene (TOX) (Chan, 1998; Kuhnlein et al, 1991; Kuhnlein and Soueida, 1992). Nutrient analyses conducted in the CINE laboratory included proximate composition (energy, protein, fat, carbohydrate-by-difference, moisture, ash), fatty acids, essential minerals (iron (Fe), zinc (Zn), copper (Cu), manganese (Mn), magnesium (Mg), calcium (Ca), phosphorus (P), sodium (Na), potassium (K), and selenium (Se)), and vitamins (retinol, tocopherol). Health Canada laboratories conducted analyses of selected additional vitamins (ascorbic acid (Vit C), pyridoxine (Vit B-6), folic acid, riboflavin (Vit B-2)). Food samples were prioritized for nutrient analyses for the most frequently used Inuit foods. Following the laboratory work, the nutrient and contaminant databases were compiled without missing values for processing of the dietary data.

The 24-hr recall dietary data were treated with the above two databases, additional interview information was summarized, and tables were prepared as a draft report containing more than 400 pages, including appendices. The reports were presented to a workshop held March 23-24, which was funded by the project in

cooperation with ITC, and was comprised of 16 Inuit leaders and representatives of Inuit organizations, representatives of ITC, and CINE researchers. It was agreed that Holman would be included in both Inuvialuit and Kitikmeot regions in data analyses. However, the total n of data in Appendix 2 include Holman only in the Inuvialuit region.

Special Consideration for Muktuk/Mattak and Blubber

Throughout the research process, substantial effort was made to separately estimate narwhal and beluga blubber, including blubber contained in muktuk, because this portion of the animal contains a very different contaminant and nutrient profile than does the skin portion of muktuk, and because muktuk can contain quite variable proportions of blubber. The 24-hr recall interviewers requested the interviewee to estimate the amount of blubber on the muktuk consumed; often people reporting eating muktuk with no blubber at all. Generally speaking, when interview data did not include the % blubber in the muktuk, the assumptions were made that "raw muktuk with blubber" was 50% blubber, and "aged muktuk" and "boiled muktuk" were 33% blubber. The reader should be alert to the differentiations in muktuk (also called mattak in some areas) with or without blubber, or as "mattak/skin only" in the data presentations. In the 24-hr recall data treatment for both contaminants and nutrients, the blubber portion from muktuk was included with other blubber to give the daily estimate of total blubber intake, and muktuk/skin was reported as a separate item. Footnotes to tables clarify how muktuk/mattak skin and blubber were treated in the tables.

METHODS

Overview

The primary methods used in this study were regional workshops, individual interviews, measurement of body weight, analyses of traditional/country food for contaminants and nutrients, and community food price lists. Each of the methods were developed in consultation with staff of the Inuit Tapirisat of Canada, and confirmed with community representatives at the initial regional workshops. On-going communication with staff at ITC was maintained during the course of the project. The project was approved by McGill University Human Ethics Review Committee and the CINE Governing Board.

The communities noted in Figure 1 participated in data collection, as noted above. In each community, after negotiation of a research agreement (Appendix 1) with hamlet leaders, the community was informed through posters and/or radio messages of the intent of the project. During the course of the data and sample collection phase, the hamlet or community managers and leaders were kept appraised of progress. In each community, a random sample of 10% of Inuit households, or 25 households, whichever was larger, was drawn from community lists. One man, one woman, and one teen-aged child were invited to participate from each household. When one man, one woman or one teen were not present for interviewing, an additional individual from an additional randomly selected household was contacted. Random sampling is the method of choice to assure an equal chance of each member of the community being included in the survey, and a random sample of sufficient size is the best guarantee that results will

represent the community at large. Nevertheless, bias may occur. For example, traditional food intake may be underestimated if the interviews are conducted when a large number of high consumers of traditional food are out on the land. Care was thus taken to avoid interviewing at those particular times. Interviews in the community for the fall sample began in September, 1998, and continued until completion in November. Another random sample was selected in February for the winter data collection, and continued until the second week of April. The regions, communities, research coordinators and interviewers are given in Table 2. In Tables 3 and 4 are given the community population and the number of individuals, by gender and age, completing interviews in each season.

Overall participation of those contacted was high, with regional averages of participation being equal to or more than 75% of households and individuals (Table 5). A summary of the study sample profile by region is given in Table 6, and in Table 7, a listing of selected community variables based on census data. The distribution by region, gender and age is given in Table 8.

Individual Data

Inuit residents of communities were trained to administer interviews in English or Inuktitut. Research coordinators noted in Table 2 worked with the interviewers to provide guidance and quality control. Each interview lasted approximately one hour and included: 1) food frequency questionnaire of traditional/country food, 2) 24-hr dietary recall; 3) self-reported height and weight with optional body weight measurements) and

4) sociocultural questionnaire. Respondents were also requested to keep a 7-day record of traditional food consumed. In addition, during the winter interview period, participating individuals were asked to also complete a card-sort interview where selected traditional and market food items were ranked for selected cultural perceptions. The number of participants for each of the data collection tools is given in Appendix 2, and the interview instruments are given in Appendix 3.

1) Frequency questionnaire of traditional food use

Respondents were asked the frequency of consumption of more than 120 traditional food species, not including the parts of the animals or plants used, during the three months prior to the interview. To facilitate memory, each interviewer was provided with an illustrated index of traditional food species listed. The list of species was derived from the community representative workshops in Year 1, when harvest calendars were prepared. Each region had a distinct list of regionally available food species and parts for which interviews were conducted. For each species, the different modes of food preparation and list of parts/organs consumed were specified as separate questions. If the respondent indicated use of a particular species on average in the previous three months, the interviewer proceeded to ask for frequency of use. The following choices were offered: (1) less than once a week, (2) how many days per week, (3) how many days during the 3-month period. This part of the interview lasted approximately 20-25 minutes. A summary of the number of days/week for consumers only, by region, for summer and winter combined, is given in Table 9.

2) 24-hr dietary recall

Following the frequency questionnaire (above), the respondent was asked to remember in detail the types and quantities of food consumed on the day prior to the visit. Locally available bowls, cups and spoons, as well as a 2-dimensional representation of bannock serving sizes were used to facilitate serving size estimation. Each interviewer had been trained to administer the interview using standard questions. This part of the interview lasted, on average, 15 minutes.

Periodically, at least once per week, the project coordinator met with the interviewers and checked each record for completeness and estimated individual energy intake. Respondents reporting an intake of more than 4000 kcal or less than 1000 kcal on their 24-hr recall were contacted again to ensure the correctness of the record; when in doubt, a second recall was completed. During the winter interview period, second recalls were routinely collected to address new methodology for estimating nutrient intake from 24-hr recalls. Alcohol estimates were judged as unreliable, and not entered nor included in the analyses.

Nutrient analyses of dietary data for this report were performed using two food composition databases: a database of the composition of traditional/country Inuit food derived from published reports (Kuhnlein et al, 1991; Kuhnlein and Soueida, 1992) supplemented with additional data from current food sampling and analyses; and a market food composition database (Murphy and Gross, 1987) derived from Agricultural Handbook No. 8 series and adjusted to include Canadian food items and nutrient fortification levels (Thompson and Brulé, 1992).

3) Height and weight

At the end of the 24-hr questionnaire, the respondent was asked to report personal height and weight. A weight measurement was taken if the respondent agreed. Weights were measured in light clothing without shoes using ordinary personal scales (precision ± 100g) previously set at zero.

4) Sociocultural questionnaire

The interview was completed by a series of questions related to household demography, food preferences and perceptions related to traditional and market food. Each question content and format had been found acceptable by the participants of the regional workshops (Table 1) and no particular difficulties were encountered during its administration.

A total of 1929 interviews were completed in the late winter and fall. Because incomplete interviews were discarded, the totals completed of the different interview components varied. These totals are given in Appendix 2.

Community Data

1) Food price list.

In keeping with CINE's earlier studies in the Western Arctic, a 46 item food price list was compiled in October, 1999, in each community. This tool permits comparison to market food costs across Inuit communities in the five regions.

2) Harvest calendar

The patterns of traditional/country food harvested in each community was identified in the workshops in the first year of the study. For each traditional food species, a monthly calendar was used to identify the months of harvest.

3) Food sample collection

Food items with inadequate laboratory data and known to be mentioned in 5 or more recalls in the random sample were targeted for sampling in the form most commonly consumed. These samples were shipped frozen to the CINE laboratory and portioned for nutrient and contaminant analyses. A list of traditional/country food sampled is given in Appendix 6.

3.1 Nutrient analyses

3.1.1 Proximate analysis

Moisture was determined in duplicate with homogenized samples with a lyophilizer (Flexi-Dry MP system, FTS Systems Inc, Stone Ridge, NY) at - 80°C for 48 hours. Total crude fat was determined in duplicate using an automatic Soxhlet extraction system (Soxtec HT-6, Tacater AB, Hoganas, Sweden). Nitrogen content was determined by automatic nitrogen analyser (Leco Corp, St Joseph, MI) in triplicate; protein was calculated with a conversion factor of 6.25. Ash was determined in triplicate on freeze-dried, defatted samples in an Isotemp muffle furnace (Fisher Scientific, Montreal, QC) at 550°C. For all assays, a standard of homogenized salmon flesh was

used as a control for day-to-day variations. Variations in the standard analyses for all determinations were within 2%.

3.1.2 Mineral analyses

Freeze-dried tissue homogenate (0.35 g) was weighed into acid-washed 50 ml boiling tubes (2 replicates per sample). Eight ml of 70% nitric acid (Fisher Scientific, Trace Metal Grade) were added to each tube. Tubes were covered with glass condensers and the samples were pre-digested at room temperature overnight. Digestion was continued for 8 hrs at 120°C. Digests were cooled to room temperature and brought to 25 ml with Nanopure deionized water. Calcium, chromium, copper, iron, magnesium, manganese, phosphorus, potassium, sodium, and zinc were determined by Inductive coupled plasma-atomic emission spectrometry using a Thermo-Jarrell Ash IRIS ICP-AES (TJA solutions, Franklin, MA). Selenium was determined by graphite-furnace AAS with a Hitachi Z-8200 Zeeman polarized atomic absorption spectrophotometer (AAS) (Nissei Sanyo Ltd, Mississauga, ON).

Two sample blanks were analyzed together with each sample batch. Concentrations of minerals in blanks were below detection limits in all analyses. A spiked blank was analyzed during each analysis to ensure day-to-day reproducibility. Each standard and sample was measured in duplicate and the sample was re-analyzed if the relative standard deviation of the two measurements was higher than 10%. Standard reference materials from the National Institute of Standards & Technology (oyster tissue SRM 1566a and bovine liver SRM 1577b) and the National Research Council of Canada (dogfish muscle DORM-2) were digested and analyzed with each sample batch. Results of metal concentrations always fell within 1 SD of certified

values.

3.1.3 Vitamin analyses

Several vitamins were analyzed in food samples. Included were ascorbic acid (vit C), retinol (vit A), tochopherol (vit E, as alpha-tocopherol), folic acid, riboflavin (vit B-2), and pyridoxine (vit B-6).

3.1.3.1 Ascorbic acid

Samples were analyzed for vitamin C by HPLC with electrochemical detection according to the method of Behrens and Madère (1994) at Health Protection Branch laboratory in Ottawa, with participation of CINE staff. The chromatographic system (Spectra-Physics) consists of a SP8800 pump, SP8760 autosampler and a SP8760 autosampler cooler, PLRP-S columns, a Chromjet integrator and an electrochemical detector (BAS-Bioanalytical system) with a glassy carbon electrode and an Ag/AgCl reference electrode. The columns were maintained at 5°C. Values were reported for total ascorbic acid as the arithmetic mean and the standard deviation (SD) where sample size was $n \geq 2$.

3.1.3.2 Retinol and tocopherol

Homogenized samples were weighed, subjected to cold saponification and kept 18 hrs in the dark. One ml aliquots were extracted with petroleum ether, dried under nitrogen and redissolved in methanol. Vitamins A and E were measured by HPLC with a diode array detector. Retinol and retinyl acetate were monitored at 325 nm, and α-tocopherol and α-tocopherol acetate at 280 nm. Vitamins were identified by their retention times and quantified against a 15-point calibration curve with external standards. All procedures were done under low light.

3.1.3.3 Folic acid (folate)

Samples were weighed, homogenized and autoclaved. Folic acid was extracted from the samples using a tri-enzyme procedure. Protease and amylase were used to digest the food matrix and release the folates. Desiccated chicken pancreas conjugase was then used to convert the polyglutamated forms of folic acid into the di-and mono-glutamic forms which could be utilized by the test organism, *Lactobacillus rhamnosus (ATCC #7469).* The turbidity of the growth response of the organism was measured against a standard curve and sample values were extrapolated from the curve. Values are the result of at least two separate extractions and assays.

3.1.3.4 Riboflavin

Samples were weighed, homogenized and autoclaved. FMN (flavin mononucleotide) and FAD (flavin dinucleotide) were extracted from the food matrix through acid hydrolysis and subsequent enzymatic treatment with amylase and papain. Total riboflavin was measured using a HPLC fluorescence detection method (excitation@464 nm, emission @540 nm). All riboflavin is expressed as mg/100 g wet weight.

3.1.3.4 Pyridoxine

The analysis proceeded in two steps: extraction of vitamers and separation and determination with high performance liquid chromatography.

Under reduced light, ~25 g of frozen food sample was quickly diced using an ice cold blade and 2-2.5 g portions were homogenized (30secs) in ice cold 0.1N HCL. Polytron probe was rinsed with additional cold HCL to give a total homogenate volume of 30 mL. Homogenate in stoppered tube was heated in boiling water for 30 mins and

cooled. Cooled homogenate had pH adjusted to 4.24 with 2M NaAcetate, 2.5 mL of freshly prepared 10% α-amylase solution was added and mixture was incubated in shaking water bath (45° C) for 3hrs. 1 mL of 50% TCA solution was added, tube was stoppered and vortexed and heated 5 mins in boiling water bath (100° C) and then cooled. Extract was made up to 50 mL with H_2O in volumetric flask, vigorously mixed and filtered through 0.2 micron filter. Two mL aliquot was stored at -80°C until thawed for analysis.

Vitamers were analyzed by the method of Esteve et al. (1998) using a Waters (Milford MA) HPLC system with fluorescent detector (290 nm excitation, 395 nm emission) and Waters Millennium 32 software. A Waters spherisorb ODS2 4.6 X 250 nm 5μ column at 30°C and 0.01 M H_2SO_4/MeOH (95/5) as mobile phase at 1 mL/min flow rate were used. Identification and quantitation of peak areas was accomplished using calibration curves established for pyridoxine, pyridoxamine, and pyridoxal standards made from freshly prepared pyridoxamine dihydrochloride, pyridoxal hydrochloride and pyridoxine hydrochloride solutions (Sigma Chemical, St. Louis Mo.).

3.2 Contaminant analyses

3.2.1 Heavy metals

Four heavy metals (cadmium (Cd), lead (Pb), arsenic (As) and mercury (Hg)) were measured. Arsenic, Cd, and Pb were determined by graphite-furnace AAS with a Hitachi Z-8200 Zeeman polarized atomic absorption spectrophotometer (AAS) (Nissei Sanyo Ltd, Mississauga, ON). Palladium plus ascorbic acid, ammonium phosphate, and

palladium plus ammonium phosphate, were used as modifiers for As, Cd and Pb analyses, respectively. Mercury was analysed by the cold vapour method with stannous chloride as the reducing agent. Detection limits are 0.075 µg/100g for Cd, 0.5 µg/100g for Pb, 1.0 µg/100g for As and 0.25 µg/100g for Hg

3.2.2 Organochlorines

Levels of total PCBs (the sum of 51 congeners) and chlorinated pesticides (chlorobenzene (CBZ), hexachlorocyclohexane (HCH), heptachlor epoxide, chlordane, DDT, mirex, and toxaphene) were measured.

Food samples were slightly thawed and cut into pieces, pooled and homogenized with an Osterizer blender. A modification of the extraction method described by Chan et al. (1996) was used for organochlorine extraction. Five grams (wet weight) of homogenate were spiked with an aliquot of surrogate internal standard solution containing ^{13}C-labelled PCBs IUPAC No 153, $^{13}C_{12}$-p, p'-DDT, and $^{13}C_6$-g-lindane. The sample was ground with 60 g of anhydrous sodium sulphate in a mortar until a free flowing powder was obtained. The ground food sample was packed into a glass column (2.5 cm i.d. x 30 cm) filled with 75 ml of solvent (1:1 methylene chloride/hexane) and soaked for 30 minutes. The solvent was eluted at a flow rate of 3-5 ml/min and further extracted with 150 ml of solvent. The extract was concentrated to 1-2 ml on a rotary evaporator and transferred to a conical tube. The extract was filtered through a 0.45 mm Teflon filter (SPE Ltd, Concord ON.) and made up to 5.3 ml with solvent (1:1 methylene chloride/hexane). Each sample was passed through a SX-3 Biobeads gel permeation column (3 cm i.d. x 70 cm; solvent: 1:1 methylene chloride/hexane; flow rate: 5 ml/min) connected to a Beckmann Gold HPLC system (Beckmann, Fullerton

CA). The first 150 ml, containing higher molecular weight lipids, were discarded. The next 150 ml containing the PCBs and chlorinated pesticides were collected and concentrated under a gentle stream of dry nitrogen to 300- 500 ml, and made up to approximately 1 ml with 15:85 methylene chloride/hexane. The extract was then applied onto a Florisil (Supelco, Mississauga, ON.) column (1 cm. i.d. x 30 cm) for additional purification and fractionation. An eluent of 15:85 methylene chloride/hexane (40 ml) was collected and concentrated to 50 µl, spiked with the volumetric internal standard d_{12}-chrysene and brought to 100 µl with isooctane for GC analysis.

The samples were characterized using a Varian Saturn III GC-Ion trap mass spectrometer (Varian Scientific, Mississauga,ON). A DB-5MS (J&W Scientific) (30 m x 0.25 mm i.d. and 0.25 mm film thickness) capillary column was used. Samples were loaded onto a Varian 8200CX autosampler and 1 ml injections were made with the SPI injector using the sandwich injection technique. The initial injecting temperature was 110 ^{o}C for 1 minute then raised to 280 ^{o}C at 150 ^{o}C/min and held for 50 minutes. Initial column temperature was 80^{o}C and held for 1 minute, raised to 150 ^{o}C at 10 ^{o}C/min, raised to 265 ^{o}C at 3 ^{o}C/min, raised to 300 ^{o}C at 15 ^{o}C/min and held for 5 minutes. Ion trap temperature was kept at 270 ^{o}C with the electron multiplier set at 1800 V over the 10^{5} tuning voltage and the transfer line was kept at 260 ^{o}C.

A total of 51 PCBs and 17 chlorinated pesticides was screened in the samples. Levels were measured using the internal standard method in conjunction with the corresponding external standards. Detection limits were 0.1 ng/g for all organochlorine compounds. With each batch of sample, standard reference materials measured were CLB-1 PCBs solutions from the National Research Council of Canada and SRM 1588

organics in cod liver oil from the National Institute of Standards and Technology. Results were consistently within 1 SD of certified values. Stringent quality control measures were built in all the analyses. Our laboratory also participated in the QA/QC intercomparison exercise for organochlorine and heavy metals organized by the Northern Contaminants Program of Indian and Northern Affairs Canada.

RESULTS

Sample Characteristics

Table 6 gives an overview of the study participants. Most households had children present (69-89 % across regions), and there was an average of 2 adults and 2 children per household; however, there was a range of up to 7 children per household. Usually, one person per household was employed full time, with some households having part-time employed members. In the different regions, from 35-68 % reported that their household could not afford to buy all the food needed from the store if no traditional/country food was available. This suggests a widespread problem of food insecurity if dependence on the store for all food is needed. Many reported regular hunting, fishing, trapping, collecting of plants/berries, and collecting of eggs. Access to hunting and fishing equipment, including borrowing and sharing, generally exceeded 50% of respondents.

More respondents estimated themselves as medium traditional food consumers than either high or low consumers.

Traditional Food Consumption

Table 9 shows the percent of the sample consuming each of the traditional/country food species and parts (number of days/week) for consumers only, by region, for summer (June-August, reported in fall) and winter (December - February, reported in late winter)combined. Each region had its own frequency interview containing

the species particular to the region. In Table 10 is shown the frequency of traditional/country food consumption by the percentage of the population consuming it, and the average weekly frequency of consumption (days/week), by region and season. Table 11 shows the levels of consumption in 5 categories (very low to very high) of each species or species category (for example, ducks) by region. It is seen that an extensive variety of traditional food species was consumed in each region and collectively across regions.

Figures 2 and 3 show the percent energy (kilocalories) as traditional food by season and community. It can be seen that from 8 - 38% (fall) of energy and 8 - 42% (winter) of energy comes from traditional food. The all-region percent of energy from traditional food, both seasons combined, is 22.2 ± 0.6% (not shown).

There are certain limits of the data to which the reader must be alert. Firstly, throughout data collection using all methods, the months of April and May were not adequately represented, and therefore the species specific to these two months, particularly birds and ducks, are under represented. Secondly, it must be kept in mind that the data are from a representative, approximately 10%, sample of community residents. The actual numbers of persons reporting consuming a food should not be interpreted to mean these are the only consumers, but only about 10% of them. When a food was reported as "low" consumption, in this case it means that less than 5 individuals in the random 10% sample reported using it. Finally, the frequency of use of a particular species are actual, and not necessarily representative of other data, for example that of wildlife studies. Thus, frequencies may deviate from what is known about the presence or absence of species from the near environment of a community

because of any of the following reasons: a)the food may have been imported through the Hunters and Trappers freezer outlet or for sale in the local store; b) the food may have been imported by a family member who travelled to another community and carried it home for sharing; c)the food may have been eaten when the individual was travelling and taking meals elsewhere; d)the food may have been preserved in the home from an earlier season; d) the interviewee may have confused the names of a few foods that are present as both traditional/country food or as store food (for example, clams, salmon). Nevertheless, data reported represent, in the majority, locally available wildlife food.

Using the 7-day food records, by gender and age group, and combining data from both seasons and all regions, the median serving sizes of traditional/country food consumed are listed in Table 12. The table is presented in roughly descending order of the number of days containing the food item when quantity consumed was reported. It is clear that large portion sizes were consumed of the most frequently consumed food items.

The 7-day food record data are reported by region in Table 13, as number of days per week in the two seasons by gender and age, again in roughly descending order of frequency.

In Tables 14 and 15 the 24-hr recall data were used to calculate the average daily intake (in gram weights) of traditional/country food used in both seasons and in decreasing order of consumption by region, gender and age group. Table 14 gives the figures for just those consuming the food, and Table 15 gives the estimated intake for the total population as a whole. From Tables 13, 14, and 15 it can be concluded that teens aged 15-19 in all regions ate fewer species (variety) of traditional/country food.

Using data from Tables 9, 10, 14, and 15, it was possible to calculate the average intake of all traditional/country food averaged over fall and winter by age, gender and region. This is shown in Table 16. In all regions it can be seen that the two older age groups of both genders consumed more total traditional food than did the two younger age groups. This table uses data from multiple 24-hr recalls to summarize these average intakes. In Table 17, data from the 7-day food records were used to make similar estimates, although fewer individuals kept these records. The two ways of recording food use for estimating average daily intake were not in general agreement.

Tables 18, 19, and 20 present data from three different tools to estimate dietary use of beluga whale muktuk, oil, and blubber from Aklavik and the fishing camp of Shingle Point. It can be seen that in Tables 18 and 19, the mean grams of beluga muktuk consumed per day are in good agreement.

Table 21 begins the understanding of market food consumed with a presentation of the top 20 food items consumed in each region, ranked by the grams of daily intake. Table 22 follows with the estimated intake weights (grams/person/day) in each region separated by age and gender. At the end of each regional-gender summary are the total grams of market food with and without beverages. These tables give the complete list of market food used by Inuit in the regions during these periods in roughly decreasing order of importance. Table 23 is a summary table of the grams of market food consumed by age and gender, without beverages, in the five regions. In parallel to the same results with traditional/country food, it is clear that the two older age groups of both genders in all regions consumed less market food than do the two younger age groups. This is to say that, on the average, in all regions and in both genders, the two

older age groups consumed more traditional/country food and less market food than did the two younger age groups.

Dietary Intake

Table 24 begins the understanding of the nutrient and contaminant intake of individuals using 24-hr recall data. In this table are given the most frequently consumed traditional/ country food items from the entire sample, all regions combined, of individuals interviewed as reported in the recalls in descending order, and to the point where the food was reported consumed in 5 24-hr recalls. These are the food items that were ultimately targeted for completion of laboratory analyses. Food items reported in fewer than 5 recalls are not listed. The methods of preparation for laboratory analyses were deliberately kept consistent to reflect changes in nutrients and contaminants. The contents of reciped items for use of these food items were incorporated in the recall analyses, not in the laboratory analyses.

In Table 25 the 20 most frequently consumed traditional/country food items are given together with the nutrient values included in the data base. Table 26 lists the nutrients and contaminants determined, and Table 27, the current standards for intake by healthy adults. At this time, several of the nutrient standards are being revised, and those current at the time of writing this report are given and noted. The results given in Tables 28 to 34 are based in understanding the amount of food used and the nutrient contents of the food. The results of mean nutrient intake can then be compared to the personal goals for intake given in Table 27 to see how intakes compared to recommended dietary intakes.

As an example of this principle, the vitamin C intake of Inuvialuit girls aged 15-19 years is given as 111 mg. This mean level of intake exceeds the range of the dietary standard (65-90 mg/day). This same age group has a mean vitamin E intake of 5 mg, which is far below the dietary standard of 15 mg.

Tables 28 - 29 report the intakes for many nutrients by age, gender and region. Folic acid (folate) is a vitamin that was fortified in white flour in all market food during the research process, therefore since reported intakes could have included either fortified or non-fortified flour (depending on supplies in communities), both levels of intake are given. In reality, the actual mean intakes probably fell somewhere between the two levels. It is clear from these tables that several nutrients are consumed far below the recommended levels. In particular, attention is called to vitamin E, vitamin A, folic acid (even with use of fortified flour), calcium, selenium in teens, magnesium and fibre.

In Table 30 the average percent of total dietary energy, all regions combined, as selected macronutrients is given. An important deviation form recommended levels is higher intakes of sucrose (15% rather than 10%).

Table 31 (A and B) gives the breakdown, by gender and region, of the source of nutrients, whether they come from traditional or market food. It is easily seen that traditional/country food is the primary source for some nutrients (for example, protein, iron, zinc, potassium, phosphorus), a valuable contribution for several nutrients (for example, vitamin C, omega fatty acids, vitamin A, vitamin E, magnesium). Market food contributes the majority of saturated fat, carbohydrate, sodium, and calcium.

In Table 32 (A-E) the mean nutrient intakes, adjusted for season, site and day of

the week the recalls were taken (lsmean), are shown for days with and days without traditional food intake.

Table 33 demonstrates that on days when traditional food was consumed, percentage of energy was lower in fat, sucrose and carbohydrate and higher in protein than on days comprised only of market food.

Table 34 (A - E) shows the ten most important contributors to dietary nutrients by region from both traditional/country food and market food in the two seasons assessed by 24-hr recall. It can be seen that several traditional food items are contained in these nutrient lists. Following on this, Table 35 shows all the traditional/country food mentioned by the recalls that contribute to the percentage of total energy listed. The actual recorded percent of energy from traditional food is also represented for the fall and winter seasons in Figures 2 and 3.

Body Mass Index

In Table 36 are reported height, weight and BMI (body mass index) based on reported and measured weight, by age group and gender, for all regions combined. The body mass index is calculated by dividing body weight (in kg) by the square of the height (in metres). It is used as an indicator of body fatness: values between 20-25 are healthy for most individuals; values below 20 may indicate excessive thinness and be associated with health problems in some; values between 25 and 27 may lead to health problems due to excessive body fat; values over 27 are generally indicative of excessive body fat associated with a risk of developing health problems (Health and Welfare Canada, 1990 and WHO, 1995).

Height and weight are presented as both measured and reported, since it was important to understand if self-reported height and weight were sufficiently accurate. It can be seen in this table that the results are in good agreement for all age and gender categories. There were no statistical differences between self-reported and measured weight (not shown). In comparison to the Nutrition Canada (1980) report for Eskimos, mid-aged and older men and women have become heavier. Overweight, a risk factor for chronic disease (BMI>27), was more common in mid-aged adults than those younger, with women more at risk than men, in contrast to the general Canadian population (Figures 4 and 5). In Figure 4, it can be seen that more Inuit women than men exceed the Canadian population averages in the same age categories for reported BMIs between 25 and 30. In Figure 5, showing reported BMIs equal or greater than 30, there is a greater percentage of both men and women than in the Canadian population.

Exposure to Contaminants

Four heavy metals including Cd, Pb, As and Hg as well as Se considered both as contaminant and nutrient were measured in samples collected from the Inuit communities and results are presented in Table 37. Guideline levels used by Agriculture Canada and Health Canada are 500 ng/g for Hg, 1000 ng/g for Cd, 2000 ng/g for Pb, and 3000 ng/g for As (Personal communication, Vicki Jerome, Health Canada). Higher As levels were found in seaweed and marine mammal mattak/muktuk and blubber. Arsenic in animal tissues is likely to be in organic forms and the toxicity to humans is minimal. Higher Cd concentrations were found in liver and kidney of caribou and marine mammals. Higher Hg concentrations were found in organ tissues such as liver and kidney and marine mammal

mattak/muktuk. Pb concentrations were generally low except for ringed seal brain, a few bird samples and one caribou flesh sample. The most likely source of Pb in these samples is from ammunition. Marine mammal mattak, blood and flesh, liver and kidney, and fish eggs are shown to be rich in Se.

Levels of total PCBs (the sum of 51 congeners) and chlorinated pesticide (CBZ, lin HCH, heptachlor epoxide, CHL, DDT, mirex, and toxaphene) in the samples are summarized in Table 38. PCBs levels in marine mammal blubber were consistently higher than the guideline levels for food used by Health Canada (2000 ng/g, personal communication, Vicki Jerome, Health Canada). Levels of organochlorine pesticides were also higher than the guideline levels for CBZ (300 ng/g) and occasionally for DDT (5000 ng/g) and mirex (100 ng/g). Though levels of CHL and TOX were also high (> 1000 ng/g) in the blubber samples, there are no guideline levels for comparison.

One of the objectives of this project was to define the levels of dietary exposure to contaminants. A typical daily contaminant intake level can be calculated by multiplying the food intake data (g/day) by the mean concentration of the food group. To do that, data for contaminant concentrations in all the food items that have been mentioned in the dietary recalls in each of the 18 communities were obtained. However, most of the communities have over 20 food items mentioned in their recalls and we have estimated that it would require at least 5 replicates (from 5 individual animals or plants) to account for the inter-species variation. Therefore, it requires 19x20x5 or 1900 sample analyses to complete such an exercise. It is not possible logistically to collect so many samples or to cover the laboratory expenses. Over the last ten years, there has been considerable effort, particularly under the NCP, to monitor the level of contaminants in fish and wildlife collected from

different regions in Northern and Arctic Canada. We have conducted an extensive literature review on levels of environmental contaminants in Northern Canada and established a database on most of the contaminants of concern in 79 species of marine mammals, terrestrial mammals, birds, fish and plants (Chan, 1998). During the first year of this survey (1997-1998), a preliminary list of commonly used food items was derived at the five regional workshops. When comparing this list to the CINE contaminant database, it was found that data for 45 mentioned food items did not have any contaminant data. Data from Tables 37 and 38 were used to fill in these gaps and to increase the number of samples in the more frequently consumed food (e.g. caribou flesh) or food items that have higher contaminant concentrations (e.g. blubbers). Tables 39 and 40 present the contaminant concentrations used for the calculation of dietary exposure. The data represent typical concentrations that may be found in the particular animal parts in northern Canada. They include both inter-species and geographical variations. Since the contaminant data used for this estimation exercise was not collected specifically from any of these communities, the generated data are estimates of potential intake but not actual intake. It was important to estimate the actual intake, particularly in those communities that show potentially high intake levels.

The distribution of heavy metal intakes in all the 24-hr recalls (n=1875) is presented in Table 41. The PTDI are also presented for comparison. About 55% of person-days consumed a diet containing Cd, Hg and Pb, and 25% of the person-days (recalls) consumed a diet containing As. The percentage of person-days (recalls) that the exposure dose were higher than the PTDI ranged from 11% for Cd to 23% for Pb. To characterize the risk of non-carcinogenic effects of exposure to contaminants, we

used a qualitative descriptor similar to the hazard indices developed by the Department of Health of New York State (Forti et al. 1995). Risk is "minimal" when the exposure dose divided by the TDI/PTDI is less than 1, "low" when it is between 1 and 5, "moderate" when it is between 5 to 10 and "high" when it is higher than 10. Overall, average Inuit consumers (median) had a minimal risk and high-end consumers (95th centile) had a low risk to heavy metal exposure. When the data are presented by community (Table 42), the risk among all average consumers (median) was still minimal but the high end consumers (95th centile) in Chesterfield Inlet, Rankin Inlet, Resolute Bay, Igoolik, and Qikiqtarjuaq had a moderate risk to Hg exposure.

The distribution of OC intakes in all the 24-hr recalls (n=1875) is presented in Table 43. Similar to the metal intake, about 55% of person-days consumed a diet containing CHL, CBZ, DDT, PCBs, TOX. 37% of person-days contained HCH and 20 % contained MIR. The percentage of person-days that the exposure dose was higher than the PTDI was highest for CHL (16%) and TOX (20%). Overall, the average consumers (median) had a minimal risk and the high end consumers (95th centile) had a moderate risk from CHL exposure, a high risk from TOX exposure and a minimal risk to the other OCs. When the data are presented by community (Table 44), the risk among all average consumers (median) was still minimal but the high end consumers (95th centile) in Aklavik, Chesterfield Inlet, Rankin Inlet, Resolute Bay, Igoolik, and Qikiqtarjuaq had a high risk to CHL and TOX exposure.

Traditional food items contributing to more than10% of total intake for a particular contaminant were considered to be a major source and they were as follows: As, arctic char; Cd, caribou meat, ringed seal flesh and kidney; Hg, caribou meat, ringed seal flesh

and lake trout; Pb, caribou and arctic char (Table 45). These food items were major sources mostly because they were consumed in relatively large quantities. In comparison, the major sources for OCs were marine mammal fat including narwhal blubber, beluga oil and walrus blubber (Table 46), largely because of their high OC concentrations.

To see whether there was a temporal change in contaminant intake, the daily intakes of Hg, PCBs, CHL and TOX in Qikiqtarjuaq in this study (2000) were compared to those data collected in 1987-88 (Kuhnlein, et al, Chan et al. 1997) (Table 47). Intakes of Hg were similar in the two surveys indicating there has been little change in dietary pattern and/or Hg concentrations in the foods. Intakes of OCs including PCBs, CHL and TOX were somewhat higher in this study particularly among the high end users (95^{th} centile). While the OC concentrations used for the estimation of the two surveys were similar (data not shown), the amount of narwhal muktuk and blubber consumed was significantly higher in 2000. The major sources of Hg in 2000 were ringed seal meat, narwhal muktuk and polar bear flesh (Table 48). In 1988, the major sources were ringed seal meat and narwhal muktuk ; polar bear contributed to 1.3 percent of intake (Chan et al 1995). The major sources of OCs were narwhal blubber and muktuk in 2000 (Table 49) compared to narwhal blubber and muktuk, walrus blubber, and ringed seal blubber reported in 1987-88 (Kuhnlein et al., 1995).

Caribou meat is the major source of the four metals measured in all the 5 regions (Table 50), because it is the most consumed traditional food. In contrast, there were some obvious regional differences in sources of contaminants, e.g. ringed seal meat was the major source of Hg in Baffin but in Kivalliq it was beluga muktuk. Similarly, the

major source of OC was narwhal mattak/muktuk in Baffin but it was beluga muktuk in Inuvialuit, Kitikmeot and Kivalliq, and lake trout in Labrador (Table 51). Table 52 shows the variation in monthly availability of important species.

Figures 6 and 7 demonstrate the regional and age differences in average mercury intake and the regional average intake of chlordane and toxaphene by 20 - 40 year old women.

Other Benefits and Risks

Tables 53 - 76 give a summary of responses to the sociocultural portion of the interviews. Tables 53 and 54 show the advantages of traditional/country food given by the respondents by region. In reply to the question "What, if any, traditional food items do you think are best for health," many different kinds of food were itemized. When asked "What do you think are the best things about traditional food?", the greatest number of respondents in all regions replied with comments about health, good nutrition, etc. Cost, taste, availability, and other cultural values (ie- it keeps you warm, it is a part of our culture) were also mentioned.

Questions related to other properties of traditional/country food are given in Tables 55, 56, and 57. When asked, "If there are children less than 18 years old living with you, are there any traditional food items they do not like to eat?", 27-40% of respondents replied with a diverse list of food (Table 58).

Tables 59 to 62 record the replies to several questions about perceptions about market food. The properties of availability and convenience were reported as the best

things about market food. The most frequently mentioned favourite market foods reported were various meats and mixed food preparations (pizza, spaghetti, etc.) The worst things mentioned about market food were costs and spoilage, which were noted in all regions.

Market food costs carried out as part of this project in each community and region are noted in Table 63. There was considerable variability in the costs of the basket needed by a family of four persons, ranging from $141 in Makkovik to $280 in Resolute Bay. The same food basket in southern Canadian cities ranged in price from $125 - 140 in 1998 (Indian and Northern Affairs Canada, 1999).

The percentage of respondents who could not afford to buy all the food needed by the family in the local stores ranged from 17 to 78 percent, indicating that income and poverty are important issues, and that traditional/country food is essential to provide sufficient family food (Table 64).

Further exploration of the concepts of attributes of traditional food, by region, are presented in Table 65 as the percentage agreement by respondents on a series of statements about harvesting and using traditional food by the family. Respondents had a choice of agreeing, disagreeing, or abstaining when presented with each statement. There was consistent excellent agreement that these attributes derived and agreed in the workshops in the first year of the study were reaffirmed by participants, and they show how traditional food may benefit health through values other than those purely nutritional. It is clear that for Inuit, traditional/country food has a central role in the life of the individual, the household, and the community. This is so even though some respondents noted some traditional food that they felt was not healthy or had changed in

quality during recent years (Tables 66, 67).

Table 68 shows the extent of traditional/country food that was consumed at the time of the study in contrast to 5 years ago. The majority (more than 50%) stated that they were either consuming the same or more than they did 5 years ago. This indicates that most people have not been deterred from using their traditional food during this period, and that knowledge and understanding of contaminant issues has not caused a major decline in traditional food use. Factors influencing the extent of fishing and hunting are given in Tables 69 and 70, by region. When asked, "What is stopping you from going fishing or hunting more often?", the expense and other priorities (work, school, child care) were most frequently mentioned.

Many respondents mentioned, as noted in Table 71, that they would like to have more traditional food available in their local stores, and particularly noted were caribou, whale muktuk, seal and fish. Table 72 provides answers to the same question for market food. Responses include: greater variety of produce, more fast food, more fish and seafood, more meats, and more dairy products.

Questions were asked about whether or not people recognized traditional food as giving them sickness (Table 73). Only few people answered this question (14-32% in the different regions), and the major concerns related to "food poisoning" due to improper preparation or storage of food, or to food allergy. The impressions of market food (Table 74) were similar with respect to food poisoning and allergies, but ground beef, chicken and other specific purchased food items were mentioned as problematical by several individuals. 18 - 38% of respondents answered this question about market food.

Finally, respondents were asked if they had additional comments to make about traditional/country food or market food. These freely offered responses are quite revealing about the extent of cultural values held for traditional food, and the lack of these values held for market food (Table 75). Most comments about market food were negative, whereas the comments about traditional food were positive or neutral in nature.

Table 76 is a summary representation of how people ranked a selected series of traditional and market food items for their ability to promote four recognized benefits. These were (1) this food is healthy for children; (2) this food is healthy for pregnant/breastfeeding women; (3) this food is tasty-I like to eat it; and (4) this food is important to community life. The sum of the traditional food and market food comparisons shows that higher ranks (that is, lower number scores) were given for market food in all four questions.

This interview research demonstrates that Inuit have a high regard for the health and cultural benefits of their traditional/country food. This is in contrast to their perceptions about market food for these qualities. As noted earlier, the risks of the dietary transition to include more market food and less traditional/country food are recognized to include risks of greater obesity and tendency to more chronic disease. While attention to heavy metal and organochlorine contaminant risks is urgent in some areas, there is no alternative to considering the best ways to maintain traditional/country food use as much as possible while continuing efforts to improve the quality of market food available and used by Inuit.

FINDINGS IN PERSPECTIVE

The results of this project make it very clear that traditional/country food of the Inuit provides a rich nutritional and cultural resource. Large quantities and great varieties of these wildlife foods are consumed, and bring about better diet quality, social and cultural benefits, economic benefits, and provide the opportunity for physical activity during hunting, fishing and gathering of plant food species.

More nutrients are present in the diet when traditional/country food is consumed. Importantly, on days with traditional food, the average amount of total fat and of saturated fat is less than when days contain only market food (Table 33). As levels of total fat increase above 30% of kcalories, above 10% of kcalories as saturated fat and above 10% of kcalories as sucrose, the risk of chronic disease increases as well. It is also evident that overweight is now common among Inuit, with a greater percentage of obesity (BMI $\geq$30) among younger and older Inuit women and men than exists in the all-Canadian population (Figure 5). While traditional/country food is an excellent source of nutrients, there are nutrients for which average intake from both country food and market food does not meet the current dietary standards. These include vit A, vit E, folic acid, fibre, calcium and magnesium. It is suggested that careful attention be given to improving diet quality and increasing physical activity to prevent increasing levels of chronic disease. Dietary change among Indigenous Peoples worldwide to take on more market food with higher fat, sugar and salt levels has been associated with increasing health risks (Kuhnlein and Receveur, 1996).

The amount of traditional food consumed by Inuit, and the type and overall variety of species consumed were substantial. There were differences by region in the total traditional food quantity and the number of different species used (Figure 2, Figure 3, Table 10, Table 11). For example, a greater diversity of food species was reported in Labrador communities, but total intake of all traditional/country food was less than for several other communities in other regions. Traditional food is consumed less by those younger (aged 15-40), than those older (age 41 and older). Many individuals, including more than 30% of elders in three regions, reported eating less traditional food than they did five years ago (Table 68). When asked what factors may be responsible for this decreased use, respondents stated principal causes as being lack of time because of work, school or child care; lack of expensive equipment; and weather changes (Table 69, Table 70). Strategies to improve use of available and culturally acceptable traditional food to improve nutrient intake and health need to be proactive, and in careful consideration of factors influencing food choices, such as the fear of contaminant risks.

Many strategies were used in this research effort to understand various aspects of social, cultural and economic benefits of traditional food use. Respondents generally agreed that there were many essential cultural attributes to the harvest and use of traditional food (Table 65), and that traditional/country food was preferred for reasons of health of children and mothers, taste appreciation, and for the benefits of community life than was market food usually consumed (Table 76). Many respondents reported that they could not afford to buy all the food they need from the store, and thereby relied on traditional food for economic reasons (Table 64). Indeed, the actual cost of food in Inuit communities is quite high, and quite variable (Table 63). There were many suggestions

made on how to improve the availability of preferred food in community stores (Table 71 and 72); however more respondents replied that they would like to see traditional/country food more generally available in food stores. It is therefore clear that Inuit recognize the cultural and economic value of their traditional food, and would like to have it more available to them.

As expected, heavy metal and organochlorine contaminants are present in most traditional food items, and the quantity of contaminants in individual diets varied by the amount of each food consumed. Estimations of contaminant risk from dietary exposure on a population basis are difficult to translate to the individual level because of variability in intakes day-to-day, by season, and by age and gender. Using population data from this study, it appears that intakes of the heavy metal, mercury, and the organochlorines, chlordane and toxaphene, often exceed established tolerances (Tables 41, 42, 43, and 44). There are regional differences, with higher intakes noted in Baffin communities where there are high intakes of sea mammal species. However, many traditional/country food items contain these contaminants, and a view on the contributors to overall intake on the population average in all communities (Table 45 and 46) demonstrates this principle. Continued monitoring of caribou, ringed seal, and lake trout (for mercury), and narwhal blubber, beluga blubber/oil, and walrus blubber (for chlordane and toxaphene) is warranted. Individuals wishing to cut down on their intake of these contaminants may reduce their intake of these food items so that their annual average daily intake does not exceed the tolerable intake standards. Given the high nutritional and cultural benefits of these food items, it is not reasonable or necessary to expect Inuit to cut them completely from the diet. It is anticipated that considerable education

initiatives are needed to explain the principles of controlling contaminant exposure through dietary intake, while maintaining a nutritionally adequate diet using both traditional/country food and high quality market food.

Intakes of chlordane and toxaphene at these levels have unknown effects in human physiology. Effects of these levels of Hg intake are similarly unknown, as are the effects of intakes of multiple simultaneous contaminants from the multiple food species in the traditional food systems of Indigenous Peoples. Clearly, more research on the consequences of these levels of intake is needed.

It is shown in this report that most traditional food items identified as being frequently consumed, and containing contaminants, are also good or excellent sources of essential nutrients. For example, sea mammal blubber and mattak/skin are excellent sources of retinol, tocopherol, ascorbic acid and selenium, nutrients which are limited in the mix of traditional/country food and market food consumed in Inuit communities. Unless nutrient supplements are routinely used, a decrease in use of sea mammal foods will place some individuals at health risk from nutrient deficiency.

Variations in traditional/country food and market food intake by age and gender show that young women, usually considered most at risk from contaminants due to the potential for pregnancy, are consuming less traditional food than are older adults, and are at the lower end of the distribution of population intake. It follows that they are also likely to be at the lower end of the distribution of nutrient intake. Further data analysis and research will clarify these issues.

Traditional food system use by Inuit in the regions assessed provides multiple cultural, social and economic benefits, in addition to substantial nutrient benefits. The

effects of losing these benefits as a result of decreasing use of traditional/country food are potentially life-threatening in several ways, including impacts on physiological and mental health. This somber message must be used to greatest advantage to spur the efforts of environmental protection of Arctic ecosystems and control of global contaminant emissions.

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Table 1. Chronology of research activities

Phase I (1997-98): Development of the methodology
Databases of nutrients as well as contaminants in traditional food species were compiled and information gaps identified.

Five regional workshops were conducted:
Inuvialuit (Inuvik, October 22-25, 1997): 6 communities
Kitikmeot (Yellowknife, October 27-29, 1997): 8 communities
Kivalliq (Baker Lake, January 15-17, 1998): 7 communities
Baffin (Iqaluit, January 21-23, 1998): 13 communities
Labrador (Nain, February 6-8,1998): 5 communities

The methods and process of research were defined, and potential collaborators identified.

Phase II (1998-99): Data collection
July-September 1998: Negotiation of research agreement with each community identified at the preparatory workshop.

July 1999: Pilot testing in Shingle Point and Chesterfield Inlet.

September-November 1998: Fall data collection completed in all 18 communities.

February-April 1999: Winter data collection completed in the same 18 communities.

During data collection, traditional food samples were collected if requested by community members or needed for nutrient or contaminant analyses.

The communities that participated in data collection in fall and winter data collection were: Aklavik, Tuktoyaktuk, Paulaktuk, Kugluktuk, Holman, Cambridge Bay, Resolute Bay, Pond Inlet, Igloolik, Qikiqtarjuak, Kimmirut, Baker Lake, Chesterfield Inlet, Rankin Inlet, Nain, Hopedale, Makkovik and Rigolet.

Phase III (1999-2000): Data analysis and discussion of results
April-July 1999: Data entry, cleaning and creation of files.

August 1999-March 2000. Data analyses.

Food sample analyses for nutrients and contaminants completed.

March 2000: Discussion of results workshop (CINE, March 23-25, 2000).
Representatives from each region met to review the analyses to date and suggest directions for use.

Table 2. List of participating communities, project coordinators and local interviewers

Region	Communities	Project Co-ordinator	Interviewers
Inuvialuit	Aklavik	Eleanor Wein (fall); Dorothy Moffat (winter)	Brenda Benoit Lori Anne Illisiak
	Tuktoyaktuk	Eleanor Wein and Malek Batal (fall); Dorothy Moffat (winter)	Cindy Kangegana Marjorie Ovayuak Agnes White Charlene Teddy Karra Dillon Lorna Gruben Terri Dillon
	Paulatuk	Eleanor Wein (fall); Dorothy Moffat (winter)	Agnes Ruben
Kitikmeot	Holman	Kathleen Lindhorst	Alice Kimiksana JoAnne Goose Barbara Memogana
	Kugluktuk (Coppermine)	Kathleen Lindhorst	Helen Enogaloak Connie Pangon Helen Enogalok Lucy Nivingalok
	Cambridge Bay	Kathleen Lindhorst	Amy Aknavigak Joe Otokiak Sylvia Tologanok Susie Kemukton
Kivalliq	Baker Lake	Amy Ing	Janet Nungnik Mona Autut Jeannie Mautarit'naaq Betty Mautarit'naaq Anne Kalluk
	Chesterfield Inlet	Amy Ing	Donna Sammurtok
	Rankin Inlet	Amy Ing	Maggie Amarualik Claire Airut Pierre Kolit

Table 2, continued

Region	Communities	Project Co-ordinator	Interviewers
Baffin	Resolute Bay	Clarissa Cosico	Hanna Paniloo Doreen Mcdonald Janis Kalluk
	Pond Inlet	Heather Haberle	Enookie Kiliktee Kidlapik Paneloo Norman Koonoo
	Igloolik	Clarissa Cosico	Theresia Taqqaugaq Doris Nutarariaq Leo Ipkarnak
	Kimmirut (Lake Harbour)	Heather Haberle	Nicotye K. Michael Mona Mike Napa Padluq Josie Arlooktoo Lucy Mingeriak
	Qikiqtarjuaq (Broughton Island)	Heather Haberle	Ooleepeeka Audlakiak Lissie Anaviapik Ina Sanguya Maina Keyoota
Labrador	Nain	Lynn Gear	Toby Kojak Eva Kojak
	Hopedale	Lynn Gear	Martha Winters-Abel
	Makkovik	Lynn Gear	Carol Gear
	Rigolet	Lynn Gear	Elsie Wolfrey Kim Elson

Table 3. Population and number of individual interviews (FFQ) by site and season

Site	Population[1]	Number of individual interviews		
		Fall 1998 (Sept-Dec)	**Late winter 1999 (Feb-Apr)**	**Total**
INUVIALUIT				
Aklavik	776	54	51	105
Tuktoyaktuk	986	31	65	96
Paulatuk	306	40	57	97
KITIKMEOT				
Holman	465	51	60	111
Kugluktuk (Coppermine)	1201	51	59	110
Cambridge Bay	1351	42	59	101
KIVALLIQ				
Baker Lake	1385	59	62	121
Chesterfield Inlet	337	59	56	115
Rankin Inlet	2058	60	59	119
BAFFIN				
Resolute Bay	198	40	40	80
Pond Inlet	1154	55	58	113
Igloolik	1174	50	59	109
Kimmirut (Lake Harbour)	397	62	59	121
Qikiqtarjuaq (Broughton Island)	488	60	51	111
LABRADOR				
Nain	995	46	39	85
Hopedale	590	50	47	97
Makkovik	365	66	71	137
Rigolet	255	53	48	101
	TOTAL	929	1001	1929

[1]Statistics Canada, Census Years 1986-1996 and NWT Data Book 1990/91, Outcrop Ltd. May 1990.

Table 4. Number of individual interviews (FFQ) by region, age group, gender and season

	Age (y)	Gender	Fall 1998	Late Winter 1999
Inuvialuit[1] communities	15-19	males	8	17
		females	8	14
	20-40	males	39	66
		females	55	67
	41-60	males	18	16
		females	23	34
	60+	males	12	8
		females	13	11
Kitikmeot communties	15-19	males	5	6
		females	5	6
	20-40	males	32	47
		females	54	60
	41-60	males	15	21
		females	20	25
	60+	males	7	6
		females	6	7
Kivalliq communities	15-19	males	6	2
		females	8	13
	20-40	males	42	49
		females	56	58
	41-60	males	16	19
		females	26	21
	60+	males	8	7
		females	16	8
Baffin communities	15-19	males	15	9
		females	11	8
	20-40	males	51	65
		females	83	80
	41-60	males	45	38
		females	43	37
	60+	males	8	14
		females	11	16

Table 4, continued

	Age (y)	Gender	Fall 1998	Late Winter 1999
Labrador communities	15-19	males	9	9
		females	14	7
	20-40	males	41	42
		females	66	46
	41-60	males	31	37
		females	32	44
	60+	males	12	9
		females	10	11

[1] Holman is included in both Inuvialuit and Kitikmeot regions in all analyses.

Table 5. Participation rate of each community and region[1]

Mean regional participation rate	Community	Fall % of HH[2]	Fall % of people	Winter % of HH	Winter % of people
Region 1[3]: 79% (HH) 77% (people)		79%	74%	79%	79%
	Aklavik	34/39= 87%	54/66=82%	30/30= 100%	50/53= 94%
	Tuktoyaktuk	incomplete[4]	incomplete	38/61= 62%	65/98= 66%
	Paulatuk	29/37= 78%	40/61= 66%	37/51= 72%	57/79= 72%
Region 2: 79% (HH) 73% (people)		73%	67%	85%	79%
	Holman	31/43= 72%	incomplete	29/35=83%	60/72= 83%
	Kugluktuk (Coppermine)	33/44= 75%	51/76= 67%	37/45= 82%	59/86= 69%
	Cambridge Bay	26/36= 72%	incomplete	36/40= 90%	59/69= 85%
Region 3: 83% (HH) 78% (people)		76%	69%	90%	86%
	Baker Lake	42/53= 79%	61/83= 73%	41/43= 95%	62/68= 91%
	Chesterfield Inlet	40/52=79%	59/83= 71%	39/49= 80%	56/77= 73%
	Rankin Inlet	46/67= 69%	62/97= 64%	37/39= 95%	59/63= 94%
Region 4: 82% (HH) 81% (people)		85%	90%	78%	72%
	Resolute Bay	29/35= 83%	incomplete	29/38= 76%	40/52=77%
	Pond Inlet	30/30= 100%	55/60= 92%	incomplete	incomplete
	Igloolik	30/35= 86%	incomplete	42/59= 71%	59/90= 66%
	Kimmirut	30/35= 86%	62/66= 94%	38/44= 86%	59/77= 77%
	Qikiqtarjuaq (Broughton	26/38= 68%	60/72= 83%	30/38= 79%	51/77= 66%
Region 5: 75% (HH)		78%	76%	72%	75%
	Nain	30/49= 61%	47/75= 63%	27/54= 50%	39/70= 56%
	Hopedale	30/33= 91%	50/65= 77%	29/38= 76%	48/53= 91%
	Makkovik	30/36= 83%	66/83= 80%	30/32=94%	71/75= 95%
	Rigolet	30/40= 75%	53/66= 84%	31/46=67%	49/83= 59%

[1]Data compiled from summary reports and/or household lists from each region
[2]HH= household
[3]Region 1 also includes Holman in calculations
[4]Incomplete= information missing for this site and season.

Table 6. Study sample profile based on sociocultural questionnaire

	Inuvialuit[1]	Kitikmeot	Kivalliq	Baffin	Labrador
Number of interviews	409	322	355	534	420
Number of unique respondents[2]	336	296	303	452	354
Number of unique participating HH[3]	207	183	206	276	202
Mean number of respondents per HH	1.6	1.6	1.5	1.6	1.8
Participation rate % HH (% people)	79 (77)	79 (73)	83 (78)	82 (81)	75 (76)
Mean (range) number of adults per HH	2 (1-7)	2 (1-6)	2 (1-7)	2 (1-7)	2 (1-7)
Mean (range) number of children per HH	2 (0-8)	2 (0-7)	2 (0-6)	2 (0-7)	2 (0-9)
% HH with children	79	78	80	89	69
Mean (range) number of adults per HH with:					
Full time work	1 (0-4)	1 (0-3)	1 (0-4)	1 (0-3)	1 (0-3)
Part-time work	<1 (0-3)	<1 (0-2)	<1 (0-3)	<1 (0-3)	1 (0-7)
% of respondents reporting that their HH could not afford to buy all the food they need from the store if no traditional food was available	64	53	58	35	68

Table 6, continued

	Inuvialuit[1]	Kitikmeot	Kivalliq	Baffin	Labrador
% HH that hunt	73	66	66	83	83
% HH that trap	30	21	9	9	39
% HH that fish	79	72	69	68	91
% HH that collect plants and berries	78	61	79	63	91
% HH that collect eggs	24	28	43	36	58
% HH with access to sufficient					
hunting equipment	66	55	51	64	75
fishing equipment	66	61	51	64	72
% Respondents that rated themselves at different levels of traditional food consumption:					
high	35	26	30	14	28
medium	48	58	52	69	53
low	16	16	18	17	18

[1]Holman is included in both Inuvialuit and Kitikmeot regions in all analyses.
[2]The number of interviews=total number of interviews conducted in fall and winter. This number differs from the number of unique respondents as there were repeat respondents in the fall and winter. Although respondents were randomly chosen, the chance of picking the same respondent in both seasons was greater in communities with smaller populations.
[3]HH= household

Table 7. Selected community variables

Region	Participating communities	Latitude	Population size	Percent of population age in years				Year-round road access	# of grocery stores
				15-24	25-44	45-64	>65		
Inuvialuit	Aklavik	68°13' N	776	16%	29%	15%	7%	No	2
	Tuktoyaktuk	69°27' N	986	19%	30%	13%	5%	No	2
	Paulatuk	69°21 N	306	13%	24%	17%	2%	No	1
Kitikmeot	Holman	70°44' N	465	15%	35%	13%	3%	No	2
	Kuglutuk	67°49' N	1201	15%	31%	12%	4%	No	2
	Cambridge Bay	69°07' N	1351	16%	33%	13%	2%	No	2
Kivalliq	Baker Lake	64°19'	1385	16%	28%	12%	4%	No	2
	Chesterfield Inlet	63°20'	337	15%	31%	10%	3%	No	2
	Rankin Inlet	62°49' N	2058	17%	32%	12%	2%	No	2
Baffin	Resolute Bay	74°42' N	198	18%	33%	18%	3%	No	1
	Pond Inlet	72°42' N	1154	18%	25%	10%	3%	No	2
	Igloolik	69°23' N	1174	21%	24%	11%	2%	No	2

Table 7, continued

Region	Participating communities	Latitude	Population size	Percent of population age in years 15-24	25-44	45-64	>65	Year-round road access	# of grocery stores
	Kimmirut	62°50' N	397	18%	29%	10%	1%	No	2
	Qikiqtarjuaq	67°33'	488	20%	29%	12%	2%	No	2
Labrador	Nain		995	19%	37%*	6%**	4%	No	4
	Hopedale		590	15%	40%*	6%**	4%	No	1
	Makkovik		365	24%	63%*	6%**	8%	No	2
	Rigolet		255	20%	47%*	7%**	7%	No	1

*Different age categories used in census collection for Labrador (25-54 yrs.)
**Census collected for ages 54-65.

Sources: Statistics Canada, Census Years 1986-1996 and NWT Data Book 1990/91, Outcrop Ltd. May 1990.

Table 8. Sample age distribution (%) by region, gender and age group

	Communities				
	Inuvialuit[1]	Kitikmeot	Kivalliq	Baffin	Labrador
Women					
15-19	6.5	3.4	6.6	4.2	5.7
20-40	29.1	34.8	30.7	30.9	27.4
41-60	13.7	14.5	14.9	14.1	17.2
61+	5.9	4.1	6.9	5.3	5.1
Men					
15-19	6.2	3.7	2.3	5.1	4.2
20-40	25.2	25.0	24.8	23.0	19.8
41-60	8.9	11.2	9.2	14.3	16.4
61+	4.5	3.4	4.6	3.2	4.2
Total	100%	100%	100%	100%	100%

[1]Holman is included in both Inuvialuit and Kitikmeot regions in all analyses.

Table 9. Frequency of traditional food consumption as percentage of the population consuming each traditional food and average weekly frequency of consumption (number of days/week) for consumers only, by region, for summer and winter combined

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
Sea Mammals													
Beluga	liver	0	[-]	<1	[0.3]	0	[-]	<1	[0.1]	0	[-]	0	[-]
	kidney	<1	[0.1]	0	[-]	0	[-]	0	[-]	0	[-]	0	[-]
	heart	<1	[0.1]	0	[-]	0	[-]	0	[-]	8	[0.3]	0	[-]
	lungs	0	[-]	0	[-]	0	[-]	0	[-]	<1	[0.2]	0	[-]
	tongue	<1	[0.2]	<1	[0.3]	0	[-]	0	[-]	<1	[0.7]	0	[-]
	eyes	0	[-]	<1	[0.3]	0	[-]	<1	[0.1]	<1	[0.3]	0	[-]
	flippers	15	[0.4]	4	[0.2]	10	[0.7]	20	[0.2]	20	[0.4]	0	[-]
	muktuk with blubber	50	[0.7]	39	[0.5]	44	[0.6]	27	[0.5]	25	[0.4]	<1	[0.1]
	muktuk without blubber	17	[0.7]	25	[0.6]	28	[0.6]	29	[0.4]	17	[0.4]	0	[-]
	blubber	4	[2]	11	[1.7]	4	[0.3]	10	[0.4]	2	[1.0]	0	[-]
	oil	32	[1.5]	4	[0.4]	11	[0.7]	3	[0.5]	4	[0.4]	0	[-]
	soup/ broth	<1	[0.8]	1	[0.9]	8	[0.9]	8	[0.2]	10	[0.3]	0	[-]
	meat	16	[0.7]	4	[0.3]	7	[0.6]	7	[0.4]	16	[0.4]	0	[-]
Other:	intestines, spinal cord												
Narwhal	liver	-	[-]	0	[-]	1	[0.1]	0	[-]	0	[-]	-	[-]
	heart	-	[-]	0	[-]	0	[-]	2	[0.1]	0	[-]	-	[-]
	tongue	-	[-]	0	[-]	0	[-]	0	[-]	<1	[0.3]	-	[-]
	eyes	-	[-]	0	[-]	0	[-]	1	[0.1]	<1	[1.7]	-	[-]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
	flippers	-	[-]	0	[-]	3	[0.2]	16	[0.2]	7	[0.6]	-	[-]
	muktuk with blubber	-	[-]	4	[0.4]	13	[0.6]	48	[0.7]	32	[0.6]	-	[-]
	muktuk without blubber	-	[-]	2	[0.5]	8	[0.2]	28	[0.5]	4	[0.6]	-	[-]
	blubber	-	[-]	1	[0.4]	1	[0.2]	6	[0.4]	2	[2.1]	-	[-]
	oil	-	[-]	<1	[0.5]	2	[0.6]	<1	[0.2]	<1	[0.2]	-	[-]
	soup/broth	-	[-]	<1	[0.3]	1	[0.6]	3	[0.6]	10	[0.5]	-	[-]
	meat	-	[-]	0	[-]	1	[0.4]	5	[0.3]	4	[1.1]	-	[-]
Other:	spinal cord												
Walrus	liver	-	[-]	0	[-]	2	[0.2]	21	[0.4]	2	[0.1]	0	[-]
	kidneys	-	[-]	0	[-]	<1	[0.3]	<1	[0.2]	0	[-]	0	[-]
	heart	-	[-]	0	[-]	1	[0.2]	16	[0.3]	1	[0.1]	0	[-]
	lungs	-	[-]	0	[-]	0	[-]	0	[-]	<1	[0.2]	0	[-]
	brain	-	[-]	0	[-]	0	[-]	0	[-]	1	[0.1]	0	[-]
	tongue	-	[-]	0	[-]	0	[-]	<1	[0.1]	<1	[0.1]	0	[-]
	eyes	-	[-]	0	[-]	<1	[0.1]	0	[-]	0	[-]	0	[-]
	intestines	-	[-]	0	[-]	11	[0.3]	21	[0.3]	5	[0.1]	0	[-]
	stomach and stomach contents	-	[-]	0	[-]	0	[-]	7	[0.1]	1	[0.2]	0	[-]
	flippers	-	[-]	<1	[0.3]	1	[0.1]	10	[0.5]	3	[0.3]	0	[-]
	blood	-	[-]	0	[-]	0	[-]	1	[0.4]	0	[-]	0	[-]
	kauk	-	[-]	<1	[0.3]	19	[0.4]	8	[0.4]	9	[0.2]	0	[-]
	blubber	-	[-]	0	[-]	24	[0.3]	29	[0.6]	7	[0.2]	0	[-]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
	oil	-	[-]	0	[-]	8	[0.4]	3	[0.1]	<1	[0.5]	0	[-]
	soup/broth	-	[-]	1	[0.2]	9	[0.6]	11	[0.6]	6	[0.1]	0	[-]
	meat	-	[-]	1	[0.2]	24	[0.3]	43	[0.4]	14	[0.2]	0	[-]
Other:	arteries												
Bowhead	heart	0	[-]	0	[-]	0	[-]	0	[-]	<1	[0.1]	-	[-]
	eyes	0	[-]	0	[-]	0	[-]	<1	[0.1]	0	[-]	-	[-]
	tongue	0	[-]	0	[-]	0	[-]	2	[0.1]	2	[0.1]	-	[-]
	flippers	0	[-]	0	[-]	<1	[0.1]	<1	[0.2]	1	[0.1]	-	[-]
	muktuk with blubber	3	[0.5]	1	[0.3]	11	[0.1]	10	[0.2]	16	[0.1]	-	[-]
	muktuk without blubber	<1	[0.1]	1	[0.5]	4	[0.1]	6	[0.1]	5	[0.1]	-	[-]
	blubber	0	[-]	0	[-]	1	[0.1]	3	[0.1]	<1	[0.1]	-	[-]
	oil	<1	[0.3]	0	[-]	1	[0.1]	0	[0.2]	<1	[0.1]	-	[-]
	soup/broth	0	[-]	0	[-]	<1	[0.1]	0	[-]	2	[0.1]	-	[-]
	meat	<1	[1.5]	<1	[0.1]	0	[-]	0	[-]	2	[0.1]	-	[-]
Bottlenose Dolphin "Jumper"	muktuk with blubber	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	7	[0.2]
	muktuk without blubber	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	5	[0.1]
	blubber	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	2	[0.2]
	soup/broth	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	2	[0.1]
	meat	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	10	[0.2]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

Species	Part	Communities											
		Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
Harbour Porpoise	muktuk with blubber	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	5	[0.1]
	muktuk without blubber	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	1	[0.2]
	blubber	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	<1	[0.3]
	soup/broth	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	1	[0.2]
	meat	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	2	[0.3]
Ringed Seal "Jar seal"	liver	12	[0.6]	27	[0.5]	14	[0.5]	63	[0.7]	58	[1.1]	37	[0.3]
	kidney	4	[0.8]	11	[0.5]	2	[0.6]	23	[0.5]	15	[0.7]	15	[0.2]
	heart	8	[0.6]	15	[0.5]	2	[1.6]	34	[0.9]	37	[1.0]	15	[0.3]
	lungs	3	[0.7]	6	[0.5]	2	[1.1]	3	[0.2]	5	[0.5]	<1	[0.7]
	brain	1	[1.4]	5	[0.5]	1	[1.3]	27	[0.4]	39	[0.8]	3	[0.2]
	eyes	<1	[2]	4	[0.3]	1	[3.4]	14	[0.4]	22	[0.9]	2	[0.4]
	intestines	15	[0.5]	33	[0.4]	24	[0.4]	29	[0.3]	15	[0.8]	10	[0.3]
	stomach and stomach contents	7	[0.6]	19	[0.4]	<1	[0.1]	2	[0.2]	3	[0.7]	0	[-]
	flippers	10	[0.5]	23	[0.4]	1	[0.3]	7	[0.1]	9	[0.6]	18	[0.3]
	blood	4	[0.9]	17	[0.4]	1	[0.1]	15	[0.4]	43	[1.2]	2	[0.2]
	fat/oil	11	[0.7]	23	[0.5]	22	[0.3]	44	[0.7]	33	[1.5]	20	[0.7]
	soup/broth	21	[0.7]	41	[0.5]	17	[0.5]	64	[1]	65	[1.1]	36	[0.3]
	milk	0	[-]	1	[0.3]	<1	[0.1]	1	[0.1]	1	[4.1]	<1	[1.6]
	meat	24	[0.7]	45	[0.5]	30	[0.3]	80	[1.1]	69	[1.2]	55	[0.4]
	joints	5	[1.1]	12	[0.7]	<1	[0.4]	7	[0.5]	12	[1.3]	30	[0.4]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
	pelt "skin"	<1	[0.2]	1	[0.5]	0	[-]	1	[0.1]	3	[0.1]	2	[0.9]
Other:	ear, mouth, tongue, shoulder, ribs												
Bearded Seal	liver	1	[0.1]	3	[0.2]	2	[0.9]	1	[0.1]	0	[-]	1	[0.4]
	kidney	<1	[0.1]	1	[0.4]	0	[-]	<1	[0.1]	0	[-]	<1	[0.3]
	heart	1	[0.1]	2	[0.3]	0	[-]	1	[0.1]	6	[0.3]	1	[0.2]
	lungs	<1	[0.1]	1	[0.2]	0	[-]	0	[-]	0	[-]	0	[-]
	brain	0	[-]	<1	[0.5]	0	[-]	0	[-]	<1	[0.7]	0	[-]
	eyes	0	[-]	<1	[0.5]	0	[-]	<1	[0.3]	0	[-]	0	[-]
	intestines	5	[0.1]	9	[0.1]	16	[0.4]	28	[0.2]	11	[0.2]	1	[0.1]
	stomach and stomach contents	1	[0.1]	3	[0.1]	0	[-]	1	[0.1]	1	[0.4]	0	[-]
	flippers	4	[0.1]	7	[0.1]	<1	[0.3]	0	[-]	<1	[0.1]	2	[0.1]
	blood	<1	[0.1]	2	[0.2]	1	[0.2]	<1	[0.1]	2	[0.5]	0	[-]
	fat/oil	11	[1.3]	4	[1]	9	[0.4]	18	[0.3]	14	[0.3]	4	[0.1]
	soup/broth	6	[0.1]	9	[0.1]	10	[0.5]	5	[0.2]	18	[0.2]	3	[0.3]
	milk	0	[-]	<1	[0.5]	0	[-]	0	[-]	0	[-]	0	[-]
	meat	8	[0.2]	13	[0.2]	14	[0.3]	28	[0.2]	26	[0.2]	6	[0.2]
	joints	1	[0.1]	2	[0.1]	0	[-]	1	[0.1]	3	[0.3]	3	[0.2]
Harp Seal	liver	-	[-]	-	[-]	0	[-]	0	[-]	0	[-]	8	[0.4]
	kidney	-	[-]	-	[-]	0	[-]	0	[-]	0	[-]	5	[0.3]
	heart	-	[-]	-	[-]	0	[-]	0	[-]	0	[-]	4	[0.3]
	lungs	-	[-]	-	[-]	0	[-]	0	[-]	0	[-]	<1	[0.2]
	eyes	-	[-]	-	[-]	0	[-]	0	[-]	0	[-]	<1	[0.2]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

Species	Part	Communities											
		Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
	intestines	-	[-]	-	[-]	0	[-]	0	[-]	0	[-]	2	[0.4]
	flippers	-	[-]	-	[-]	0	[-]	0	[-]	0	[-]	5	[0.3]
	blood	-	[-]	-	[-]	0	[-]	0	[-]	0	[-]	1	[0.3]
	fat/oil	-	[-]	-	[-]	0	[-]	<1	[0.1]	0	[-]	7	[0.8]
	soup/broth	-	[-]	-	[-]	0	[-]	<1	[0.1]	0	[-]	9	[0.3]
	meat	-	[-]	-	[-]	<1	[0.1]	1	[0.1]	0	[-]	14	[0.3]
	joints	-	[-]	-	[-]	0	[-]	0	[-]	0	[-]	8	[0.3]
	pelt "skin"	-	[-]	-	[-]	0	[-]	0	[-]	0	[-]	<1	[0.4]
Hooded Seal	fat	-	[-]	-	[-]	-	[-]	0	[-]	<1	[0.3]	-	[-]
	soup/broth	-	[-]	-	[-]	-	[-]	0	[-]	1	[0.3]	-	[-]
	meat	-	[-]	-	[-]	-	[-]	0	[-]	1	[0.3]	-	[-]
Elephant seal	soup/broth	-	[-]	-	[-]	-	[-]	0	[-]	<1	[0.1]	-	[-]
	meat	-	[-]	-	[-]	-	[-]	0	[-]	<1	[0.1]	-	[-]
Ranger Seal "harbour seal"	liver	-	[-]	-	[-]	0	[-]	-	[-]	-	[-]	8	[0.2]
	kidney	-	[-]	-	[-]	0	[-]	-	[-]	-	[-]	5	[0.3]
	brain	-	[-]	-	[-]	0	[-]	-	[-]	-	[-]	1	[0.2]
	eyes	-	[-]	-	[-]	0	[-]	-	[-]	-	[-]	1	[0.3]
	intestines	-	[-]	-	[-]	<1	[0.1]	-	[-]	-	[-]	0	[-]
	flippers	-	[-]	-	[-]	0	[-]	-	[-]	-	[-]	4	[0.2]
	fat	-	[-]	-	[-]	0	[-]	-	[-]	-	[-]	2	[0.4]
	soup/broth	-	[-]	-	[-]	0	[-]	-	[-]	-	[-]	13	[0.2]
	meat	-	[-]	-	[-]	<1	[0.1]	-	[-]	-	[-]	15	[0.3]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
	joints	-	[-]	-	[-]	0	[-]	-	[-]	-	[-]	11	[0.3]
	pelt "skin"	-	[-]	-	[-]	0	[-]	-	[-]	-	[-]	1	[0.4]
Other:	heart												
Polar Bear	kidneys	0	[-]	<1	[0.3]	0	[-]	0	[-]	0	[-]	0	[-]
	heart	<1	[0.2]	1	[0.2]	0	[-]	0	[-]	0	[-]	0	[-]
	lungs	0	[-]	<1	[0.3]	0	[-]	0	[-]	0	[-]	0	[-]
	brain	0	[-]	<1	[0.3]	0	[-]	0	[-]	0	[-]	0	[-]
	intestines	1	[0.2]	2	[0.2]	0	[-]	0	[-]	0	[-]	0	[-]
	stomach and stomach contents	0	[-]	<1	[0.3]	0	[-]	0	[-]	0	[-]	0	[-]
	fat/oil	3	[0.1]	7	[0.2]	1	[0.2]	25	[0.2]	8	[0.2]	<1	[0.2]
	feet	2	[0.1]	3	[0.1]	0	[-]	1	[0.1]	1	[0.1]	0	[-]
	soup/broth	3	[0.1]	6	[0.2]	2	[0.2]	8	[0.2]	15	[0.1]	<1	[0.2]
	meat	11	[0.2]	16	[0.2]	4	[0.1]	36	[0.2]	17	[0.1]	1	[0.1]
Other:	joints												
Land Mammals													
Grizzly Bear or Black Bear	heart	0	[-]	0	[-]	-	[-]	-	[-]	-	[-]	<1	[0.2]
	feet	0	[-]	<1	[0.3]	-	[-]	-	[-]	-	[-]	0	[-]
	fat	0	[-]	1	[0.3]	-	[-]	-	[-]	-	[-]	0	[-]
	soup/broth	0	[-]	1	[0.3]	-	[-]	-	[-]	-	[-]	<1	[0.1]
	meat	0	[-]	1	[0.3]	-	[-]	-	[-]	-	[-]	3	[0.1]
Caribou	liver	26	[0.4]	29	[0.5]	24	[0.9]	12	[0.4]	14	[0.2]	2	[0.3]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
	kidneys	19	[0.4]	13	[0.6]	21	[0.8]	7	[0.3]	<1	[0.3]	1	[0.7]
	heart	49	[0.4]	56	[0.6]	18	[0.8]	31	[0.7]	26	[0.4]	41	[0.3]
	lungs	9	[0.4]	16	[0.5]	<1	[3]	14	[0.9]	28	[0.5]	0	[-]
	milk	<1	[0.1]	1	[0.9]	<1	[0.2]	<1	[0.1]	<1	[0.3]	0	[-]
	stomach all parts	10	[0.2]	5	[0.6]	27	[0.5]	26	[0.7]	16	[0.3]	4	[0.1]
	stomach contents	3	[0.4]	4	[0.8]	6	[0.8]	3	[0.8]	15	[0.5]	4	[0.5]
	intestines	4	[0.4]	7	[0.8]	16	[0.7]	20	[0.5]	4	[0.5]	0	[0.2]
	nose	16	[0.3]	34	[0.5]	7	[0.6]	11	[0.5]	8	[0.2]	4	[0.2]
	tongue	57	[0.4]	79	[0.5]	81	[0.5]	39	[0.6]	42	[0.5]	40	[0.3]
	hooves	13	[0.3]	24	[0.4]	13	[0.5]	2	[0.3]	1	[0.4]	3	[0.2]
	eyes	32	[0.3]	59	[0.6]	44	[0.6]	20	[0.5]	4	[0.3]	5	[0.2]
	brain	39	[0.3]	66	[0.5]	42	[0.4]	22	[0.4]	4	[0.2]	12	[0.3]
	bone marrow	58	[0.7]	77	[0.6]	55	[0.5]	62	[0.8]	40	[0.5]	69	[0.6]
	fat	56	[1.3]	73	[1]	71	[1.2]	75	[0.9]	53	[0.8]	38	[0.7]
	blood	11	[0.8]	38	[0.5]	7	[1.1]	6	[0.5]	1	[0.3]	<1	[0.6]
	cartilage	23	[0.6]	48	[0.6]	12	[1.3]	10	[0.6]	9	[0.5]	19	[0.9]
	broth/ soup/stew	88	[1.5]	94	[1.3]	86	[1.4]	74	[1.3]	66	[0.8]	88	[0.8]
	meat	92	[2.1]	95	[1.3]	95	[1.9]	95	[1.9]	72	[0.9]	96	[1.4]
Other:	trachea, "kumak" (bug), spinal cord, ears, knee fat, ligaments, stomach lining/fat, leg												
Moose	liver	0	[-]	<1	[0.3]	-	[-]	-	[-]	-	[-]	-	[-]
	kidneys	<1	[0.1]	<1	[0.3]	-	[-]	-	[-]	-	[-]	-	[-]
	heart	<1	[0.1]	0	[-]	-	[-]	-	[-]	-	[-]	-	[-]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
	nose	0	[-]	1	[0.2]	-	[-]	-	[-]	-	[-]	-	[-]
	tongue	<1	[0.1]	1	[0.2]	-	[-]	-	[-]	-	[-]	-	[-]
	eyes	0	[-]	<1	[0.3]	-	[-]	-	[-]	-	[-]	-	[-]
	brains	0	[-]	<1	[0.3]	-	[-]	-	[-]	-	[-]	-	[-]
	bone marrow	2	[0.3]	1	[0.2]	-	[-]	-	[-]	-	[-]	<1	[0.3]
	fat	1	[0.3]	<1	[0.3]	-	[-]	-	[-]	-	[-]	0	[-]
	broth/soup / stew	4	[0.2]	1	[0.2]	-	[-]	-	[-]	-	[-]	3	[0.1]
	meat	10	[0.3]	2	[0.1]	-	[-]	-	[-]	-	[-]	6	[0.1]
Muskox	liver	0	[-]	1	[0.3]	0	[-]	0	[-]	0	[-]	-	[-]
	heart	4	[1.2]	8	[0.8]	0	[-]	0	[-]	0	[-]	-	[-]
	milk	0	[-]	<1	[0.5]	0	[-]	0	[-]	0	[-]	-	[-]
	stomach	0	[-]	<1	[0.5]	0	[-]	0	[-]	0	[-]	-	[-]
	stomach contents	0	[-]	1	[0.3]	<1	[0.1]	0	[-]	0	[-]	-	[-]
	intestines	<1	[0.1]	2	[0.3]	<1	[0.1]	0	[-]	0	[-]	-	[-]
	tongue	5	[0.8]	13	[0.6]	0	[-]	0	[-]	0	[-]	-	[-]
	hooves	3	[1.1]	4	[1]	0	[-]	0	[-]	0	[-]	-	[-]
	eyes	<1	[0.1]	2	[0.2]	0	[-]	0	[-]	0	[-]	-	[-]
	brain	1	[1.4]	2	[0.8]	0	[-]	0	[-]	0	[-]	-	[-]
	bone marrow	5	[0.8]	10	[0.7]	0	[-]	0	[-]	0	[-]	-	[-]
	fat	6	[1.7]	13	[1.1]	1	[0.2]	<1	[0.1]	0	[-]	-	[-]
	blood	2	[2.8]	5	[1.4]	0	[-]	0	[-]	0	[-]	-	[-]
	cartilage	4	[0.9]	9	[0.6]	0	[-]	0	[-]	0	[-]	-	[-]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
	broth/ soup/ stew	0	[-]	43	[1]	3	[0.2]	0	[-]	0	[-]	-	[-]
	meat	0	[-]	53	[0.9]	7	[0.1]	1	[0.1]	0	[-]	-	[-]
Rabbits	liver	2	[0.3]	1	[0.2]	0	[-]	1	[0.2]	1	[0.1]	5	[0.3]
	kidneys	4	[0.3]	1	[0.2]	0	[-]	<1	[0.3]	1	[0.1]	10	[0.3]
	heart	3	[0.3]	3	[0.2]	0	[-]	2	[0.1]	2	[0.1]	11	[0.3]
	lungs	<1	[0.4]	1	[0.2]	0	[-]	<1	[0.2]	2	[0.1]	<1	[0.3]
	stomach	0	[-]	<1	[0.3]	0	[-]	0	[-]	<1	[0.2]	0	[-]
	brain	3	[0.5]	2	[0.2]	<1	[0.1]	1	[0.1]	2	[0.1]	8	[0.4]
	head	3	[0.5]	3	[0.2]	<1	[0.1]	1	[0.2]	2	[0.1]	9	[0.4]
	bone marrow	3	[0.5]	1	[0.2]	<1	[0.2]	1	[0.1]	0	[-]	5	[0.3]
	fat	3	[0.3]	3	[0.2]	<1	[0.5]	1	[0.1]	1	[0.1]	5	[0.3]
	broth/soup	8	[0.4]	8	[0.2]	2	[0.3]	4	[0.3]	10	[0.1]	29	[0.2]
	meat	11	[0.3]	11	[0.2]	4	[0.3]	7	[0.2]	12	[0.1]	35	[0.2]
Other:	tongue												
Dall's Sheep	soup/broth	1	[0.2]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
	meat	1	[0.2]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
Muskrat	kidney	1	[0.2]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
	heart	4	[0.2]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
	tail	6	[0.2]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
	head	2	[0.4]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
	bone marrow	1	[0.4]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
	fat	4	[0.5]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
	meat	11	[0.2]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
Beaver	tail	2	[0.2]	-	[-]	-	[-]	-	[-]	-	[-]	<1	[0.1]
	feet	1	[0.3]	-	[-]	-	[-]	-	[-]	-	[-]	0	[-]
	fat	<1	[0.1]	-	[-]	-	[-]	-	[-]	-	[-]	0	[-]
	soup/ broth	0	[-]	-	[-]	-	[-]	-	[-]	-	[-]	<1	0.1
	meat	1	[0.2]	-	[-]	-	[-]	-	[-]	-	[-]	<1	0.1
Ground Squirrel "Sik sik"	soup/broth	0	[-]	4	[0.5]	-	[-]	-	[-]	-	[-]	-	[-]
	meat	<1	[0.1]	6	[0.3]	-	[-]	-	[-]	-	[-]	-	[-]
Porcupine	tail	0	[-]	-	[-]	-	[-]	-	[-]	-	[-]	2	[0.2]
	soup/broth	0	[-]	-	[-]	-	[-]	-	[-]	-	[-]	7	[0.2]
	meat	0	[-]	-	[-]	-	[-]	-	[-]	-	[-]	13	[0.2]
Other:	feet												
Lynx	meat	1	[0.1]	-	[-]	-	[-]	-	[-]	-	[-]	0	[-]
Fox	soup	0	[-]	<1	[0.1]	0	[-]	0	[-]	0	[-]	-	[-]
	meat	<1	[0.1]	1	[0.2]	0	[-]	0	[-]	0	[-]	-	[-]
Birds													
Marsh Ducks	eggs	2	[0.5]	0	[-]	-	[-]	<1	[0.2]	2	[1.1]	3	[0.2]
	liver	<1	[0.5]	0	[-]	-	[-]	0	[-]	0	[-]	4	[0.2]
	gizzard/ stomach	8	[0.3]	0	[-]	-	[-]	0	[-]	1	[0.2]	10	[0.2]
	intestines	<1	[0.4]	-	[-]	-	[-]	0	[-]	0	[-]	0	[-]
	lungs	<1	[0.3]	0	[-]	-	[-]	0	[-]	<1	[1.3]	1	[0.4]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
	heart	3	[0.4]	0	[-]	-	[-]	0	[-]	1	[0.5]	11	[0.2]
	brains	1	[0.7]	0	[-]	-	[-]	0	[-]	<1	[0.7]	4	[0.3]
	bone marrow	1	[0.1]	<1	[0.1]	-	[-]	0	[-]	<1	[1.3]	<1	[0.4]
	feet	1	[0.5]	<1	[0.1]	-	[-]	0	[-]	0	[-]	1	[0.2]
	skin	6	[0.3]	<1	[0.1]	-	[-]	0	[-]	<1	[0.7]	9	[0.2]
	fat	6	[0.3]	<1	[0.1]	-	[-]	<1	[0.1]	2	[0.2]	6	[0.3]
	soup/broth	10	[0.2]	<1	[0.1]	-	[-]	0	[-]	4	[0.3]	13	[0.3]
	meat	13	[0.3]	<1	[0.1]	-	[-]	<1	[0.3]	4	[0.3]	16	[0.2]
Other:	head, kidney												
Fish-Eating Birds	eggs	<1	[0.1]	5	[0.3]	-	[-]	7	[0.3]	0	[-]	1	[0.2]
	liver	0	[-]	<1	[0.3]	-	[-]	0	[-]	0	[-]	5	[0.2]
	gizzard/ stomach	4	[0.3]	9	[0.3]	-	[-]	<1	[0.5]	0	[-]	12	[0.2]
	intestine	0	[-]	1	[1.3]	-	[-]	0	[-]	0	[-]	0	[-]
	lungs	0	[-]	1	[1.2]	-	[-]	0	[-]	0	[-]	<1	[0.8]
	heart	4	[0.2]	9	[0.2]	-	[-]	0	[-]	0	[-]	13	[0.2]
	brains	1	[0.1]	3	[0.6]	-	[-]	0	[-]	0	[-]	1	[0.2]
	bone marrow	<1	[1]	4	[0.7]	-	[-]	0	[-]	0	[-]	1	[0.7]
	feet	2	[0.2]	10	[0.3]	-	[-]	0	[-]	0	[-]	1	[0.2]
	skin	2	[0.1]	5	[0.4]	-	[-]	0	[-]	0	[-]	10	[0.2]
	fat	3	[0.3]	9	[0.4]	-	[-]	0	[-]	0	[-]	5	[0.2]
	soup/broth	8	[0.2]	20	[0.3]	-	[-]	<1	[0.1]	0	[-]	13	[0.2]
	meat	10	[0.4]	22	[0.4]	-	[-]	<1	[0.2]	0	[-]	18	[0.2]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
Other:	head												
Diving Ducks	eggs	11	[0.2]	20	[0.3]	14	[0.8]	10	[0.5]	16	[0.4]	13	[0.4]
	liver	2	[0.7]	5	[0.5]	1	[0.1]	1	[0.2]	1	[0.3]	13	[0.3]
	gizzard/ stomach	17	[0.7]	24	[0.7]	1	[0.3]	4	[0.2]	9	[0.2]	33	[0.3]
	intestine	2	[0.6]	5	[0.7]	0	[-]	<1	[0.1]	0	[-]	<1	[0.2]
	lung	2	[0.6]	4	[0.6]	0	[-]	1	[0.1]	4	[0.2]	4	[0.3]
	heart	14	[0.8]	20	[0.7]	1	[0.2]	3	[0.2]	9	[0.3]	33	[0.2]
	brains	4	[0.5]	9	[0.6]	0	[-]	1	[0.1]	4	[0.3]	8	[0.3]
	bone marrow	2	[0.5]	8	[0.5]	0	[-]	<1	[0.1]	<1	[0.1]	1	[0.3]
	feet	11	[0.6]	22	[0.5]	0	[-]	<1	[0.1]	0	[-]	2	[0.5]
	skin	11	[0.6]	16	[0.7]	0	[-]	0	[-]	<1	[0.3]	25	[0.3]
	fat	16	[0.6]	25	[0.6]	1	[0.4]	4	[0.1]	9	[0.2]	17	[0.3]
	soup/broth	29	[0.6]	43	[0.7]	2	[0.4]	6	[0.1]	20	[0.2]	35	[0.2]
	meat	32	[0.6]	44	[0.7]	6	[0.3]	11	[0.1]	21	[0.2]	49	[0.2]
Other:	head, tongue												
Geese and Swans	eggs	10	[0.3]	27	[0.2]	26	[0.4]	26	[0.6]	4	[0.3]	<1	[0.1]
	liver	2	[0.8]	5	[0.2]	1	[0.1]	<1	[0.1]	<1	[0.3]	12	[0.2]
	gizzard/ stomach	35	[0.6]	25	[0.4]	7	[0.2]	17	[0.4]	10	[0.2]	35	[0.2]
	intestine	1	[0.8]	2	[0.5]	0	[-]	<1	[1]	0	[-]	0	[-]
	lung	2	[0.8]	4	[0.6]	<1	[0.2]	3	[0.2]	1	[0.2]	2	[0.1]
	heart	17	[0.6]	19	[0.4]	5	[0.2]	5	[0.5]	7	[0.2]	30	[0.2]
	brains	9	[0.4]	9	[0.4]	0	[-]	2	[0.4]	4	[0.3]	7	[0.2]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
	bone marrow	5	[0.5]	11	[0.4]	<1	[0.1]	1	[0.3]	<1	[0.1]	1	[0.2]
	feet	13	[0.7]	21	[0.3]	0	[-]	<1	[0.2]	0	[-]	5	[0.2]
	skin	31	[0.7]	17	[0.4]	4	[0.2]	0	[-]	0	[-]	27	[0.2]
	fat	34	[0.7]	27	[0.3]	8	[0.3]	5	[0.2]	6	[0.2]	17	[0.2]
	soup/broth	46	[0.6]	43	[0.4]	17	[0.3]	10	[0.5]	20	[0.1]	20	[0.2]
	meat	52	[0.6]	44	[0.4]	31	[0.3]	31	[0.4]	21	[0.2]	50	[0.2]
Other:	neck, kidney, head, liver												
Fowl	eggs	0	[-]	5	[0.2]	1	[0.3]	<1	[0.2]	<1	[0.6]	<1	[0.3]
	liver	6	[0.5]	4	[0.3]	1	[0.2]	9	[0.2]	19	[0.6]	27	[0.7]
	gizzard/ stomach	15	[0.3]	12	[0.3]	2	[0.1]	8	[0.2]	14	[0.4]	44	[0.7]
	intestine	<1	[0.2]	3	[0.4]	2	[0.2]	8	[0.2]	8	[0.3]	1	[0.3]
	lung	1	[0.1]	4	[0.5]	<1	[0.2]	9	[0.2]	21	[0.6]	3	[0.6]
	heart	11	[0.2]	13	[0.3]	4	[0.2]	10	[0.2]	20	[0.4]	46	[0.7]
	brains	6	[0.3]	8	[0.4]	0	[-]	7	[0.2]	11	[0.4]	7	[0.4]
	bone marrow	1	[0.3]	5	[0.4]	<1	[0.1]	5	[0.1]	4	[0.4]	1	[0.8]
	feet	<1	[0.3]	3	[0.4]	0	[-]	1	[0.2]	0	[-]	<1	[0.4]
	skin	14	[0.4]	6	[0.3]	1	[0.3]	<1	[0.3]	1	[0.5]	34	[0.8]
	fat	11	[0.4]	10	[0.3]	3	[0.2]	7	[0.1]	7	[0.4]	21	[0.8]
	soup/broth	28	[0.3]	25	[0.3]	7	[0.2]	4	[0.3]	4	[0.5]	56	[0.6]
	meat	28	[0.4]	25	[0.3]	14	[0.2]	21	[0.3]	26	[0.5]	65	[0.7]
Other:	eyes, neck, kidney												
Owl	meat	-	[-]	<1	[0.1]	0	[-]	0	[-]	0	[-]	0	[-]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
Sandhill Crane	liver	0	[-]	<1	[0.3]	0	[-]	0	[-]	0	[-]	-	[-]
	gizzard/ stomach	0	[-]	1	[0.1]	0	[-]	0	[-]	0	[-]	-	[-]
	intestine	0	[-]	<1	[0.3]	0	[-]	0	[-]	0	[-]	-	[-]
	lung	0	[-]	<1	[0.1]	0	[-]	0	[-]	0	[-]	-	[-]
	heart	0	[-]	<1	[0.3]	0	[-]	0	[-]	0	[-]	-	[-]
	brains	0	[-]	<1	[0.3]	0	[-]	0	[-]	0	[-]	-	[-]
	bone marrow	0	[-]	<1	[0.3]	0	[-]	0	[-]	0	[-]	-	[-]
	feet	0	[-]	<1	[0.2]	0	[-]	0	[-]	0	[-]	-	[-]
	skin	0	[-]	<1	[0.2]	0	[-]	0	[-]	0	[-]	-	[-]
	fat	0	[-]	<1	[0.2]	0	[-]	0	[-]	0	[-]	-	[-]
	soup/broth	1	[0.1]	2	[0.1]	0	[-]	0	[-]	0	[-]	-	[-]
	meat	1	[0.1]	2	[0.1]	0	[-]	0	[-]	0	[-]	-	[-]
Seabirds	eggs	-	[-]	-	[-]	10	[0.7]	4	[0.2]	0	[-]	3	[0.3]
	soup/broth	-	[-]	-	[-]	0	[-]	<1	[0.2]	4	[0.3]	14	[0.3]
	meat	-	[-]	-	[-]	0	[-]	<1	[0.1]	4	[0.3]	20	[0.2]
Other:	gizzard, liver, heart												
Wading Birds	soup/broth	0	[-]	0	[-]	-	[-]	-	[-]	-	[-]	1	[0.1]
	meat	0	[-]	0	[-]	-	[-]	-	[-]	-	[-]	2	[0.1]
Gulls and Terns	eggs	1	[0.1]	3	[0.2]	11	[0.5]	11	[0.5]	<1	[0.9]	24	[0.4]
	soup/broth	0	[-]	<1	[0.5]	<1	[0.3]	0	[-]	<1	[0.1]	1	[0.1]
	meat	0	[-]	<1	[0.5]	<1	[0.3]	0	[-]	<1	[0.1]	1	[0.1]
Other birds	soup/broth	-	[-]	-	[-]	-	[-]	0	[-]	1	[0.2]	-	[-]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
Unknown bird egg	eggs	0	[-]	<1	[0.2]	1	[0.1]	<1	[0.1]	2	[0.3]	<1	[0.2]
Fish and Seafood													
Inconnu	liver	1	[1.3]	-	[-]	-	[-]	0	[-]	0	[-]	-	[-]
	fishpipe/ stomach	5	[0.9]	-	[-]	-	[-]	0	[-]	0	[-]	-	[-]
	bones	1	[0.9]	-	[-]	-	[-]	0	[-]	0	[-]	-	[-]
	skin	1	[1.1]	-	[-]	-	[-]	<1	[2]	0	[-]	-	[-]
	head	4	[0.7]	-	[-]	-	[-]	0	[-]	0	[-]	-	[-]
	fat	4	[0.8]	-	[-]	-	[-]	<1	[2]	0	[-]	-	[-]
	soup/broth	2	[0.8]	-	[-]	-	[-]	<1	[2]	0	[-]	-	[-]
	meat	19	[0.6]	-	[-]	-	[-]	<1	[2]	0	[-]	-	[-]
	eggs	4	[0.9]	-	[-]	-	[-]	0	[-]	0	[-]	-	[-]
Trout	liver	9	[0.7]	21	[0.7]	2	[0.7]	<1	[0.2]	<1	[0.1]	1	[0.5]
	fishpipe/ stomach	9	[0.6]	17	[0.8]	1	[0.2]	0	[-]	0	[-]	<1	[0.3]
	bones	4	[0.3]	5	[0.9]	3	[0.9]	<1	[0.1]	<1	[0.1]	6	[0.6]
	skin	22	[0.6]	30	[0.9]	13	[0.6]	4	[0.2]	2	[0.3]	41	[1]
	head	22	[0.6]	42	[0.7]	24	[0.6]	3	[0.2]	1	[0.5]	34	[0.7]
	fat	12	[0.4]	26	[0.7]	11	[0.8]	3	[0.2]	<1	[0.2]	23	[1.2]
	soup/broth	17	[0.8]	43	[0.8]	17	[0.6]	3	[0.2]	2	[0.4]	49	[0.6]
	meat	40	[0.6]	56	[0.7]	39	[0.5]	6	[0.2]	2	[0.4]	71	[0.9]
	eggs/roe	11	[0.6]	26	[0.6]	9	[0.7]	<1	[0.4]	0	[-]	6	[0.3]
Whitefish	liver	8	[0.7]	12	[0.3]	<1	[0.1]	0	[-]	0	[-]	0	[-]
	fishpipe/ stomach	16	[0.7]	12	[0.7]	1	[0.3]	<1	[0.3]	0	[-]	0	[-]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
	bones	2	[1.2]	2	[0.5]	1	[0.2]	<1	[0.2]	0	[-]	0	[-]
	skin	7	[1.2]	6	[0.3]	4	[0.2]	1	[0.2]	<1	[0.2]	1	[0.2]
	head	11	[0.7]	14	[0.6]	9	[0.2]	0	[-]	0	[-]	<1	[0.3]
	fat	12	[0.5]	17	[0.6]	2	[0.3]	1	[0.2]	<1	[0.2]	1	[0.2]
	soup/broth	9	[0.4]	21	[0.6]	7	[0.2]	<1	[0.3]	<1	[0.2]	0	[-]
	meat	49	[0.6]	43	[0.6]	18	[0.2]	3	[0.2]	1	[0.1]	2	[0.2]
	eggs/roe	19	[0.9]	21	[0.5]	3	[0.2]	0	[-]	0	[-]	0	[-]
Northern Pike	meat	-	[-]	-	[-]	<1	[0.1]	-	[-]	-	[-]	-	[-]
Herring	liver	2	[0.6]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
	fishpipe/ stomach	3	[0.8]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
	bones	2	[0.8]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
	skin	7	[1.2]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
	head	2	[0.4]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
	fat	5	[1.3]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
	soup/broth	1	[1.4]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
	meat	25	[0.9]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
	eggs/roe	4	[0.9]	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]
Cisco	liver	3	[0.9]	2	[0.3]	-	[-]	-	[-]	-	[-]	0	[-]
	fishpipe/ stomach	2	[0.7]	2	[0.3]	-	[-]	-	[-]	-	[-]	0	[-]
	bones	1	[1.1]	2	[0.3]	-	[-]	-	[-]	-	[-]	0	[-]
	skin	2	[0.9]	2	[0.3]	-	[-]	-	[-]	-	[-]	1	[0.2]
	head	3	[1]	2	[0.3]	-	[-]	-	[-]	-	[-]	0	[-]
	fat	3	[1.3]	2	[0.3]	-	[-]	-	[-]	-	[-]	1	[0.1]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
	soup/broth	1	[0.7]	2	[0.3]	-	[-]	-	[-]	-	[-]	<1	[0.2]
	meat	11	[1.2]	2	[0.3]	-	[-]	-	[-]	-	[-]	2	[0.1]
	eggs/roe	3	[1.6]	1	[0.3]	-	[-]	-	[-]	-	[-]	0	[-]
Smelt and Capelin	eggs/roe	0	[-]	-	[-]	-	[-]	-	[-]	-	[-]	6	[0.3]
	soup/broth	0	[-]	-	[-]	-	[-]	-	[-]	-	[-]	1	[0.6]
	whole	0	[-]	-	[-]	-	[-]	-	[-]	-	[-]	43	[0.3]
Other:	tail												
Burbot	liver	3	[0.3]	0	[-]	0	[-]	-	[-]	-	[-]	-	[-]
	eggs/roe	2	[0.3]	0	[-]	0	[-]	-	[-]	-	[-]	-	[-]
	meat	2	[0.2]	0	[-]	0	[-]	-	[-]	-	[-]	-	[-]
	bones	0	[-]	0	[-]	<1	[0.1]	-	[-]	-	[-]	-	[-]
Grayling	liver	0	[-]	<1	[0.5]	<1	[0.5]	-	[-]	-	[-]	-	[-]
	fishpipe/ stomach	0	[-]	<1	[0.5]	0	[-]	-	[-]	-	[-]	-	[-]
	bones	0	[-]	<1	[0.5]	<1	[0.1]	-	[-]	-	[-]	-	[-]
	skin	0	[-]	<1	[0.5]	3	[0.2]	-	[-]	-	[-]	-	[-]
	head	0	[-]	<1	[0.5]	4	[0.2]	-	[-]	-	[-]	-	[-]
	fat	<1	[0.2]	<1	[0.5]	1	[0.1]	-	[-]	-	[-]	-	[-]
	soup/broth	0	[-]	<1	[0.5]	2	[0.2]	-	[-]	-	[-]	-	[-]
	meat	<1	[0.1]	<1	[0.3]	5	[0.2]	-	[-]	-	[-]	-	[-]
Char	liver	19	[0.9]	37	[1.1]	9	[0.6]	3	[0.2]	17	[0.8]	3	[0.8]
	fishpipe/ stomach	16	[0.8]	31	[1]	2	[0.6]	2	[0.5]	6	[0.6]	<1	[0.2]
	bones	4	[1.5]	8	[1.3]	3	[1]	5	[0.4]	5	[0.8]	6	[0.9]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
	skin	28	[1.1]	58	[1.1]	33	[0.8]	51	[1]	54	[1.0]	37	[0.6]
	head	27	[0.9]	65	[0.9]	40	[0.8]	41	[0.6]	35	[0.8]	33	[0.6]
	fat	18	[1]	38	[1]	32	[0.9]	34	[0.9]	37	[1.2]	25	[0.8]
	soup/broth	34	[1]	76	[1]	33	[0.8]	37	[0.6]	56	[0.8]	33	[0.4]
	meat	68	[0.9]	87	[1.1]	72	[0.7]	88	[1]	71	[1.0]	60	[0.5]
	eggs/roe	18	[0.8]	41	[0.8]	16	[0.9]	9	[0.3]	6	[0.5]	5	[0.7]
Other:	cartilage, flippers, flipper fat, gills												
Salmon	liver	0	[-]	-	[-]	-	[-]	-	[-]	-	[-]	1	[1.2]
	fishpipe/ stomach	<1	[0.5]	-	[-]	-	[-]	-	[-]	-	[-]	1	[0.6]
	bones	0	[-]	-	[-]	-	[-]	-	[-]	-	[-]	3	[0.4]
	skin	1	[0.8]	-	[-]	-	[-]	-	[-]	-	[-]	29	[0.6]
	head	<1	[0.5]	-	[-]	-	[-]	-	[-]	-	[-]	24	[0.5]
	soup/broth	0	[-]	-	[-]	-	[-]	-	[-]	-	[-]	31	[0.4]
	meat	3	[0.6]	-	[-]	-	[-]	-	[-]	-	[-]	58	[0.5]
	eggs/roe	<1	[0.5]	-	[-]	-	[-]	-	[-]	-	[-]	12	[0.3]
Other:	heart												
Grenadier	soup/broth	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	7	[0.1]
	meat	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	9	[0.2]
Cod	liver	2	[0.3]	15	[0.5]	<1	[0.3]	0	[-]	1	[0.7]	13	[0.2]
	eggs/roe	<1	[0.7]	9	[0.5]	0	[-]	0	[-]	0	[-]	6	[0.3]
	tongue	<1	[0.7]	3	[0.2]	0	[-]	0	[-]	0	[-]	11	[0.2]
	head	1	[0.6]	9	[0.5]	<1	[0.3]	0	[-]	<1	[1.1]	20	[0.2]
	soup/broth	1	[0.5]	12	[0.5]	<1	[0.2]	<1	[0.1]	8	[0.3]	31	[0.2]
	meat	5	[0.5]	21	[0.5]	1	[0.1]	1	[0.4]	15	[0.3]	58	[0.3]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

		Communities											
Species	Part	Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
Other:	stomach lining												
Sculpin	liver	0	[-]	<1	[0.4]	0	[-]	0	[-]	1	[0.1]	0	[-]
	fishpipe/ stomach	0	[-]	<1	[0.4]	0	[-]	0	[-]	<1	[0.1]	0	[-]
	bones	0	[-]	<1	[0.5]	0	[-]	0	[-]	2	[0.2]	0	[-]
	skin	0	[-]	<1	[0.4]	0	[-]	0	[-]	<1	[0.1]	0	[-]
	head	<1	[0.1]	1	[0.3]	0	[-]	0	[-]	3	[0.3]	0	[-]
	soup/broth	0	[-]	<1	[0.4]	0	[-]	0	[-]	1	[0.6]	0	[-]
	meat	0	[-]	<1	[0.4]	<1	[0.1]	<1	[0.1]	7	[0.3]	<1	[0.2]
	eggs/roe	0	[-]	<1	[0.2]	0	[-]	0	[-]	0	[-]	<1	[0.1]
Flatfish	skin	0	[-]	0	[-]	-	[-]	<1	[0.2]	0	[-]	1	[0.2]
	soup/broth	0	[-]	0	[-]	-	[-]	0	[-]	<1	[1.0]	1	[0.1]
	meat	<1	[0.3]	0	[-]	-	[-]	1	[0.1]	1	[0.5]	10	[0.2]
Other:	cheeks, head												
Redfish	soup/broth	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	3	[0.2]
	meat	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	6	[0.1]
Shrimp	soup/broth	-	[-]	-	[-]	<1	[3.8]	2	[0.4]	6	[0.3]	13	[0.2]
	meat	-	[-]	-	[-]	2	[0.2]	5	[0.2]	14	[0.2]	30	[0.2]
Other:	eggs												
Scallops	soup/broth	-	[-]	-	[-]	0	[-]	1	[0.6]	2	[0.2]	1	[0.4]
	meat	-	[-]	-	[-]	1	[0.2]	1	[0.3]	2	[0.1]	32	[0.4]
Crab:	soup/broth	0	[-]	0	[-]	<1	[0.2]	<1	[0.6]	1	[0.1]	10	[0.3]
	meat	<1	[0.4]	1	[0.3]	<1	[0.1]	2	[0.4]	1	[0.1]	18	[0.3]
Other:	legs												
Clams	soup/broth	-	[-]	-	[-]	0	[-]	6	[0.8]	37	[0.4]	4	[0.2]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

Species	Part	Communities											
		Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
	meat	-	[-]	-	[-]	3	[1]	9	[0.3]	45	[0.5]	12	[0.3]
Mussels	soup/broth	<1	[1.9]	<1	[1.1]	4	[0.1]	3	[0.1]	10	[0.1]	9	[0.2]
	meat	1	[0.5]	3	[0.4]	15	[0.3]	3	[0.1]	10	[0.1]	27	[0.3]
Wrinkles	soup/broth	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	2	[0.2]
	meat	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	8	[0.3]
Snails	soup/broth	-	[-]	-	[-]	-	[-]	<1	[0.1]	<1	[0.2]	-	[-]
	meat	-	[-]	-	[-]	-	[-]	1	[0.1]	<1	[0.2]	-	[-]
Sea Urchin	soup/broth	-	[-]	-	[-]	<1	[0.1]	<1	[0.5]	0	[-]	0	[-]
	meat	-	[-]	-	[-]	1	[0.2]	<1	[0.2]	1	[0.1]	2	[0.3]
Squid	meat	-	[-]	-	[-]	-	[-]	-	[-]	-	[-]	3	[0.2]
Sea cucumber	whole	0	[-]	-	[-]	0	[-]	0	[-]	1	[0.2]	-	[-]
Sea plants	soup/broth	0	[-]	-	[-]	0	[-]	2	[0.2]	11	[0.3]	0	[-]
	whole	0	[-]	-	[-]	<1	[0.1]	9	[0.2]	26	[0.2]	1	[0.1]
Other Fish or Seafood	soup/broth	0	[-]	0	[-]	0	[-]	0	[-]	<1	[0.3]	<1	[0.2]
	meat	0	[-]	0	[-]	0	[-]	0	[-]	<1	[0.3]	<1	[0.2]
Land Plants													
Berries													
Marshberry		0	[-]	0	[-]	-	[-]	-	[-]	-	[-]	2	[0.2]
Strawberry		0	[-]	0	[-]	-	[-]	-	[-]	-	[-]	9	[0.2]
Bearberry		0	[-]	0	[-]	2	[0.2]	-	[-]	-	[-]	0	[-]
Gooseberry		0	[-]	0	[-]	0	[-]	-	[-]	-	[-]	<1	[0.2]
Wild Red Raspberry		2	[0.2]	0	[-]	-	[-]	-	[-]	-	[-]	21	[0.3]
Dwarf Dogwood		-	[-]	0	[-]	-	[-]	-	[-]	-	[-]	<1	[0.2]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

Species	Part	Communities											
		Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
Squashberry		-	[-]	<1	[0.5]	-	[-]	1	[0.3]	3	[0.2]	6	[0.4]
Cloudberry "bakeapple"		41	[0.4]	14	[0.1]	26	[0.2]	-	[-]	-	[-]	78	[0.4]
Crowberry "black berry"		17	[0.3]	27	[0.3]	46	[0.3]	38	[0.3]	60	[0.6]	57	[0.3]
Currant, Red & Black		2	[0.2]	1	[0.1]	-	[-]	-	[-]	-	[-]	5	[0.2]
Cranberry, Bog & Rock		39	[0.5]	22	[0.5]	14	[0.4]	1	[0.2]	3	[0.5]	75	[0.8]
"Blueberry" Dwarf bilberry or Bog bilberry		37	[0.5]	40	[0.5]	27	[0.2]	31	[0.9]	41	[0.6]	44	[0.4]
Flowers, Green Plants, Leaves, Shoots and Roots													
Beach peas		0	[-]	0	[-]	0	[-]	-	[-]	-	[-]	1	[0.3]
"Banana" yellow flower		8	[-]	<1	[0.1]	-	[-]	-	[-]	-	[-]	-	[-]
Sorrel, Mountain & Wood		8	[0.2]	9	[0.2]	1	[0.1]	21	[0.2]	6	[0.2]	-	[-]
Mushoo, "Bear root", "Eskimo potato"		4	[0.1]	5	[0.1]	-	[-]	-	[-]	-	[-]	-	[-]
Carrot root		0	[-]	0	[-]	0	[-]	<1	[0.1]	1	[0.2]	0	[-]
Saxifrage, purple/ red		<1	[0.3]	<1	[0.3]	-	[-]	12	[0.1]	<1	[0.1]	-	[-]
Labrador Tea		<1	[2.5]	<1	[2.5]	-	[-]	-	[-]	-	[-]	3	[0.2]
Dandelion		0	[-]	0	[-]	-	[-]	1	[0.3]	0	[-]	0	[-]
Juniper Drink		0	[-]	0	[-]	-	[-]	-	[-]	-	[-]	<1	[0.3]
Mushrooms		0	[-]	0	[-]	-	[-]	-	[-]	-	[-]	<1	[0.3]
Spruce Gum		3	[0.8]	0	[-]	-	[-]	-	[-]	-	[-]	4	[0.2]
Spruce Beer		0	[-]	0	[-]	-	[-]	-	[-]	-	[-]	<1	[0.9]
Spruce Tea		0	[-]	<1	[0.3]	-	[-]	-	[-]	-	[-]	<1	[0.1]
Willow		0	[-]	0	[-]	-	[-]	1	[0.1]	<1	[0.3]	-	[-]
Arctic Dock "Rhubarb"		1	[0.2]	<1	[0.3]	-	[-]	-	[-]	-	[-]	15	[0.2]
Tulligununaks		0	[-]	0	[-]	-	[-]	-	[-]	-	[-]	2	[0.5]

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 9, continued

Species	Part	Communities											
		Inuvialuit (n= 409)		Kitikmeot (n=322)		Kivalliq (n=355)		North Baffin[1] (n=302)		South Baffin[2] (n=232)		Labrador (n=420)	
		Percentage of population consuming the food (%) [days/week]											
Maliksuargait		0	[-]	0	[-]	<1	[0.1]	-	[-]	-	[-]	0	[-]
Other : "airaq", crabapple, spicy roots, chives, greens, mint berry, "hiqnaq", unknown root													

[1]North Baffin= Resolute Bay, Pond Inlet and Igloolik
[2]South Baffin= Qikiqtarjuaq and Kimmirut

Table 10 (A-F) Frequency of traditional food consumption as percentage of the population consuming traditional food/parts most frequently consumed and average weekly frequency of consumption (number of days/week) for the whole population, by region and season[1]

A) INUVIALUIT COMMUNITIES

	SUMMER (June, July, Aug 1998) n=176			WINTER (Dec '98, Jan, Feb 1999) n=233	
	Days/ week	% Population		Days/ week	% Population
Caribou meat	2.4	99	Caribou meat	1.5	85
Arctic char	1.0	82	Arctic char	0.4	55
Beluga muktuk	0.6	75	Muskox meat	0.4	35
Geese meat	0.5	72	Beluga oil	0.4	23
Whitefish	0.4	54	Whitefish	0.2	45
Trout	0.4	44	Trout	0.2	37
Scoter/eider duck meat	0.4	44	Geese meat	0.2	33
Herring	0.4	33	Ptarmigan meat	0.1	29
Muskox	0.4	28	Cloudberries	0.1	22
Cloudberries	0.3	60	Inconnu	0.1	21
Blueberries	0.3	60	Scoter/eider meat	0.1	20
Cranberries	0.3	59	Ringed seal meat	0.1	20
Ringed seal meat	0.3	29	Cranberries	0.1	20
Inconnu	0.2	18	Herring	0.1	18
Bearded seal oil	0.2	13	Blueberries	0.1	15
Cisco	0.2	11	Cisco	0.1	12
Ptarmigan meat	0.1	27	Rabbit meat	0.04	12
Crowberries	0.1	27	Moose meat	0.03	12
Marsh ducks	0.1	23	Polar bear meat	0.02	18
Loon meat	0.1	18			
Muskrat meat	0.1	18			
Mountain/wood sorrel	0.1	14			
Rabbit meat	0.04	11			
Polar bear meat	0.02	5			

[1]Foods reported by less than 10% of the population are not listed except for polar bear meat.

B) KITIKMEOT COMMUNITIES

	SUMMER (June, July, Aug 1998) N=144			WINTER (Dec '98, Jan, Feb 1999) N=178	
	Days/ week	% Population		Days/ week	% Population
Arctic Char	1.2	87	Caribou Meat	1.4	93
Caribou Meat	1.1	97	Arctic Char	0.8	87
Trout	0.6	58	Muskox meat	0.4	48
Muskox Meat	0.6	58	Trout	0.3	54
Eider duck meat	0.6	59	Whitefish	0.2	40
Ringed seal meat	0.5	60	Beluga muktuk	0.2	33
Blueberries	0.4	72	Eider duck meat	0.1	29
Geese meat	0.4	69	Ringed seal meat	0.1	31
Whitefish	0.3	46	Cod	0.1	15
Crowberries	0.3	51	Geese meat	0.1	20
Beluga muktuk	0.2	45	Ptarmigan meat	0.04	16
Cranberries	0.2	37	Polar bear meat	0.02	16
Cod	0.2	28	Rabbit meat	0.02	12
Loon meat	0.2	40			
Ptarmigan meat	0.1	35			
Cloudberries	0.1	28			
Bearded seal meat	0.1	23			
Mountain/wood sorrel	0.1	16			
Ground squirrel meat	0.05	11			
Polar bear meat	0.04	17			
Rabbit meat	0.03	10			

C) KIVALLIQ COMMUNITIES

	SUMMER (June, July, Aug 1998) N=178			WINTER (Dec '98, Jan, Feb 1999) N=177	
	Days/ week	% Population		Days/ week	% Population
Caribou meat	1.9	93	Caribou meat	1.8	97
Arctic char	0.8	85	Arctic char	0.3	59
Beluga muktuk	0.5	54	Beluga muktuk	0.1	34
Crowberries	0.4	83	Trout	0.1	36
Trout	0.3	42	Walrus blubber	0.1	16
Ringed seal meat	0.2	42	Whitefish	0.04	18
Blueberries	0.2	52	Geese meat	0.04	12
Geese eggs	0.2	51	Seal intestines	0.04	10
Cloudberrries	0.2	44	Ringed seal meat	0.03	19
Eider duck eggs	0.2	28	Ptarmigan meat	0.03	11
Cranberries	0.2	28	Polar bear meat	0.01	3
Walrus blubber	0.1	33			
Narwhal muktuk	0.1	17			
Arctic tern eggs	0.1	22			
Black guillemot/murre	0.1	20			
Bearded seal meat	0.1	24			
Mussels	0.1	28			
Whitefish	0.1	19			
Ptarmigan meat	0.03	17			
Bowhead muktuk	0.02	21			
Polar bear meat	0.02	6			

D) NORTH BAFFIN COMMUNITIES (Resolute Bay, Pond Inlet and Igloolik)

	SUMMER (June, July, Aug 1998) N=145			WINTER (Dec '98, Jan, Feb 1999) N=157	
	Days/ week	% Population		Days/ week	% Population
Caribou meat	1.5	95	Caribou meat	2.1	95
Ringed seal meat	1.2	88	Arctic char	0.8	88
Arctic char	1.0	88	Ringed seal	0.6	73
Narwhal muktuk	0.7	66	Walrus	0.2	28
Beluga muktuk	0.3	46	Narwhal	0.1	30
Geese meat	0.3	59	Beluga muktuk	0.1	24
Crowberries	0.2	62	Ptarmigan	0.1	22
Blueberries	0.2	60	Polar bear	0.07	41
Walrus meat	0.2	37	Bearded seal	0.03	17
Bearded seal intestines	0.1	44	Crowberries	0.03	15
Mountain/wood sorrel	0.1	43			
Seagull/Arctic tern eggs	0.1	23			
Polar bear meat	0.05	32			
Clams	0.05	10			
Ptarmigan meat	0.05	21			
Oldsquaw/eider duck meat	0.05	22			
Saxifrage	0.04	23			
Seaweed/kelp	0.03	15			
Willow	0.02	19			
Bowhead muktuk	0.01	11			

E) SOUTH BAFFIN COMMUNITIES (Qikiqtarjuaq and Kimmirut)

	SUMMER (June, July, Aug 1998) N=122			WINTER (Dec '98, Jan, Feb 1999) N=110	
	Days/ week	% Population		Days/ week	% Population
Ringed seal meat	1.6	94	Caribou meat	1.1	98
Arctic char	1.1	92	Arctic char	1.0	93
Crowberries	1.0	92	Ringed seal	0.6	85
Blueberries	1.0	84	Ptarmigan meat	0.3	58
Caribou meat	0.7	89	Crowberries	0.2	63
Clams	0.5	71	Narwhal muktuk	0.1	48
Narwhal muktuk	0.3	35	Clams	0.1	43
Oldsquaw/eider duck meat	0.2	44	Beluga muktuk	0.1	36
Beluga muktuk	0.2	30	Ringed seal	0.1	16
Geese meat	0.1	50	Cod	0.1	34
Seaweed/kelp	0.1	43	Bearded seal	0.1	38
Bearded seal meat	0.1	31	Polar bear meat	0.06	40
Ptarmigan meat	0.1	14	Walrus meat	0.05	18
Shrimp	0.06	22	Seaweed/ kelp	0.03	21
Mussels	0.05	22	Shrimp	0.03	15
Sculpin	0.04	16	Rabbit meat	0.02	20
Bowhead muktuk	0.03	37			
Mountain/wood sorrel	0.03	16			
Walrus meat	0.03	15			
Black guillemot/turre meat	0.03	11			
Willow	0.02	11			
Rabbit meat	0.01	11			
Polar bear meat	0.01	8			

F) LABRADOR COMMUNITIES

	SUMMER (June, July, Aug 1998) N=215			WINTER (Dec '98, Jan, Feb 1999) N=205	
	Days/ week	% Population		Days/ week	% Population
Caribou meat	1.1	93	Caribou meat	1.6	99
Trout	1.1	80	Partridge meat	0.7	83
Arctic char	0.6	75	Cranberries (red berries)	0.7	11
Cranberries (red berries)	0.5	73	Cloudberries	0.3	74
Salmon	0.5	69	Trout	0.2	62
Cloudberries (bakeapples)	0.4	83	Ringed seal meat	0.2	46
Crowberries (blackberries)	0.3	73	Crowberries	0.1	41
Ringed seal meat	0.3	64	Arctic char	0.1	46
Blueberries	0.2	58	Blueberries	0.1	31
Partridge meat	0.2	48	Salmon	0.1	47
Arctic/rock cod	0.2	56	Arctic/Rock Cod	0.1	60
Eider duck meat	0.2	55	Rabbit meat	0.1	50
Scallops	0.2	40	Scoter/eider duck meat	0.1	44
Seagull eggs	0.2	48	Smelt/capelin	0.1	44
Smelt/Capelin	0.2	43	Geese meat	0.1	54
Mussels	0.2	41	Scallops	0.1	25
Murre/turre meat	0.1	30	Shrimp	0.1	28
Shrimp	0.1	33	Crab	0.04	14
Wild red raspberries	0.1	33	Mussels	0.04	14
Crab	0.1	22	Ranger seal meat	0.03	10
Geese meat	0.1	47	Murre/turre meat	0.03	11
Marsh duck meat	0.1	24	Polar bear meat	0	0
Merganser meat	0.1	27			
Arctic dock "rhubarb"	0.1	23			
Harp seal meat	0.1	20			
Ranger seal meat	0.1	21			
Rabbit meat	0.04	21			
Wrinkles	0.04	16			
Strawberries	0.04	13			
Clams	0.03	19			
Bottlenose dolphin	0.03	17			
Turbot/halibut/flounder	0.03	14			
Grenadier	0.03	11			
Polar bear meat	0.003	2			

Table 11. Level of frequency of consumption of each traditional food species by community and season

LEGEND:
VL= VERY LOW, less than once per month during the 3 summer months or 3 winter months surveyed
L= LOW, 1-2 times per month
M = MODERATE, 2-4 times per month
H = HIGH, more than once a week
VH = VERY HIGH, more than twice per week

0 = Present in region, but not reported consumed
- = Not included in regional frequency questionnaire

A) SUMMER (JUNE, JULY AND AUGUST 1998)

	Aklavik	Tuktoyaktuk	Paulatuk	Holman	Kugluktuk	Cambridge Bay	Baker Lake	Chesterfield Inlet	Rankin Inlet	Resolute Bay	Pond Inlet	Igloolik	Kimmirut	Qikiqtarjuaq	Nain	Hopedale	Makkovik	Rigolet
Sea Mammals																		
Beluga	M	H	M	L	L	L	VL	M	M	L	VL	L	L	VL	VL	0	0	VL
Narwhal	-	-	-	VL	0	VL	VL	L	VL	L	H	M	VL	M	-	-	-	-
Walrus	-	-	-	0	0	VL	VL	VL	L	VL	VL	L	VL	VL	0	0	0	0
Bowhead	VL	0	0	VL	VL	0	VL	VL	VL	VL	VL	VL	VL	VL	-	-	-	-
Bottlenose Dolphin	-	-	-	-	-	-	-	-	-	-	-	-	-	-	VL	VL	VL	VL
Harbour Porpoise	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	VL	0	VL
Ringed Seal	0	0	VL	H	VL	VL	VL	VL	L	M	H	H	H	VH	L	VL	VL	L
Bearded Seal	VL	VL	M	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL
Harp Seal	-	-	-	-	-	-	0	0	0	VL	0	VL	0	0	VL	VL	VL	VL
Harbour or Ranger Seal	-	-	-	-	-	-	0	VL	0	0	0	0	0	0	VL	VL	VL	VL
Hooded Seal	-	-	-	-	-	-	-	-	-	0	0	0	VL	VL	-	-	-	-
Elephant Seal	-	-	-	-	-	-	-	-	-	0	0	0	VL	0	-	-	-	-
Polar Bear	0	0	0	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	0
Land Mammals																		
Grizzly Bear or Black Bear	0	0	0	0	VL	0	-	-	-	-	-	-	-	-	VL	VL	0	VL
Caribou	VH	VH	VH	H	H	M	H	VH	H	M	VH	H	M	M	H	L	H	M
Moose	VL	VL	VL	VL	VL	VL	-	-	-	-	-	-	-	-	VL	VL	VL	VL
Muskox	0	0	0	H	VL	L	VL	VL	VL	VL	0	VL	0	0	-	-	-	-
Rabbit	VL	0	0	VL	0	VL	VL	0	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL
Dall's Sheep	VL	0	0	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Muskrat	L	VL	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Beaver	VL	0	0	-	-	-	-	-	-	-	-	-	-	-	0	0	0	0

Table 11, continued

	Aklavik	Tuktoyaktuk	Paulatuk	Holman	Kugluktuk	Cambridge Bay	Baker Lake	Chesterfield Inlet	Rankin Inlet	Resolute Bay	Pond Inlet	Igloolik	Kimmirut	Qikiqtarjuaq	Nain	Hopedale	Makkovik	Rigolet
Otter	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	0	0	0
Ground Squirrel	0	0	VL	0	VL	VL	-	-	-	-	-	-	-	-	-	-	-	-
Porcupine	0	0	0	-	-	-	-	-	-	-	-	-	-	-	0	VL	VL	VL
Lynx	VL	0	0	-	-	-	-	-	-	-	-	-	-	-	0	0	0	0
Fox	0	0	0	0	0	VL	0	0	0	0	0	0	0	0	-	-	-	-
Wolf	-	-	-	-	-	-	-	-	-	0	0	0	0	0	-	-	-	-
Birds																		
Marsh Ducks	L	VL	0	0	VL	0	-	-	-	VL	0	0	VL	VL	VL	VL	VL	VL
Fish-Eating Birds	0	VL	VL	VL	VL	VL	-	-	-	VL	0	VL	0	0	VL	VL	VL	VL
Diving Ducks	VL	VL	VL	H	VL	L	VL	M	VL	VL	VL	L	L	VL	L	VL	VL	VL
Geese and Swans	VL	M	H	L	L	L	VL	L	VL	VL	L	M	VL	VL	VL	VL	VL	VL
Fowl	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	L	VL	L	VL
Owl	-	-	-	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sandhill Crane	0	0	0	VL	VL	VL	0	0	0	0	0	0	0	0	-	-	-	-
Seabirds	-	-	-	-	-	-	0	L	VL	VL	VL	VL	VL	0	VL	VL	VL	VL
Wading Birds	0	0	0	0	0	0	-	-	-	0	0	0	0	0	VL	0	0	VL
Gulls and Turns	-	-	-	VL	VL	VL	0	L	VL	VL	0	L	VL	VL	VL	VL	VL	VL
Fish and Seafood																		
Inconnu	L	VL	0	-	-	-	-	-	-	0	0	0	0	0	-	-	-	-
Trout	0	VL	VL	M	VL	M	VL	VL	M	VL	0	VL	VL	0	L	L	H	VH
Whitefish	M	M	L	VL	L	M	VL	0	VL	VL	0	0	VL	0	0	0	0	VL
Northern Pike	0	0	0	0	0	0	0	0	VL	-	-	-	-	-	-	-	-	-
Herring	H	VL	VL	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cisco	VL	M	0	VL	VL	0	-	-	-	-	-	-	-	-	VL	VL	VL	VL
Smelt and Capelin	0	0	0	-	-	-	-	-	-	-	-	-	-	-	L	VL	VL	VL
Sucker	-	-	-	0	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Burbot	0	VL	0	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-
Grayling	VL	0	0	0	VL	VL	VL	0	VL	-	-	-	-	-	-	-	-	-
Char	L	VL	H	H	M	H	L	H	H	M	H	H	M	H	H	L	L	L
Salmon	VL	0	VL	-	-	-	-	-	-	-	-	-	-	-	VL	VL	L	H
Grenadier	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	VL	VL	VL

Table 11, continued

	Aklavik	Tuktoyaktuk	Paulatuk	Holman	Kugluktuk	Cambridge Bay	Baker Lake	Chesterfield Inlet	Rankin Inlet	Resolute Bay	Pond Inlet	Igloolik	Kimmirut	Qikiqtarjuaq	Nain	Hopedale	Makkovik	Rigolet
Cod	0	0	VL	VL	VL	L	0	VL	VL	VL	0	0	VL	VL	L	VL	VL	VL
Sculpin	0	0	0	VL	0	VL	0	0	VL	0	VL	VL	VL	VL	VL	VL	0	0
Flatfish	0	0	VL	0	0	0	-	-	-	0	VL	0	VL	0	VL	VL	VL	VL
Skate	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	0	0	0
Lumpfish	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	0	0	0
Nightfish	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	0	0	0
Redfish	-	-	-	-	-	-	-	-	-	-	-	-	-	-	VL	0	VL	0
Atlantic Mackerel	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	0	0	0
Shrimp	-	-	-	-	-	-	0	0	VL	VL	0	0	VL	VL	VL	VL	VL	VL
Scallops	-	-	-	-	-	-	0	VL	VL	VL	0	0	VL	VL	M	VL	VL	VL
Crab	-	-	-	VL	0	VL	0	0	VL	VL	0	0	VL	VL	VL	VL	VL	VL
Clams	-	-	-	-	-	-	0	VL	VL	L	0	VL	M	L	VL	VL	VL	VL
Mussels	-	-	-	VL	VL	VL	VL	VL	VL	VL	0	VL	VL	0	L	VL	VL	VL
Wrinkles	-	-	-	-	-	-	-	-	-	-	-	-	-	-	VL	VL	VL	VL
Snails	-	-	-	-	-	-	-	-	-	VL	0	0	VL	0	-	-	-	-
Sea Urchin	-	-	-	-	-	-	0	0	VL	VL	0	0	VL	VL	VL	0	0	VL
Squid	-	-	-	-	-	-	-	-	-	-	-	-	-	-	VL	0	VL	VL
Krill	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Sea Cucumber	0	0	0	-	-	-	-	-	-	0	0	0	VL	0	-	-	-	-
Sea Plants	0	0	0	-	-	-	VL	0	0	VL	VL	VL	VL	VL	VL	0	0	VL
Land Plants																		
Marshberry	-	-	-	0	0	0	-	-	-	-	-	-	-	-	VL	0	0	VL
Strawberry	-	-	-	0	0	0	-	-	-	-	-	-	-	-	VL	VL	VL	VL
Bearberry	-	-	-	0	0	0	0	VL	VL	-	-	-	-	-	-	-	-	-
Gooseberry	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	0	VL	VL
Wild Red Raspberry	VL	0	0	0	0	0	-	-	-	-	-	-	-	-	VL	VL	VL	L
Dwarf Dogwood	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	0	0	0
Squashberry	-	-	-	0	0	0	-	-	-	0	0	VL	VL	0	0	VL	VL	VL
Cloudberry	M	M	VL	VL	VL	VL	VL	L	VL	-	-	-	-	-	L	L	L	M
Crowberry	VL	VL	VL	VL	M	VL	VL	M	L	VL	L	L	M	H	L	L	L	VL
Currants (Red and Black)	VL	VL	0	VL	0	0	-	-	-	-	-	-	-	-	VL	VL	VL	VL

Table 11, continued

	Aklavik	Tuktoyaktuk	Paulatuk	Holman	Kugluktuk	Cambridge Bay	Baker Lake	Chesterfield Inlet	Rankin Inlet	Resolute Bay	Pond Inlet	Igloolik	Kimmirut	Qikiqtarjuaq	Nain	Hopedale	Makkovik	Rigolet
Cranberry (Bog and Rock)	L	L	VL	L	VL	VL	VL	VL	L	VL	0	VL	VL	0	M	VL	L	M
Blueberry	L	VL	L	L	M	VL	VL	VL	VL	VL	L	VL	L	H	L	VL	VL	VL
Beach Peas	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	0	0	VL
"Banana" Yellow Flower	-	-	-	0	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Sorrel (Mountain Wood)	VL	0	VL	VL	VL	0	0	VL	VL	VL	VL	VL	VL	VL	-	-	-	-
Mushoo "Bearroot", "Eskimo Potato"	0	0	VL	VL	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Carrot Root	-	-	-	0	0	0	-	-	-	VL	0	0	VL	0	-	-	-	-
Bistort Root	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Saxifrage	-	-	-	VL	0	0	-	-	-	VL	VL	VL	VL	0	-	-	-	-
Strawberry Blight	-	-	-	0	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Labrador Tea	-	-	-	VL	0	0	-	-	-	-	-	-	-	-	VL	VL	VL	VL
Dandelion	-	-	-	0	0	0	-	-	-	VL	0	VL	0	0	0	VL	0	0
Juniper Drink	-	-	-	0	0	0	-	-	-	-	-	-	-	-	VL	0	0	0
Alexander	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	0	0	0
Mushrooms	-	-	-	0	0	0	-	-	-	-	-	-	-	-	VL	0	VL	0
Puffball	-	-	-	0	0	0	-	-	-	0	0	0	0	0	-	-	-	-
Lichen Gum	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	0	0	0
Spruce Gum	VL	0	0	0	0	0	-	-	-	-	-	-	-	-	VL	VL	0	VL
Spruce Beer	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	0	0	VL
Spruce Tea	-	-	-	0	0	0	-	-	-	-	-	-	-	-	VL	0	0	VL
Willow	-	-	-	0	0	0	0	0	0	VL	0	0	VL	VL	-	-	-	-
Fire Weed, Dwarf Fireweed	-	-	-	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-
Arctic Dock "Rhubarb"	VL	0	0	VL	0	0	-	-	-	-	-	-	-	-	VL	VL	VL	VL
Lousewort	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Tobercle	-	-	-	0	0	0	-	-	-	0	0	0	0	0	-	-	-	-
Tulligununaks	-	-	-	0	0	0	-	-	-	-	-	-	-	-	VL	VL	VL	0
Maliksuargait	-	-	-	0	0	0	0	0	VL	-	-	-	-	-	-	-	-	-
Thornbush	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-	-	-	-

Table 11, continued

B) WINTER (DECEMBER 1998, JANUARY AND FEBRUARY 1999)

	Aklavik	Tuktoyaktuk	Paulatuk	Holman	Kugluktuk	Cambridge Bay	Baker Lake	Chesterfield Inlet	Rankin Inlet	Resolute Bay	Pond Inlet	Igloolik	Kimmirut	Qikiqtarjuaq	Nain	Hopedale	Makkovik	Rigolet
Sea Mammals																		
Beluga	L	M	VL	VL	VL	VL	VL	VL	L	VL	VL	VL	VL	VL	VL	0	0	0
Narwhal	-	-	-	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	L	-	-	-	-
Walrus	-	-	-	VL	VL	0	VL	VL	VL	VL	VL	M	VL	VL	0	0	0	0
Bowhead	VL	VL	VL	VL	0	VL	0	VL	VL	VL	VL	0	VL	VL	-	-	-	-
Bottlenose Dolphin	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	VL	VL	VL
Harbour Porpoise	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	0	0	VL
Ringed Seal	0	0	VL	VL	VL	VL	VL	VL	VL	L	M	M	M	M	M	VL	VL	VL
Bearded Seal	VL	0	L	VL	VL	0	0	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL
Harp Seal	-	-	-	-	-	-	VL	0	0	0	0	0	0	0	VL	VL	VL	VL
Harbour or Ranger Seal	-	-	-	-	-	-	0	0	0	0	0	0	0	0	0	VL	VL	VL
Hooded Seal	-	-	-	-	-	-	-	-	-	0	0	0	0	0	-	-	-	-
Elephant Seal	-	-	-	-	-	-	-	-	-	0	0	0	0	0	-	-	-	-
Polar Bear	0	VL	VL	VL	VL	VL	0	0	VL	VL	VL	VL	VL	VL	0	0	0	0
Land Mammals																		
Grizzly Bear or Black Bear	0	0	0	0	VL	0	-	-	-	-	-	-	-	-	VL	0	VL	VL
Caribou	H	VH	H	M	VH	M	H	VH	M	L	VH	VH	H	M	VH	M	H	H
Moose	VL	VL	VL	0	VL	VL	-	-	-	-	-	-	-	-	VL	0	VL	VL
Muskox	0	VL	L	H	VL	VL	VL	0	VL	0	0	0	0	0	-	-	-	-
Rabbit	VL	VL	0	VL	VL	VL	0	0	VL	VL	VL	0	VL	VL	VL	VL	VL	L
Dall's Sheep	VL	0	0	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Muskrat	0	VL	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Beaver	0	0	0	-	-	-	-	-	-	-	-	-	-	-	0	VL	0	VL
Otter	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	0	0	0
Ground Squirrel	0	0	0	0	VL	0	-	-	-	-	-	-	-	-	-	-	-	-
Porcupine	0	0	0	-	-	-	-	-	-	-	-	-	-	-	VL	VL	VL	VL
Lynx	VL	VL	0	-	-	-	-	-	-	-	-	-	-	-	0	0	0	VL

Table 11, continued

	Aklavik	Tuktoyaktuk	Paulatuk	Holman	Kugluktuk	Cambridge Bay	Baker Lake	Chesterfield Inlet	Rankin Inlet	Resolute Bay	Pond Inlet	Igloolik	Kimmirut	Qikiqtarjuaq	Nain	Hopedale	Makkovik	Rigolet
Fox	0	0	0	VL	0	VL	0	0	0	0	0	0	0	0	-	-	-	-
Wolf	-	-	-	-	-	-	-	-	-	0	0	0	0	0	-	-	-	-
Birds																		
Marsh Ducks	VL	0	0	0	0	0	-	-	-	0	0	0	VL	VL	0	VL	VL	VL
Fish-Eating Birds	0	VL	0	VL	VL	VL	-	-	-	0	0	0	0	0	0	VL	VL	VL
Diving Ducks	VL	0	0	L	VL	VL	0	VL	0	VL	0	0	VL	0	VL	VL	VL	VL
Geese and Swans	VL	L	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	0	VL	VL	VL	VL
Fowl	VL	L	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	L	VL	VL	L	M	H
Owl	-	-	-	VL	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sandhill Crane	0	0	VL	VL	0	0	0	0	0	0	0	0	0	0	0	-	-	-
Seabirds	-	-	-	-	-	-	0	VL	0	0	0	0	0	0	VL	VL	VL	VL
Wading Birds	0	0	0	0	0	0	-	-	-	0	0	0	0	0	0	0	VL	VL
Gulls and Turns	-	-	-	VL	0	0	0	0	0	0	0	0	0	0	0	0	0	VL
Fish and Seafood																		
Inconnu	VL	VL	VL	-	-	-	-	-	-	0	0	VL	0	0	-	-	-	-
Trout	VL	VL	VL	L	VL	L	VL	VL	VL	VL	VL	VL	0	0	VL	VL	L	L
Whitefish	VL	L	VL	VL	L	VL	VL	VL	VL	VL	VL	0	VL	0	0	0	0	0
Northern Pike	0	0	0	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-
Herring	VL	VL	VL	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cisco	VL	L	0	0	0	0	-	-	-	-	-	-	-	-	0	0	VL	0
Smelt and Capelin	0	0	0	-	-	-	-	-	-	-	-	-	-	-	VL	VL	VL	VL
Sucker	-	-	-	0	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Burbot	VL	VL	0	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-
Grayling	0	0	0	0	0	0	VL	0	VL	-	-	-	-	-	-	-	-	-
Char	VL	VL	VL	M	M	L	VL	L	M	L	H	M	M	M	L	VL	VL	VL
Salmon	0	VL	0	-	-	-	-	-	-	-	-	-	-	-	VL	VL	VL	L
Grenadier	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	VL	VL	VL
Cod	VL	VL	0	VL	VL	VL	0	0	VL	VL	0	VL	VL	VL	VL	VL	VL	VL
Sculpin	0	0	0	0	0	0	0	0	0	0	0	0	0	0	VL	0	0	0
Flatfish	0	0	0	0	0	0	-	-	-	VL	0	0	0	VL	0	VL	VL	VL

Table 11, continued

	Aklavik	Tuktoyaktuk	Paulatuk	Holman	Kugluktuk	Cambridge Bay	Baker Lake	Chesterfield Inlet	Rankin Inlet	Resolute Bay	Pond Inlet	Igloolik	Kimmirut	Qikiqtarjuaq	Nain	Hopedale	Makkovik	Rigolet
Skate	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	0	0	0
Lumpfish	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	0	0	0
Nightfish	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	0	0	0
Redfish	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	VL	VL	0
Atlantic Mackerel	-	-	-	-	-	-	-	-	-	-	-	-	-	-	VL	0	0	0
Shrimp	-	-	-	-	-	-	0	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL
Scallops	-	-	-	-	-	-	0	0	VL	VL	VL	0	VL	0	VL	VL	VL	VL
Crab	-	-	-	0	0	0	0	0	VL	VL	VL	0	0	0	VL	VL	VL	VL
Clams	-	-	-	-	-	-	0	VL	0	VL	VL	VL	VL	VL	VL	VL	0	0
Mussels	-	-	-	VL	0	VL	0	VL	VL	VL	0	VL	VL	0	VL	VL	VL	VL
Wrinkles	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0	0	0	VL
Snails	-	-	-	-	-	-	-	-	-	VL	0	0	0	0	-	-	-	0
Sea Urchin	-	-	-	-	-	-	0	0	VL	0	0	0	0	0	0	0	0	0
Squid	-	-	-	-	-	-	-	-	-	-	-	-	-	-	VL	0	0	VL
Krill	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Sea Cucumber	0	0	0	-	-	-	-	-	-	0	0	0	VL	0	-	-	-	-
Sea Plants	VL	0	0	-	-	-	0	0	0	VL	VL	VL	VL	VL	0	0	0	0
Land Plants																		
Marshberry	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	VL	VL	VL
Strawberry	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	VL	VL	VL
Bearberry	-	-	-	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-
Gooseberry	-	-	-	0	0	0	-	-	-	-	-	-	-	-	VL	0	0	0
Wild Red Raspberry	0	VL	0	0	0	0	-	-	-	-	-	-	-	-	0	VL	VL	VL
Dwarf Dogwood	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	0	0	VL
Squashberry	-	-	-	0	VL	0	-	-	-	VL	0	0	VL	0	0	VL	VL	VL
Cloudberry	VL	VL	VL	0	0	VL	0	VL	VL	-	-	-	-	-	VL	L	L	L
Crowberry	VL	VL	0	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL
Currants (Red and Black)	0	VL	0	VL	0	0	-	-	-	-	-	-	-	-	0	0	VL	VL
Cranberry (Bog and Rock)	VL	VL	VL	VL	VL	VL	VL	0	VL	0	VL	0	VL	0	L	L	H	M

Table 11, continued

	Aklavik	Tuktoyaktuk	Paulatuk	Holman	Kugluktuk	Cambridge Bay	Baker Lake	Chesterfield Inlet	Rankin Inlet	Resolute Bay	Pond Inlet	Igloolik	Kimmirut	Qikiqtarjuaq	Nain	Hopedale	Makkovik	Rigolet
Blueberry	VL	VL	VL	VL	VL	VL	VL	VL	0	VL	VL	VL	VL	VL	VL	VL	VL	VL
Beach Peas	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	VL	0	0
"Banana" Yellow Flower	-	-	-	VL	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Sorrel (Mountain Wood)	0	0	0	VL	0	0	0	0	0	0	0	0	0	0	-	-	-	-
Mushoo "Bearroot", "Eskimo Potato"	0	0	0	VL	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Carrot Root	-	-	-	0	0	0	-	-	-	0	0	0	0	0	-	-	-	-
Bistort Root	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Saxifrage	-	-	-	0	0	0	-	-	-	VL	0	0	0	0	-	-	-	-
Strawberry Blight	-	-	-	0	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Labrador Tea	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	VL	VL	0
Dandelion	-	-	-	0	0	0	-	-	-	0	0	0	0	0	0	0	0	0
Juniper Drink	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	VL	VL	0
Alexander	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	0	0	0
Mushrooms	-	-	-	0	0	0	-	-	-	-	-	-	-	-	VL	0	0	0
Puffball	-	-	-	0	0	0	-	-	-	0	0	0	0	0	-	-	-	-
Lichen Gum	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	0	0	0
Spruce Gum	VL	0	0	0	0	0	-	-	-	-	-	-	-	-	0	0	VL	VL
Spruce Beer	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	0	0	VL
Spruce Tea	-	-	-	0	VL	0	-	-	-	-	-	-	-	-	0	0	0	VL
Willow	-	-	-	0	0	0	0	0	0	0	0	0	0	0	-	-	-	-
Fire Weed, Dwarf Fireweed	-	-	-	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-
Arctic Dock "Rhubarb"	0	0	0	0	0	0	-	-	-	-	-	-	-	-	VL	VL	VL	0
Lousewort	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-	-	-	-
Tobercle	-	-	-	0	0	0	-	-	-	0	0	0	0	0	-	-	-	-
Tulligununaks	-	-	-	0	0	0	-	-	-	-	-	-	-	-	0	0	0	0
Maliksuargait	-	-	-	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-
Thornbush	0	0	0	0	0	0	-	-	-	-	-	-	-	-	-	-	-	-

Table 12. Median serving sizes of traditional food as reported on 7-day food records, by gender and age group, both seasons and all regions combined

	Women				Men			
Traditional Food	age 15-19 n=315 days[1]	age 20-40 n=2163 days	age 41-60 n=1064 days	age 61+ n=399 days	age 15-19 n=301 days	age 20-40 n=1526 days	age 41-60 n=924 days	age 61+ n=301 days
	median grams (number of valid records[2])							
Caribou meat	225 (78)	225 (482)	225 (327)	225 (114)	450 (70)	450 (395)	338 (277)	300 (67)
Arctic char	225 (13)	225 (88)	225 (87)	225 (35)	450 (8)	225 (91)	225 (71)	225 (21)
Ringed seal meat	225 (8)	226 (64)	338 (72)	338 (35)	281 (3)	338 (47)	450 (67)	225 (17)
Beluga muktuk, skin only	259 (8)	100 (38)	133 (16)	150 (4)	44 (3)	133 (25)	200 (19)	200 (7)
Beluga blubber	250 (7)	67 (45)	41 (21)	28 (6)	22 (3)	73 (30)	149 (20)	60 (9)
Ptarmigan meat	225 (6)	225 (24)	225 (17)	225 (18)	-	225 (15)	225 (17)	230 (11)
Walrus meat	225 (7)	225 (15)	225 (27)	337 (4)	450 (3)	225 (21)	191 (18)	225 (10)
Narwhal muktuk, skin only	75 (2)	150 (19)	117 (16)	100 (6)	100 (3)	200 (12)	134 (21)	100 (1)
Narwhal blubber	75 (2)	100 (20)	100 (10)	100 (6)	100 (3)	200 (11)	113 (20)	100 (1)
Cranberries	70 (2)	40 (23)	75 (17)	100 (4)	80 (4)	75 (14)	60 (15)	-
Spruce grouse whole	346 (1)	225 (15)	230 (16)	-	231 (3)	230 (19)	342 (20)	346 (1)
Walrus blubber	55 (2)	100 (15)	100 (18)	5 (1)	67 (4)	150 (12)	100 (14)	100 (8)
Caribou fat	-	75 (23)	47 (14)	47 (2)	100 (1)	106 (20)	100 (12)	-

[1] Total number of days with records.
[2] Number of days when the food was consumed and quantity consumed is reported.

Table 12, continued

	Women				Men			
Traditional Food	age 15-19 n=315 days[1]	age 20-40 n=2163 days	age 41-60 n=1064 days	age 61+ n=399 days	age 15-19 n=301 days	age 20-40 n=1526 days	age 41-60 n=924 days	age 61+ n=301 days
	median grams (number of valid records[2])							
Arctic cod	281 (2)	225 (14)	225 (17)	338 (6)	113 (1)	225 (11)	225 (13)	619 (4)
Lake trout	200 (5)	450 (16)	225 (11)	282 (2)	281 (2)	338 (13)	338 (15)	113 (1)
Rabbit meat	225 (1)	230 (15)	225 (8)	225 (9)	225 (1)	225 (9)	228 (5)	450 (10)
Duck meat	113 (1)	337 (15)	225 (11)	338 (5)	225 (3)	340 (12)	450 (7)	275 (9)
Salmon	106 (2)	338 (5)	225 (13)	212 (2)	225 (3)	450 (9)	338 (11)	675 (3)
Bakeapples	40 (2)	60 (2)	56 (24)	-	75 (2)	90 (7)	50 (9)	-
Spruce grouse meat	338 (3)	143 (8)	338 (9)	225 (1)	675 (1)	338 (5)	227 (10)	337 (2)
Polar bear meat	113 (1)	225 (9)	338 (8)	113 (1)	450 (1)	450 (7)	225 (8)	225 (1)
Bearded seal meat	113 (1)	338 (11)	225 (9)	113 (1)	-	281 (6)	281 (4)	225 (3)
Caribou bone marrow	-	113 (7)	32 (6)	128 (2)	-	69 (4)	225 (7)	117 (2)
Ringed seal broth	245 (3)	242 (4)	245 (10)	362 (2)	-	290 (5)	240 (3)	245 (1)
Ringed seal blubber	-	56 (5)	83 (8)	5 (1)	-	132 (1)	30 (9)	200 (2)
Ringed seal liver	150 (3)	169 (4)	112 (4)	132 (4)	-	113 (3)	113 (4)	225 (2)

[1] Total number of days with records.
[2] Number of days when the food was consumed and quantity consumed is reported.

Table 12, continued

	Women				Men			
Traditional Food	age 15-19 n=315 days[1]	age 20-40 n=2163 days	age 41-60 n=1064 days	age 61+ n=399 days	age 15-19 n=301 days	age 20-40 n=1526 days	age 41-60 n=924 days	age 61+ n=301 days
	median grams (number of valid records[2])							
Muskox meat	-	225 (13)	116 (6)	-	-	450 (3)	-	-
Bearded seal intestine	-	141 (6)	225 (7)	84 (2)	-	113 (3)	309 (2)	225 (2)
Crowberries	107 (1)	50 (5)	152 (4)	152 (5)	-	75 (2)	114 (5)	-
Bearded seal blubber	-	32 (2)	100 (5)	-	-	54 (2)	28 (10)	200 (3)
Whitefish	450 (1)	225 (1)	146 (6)	225 (5)	-	360 (4)	450 (2)	225 (2)
Cisco		186 (7)	337 (2)	281 (2)	-	135 (2)	270 (5)	-
Crab	-	225 (3)	126 (6)	-	-	225 (4)	169 (4)	-
Loche	113 (1)	169 (2)	450 (1)	169 (4)	-	281 (2)	225 (1)	225 (5)
Moose meat	-	59 (4)	337 (2)	-	225 (1)	570 (2)	13 (5)	-
Loche liver	-	94 (2)	169 (1)	113 (4)	113 (1)	65 (2)	169 (1)	113 (3)
Herring	-	113 (4)	338 (1)	225 (3)	-	-	-	225 (5)
Caribou tongue	-	191 (2)	200 (5)	-	-	137 (2)	200 (3)	225 (1)
Walrus liver	-	-	84 (6)	-	-	450 (1)	113 (5)	113 (1)
Cloudberries	-	200 (3)	200 (3)	-	-	100 (2)	125 (4)	-

[1] Total number of days with records.
[2] Number of days when the food was consumed and quantity consumed is reported.

Table 12, continued

	Women				Men			
Traditional Food	age 15-19 n=315 days[1]	age 20-40 n=2163 days	age 41-60 n=1064 days	age 61+ n=399 days	age 15-19 n=301 days	age 20-40 n=1526 days	age 41-60 n=924 days	age 61+ n=301 days
	median grams (number of valid records[2])							
Capelin	-	225 (2)	139 (3)	169 (2)	-	120 (3)	113 (1)	-
Caribou liver	-	113 (3)	169 (2)	-	-	225 (5)	113 (1)	-
Loche eggs	-	84 (2)	169 (1)	113 (3)	-	35 (2)	169 (1)	169 (2)
Canada goose meat	-	394 (4)	281 (2)	-	-	225 (1)	225 (3)	-
Clams	-	225 (3)	225 (3)	-	-	338 (1)	225 (3)	-
Caribou heart	-	22 (3)	113 (1)	-	-	225 (3)	169 (3)	-
Blueberries	-	122 (2)	200 (3)	100 (1)	-	200 (1)	50 (3)	-
Shrimp	-	225 (5)	-	-	-	169 (2)	281 (2)	-
Arctic char head	100 (1)	50 (3)	87 (2)	100 (2)	100 (1)	-	-	-
Porpoise meat	-	450 (1)	225 (2)	-	-	-	450 (5)	-
Turbot	-	225 (1)	281 (6)	-	450 (1)	-	338 (3)	-
Smelts	-	281 (2)	160 (3)	-	-	281 (2)	-	200 (1)
Beluga meat	-	113 (3)	56 (2)	-	75 (1)	225 (1)	-	225 (1)
Caribou head	450 (1)	225 (1)	-	450 (3)	-	225 (1)	-	460 (1)
Inconnu	-	-	225 (1)	197 (4)	-	-	225 (2)	-

[1] Total number of days with records.
[2] Number of days when the food was consumed and quantity consumed is reported.

Table 12, continued

	Women				Men			
Traditional Food	age 15-19 n=315 days[1]	age 20-40 n=2163 days	age 41-60 n=1064 days	age 61+ n=399 days	age 15-19 n=301 days	age 20-40 n=1526 days	age 41-60 n=924 days	age 61+ n=301 days
	median grams (number of valid records[2])							
Snow goose meat	113 (1)	225 (2)	-	225 (2)	-	267 (2)	-	-
Ptarmigan heart	-	120 (2)	42 (1)	-	-	63 (2)	98 (1)	15 (1)
Merganser meat	-	576 (3)	-	-	-	450 (1)	-	633 (2)
Narwhal meat	-	225 (1)	338 (1)	225 (1)	-	225 (1)	394 (2)	-
Harp seal meat	-	281 (2)	-	169 (2)	-	-	-	113 (2)
Ringed seal heart	187 (2)	-	35 (2)	187 (2)	-	-	-	-
Scallops	-	113 (5)	-	-	-	450 (1)	-	-
Black guillemot meat	-	225 (1)	460 (1)	-	460 (1)	-	450 (2)	-
Caribou stomach	-	-	169 (2)	113 (1)	-	-	-	225 (1)
Ptarmigan gizzard	-	15 (1)	42 (1)	-	-	63 (2)	98 (1)	-
Porcupine meat	-	113 (1)	562 (2)	-	-	450 (1)	-	-
Ringed seal flipper	-	253 (2)	225 (1)	-	-	-	450 (1)	-
Ringed seal intestine	-	338 (1)	-	225 (1)	-	450 (2)	-	-
Turre meat	-	199 (2)	-	-	-	230 (1)	-	200 (1)

[1] Total number of days with records.
[2] Number of days when the food was consumed and quantity consumed is reported.

Table 12, continued

	Women				Men			
Traditional Food	age 15-19 n=315 days[1]	age 20-40 n=2163 days	age 41-60 n=1064 days	age 61+ n=399 days	age 15-19 n=301 days	age 20-40 n=1526 days	age 41-60 n=924 days	age 61+ n=301 days
	median grams (number of valid records[2])							
Caribou intestine	-	-	-	113 (1)	-	113 (3)	-	-
Walrus intestine	-	-	84 (2)	-	-	-	338 (1)	113 (1)
Goose gizzard	100 (1)	50 (3)	-	-	-	-	-	-
Ptarmigan liver	-	-	42 (1)	-	-	14 (1)	98 (1)	15 (1)
Walrus broth	-	120 (1)	240 (1)	-	-	120 (1)	-	-
Mallard meat	-	-	113 (2)	-	-	-	225 (1)	-
Walrus heart	-	-	113 (1)	-	-	450 (1)	27 (1)	-
Polar bear fat	-	-	-	-	100 (1)	100 (1)	100 (1)	-
Muskrat meat	-	-	-	-	-	-	225 (1)	450 (1)
Fisher duck meat	-	225 (1)	450 (1)	-	-	-	-	-
Kelp	-	450 (1)	160 (1)	-	-	-	-	-
Mussels	-	450 (1)	-	-	-	-	113 (1)	-
Polar bear feet	-	-	-	338 (1)	113 (1)	-	-	-
Beluga flipper	-	225 (1)	225 (1)	-	-	-	-	-
Ringed seal eyes	225 (1)	-	-	225 (1)	-	-	-	-

[1] Total number of days with records.
[2] Number of days when the food was consumed and quantity consumed is reported.

Table 12, continued

	Women				Men			
Traditional Food	age 15-19 n=315 days[1]	age 20-40 n=2163 days	age 41-60 n=1064 days	age 61+ n=399 days	age 15-19 n=301 days	age 20-40 n=1526 days	age 41-60 n=924 days	age 61+ n=301 days
	median grams (number of valid records[2])							
Walrus kauk	-	-	-	-	-	-	150 (2)	-
Whitefish eggs	-	-	-	169 (1)	-	-	-	113 (1)
Caribou brain	-	-	-	-	-	10 (1)	169 (1)	-
Muskox fat	-	120 (1)	-	-	-	10 (1)	-	-
Scoter liver	-	-	-	-	-	112 (1)	-	30 (1)
Ringed seal kidney	56 (1)	-	-	56 (1)	-	-	-	-
Caribou eyes	-	-	15 (1)	-	-	25 (1)	-	-
Yellow-legs goose meat	-	-	10 (1)	-	-	10 (1)	-	-
Walrus brain	-	-	2 (1)	-	-	-	14 (1)	-
Bowhead meat	-	-	-	-	-	-	563 (1)	-
Bull bird meat	-	450 (1)	-	-	-	-	-	-
Harbour seal meat	-	450 (1)	-	-	-	-	-	-
Porpoise muktuk	-	-	-	-	-	-	400 (1)	-
Ringed seal blood	-	-	360 (1)	-	-	-	-	-
Grenadier	-	-	-	-	-	338 (1)	-	-

[1] Total number of days with records.
[2] Number of days when the food was consumed and quantity consumed is reported.

Table 12, continued

	Women				Men			
Traditional Food	age 15-19 n=315 days[1]	age 20-40 n=2163 days	age 41-60 n=1064 days	age 61+ n=399 days	age 15-19 n=301 days	age 20-40 n=1526 days	age 41-60 n=924 days	age 61+ n=301 days
	median grams (number of valid records[2])							
American widgeon meat	-	225 (1)	-	-	-	-	-	-
Wrinkles	-	225 (1)	-	-	-	-	-	-
Caribou stomach lining	-	-	225 (1)	-	-	-	-	-
Bowhead muktuk	-	-	-	-	-	-	200 (1)	-
Salmon head	-	-	-	-	-	-	150 (1)	-
Bearded seal liver	-	113 (1)	-	-	-	-	-	-
Caribou kidney	-	-	-	-	-	113 (1)	-	-
Walrus stomach contents	-	-	113 (1)	-	-	-	-	-
Harp seal liver	-	-	-	-	-	-	113 (1)	-
Muskox tongue	-	113 (1)	-	-	-	-	-	-
Muskox feet	-	113 (1)	-	-	-	-	-	-
Caribou cartilage	-	-	-	-	-	-	113 (1)	-
Pacific herring eggs	-	57 (1)	-	-	-	-	-	-

[1] Total number of days with records.
[2] Number of days when the food was consumed and quantity consumed is reported.

Table 12, continued

	Women				Men			
Traditional Food	age 15-19 n=315 days[1]	age 20-40 n=2163 days	age 41-60 n=1064 days	age 61+ n=399 days	age 15-19 n=301 days	age 20-40 n=1526 days	age 41-60 n=924 days	age 61+ n=301 days
	median grams (number of valid records[2])							
Rabbit head	-	-	-	-	-	56 (1)	-	-
Arctic char liver	-	-	-	-	-	30 (1)	-	-
Whitefish fishpipe	-	-	-	25 (1)	-	-	-	-
Goose oil	-	-	-	15 (1)	-	-	-	-
Rabbit kidney	-	-	-	-	-	14 (1)	-	-
Rabbit heart	-	-	-	-	-	14 (1)	-	-
Ringed seal brain	-	-	7 (1)	-	-	-	-	-

[1] Total number of days with records.
[2] Number of days when the food was consumed and quantity consumed is reported.

Table 13 (A-E). Number of days per week traditional food reported to be consumed on 7-day food records, by region, season, gender and age group. Food listed in roughly descending frequency of consumption.

A) INUVIALUIT COMMUNITIES

	INUVIALUIT FEMALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F[1] (n=28)[3]	W[2] (n=42)	F (n=224)	W (n=196)	F (n=84)	W (n=119)	F (n=63)	W (n=49)
[1]Caribou meat	4.3	2.3	3.4	1.5	3.0	1.8	2.4	3.6
Arctic char flesh	-	-	0.4	0.1	0.5	-	0.3	-
Caribou fat	-	-	0.4	-	0.6	-	0.1	-
Beluga blubber	0.5	0.2	0.4	0.1	0.7	0.2	0.3	0.1
Beluga muktuk, skin only	0.5	0.3	0.2	0.1	0.3	0.2	0.1	-
Rabbit meat	-	-	0.3	-	0.1	-	0.7	0.1
Muskox meat	-	-	0.3	0.2	-	0.3	-	-
Ptarmigan meat	-	-	0.1	0.04	0.2	0.1	0.4	0.4
Whitefish flesh	-	0.2	-	0.04	0.2	0.3	0.3	0.3
Cisco flesh	-	-	0.2	-	0.2	-	0.2	-
Loche(burbot) flesh	0.3	-	0.1	-	0.1	-	0.4	-
Loche liver	-	-	0.1	-	0.1	-	0.4	-
Cranberries	-	-	0.1	0.04	0.1	-	0.4	-
Herring flesh	-	-	-	0.1	-	0.1	0.1	0.4
Bearded seal blubber	-	-	-	-	-	0.1	-	-
Caribou bone marrow	-	-	0.1	-	0.1	0.1	0.1	0.1
Duck meat	-	-	0.1	-	0.1	-	0.1	-
Loche eggs	-	-	0.1	-	0.1	-	0.3	-
Moose meat	-	-	0.1	-	-	0.1	-	-
Inconnu flesh	-	-	-	-	0.1	-	0.3	0.1
Lake trout flesh	-	-	0.1	-	-	0.1	-	0.1

[1]F=fall; [2] W=winter; [3] n=total number of days with records

Table 13, continued

	INUVIALUIT FEMALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F[1] (n=28)[3]	W[2] (n=42)	F (n=224)	W (n=196)	F (n=84)	W (n=119)	F (n=63)	W (n=49)
Snow goose meat	0.3	-	0.03	0.04	-	-	0.1	-
Ringed seal meat	-	-	0.03	-	-	-	0.2	-
Caribou tongue	-	-	0.03	-	0.1	0.1	-	-
Caribou stomach	-	-	-	-	0.1	-	0.1	-
Caribou head	-	-	-	-	-	-	0.1	0.1
Mallard meat	-	-	-	-	-	0.1	-	-
Beluga meat	-	-	0.1	-	-	-	-	-
Ptarmigan heart	-	-	0.1	-	-	-	-	-
Caribou heart	-	-	-	-	-	0.1	-	-
Lake trout head	-	-	-	-	-	-	-	0.1
Whitefish eggs	-	-	-	-	-	-	0.1	-
Yellow-legs goose meat	-	-	-	-	0.1	-	-	-
Muskox fat	-	-	0.03	-	-	-	-	-
Ringed seal broth	-	-	0.03	-	-	-	-	-
Dall's sheep meat	-	-	-	-	-	0.1	-	-
Whitefish fishpipe	-	-	-	-	-	-	0.1	-
Caribou eyes	-	-	-	-	-	-	-	0.1
Scallops	-	-	0.03	-	-	-	-	-
Goose oil	-	-	-	-	-	-	0.1	-
Ptarmigan gizzard	-	-	0.03	-	-	-	-	-
Goose gizzard	-	-	-	0.04	-	-	-	-
Ringed seal flipper	-	-	-	0.04	-	-	-	-
Polar bear feet	-	-	-	-	-	-	-	0.1
Muskox tongue	-	-	-	0.04	-	-	-	-
Muskox feet	-	-	-	0.04	-	-	-	-
Herring eggs	-	-	-	0.04	-	-	-	-

Table 13, continued

	INUVIALUIT MALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=28)	W (n=63)	F (n=133)	W (n=196)	F (n=63)	W (n=35)	F (n=35)	W (n=28)
Caribou meat	2.8	1.7	3.6	1.3	3.2	2.2	2.4	2.7
Arctic char flesh	-	-	0.5	0.1	0.8	-	0.6	-
Caribou fat	-	-	0.7	-	0.1	-	-	-
Beluga blubber	-	0.3	0.3	0.2	0.3	-	1.4	0.3
Beluga muktuk, skin only	-	0.3	-	0.2	0.1	-	0.6	-
Rabbit meat	-	-	0.2	-	0.1	-	1.6	0.3
Muskox meat	-	-	0.2	0.03	-	-	-	-
Ptarmigan meat	-	-	-	-	0.2	-	0.4	0.8
Whitefish flesh	-	-	0.2	0.03	0.1	0.2	-	0.5
Cisco flesh	-	-	0.1	-	0.6	-	-	-
Loche flesh	-	-	0.1	-	0.1	-	1.0	-
Loche liver	0.3	-	0.1	-	0.1	-	0.6	-
Cranberries	-	-	0.2	-	-	-	-	-
Herring flesh	-	-	-	-	-	-	0.4	0.8
Bearded seal blubber	-	-	0.1	0.03	1.0	-	-	-
Caribou bone marrow	-	-	0.1	-	0.2	-	-	0.3
Duck meat	-	-	0.2	-	-	-	0.6	-
Loche eggs	-	-	0.1	0.03	0.1	-	0.4	-
Moose meat	-	0.1	-	-	0.2	-	-	-
Inconnu flesh	-	-	-	-	-	0.4	-	-
Lake trout flesh	-	-	-	-	-	-	-	0.3
Snow goose meat	-	-	0.1	-	-	-	-	-
Caribou stomach	-	-	-	-	-	-	0.2	-
Caribou head	-	-	-	-	-	-	0.2	-
Mallard meat	-	-	-	-	-	0.2	-	-
Beluga meat	-	0.1	-	-	-	-	-	-

Table 13, continued

	INUVIALUIT MALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=28)	W (n=63)	F (n=133)	W (n=196)	F (n=63)	W (n=35)	F (n=35)	W (n=28)
Ptarmigan heart	-	-	-	-	-	-	0.2	-
Caribou heart	-	-	-	-	0.1	-	-	-
Muskrat meat	-	-	-	-	-	0.2	-	0.3
Whitefish eggs	-	-	-	-	-	-	0.2	-
Lake trout head	-	-	-	-	-	-	-	0.3
Yellow-legs goose meat	-	-	0.1	-	-	-	-	-
Muskox fat	-	-	0.1	-	-	-	-	-
Polar bear feet	-	0.1	-	-	-	-	-	-
Caribou liver	-	-	-	0.03	-	-	-	-
Duck liver	-	-	-	-	-	-	0.2	-
Rabbit head	-	-	0.1	-	-	-	-	-
Ptarmigan liver	-	-	-	-	-	-	0.2	-

B) KITIKMEOT COMMUNITIES

	KITIKMEOT FEMALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=0)	W (n=0)	F (n=112)	W (n=7)	F (n=28)	W (N=0)	F (n=0)	W (n=0)
Caribou meat	-	-	3.1	1	3.8	-	-	-
Arctic char flesh	-	-	0.9	2	1.5	-	-	-
Muskox meat	-	-	0.6	3	0.3	-	-	-
Narwhal blubber	-	-	0.5	-	-	-	-	-
Narwhal muktuk, skin only	-	-	0.5	-	-	-	-	-
Caribou fat	-	-	0.2	-	0.5	-	-	-
Duck meat	-	-	0.1	-	-	-	-	-
Ringed seal meat	-	-	0.1	-	-	-	-	-

Table 13, continued

	KITIKMEOT FEMALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=0)	W (n=0)	F (n=112)	W (n=7)	F (n=28)	W (N=0)	F (n=0)	W (n=0)
Arctic cod flesh	-	-	0.1	-	-	-	-	-
Muskox fat	-	-	0.1	-	-	-	-	-
Bearded seal blubber	-	-	0.1	-	-	-	-	-
Caribou liver	-	-	0.1	-	-	-	-	-
Ringed seal broth	-	-	0.1	-	-	-	-	-
Whitefish flesh	-	-	0.1	-	-	-	-	-
Scallops	-	-	0.1	-	-	-	-	-
Muskox tongue	-	-	-	1	-	-	-	-
Muskox feet	-	-	-	1	-	-	-	-

	KITIKMEOT MALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=14)	W (n=0)	F (n=42)	W (n=0)	F (n=42)	W (n=0)	F (n=7)	W (n=0)
Caribou meat	4.5	-	3.2	-	3.0	-	1.0	-
Arctic char flesh	0.5	-	1.3	-	0.3	-	3.0	-
Muskox meat	-	-	0.5	-	0.3	-	-	-
Caribou fat	0.5	-	-	-	-	-	-	-
Duck meat	-	-	0.2	-	-	-	-	-
Beluga meat	-	-	0.5	-	-	-	-	-
Caribou heart	-	-	0.2	-	0.2	-	-	-
Arctic cod flesh	-	-	-	-	0.2	-	-	-
Muskox fat	-	-	0.2	-	-	-	-	-
Caribou bone marrow	-	-	0.2	-	-	-	-	-
Arctic char liver	-	-	0.2	-	-	-	-	-

Table 13, continued

C) KIVALLIQ COMMUNITIES

	KIVALLIQ FEMALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=7)	W (n=0)	F (n=154)	W (n=133)	F (n=14)	W (n=35)	F (n=21)	W (n=14)
Caribou meat	2.0	-	2.7	2.5	3	4.4	2.3	3.5
Arctic char flesh	1.0	-	0.7	0.2	1.0	1.2	1.6	3.0
Beluga blubber	-	-	0.7	-	-	0.2	0.7	-
Beluga muktuk, skin only	-	-	0.7	0.05	-	0.6	0.7	0.5
Bearded seal meat	-	-	0.4	-	-	-	-	-
Ringed seal blubber	-	-	0.1	-	-	0.4	-	0.5
Caribou fat	-	-	0.1	0.5	-	0.2	0.3	-
Caribou liver	-	-	0.1	-	0.5	-	-	-
Narwhal blubber	-	-	0.1	0.1	-	-	-	-
Narwhal muktuk, skin only	-	-	0.1	-	-	-	-	-
Ringed seal meat	-	-	0.1	-	-	-	-	-
Bearded seal intestine	-	-	0.1	-	-	-	-	-
Walrus meat	-	-	0.1	-	-	-	-	-
Caribou heart	-	-	-	-	-	0.2	-	-
Caribou head	-	-	0.04	0.1	-	-	-	-
Polar bear meat	-	-	-	0.1	-	-	-	-
Walrus blubber	-	-	0.04	0.1	-	-	-	-
Ptarmigan meat	-	-	-	-	-	-	0.3	-
Caribou tongue	-	-	-	-	-	0.2	-	-
Narwhal meat	-	-	0.04	-	-	-	-	-
Ringed seal liver	-	-	0.04	-	-	-	-	-
Bearded seal blubber	-	-	0.04	-	-	-	-	-
Bearded seal liver	-	-	0.04	-	-	-	-	-

Table 13, continued

	KIVALLIQ FEMALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=7)	W (n=0)	F (n=154)	W (n=133)	F (n=14)	W (n=35)	F (n=21)	W (n=14)
Walrus muktuk	-	-	-	0.1	-	-	-	-
Muskox meat	-	-	-	-	-	0.2	-	-
Caribou eyes	-	-	-	-	-	0.2	-	-

	KIVALLIQ MALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=7)	W (n=0)	F (n=133)	W (n=98)	F (n=28)	W (n=35)	F (n=14)	W (n=7)
Caribou meat	1.0	-	3.4	2.5	2.0	3.7	2.0	1.0
Arctic char flesh	-	-	0.7	0.5	1.5	0.7	2.0	-
Beluga blubber	-	-	0.9	-	0.5	0.6	-	-
Beluga muktuk, skin only	-	-	0.9	0.1	0.5	0.8	-	2.0
Bearded seal meat	-	-	0.3	-	-	-	-	-
Ringed seal blubber	-	-	-	-	-	1.0	-	-
Caribou fat	-	-	0.2	0.1	0.3	0.2	-	-
Caribou liver	-	-	0.1	0.1	-	-	-	-
Narwhal blubber	-	-	0.1	-	-	-	-	-
Narwhal muktuk, skin only	-	-	0.1	0.1	-	-	-	-
Ringed seal meat	-	-	0.2	-	-	-	-	-
Bearded seal intestine	-	-	0.1	-	-	-	-	-
Walrus meat	-	-	0.1	-	0.1	-	-	-
Caribou heart	-	-	0.1	0.1	-	0.2	-	-
Caribou head	-	-	0.1	0.1	-	-	-	-
Polar bear meat	-	-	-	0.1	-	-	-	-
Walrus blubber	-	-	-	-	0.3	0.2	-	-

Table 13, continued

	KIVALLIQ MALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=7)	W (n=0)	F (n=133)	W (n=98)	F (n=28)	W (n=35)	F (n=14)	W (n=7)
Ptarmigan meat	-	-	0.1	-	-	-	-	-
Caribou tongue	-	-	-	0.2	-	0.2	-	-
Narwhal meat	-	-	0.1	-	-	-	-	-
Beluga meat	-	-	0.1	-	-	-	-	-
Caribou intestine	-	-	-	0.1	-	-	-	-

D) BAFFIN COMMUNITIES

	BAFFIN FEMALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=56)	W (n=49)	F (n=371)	W (n=315)	F (n=161)	W (n=189)	F (n=42)	W (n=91)
Caribou meat	1.9	2.3	1.6	1.4	2.6	3	2.0	2.9
Ringed seal meat	0.6	0.4	0.7	0.3	1.7	1.1	2.2	1.5
Arctic char flesh	0.9	0.7	0.5	0.5	1.3	1.2	1.7	1.2
Walrus meat	0.3	0.9	0.2	0.2	0.7	0.4	0.2	0.4
Narwhal blubber	0.1	0.1	0.3	0.02	0.3	0.1	1.0	-
Narwhal muktuk, skin only	0.1	0.1	0.3	0.02	0.5	0.1	1.0	-
Walrus blubber	0.1	0.1	0.2	0.1	0.3	0.4	-	-
Beluga blubber	0.5	-	0.3	0.04	0.1	0.3	-	-
Beluga muktuk, skin only	0.5	-	0.3	0.07	0.1	0.3	-	-
Polar bear meat	-	0.1	0.4	0.1	-	0.3	-	0.1

Table 13, continued

	BAFFIN FEMALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=56)	W (n=49)	F (n=371)	W (n=315)	F (n=161)	W (n=189)	F (n=42)	W (n=91)
Ringed seal broth	0.4	-	0.02	0.04	0.3	0.1	0.2	0.1
Caribou fat	-	-	0.1	-	0.1	0.1	-	0.1
Ptarmigan meat	-	0.1	0.1	0.04	0.04	0.2	-	0.2
Ringed seal liver	-	0.4	0.02	0.02	0.1	0.1	-	-
Bearded seal meat	0.1	-	0.03	0.02	0.3	0.1	0.2	-
Bearded seal intestine	-	-	0.1	-	0.2	0.1	0.2	0.1
Crowberries	-	-	0.04	-	0.1	0.04	0.8	-
Walrus liver	-	-	-	0.02	0.04	0.2	-	-
Ringed seal blubber	-	-	0.04	0.02	0.04	0.1	-	-
Clams	-	-	0.04	0.02	0.1	-	-	-
Bearded seal blubber	-	-	0.02	-	0.1	0.04	-	-
Arctic char head	-	0.1	0.1	-	0.04	0.04	-	0.1
Caribou bone marrow	-	-	0.02	0.02	-	-	-	-
Ringed seal heart	-	0.3	-	-	0.04	0.1	-	0.1
Harp seal meat	-	-	0.04	-	-	-	-	0.1
Blueberries	-	-	0.02	-	0.04	-	-	-
Rabbit meat	-	-	-	0.02	-	0.03	-	0.1
Beluga meat	-	-	0.02	-	-	0.1	-	-
Narwhal meat	-	-	-	-	0.04	-	-	0.1
Walrus intestine	-	-	-	-	-	0.1	-	-
Ringed seal intestine	-	-	-	0.02	-	-	-	0.1
Caribou tongue	-	-	0.02	-	-	0.4	-	-
Lake trout flesh	-	-	0.04	-	0.04	-	-	-
Caribou head	-	0.1	0.02	-	-	-	-	0.1
Caribou intestine	-	-	-	-	-	-	0.2	0.1

Table 13, continued

	BAFFIN FEMALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=56)	W (n=49)	F (n=371)	W (n=315)	F (n=161)	W (n=189)	F (n=42)	W (n=91)
Walrus heart	-	-	-	-	-	0.04	-	-
Walrus broth	-	-	-	0.02	-	0.04	-	-
Ringed seal kidney	-	0.1	-	-	-	0.04	-	0.1
Caribou liver	-	-	-	-	0.04	-	-	-
Kelp	-	-	0.02	-	-	0.04	-	-
Caribou stomach	-	-	-	-	0.04	-	-	-
Caribou eyes	-	-	0.02	-	-	-	-	-
Ringed seal flipper	-	-	-	-	0.04	-	-	-
Walrus brain	-	-	-	-	-	0.04	-	-
Ringed seal eyes	-	0.1	-	-	-	-	-	0.1
Duck meat	-	-	0.02	-	-	-	-	-
Ringed seal brain	-	-	-	-	-	0.04	-	-
Cranberries	-	-	-	0.02	-	-	-	-
Bakeapples	-	-	0.02	-	-	-	-	-
Ringed seal blood	-	-	-	-	-	0.04	-	-
Walrus stomach contents	-	-	-	-	-	0.4	-	-
Snow goose meat	-	-	-	-	-	-	0.2	-
Caribou nose	-	-	0.02	-	-	-	-	-

	BAFFIN MALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=35)	W (n=35)	F (n=203)	W (n=280)	F (n=196)	W (n=140)	F (n=28)	W (n=70)
Caribou meat	3.2	1.8	1.7	1.7	2.5	2.3	2.8	2.4
Ringed seal meat	0.6	-	0.9	0.3	1.7	0.8	0.8	1.3
Arctic char flesh	1.0	0.2	0.9	0.7	1.1	1.1	2.0	0.7

Table 13, continued

	BAFFIN MALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=35)	W (n=35)	F (n=203)	W (n=280)	F (n=196)	W (n=140)	F (n=28)	W (n=70)
Walrus meat	0.6	-	0.2	0.4	0.4	0.3	1.3	0.6
Narwhal blubber	0.4	0.2	0.3	0.03	0.6	0.2	0.3	-
Narwhal muktuk, skin only	0.4	0.2	0.2	0.03	0.6	0.2	0.3	-
Walrus blubber	0.2	0.6	0.1	0.2	0.2	0.4	0.5	0.6
Beluga blubber	-	-	0.03	0.03	0.5	0.2	-	0.2
Beluga muktuk, skin only	-	-	0.03	0.03	0.5	0.2	-	0.2
Polar bear meat	-	0.2	0.1	0.02	0.04	0.3	-	0.1
Ringed seal broth	-	-	0.1	0.02	0.1	-	0.3	-
Caribou fat	0.2	-	0.03	0.05	0.3	-	-	-
Ptarmigan meat	-	-	-	0.02	-	0.2	-	-
Ringed seal liver	-	-	0.1	0.02	0.1	0.05	-	0.1
Bearded seal meat	-	-	0.03	-	0.07	0.1	0.3	0.2
Bearded seal intestine	-	-	0.03	-	0.03	0.05	-	0.2
Crowberries	-	-	-	-	0.2	-	-	-
Walrus liver	-	-	0.03	0.02	0.04	0.2	-	0.1
Ringed seal blubber	-	-	-	0.02	0.04	0.05	-	0.2
Clams	-	-	0.03	-	0.1	-	-	-
Bearded seal blubber	-	-	-	-	-	0.05	0.3	0.2
Arctic char head	-	-	-	0.02	-	-	-	-
Caribou bone marrow	-	-	0.03	0.02	0.1	-	-	-
Harp seal meat	-	-	-	-	-	-	-	0.2
Blueberries	-	-	-	-	0.1	-	-	-
Rabbit meat	-	-	-	-	-	0.05	-	-
Beluga meat	-	-	-	-	-	-	-	0.1

Table 13, continued

	BAFFIN MALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=35)	W (n=35)	F (n=203)	W (n=280)	F (n=196)	W (n=140)	F (n=28)	W (n=70)
Narwhal meat	-	-	-	-	0.1	-	-	-
Walrus intestine	-	-	-	-	-	0.05	-	0.1
Ringed seal intestine	-	-	-	0.05	-	-	-	-
Polar bear fat	-	0.2	0.03	-	-	0.05	-	-
Caribou tongue	-	-	-	-	-	0.05	-	-
Caribou intestine	-	-	-	0.02	-	-	-	-
Walrus heart	-	-	0.03	-	-	0.05	-	-
Walrus broth	-	-	-	0.02	-	-	-	-
Walrus muktuk	-	-	-	-	-	0.1	-	-
Caribou liver	-	-	-	-	0.04	-	-	-
Caribou brain	-	-	0.03	-	-	0.05	-	-
Caribou eyes	-	-	0.03	-	-	-	-	-
Ringed seal flipper	-	-	-	-	0.04	-	-	-
Walrus brain	-	-	-	-	-	0.05	-	-
Arctic char skin	-	-	-	-	-	0.05	-	-
Mussels	-	-	-	-	0.04	-	-	-
Caribou kidney	-	-	-	0.02	-	-	-	-
Arctic cod flesh	-	-	-	-	-	0.05	-	-
Harp seal liver	-	-	-	-	0.04	-	-	-
Shrimp	-	-	-	0.02	-	-	-	-
Walrus tongue	-	-	-	0.02	-	-	-	-
Bowhead meat	-	-	-	-	-	0.05	-	-

E) LABRADOR COMMUNITIES

Table 13, continued

	LABRADOR FEMALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=91)	W (n=42)	F (n=441)	W (n=245)	F (n=203)	W (n=231)	F (n=70)	W (n=49)
Caribou meat	0.8	1.5	1.05	1.9	1.4	2.6	0.6	1.1
Spruce grouse whole	-	0.2	0.2	0.4	-	0.5	-	0.1
Ptarmigan meat	0.4	-	0.2	-	0.2	-	1.1	-
Duck meat	0.2	0.2	0.3	-	0.3	0.1	0.5	0.1
Arctic cod flesh	0.1	0.2	0.2	0.1	0.2	0.4	0.5	0.1
Cranberries	0.2	-	0.3	0.1	0.5	0.1	-	-
Lake trout flesh	0.2	0.5	0.1	0.1	0.1	0.2	-	0.1
Salmon flesh	0.2	-	0.1	-	0.4	0.1	0.2	-
Bakeapples	0.2	-	0.03	-	0.4	0.4	-	-
Ringed seal meat	0.1	-	0.1	0.1	0.3	0.1	0.1	-
Spruce grouse meat	-	0.5	0.03	0.2	0.03	0.2	-	0.1
Arctic char flesh	-	-	0.1	0.1	0.3	0.1	0.2	-
Rabbit meat	0.1	-	0.03	0.1	0.1	0.1	0.1	-
Crab	0.2	-	0.05	-	-	0.2	-	-
Caribou bone marrow	-	-	0.02	0.1	0.03	0.1	-	-
Cloudberries	-	-	0.02	0.1	0.1	0.03	-	-
Turbot flesh	-	-	0.02	-	0.2	0.03	-	-
Capelin whole	-	-	-	0.1	0.03	0.1	0.2	-
Ringed seal blubber	-	-	-	0.1	0.1	0.03	-	-
Canada goose meat	-	-	0.05	0.03	0.1	-	-	-
Porpoise meat	-	-	0.02	-	0.1	-	0.1	-
Smelt whole	-	-	0.02	0.03	-	0.1	-	-
Shrimp	0.1	-	0.1	-	-	-	-	-
Caribou heart	-	-	0.1	-	-	-	-	-
Caribou tongue	-	-	0.02	-	-	0.03	-	-
Moose meat	-	-	-	-	0.03	-	-	-

Table 13, continued

	LABRADOR FEMALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=91)	W (n=42)	F (n=441)	W (n=245)	F (n=203)	W (n=231)	F (n=70)	W (n=49)
Crowberries	0.1	-	0.03	0.03	-	-	-	-
Merganser meat	-	-	0.05	-	-	-	-	-
Blueberries	-	-	0.02	-	0.1	-	-	0.1
Black guillemot meat	-	-	0.02	-	0.03	-	-	-
Scallops	-	-	0.03	0.1	-	-	-	-
Ringed seal liver	-	-	0.02	-	0.03	-	-	-
Porcupine meat	-	-	0.02	-	-	0.1	-	-
Ptarmigan heart	-	-	-	-	-	0.03	-	-
Turre meat	-	-	0.03	-	-	-	-	-
Ptarmigan gizzard	-	-	-	-	-	0.03	-	-
Caribou fat	-	-	-	-	0.03	-	-	-
Ptarmigan liver	-	-	-	-	-	0.03	-	-
Goose gizzard	0.08	-	0.03	-	-	-	-	-
Fisher duck meat	-	-	0.02	-	0.03	-	-	-
Beluga flipper	-	-	0.02	-	0.03	-	-	-
Mussels	-	-	0.02	-	-	-	-	-
Widgeon meat	-	-	0.02	-	-	-	-	-
Bull bird meat	-	-	0.02	-	-	-	-	-
Harbour (ranger) seal meat	-	-	0.02	-	-	-	-	-
Wrinkles	-	-	0.02	-	-	-	-	-
Ringed seal flipper	-	-	0.02	-	-	-	-	-
Caribou apron/ stomach lining	-	-	-	-	-	0.03	-	-

Table 13, continued

	LABRADOR MALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=63)	W (n=56)	F (n=203)	W (n=245)	F (n=154)	W (n=231)	F (n=63)	W (n=49)
Caribou meat	0.8	1.8	1.3	2.0	1.2	2.6	1.0	2.0
Spruce grouse whole	-	0.4	0.03	0.5	-	0.6	-	0.1
Ptarmigan meat	0.1	-	0.5	-	0.5	-	0.8	-
Duck meat	0.6	-	0.3	0.1	0.3	0.1	0.9	-
Arctic cod flesh	0.1	-	0.1	0.3	0.2	0.2	0.2	0.3
Cranberries	0.4	-	0.3	0.03	0.5	0.1	-	-
Lake trout flesh	-	0.3	0.2	0.2	0.2	0.4	-	0.1
Salmon flesh	0.2	0.1	0.2	0.1	0.4	0.1	0.3	0.1
Bakeapples	0.2	-	0.2	0.1	0.1	0.2	-	-
Ringed seal meat	-	-	0.2	0.1	0.2	0.1	0.3	-
Spruce grouse meat	0.1	-	-	0.1	0.05	0.3	-	0.3
Arctic char flesh	0.1	-	0.1	-	0.2	0.1	-	0.1
Rabbit meat	0.1	-	0.1	0.1	0.1	0.03	0.1	0.1
Crab	-	-	0.1	0.1	0.1	0.1	-	-
Caribou bone marrow	-	-	0.1	-	-	0.1	0.1	-
Cloudberries	-	-	-	0.1	-	0.1	-	-
Turbot flesh	-	0.1	-	-	0.1	0.03	-	-
Capelin whole	-	-	-	0.1	-	0.03	-	-
Ringed seal blubber	-	-	-	0.03	0.1	0.03	-	-
Canada goose meat	-	-	0.03	-	0.1	0.03	-	-
Porpoise meat	0.1	-	-	-	0.2	-	-	-
Smelt whole	-	0.1	0.03	0.03	-	-	-	0.1
Shrimp	-	-	0.03	-	0.1	-	-	-
Caribou heart	-	-	0.03	-	-	0.03	-	-
Caribou tongue	-	-	0.03	0.03	-	0.03	0.1	-
Moose meat	-	-	0.03	0.03	0.1	0.03	-	-

Table 13, continued

	LABRADOR MALES							
Traditional Food	age 15-19		age 20-40		age 41-60		age 61+	
	F (n=63)	W (n=56)	F (n=203)	W (n=245)	F (n=154)	W (n=231)	F (n=63)	W (n=49)
Crowberries	-	-	-	0.1	-	-	-	-
Merganser meat	-	-	0.03	-	-	-	0.2	-
Blueberries	-	-	-	0.03	-	-	-	-
Black guillemot meat	0.1	-	-	-	0.1	-	-	-
Scallops	-	-	-	0.03	-	-	-	-
Ringed seal liver	-	-	0.03	-	-	-	0.1	-
Porcupine meat	-	-	-	0.03	-	-	-	-
Ptarmigan heart	-	-	-	0.1	-	0.03	-	-
Turre meat	-	-	0.03	-	-	-	0.1	-
Ptarmigan gizzard	-	-	-	0.1	-	0.03	-	-
Caribou fat	-	-	-	-	-	0.1	-	-
Ptarmigan liver	-	-	-	0.03	-	0.03	-	-
Duck liver	-	-	-	0.03	-	-	-	-
Caribou intestine	-	-	-	0.03	-	-	-	-
Rabbit kidney	-	-	-	0.03	-	-	-	-
Grenadier meat	-	-	0.03	-	-	-	-	-
Snow goose meat	-	-	0.03	-	-	-	-	-
Salmon head	-	-	-	-	0.05	-	-	-
Porpoise muktuk	-	-	-	-	0.5	-	-	-
Caribou cartilage	-	-	-	-	-	0.03	-	-
Rabbit heart	-	-	-	0.03	-	-	-	-

Table 14 (A-E). Average daily intake (grams ± SE) of traditional food recorded by 24-hr recall as consumed in either fall or late winter, ranked by overall decreasing order of consumption, by region, gender and age group, for consumers only.

A) INUVIALUIT COMMUNITIES

	INUVIALUIT FEMALES							
Food	Age 15-19 (22)[2]	n[1]	Age 20-40 (121)	n	Age 41-60 (53)	n	Age 61+ (21)	n
Caribou meat	260 ± 61	5	298 ± 29	39	316 ± 84	16	262 ± 51	11
Muskox meat	281 ± 56	2	477 ± 90	7	169	1	-	-
Arctic char	-	-	253 ± 54	4	382 ± 141	5	680	1
Caribou dried meat	-	-	203 ± 124	3	79 ± 18	4	125 ± 75	2
Beluga blubber	-	-	30 ± 11	4	96 ± 66	2	24	1
Rabbit meat	-	-	-	-	-	-	455 ± 5	2
Duck meat	-	-	562 ± 112	2	460	1	-	-
Whitefish flesh	113	1	427 ± 27	2	-	-	450	1
Ptarmigan meat	-	-	455	1	209 ± 20	3	-	-
Cisco flesh	-	-	-	-	-	-	281 ± 56	2
Ringed seal meat	-	-	675	1	225	1	-	-
Caribou ribs	-	-	-	-	225	1	113	1
Herring flesh	-	-	113	1	338 ± 65	3	-	-
Caribou bone marrow	-	-	28 ± 0	2	-	-	23	1
Beluga muktuk, skin only	-	-	37	1	268	1	50	1
Polar bear meat	-	-	-	-	200	1	-	-
Lake trout flesh	-	-	-	-	187 ± 37	2	-	-
Blueberries	160	1	15	1	-	-	67	1
Bearded seal blubber	-	-	-	-	1	1	-	-

	INUVIALUIT FEMALES							
Food	Age 15-19 (22)[2]	n[1]	Age 20-40 (121)	n	Age 41-60 (53)	n	Age 61+ (21)	n
Ringed seal blubber	-	-	15	1	20	1	-	-
Yellow legs goose meat	345	1	-	-	-	-	230	1
Muskox dried meat	-	-	172 ± 97	2	-	-	-	-
Muskrat meat	-	-	-	-	-	-	225	1
Whitefish eggs	-	-	-	-	-	-	224	1
Caribou liver	225	1	-	-	-	-	-	-
Caribou heart	-	-	-	-	75	1	-	-
Cloudberries	-	-	-	-	-	-	67	1
Whitefish esophagus	-	-	-	-	-	-	100	1
Cranberries	-	-	-	-	30	1	-	-
Caribou fat	-	-	13	1	33	1	-	-
Caribou head	-	-	-	-	450	1	-	-
Arctic char head	-	-	-	-	100	1	-	-
Beluga flipper	-	-	56	1	-	-	-	-
Beluga dried meat	-	-	-	-	-	-	45	1
Herring eggs	-	-	28	1	-	-	-	-
Goose gizzard	-	-	-	-	-	-	14	1

	INUVIALUIT MALES							
Food	Age 15-19 (24)	n	Age 20-40 (100)	n	Age 41-60 (32)	n	Age 61+ (14)	n
Caribou meat	277 ± 54	9	380 ± 46	31	309 ± 62	12	501 ± 175	2
Muskox meat	-	-	325 ± 55	10	531 ± 81	2	-	-
Arctic char	225	1	225 ± 112	2	416 ± 164	4	284 ± 59	2

Table 14, continued

	INUVIALUIT MALES							
Food	Age 15-19 (24)	n	Age 20-40 (100)	n	Age 41-60 (32)	n	Age 61+ (14)	n
Caribou dried meat	-	-	207 ± 65	4	132 ± 72	3	125	1
Beluga blubber	15	1	50	1	60	1	31 ± 8	4
Rabbit meat	-	-	-	-	117	1	183 ± 52	3
Duck meat	-	-	314 ± 85	4	-	-	-	-
Whitefish flesh	-	-	212 ± 12	2	-	-	338	1
Ptarmigan meat	225	1	-	-	228	1	225	1
Cisco flesh	112	1	-	-	450	1	393	1
Ringed seal meat	-	-	125 ± 25	2	225	1	-	-
Caribou ribs	-	-	450	1	450	1	113	1
Herring flesh	-	-	-	-	225	1	-	-
Caribou bone marrow	-	-	45	1	75	1	-	-
Beluga muktuk, skin only	67	1	300	1	-	-	75	1
Polar bear meat	-	-	-	-	274 ± 64	2	-	-
Lake trout flesh	-	-	-	-	225	1	-	-
Bearded seal blubber	-	-	30	1	30	1	-	-
Ringed seal blubber	-	-	-	-	20	1	-	-
Muskrat meat	-	-	-	-	-	-	113	1
Whitefish eggs	-	-	-	-	-	-	103	1
Caribou liver	-	-	-	-	75	1	-	-
Caribou heart	-	-	-	-	75	1	-	-
Cloudberries	-	-	-	-	-	-	100	1

Table 14, continued

	INUVIALUIT MALES							
Food	Age 15-19 (24)	n	Age 20-40 (100)	n	Age 41-60 (32)	n	Age 61+ (14)	n
Whitefish esophagus	-	-	-	-	-	-	50	1
Cranberries	75	1	-	-	-	-	-	-
Moose meat	-	-	-	-	-	-	450	1
Muskox tongue	-	-	-	-	113	1	-	-
Caribou kidney	-	-	-	-	75	1	-	-
Narwhal muktuk, skin only	-	-	-	-	-	-	50	1
Whitefish liver	-	-	-	-	-	-	28	1

B) KITIKMEOT COMMUNITIES

	KITIKMEOT FEMALES							
Food	Age 15-19 (11)	n	Age 20-40 (113)	n	Age 41-60 (40)	n	Age 61+ (9)	n
Caribou meat	225	1	313 ± 43	29	297 ± 62	15	342 ± 122	6
Arctic char	-	-	270 ± 42	8	385 ± 102	9	565 ± 115	2
Muskox meat	281 ± 56	2	431 ± 90	8	-	-	-	-
Caribou dried meat	270	1	268 ± 39	8	205 ± 84	4	-	-
Caribou ribs	-	-	562 ± 337	2	312 ± 87	2	-	-
Duck meat	-	-	562 ± 112	2	460	1	-	-
Ringed seal meat	-	-	675	1	225	1	563	1
Whitefish flesh	-	-	427 ± 27	2	-	-	-	-
Caribou head	-	-	675	1	337 ± 112	2	-	-
Lake trout flesh	-	-	-	-	-	-	525 ± 375	2

Table 14, continued

	KITIKMEOT FEMALES							
Food	Age 15-19 (11)	n	Age 20-40 (113)	n	Age 41-60 (40)	n	Age 61+ (9)	n
Polar bear meat	-	-	-	-	200	1	-	-
Ringed seal blubber	-	-	15	1	20	1	-	-
Beluga muktuk, skin only	-	-	150	1	-	-	-	-
Beluga blubber	-	-	350	1	-	-	-	-
Ptarmigan meat	-	-	-	-	200	1	-	-
Muskox dried meat	-	-	172 ± 97	2	-	-	-	-
Arctic char head	-	-	-	-	100	1	-	-
Caribou fat	-	-	50	1	-	-	-	-
Caribou liver	-	-	-	-	450	1	-	-
Caribou heart	-	-	225	1	-	-	-	-
Loon meat	-	-	-	-	225	1	-	-
Blueberries	160	1	-	-	-	-	-	-
Arctic hare meat	-	-	-	-	-	-	113	1
Caribou ears	-	-	113	1	-	-	-	-
Caribou lips	-	-	113	1	-	-	-	-

Table 14, continued

	KITIKMEOT MALES							
Food	Age 15-19 (10)	n	Age 20-40 (76)	n	Age 41-60 (33)	n	Age 61+ (8)	n
Caribou meat	311 ± 85	4	328 ± 37	16	341 ± 69	13	477 ± 143	5
Arctic char	225	1	319 ± 54	6	507 ± 168	7	343	1
Muskox meat	-	-	325 ± 55	10	531 ± 81	2	-	-
Caribou dried meat	-	-	-	-	100	2	600	1
Caribou ribs	-	-	675 ± 225	3	400	1	-	-
Duck meat	-	-	341 ± 114	3	-	-	-	-
Ringed seal meat	-	-	125 ± 25	2	225	1	-	-
Whitefish flesh	-	-	212 ± 12	2	-	-	113	1
Caribou head	-	-	-	-	225	1	-	-
Lake trout flesh	-	-	-	-	225	1	150	1
Polar bear meat	-	-	-	-	274 ± 64	2	-	-
Ringed seal blubber	-	-	-	-	20	1	-	-
Beluga muktuk, skin only	-	-	350	1	-	-	-	-
Beluga blubber	-	-	150	1	-	-	-	-
Ptarmigan meat	-	-	-	-	200	1	-	-
Arctic char head	-	-	113	1	-	-	-	-
Caribou fat	-	-	-	-	-	-	113	1
Muskox tongue	-	-	-	-	113	1	-	-
Caribou brain	-	-	75	1	-	-	-	-
Caribou tongue	-	-	50	1	-	-	-	-
Whitefish eggs	-	-	-	-	-	-	15	1

Table 14, continued

C) KIVALLIQ COMMUNITIES

	KIVALLIQ FEMALES							
Food	Age 15-19 (n=19)	n	Age 20-40 (112)	n	Age 41-60 (45)	n	Age 61+ (23)	n
Caribou meat	254 ± 54	4	455 ± 39	40	479 ± 83	25	458 ± 86	16
Arctic char flesh	-	-	273 ± 54	7	394 ± 56	5	498 ± 151	7
Beluga muktuk, skin only	-	-	208 ± 65	5	600 ± 0	2	-	-
Caribou fat	-	-	108 ± 42	4	200	1	100	1
Caribou ribs	-	-	281 ± 168	2	394 ± 56	2	321 ± 16	2
Lake trout flesh	-	-	225	1	394	1	169 ± 56	2
Bearded seal meat	-	-	394 ± 281	2	-	-	-	-
Walrus meat	-	-	253 ± 197	2	-	-	-	-
Caribou dried meat	-	-	113	1	200	1	50	1
Bearded seal intestine	-	-	338	1	-	-	-	-
Caribou bone marrow	-	-	60	1	-	-	-	-
Ringed seal meat	-	-	225	1	900	1	-	-
Beluga blubber	-	-	35 ± 5	3	200	1	-	-
Walrus blubber	-	-	28	1	-	-	50	1
Ringed seal blubber	-	-	50	1	-	-	-	-
Caribou tongue	-	-	50	1	-	-	-	-
Arctic char head	-	-	-	-	-	-	450	1
Ringed seal broth	-	-	-	-	360	1	-	-
Caribou blood	-	-	60	1	-	-	-	-

Table 14, continued

	KIVALLIQ MALES							
Food	Age 15-19 (7)	n	Age 20-40 (n=87)	n	Age 41-60 (33)	n	Age 61+ (15)	n
Caribou meat	750 ± 327	3	613 ± 58	37	614 ± 77	19	754 ± 172	9
Arctic char flesh	225	1	436 ± 68	12	381 ± 65	6	608 ± 193	5
Beluga muktuk, skin only	-	-	249 ± 67	7	383 ± 50	5	-	-
Caribou fat	-	-	106 ± 6	2	-	-	37 ± 22	2
Caribou ribs	-	-	281 ± 168	2	-	-	450	1
Lake trout flesh	-	-	113	1	394	1	900	1
Bearded seal meat	787	1	788	1	450	1	-	-
Walrus meat	-	-	337 ± 112	2	-	-	900	1
Beluga blubber	-	-	66 ± 24	4	161 ± 29	3	-	-
Caribou dried meat	-	-	169	1	-	-	50	1
Bearded seal intestine	338	1	450	1	225	1	-	-
Caribou bone marrow	-	-	60	1	169	2	-	-
Ringed seal meat	-	-	-	-	900	1	-	-
Walrus blubber	-	-	45	1	-	-	-	-
Ringed seal blubber	-	-	-	-	60	1	-	-
Caribou tongue	-	-	60	1	-	-	-	-
Bearded seal blubber	300	1	-	-	-	-	-	-
Caribou intestine	-	-	-	-	-	-	113	1

Table 14, continued

	KIVALLIQ MALES							
Food	Age 15-19 (7)	n	Age 20-40 (n=87)	n	Age 41-60 (33)	n	Age 61+ (15)	n
Caribou stomach contents	-	-	60	1	-	-	-	-
Caribou stomach	-	-	56	1	-	-	-	-

D) BAFFIN COMMUNITIES

	BAFFIN FEMALES							
Food	Age 15-19 (n=19)	n	Age 20-40 (n=160)	n	Age 41-60 (n=80)	n	Age 61+ (n=25)	n
Caribou meat	395 ± 48	6	306 ± 29	40	370 ± 47	31	464 ± 81	14
Ringed seal meat	225	1	350 ± 41	18	309 ± 27	20	408 ± 70	8
Arctic char flesh	169	1	363 ± 64	15	270 ± 29	18	386 ± 115	7
Narwhal muktuk, skin only	-	-	286 ± 35	8	260 ± 48	12	285 ± 116	2
Walrus meat	-	-	281 ± 56	2	267 ± 42	8	225	2
Ringed seal broth	-	-	306 ± 58	4	216 ± 31	4	250	1
Walrus blubber	-	-	100	3	140 ± 24	5	-	-
Polar bear meat	-	-	359 ± 90	5	169 ± 32	3	338	1
Narwhal blubber	-	-	158 ± 25	4	128 ± 21	7	185 ± 16	2
Caribou fat	-	-	141 ± 28	2	82 ± 67	2	-	-
Crowberries (blackberries)	-	-	73 ± 27	3	107 ± 48	3	20	1
Ptarmigan meat	-	-	309 ± 84	4	90 ± 40	3	-	-
Beluga muktuk, skin only	300	1	383 ± 209	3	150 ± 50	2	110	1
Beluga blubber	-	-	150	1	100 ± 0	3	55	1

Table 14, continued

	BAFFIN FEMALES							
Food	Age 15-19 (n=19)	n	Age 20-40 (n=160)	n	Age 41-60 (n=80)	n	Age 61+ (n=25)	n
Caribou dried meat	30	1	38 ± 11	2	150 ± 50	2	-	-
Ringed seal blubber	-	-	50	1	69 ± 64	2	10 ± 5	2
Bearded seal meat	-	-	113	2	28	1	-	-
Bearded seal intestine	-	-	338	1	28	1	-	-
Ringed seal liver	-	-	113	1	-	-	225	1
Walrus liver	-	-	-	-	113	1	-	-
Duck meat	-	-	-	-	113	1	-	-
Caribou intestine	-	-	-	-	-	-	338	1
Clams	-	-	338	1	169	1	-	-
Walrus intestine	-	-	-	-	113	1	-	-
Bearded seal blubber	-	-	100	1	-	-	-	-
Beluga flipper	-	-	338	1	-	-	-	-
Ringed seal heart	-	-	-	-	-	-	225	1
Cisco flesh	-	-	225	1	-	-	-	-
Beluga meat	225	1	-	-	-	-	-	-
Arctic cod flesh	-	-	113	1	-	-	-	-
Ringed seal kidney	-	-	13	1	-	-	-	-
Arctic char head	-	-	-	-	-	-	100	1
Kelp	-	-	50	1	-	-	-	-
Bearded seal intestine dried	-	-	-	-	25	1	-	-

Table 14, continued

	BAFFIN FEMALES							
Food	Age 15-19 (n=19)	n	Age 20-40 (n=160)	n	Age 41-60 (n=80)	n	Age 61+ (n=25)	n
Ringed seal blood	-	-	-	-	-	-	15	1
Blueberries	-	-	10	1	-	-	-	-

	BAFFIN MALES							
Food	Age 15-19 (n=24)	n	Age 20-40 (112)	n	Age 41-60 (n=82)	n	Age 61+ (n=20)	n
Caribou meat	563 ± 139	7	394 ± 40	31	477 ± 71	28	619 ± 146	8
Ringed seal meat	-	-	338 ± 69	11	365 ± 39	26	579 ± 116	7
Arctic char flesh	225	1	346 ± 50	15	371 ± 31	19	405 ± 84	5
Walrus meat	-	-	300 ± 88	5	253 ± 71	4	-	-
Narwhal muktuk, skin only	-	-	-	-	348 ± 50	7	222 ± 112	2
Ringed seal broth	-	-	-	-	349 ± 128	6	740	1
Narwhal blubber	-	-	-	-	211 ± 67	6	111 ± 56	2
Walrus blubber	100	2	91 ± 9	3	200 ± 58	3	-	-
Polar bear meat	-	-	675	1	563 ± 172	3	-	-
Caribou fat	-	-	137 ± 87	2	138 ± 36	6	-	-
Crowberries (blackberries)	-	-	-	-	32 ± 7	4	-	-
Ptarmigan meat	-	-	450	1	338	1	-	-
Caribou dried meat	30	1	180	1	129 ± 96	2	-	-
Ringed seal blubber	-	-	-	-	57 ± 28	3	134	1

Table 14, continued

	BAFFIN MALES							
Food	Age 15-19 (n=24)	n	Age 20-40 (112)	n	Age 41-60 (n=82)	n	Age 61+ (n=20)	n
Bearded seal meat	-	-	225	1	225	1	225	1
Bearded seal intestine	-	-	-	-	562 ± 337	2	-	-
Walrus liver	-	-	113	1	450	1	-	-
Duck meat	-	-	-	-	253 ± 28	2	-	-
Ringed seal liver	-	-	-	-	169 ± 56	2	-	-
Beluga muktuk, skin only	-	-	-	-	83	1	200	1
Beluga blubber	-	-	-	-	28	1	100	1
Caribou intestine	-	-	-	-	225	1	-	-
Caribou stomach	-	-	-	-	141 ± 28	2	-	-
Walrus intestine	-	-	-	-	113	1	-	-
Bearded seal blubber	-	-	-	-	-	-	100	1
Caribou bone marrow	-	-	113	1	5	1	-	-
Rabbit meat	-	-	-	-	455	1	-	-
Caribou liver	-	-	-	-	450	1	-	-
Caribou kidney	-	-	-	-	450	1	-	-
Walrus kauk	-	-	113	1	-	-	-	-
Polar bear fat	-	-	-	-	113	1	-	-
Caribou cartilage	-	-	113	1	-	-	-	-
Muskox meat	23	1	-	-	-	-	-	-
Walrus stomach contents	-	-	20	1	-	-	-	-

Table 14, continued

E) LABRADOR COMMUNITIES

	LABRADOR FEMALES							
Food	Age 15-19 (n=21)	n	Age 20-40 (112)	n	Age 41-60 (76)	n	Age 61+ (21)	n
Caribou meat	198 ± 42	5	299 ± 41	26	358 ± 45	27	288 ± 54	4
Cranberries	60	2	54 ± 14	8	36 ± 16	9	46 ± 37	3
Spruce grouse meat	226	1	450	1	195 ± 59	5	189 ± 38	4
Lake trout flesh	225	1	225 ± 112	2	225 ± 79	4	450	1
Salmon flesh	-	-	127 ± 51	3	188 ± 37	3	-	-
Rock cod	-	-	225	1	263 ± 38	3	-	-
Caribou dried meat	-	-	195 ± 91	3	190 ± 53	3	-	-
Bakeapple	15	1	26 ± 3	2	38 ± 13	3	-	-
Arctic cod flesh	-	-	-	-	122 ± 47	2	225	1
Rabbit meat	-	-	-	-	225	1	450	1
Arctic char flesh	-	-	450 ± 225	2	-	-	225	1
Caribou heart	-	-	619 ± 281	2	-	-	-	-
Canada goose meat	113	1	262 ± 187	2	-	-	-	-
Duck meat	-	-	169 ± 56	2	225	1	-	-
Blackberries	-	-	50	1	-	-	30	1
Mussels	-	-	-	-	720	1	-	-
Ringed seal meat	-	-	450	1	-	-	-	-
Grenadier flesh	-	-	38	1	-	-	-	-
Caribou head	-	-	-	-	450	1	-	-
Porcupine meat	-	-	225	1	-	-	-	-

Table 14, continued

	LABRADOR FEMALES							
Food	Age 15-19 (n=21)	n	Age 20-40 (112)	n	Age 41-60 (76)	n	Age 61+ (21)	n
Ringed seal kidney	-	-	-	-	225	1	-	-
Ptarmigan gizzard	-	-	-	-	56	1	-	-
Blueberries	-	-	40	1	-	-	-	-
Cloudberries	-	-	-	-	40	1	-	-

	LABRADOR MALES							
Food	Age 15-19 (n=18)	n	Age 20-40 (80)	n	Age 41-60 (68)	n	Age 61+ (21)	n
Caribou meat	850 ± 369	3	437 ± 76	27	417 ± 61	23	351 ± 187	4
Cranberries	-	-	30 ± 10	2	44 ± 16	9	66 ± 53	2
Spruce grouse meat	150 ± 75	2	338 ± 80	4	338 ± 71	5	422 ± 96	4
Lake trout flesh	450	1	281 ± 56	2	215 ± 122	2	337 ± 112	2
Salmon flesh	450	1	56	1	428 ± 75	5	225	1
Rock cod	-	-	-	-	338 ± 92	6	168	1
Caribou dried meat	-	-	180 ± 90	3	60	1	-	-
Bakeapple	-	-	-	-	16 ± 13	2	-	-
Arctic cod flesh	-	-	113	1	225	1	337 ± 112	2
Rabbit meat	-	-	450	1	562 ± 337	2	675	1
Arctic char flesh	-	-	360 ± 315	2	-	-	225	-
Caribou heart	-	-	225	1	-	-	225	1
Canada goose meat	-	-	-	-	225	1	-	-

Table 14, continued

	LABRADOR MALES							
Food	Age 15-19 (n=18)	n	Age 20-40 (80)	n	Age 41-60 (68)	n	Age 61+ (21)	n
Duck meat	-	-	-	-	225	1	-	-
Crab	-	-	63 ± 7	2	127	1	-	-
Blackberries	-	-	-	-	-	-	30	1
Mussels	-	-	-	-	-	-	720	1
Grenadier flesh	-	-	225	1	-	-	-	-
Caribou ribs	-	-	225	1	-	-	-	-
Turbot cheeks	-	-	-	-	225	1	-	-
Capelin flesh	-	-	-	-	200	1	-	-
Ringed seal broth	-	-	120	1	-	-	-	-
Caribou tongue	-	-	-	-	-	-	56	1
Caribou bone marrow	-	-	-	-	15	1	-	-
Ringed seal blubber	-	-	-	-	5	1	-	-

[1]Number of 24-hr recalls with a reported consumption of the corresponding food.
[2]Number of 24-hr recalls in both seasons.

Table 15 (A-E). Estimated intake of traditional food (g/pers/day) averaged over fall and late winter, by region and age group, ranked by overall decreasing amount of consumption, for total population.

A) INUVIALUIT COMMUNITIES

	INUVIALUIT FEMALES			
Food	Age 15-19 n[1]= 22	Age 20-40 n= 121	Age 41-60 n= 53	Age 61+ n= 21
Caribou meat	71	105	81	138
Muskox meat	26	28	5	-
Arctic char flesh	-	9	38	62
Rabbit meat	-	24	-	44
Duck meat	-	21	14	-
Caribou meat, dried	-	5	6	12
Whitefish flesh	8	13	-	45
Ptarmigan meat	-	8	12	-
Cisco flesh	-	-	-	56
Ringed seal meat	-	11	7	-
Caribou ribs	-	-	7	10
Herring flesh	-	2	32	-
Polar bear meat	-	-	6	-
Beluga muktuk, skin only	-	1	13	5
Lake trout flesh	-	-	7	-
Yellow-legs goose meat	25	-	-	21
Caribou head	-	-	21	-
Beluga blubber	-	2	9	3
Muskox meat, dried	-	3	-	-
Muskrat meat	-	-	-	21
Whitefish eggs	-	-	-	22
Caribou liver	16	-	-	-
Blueberries	20	0.3	-	7

Table 15, continued

Food	INUVIALUIT FEMALES			
	Age 15-19 n[1]= 22	Age 20-40 n= 121	Age 41-60 n= 53	Age 61+ n= 21
Caribou bone marrow	-	1	-	2
Caribou heart	-	-	4	-
Cloudberries	-	-	-	7
Whitefish esophagus	-	-	-	10
Cranberries	-	-	1	-
Arctic char head	-	-	5	-
Bearded seal blubber	-	-	0.05	-
Beluga flipper	-	1	-	-
Ringed seal blubber	-	0.2	1	-
Caribou fat	-	0.2	2	-
Beluga meat, dried	-	-	-	5
Goose gizzard	-	-	-	1
Total	131	191	208	331

Food	INUVIALUIT MALES			
	Age 15-19 n= 24	Age 20-40 n= 100	Age 41-60 n= 32	Age 61+ n= 14
Caribou meat	88	132	114	72
Muskox meat	-	33	33	-
Arctic char flesh	13	5	53	41
Rabbit meat	-	-	7	39
Duck meat	-	14	-	-
Caribou meat, dried	-	22	12	18
Whitefish flesh	-	7	-	48
Ptarmigan meat	32	-	13	32

Table 15, continued

Food	INUVIALUIT MALES			
	Age 15-19 n= 24	Age 20-40 n= 100	Age 41-60 n= 32	Age 61+ n= 14
Cisco flesh	16	-	27	56
Ringed seal meat	-	3	15	-
Caribou ribs	-	7	27	16
Herring flesh	-	-	15	-
Polar bear meat	-	-	37	-
Beluga muktuk, skin only	4	5	-	11
Lake trout flesh	-	-	15	-
Moose meat	-	-	-	64
Beluga blubber	2	1	4	9
Muskrat meat	-	-	-	16
Whitefish eggs	-	-	-	15
Caribou liver	-	-	4	-
Caribou bone marrow	-	1	4	-
Caribou heart	-	-	4	-
Cloudberries	-	-	-	14
Whitefish esophagus	-	-	-	7
Muskox tongue	-	-	7	-
Cranberries	11	-	-	-
Caribou kidney	-	-	4	-
Bearded seal blubber	-	1	2	-
Ringed seal blubber	-	-	1	-
Narwhal muktuk, skin only	-	-	-	7
Whitefish liver	-	-	-	4
Total	127	210	305	315

Table 15, continued

B) KITIKMEOT COMMUNITIES

Food	KITIKMEOT FEMALES			
	Age 15-19 n= 11	Age 20-40 n= 113	Age 41-60 n= 40	Age 61+ n= 9
Caribou meat	38	82	106	208
Arctic char flesh	-	20	93	132
Muskox meat	51	30	-	-
Caribou ribs	-	19	17	-
Caribou meat, dried	54	19	21	-
Duck meat	-	21	20	-
Ringed seal meat	-	11	10	188
Caribou head	-	13	18	-
Lake trout flesh	-	-	-	175
Whitefish flesh	-	14	-	-
Beluga muktuk, skin only	-	6	-	-
Polar bear meat	-	-	9	-
Caribou liver	-	-	20	-
Ptarmigan meat	-	-	12	-
Muskox meat, dried	-	3	-	-
Caribou heart	-	4	-	-
Loon meat	-	-	13	-
Arctic char head	-	-	6	-
Caribou fat	-	1	-	-
Blueberries	32	-	-	-
Rabbit meat	-	-	-	19
Beluga blubber	-	3	-	-
Caribou ears	-	2	-	-
Caribou lips	-	2	-	-
Ringed seal blubber	-	0.3	1	-

Table 15, continued

Food	KITIKMEOT FEMALES			
	Age 15-19 n= 11	Age 20-40 n= 113	Age 41-60 n= 40	Age 61+ n= 9
Total	112	202	300	531

Food	KITIKMEOT MALES			
	Age 15-19 n= 10	Age 20-40 n= 76	Age 41-60 n= 33	Age 61+ n= 8
Caribou meat	123	75	128	314
Arctic char flesh	38	27	119	69
Muskox meat	-	43	35	-
Caribou ribs	-	25	31	-
Caribou meat, dried	-	-	10	120
Duck meat	-	15	-	-
Ringed seal meat	-	3	11	-
Caribou head	-	-	11	-
Lake trout flesh	-	-	11	30
Whitefish flesh	-	9	-	38
Beluga muktuk, skin only	-	8	-	-
Polar bear meat	-	-	27	-
Ptarmigan meat	-	-	15	-
Arctic char head	-	4	-	-
Caribou fat	-	-	-	38
Muskox tongue	-	-	9	-
Beluga blubber	-	3	-	-
Caribou brain	-	3	-	-
Ringed seal blubber	-	-	1	-
Caribou tongue	-	2	-	-

Table 15, continued

Food	KITIKMEOT MALES			
	Age 15-19 n= 10	Age 20-40 n= 76	Age 41-60 n= 33	Age 61+ n= 8
Whitefish eggs	-	-	-	5
Total	141	202	345	463

C) KIVALLIQ COMMUNITIES

Food	KIVALLIQ FEMALES			
	Age 15-19 n= 19	Age 20-40 n= 112	Age 41-60 n= 45	Age 61+ n= 23
Caribou meat	54	161	294	244
Arctic char flesh	-	17	42	159
Beluga muktuk, skin only	-	9	57	-
Caribou ribs	-	10	33	40
Bearded seal meat	-	7	-	-
Lake trout flesh	-	4	16	21
Walrus meat	-	4	-	-
Ringed seal meat	-	4	38	-
Bearded seal intestine	-	6	-	-
Caribou fat	-	4	8	6
Caribou meat, dried	-	2	10	7
Beluga blubber	-	1	10	-
Caribou bone marrow	-	1	-	-
Arctic char head	-	-	-	28
Ringed seal broth	-	-	15	-
Walrus blubber	-	1	-	3
Ringed seal blubber	-	1	-	-
Caribou tongue	-	1	-	-

Table 15, continued

Food	KIVALLIQ FEMALES			
	Age 15-19 n= 19	Age 20-40 n= 112	Age 41-60 n= 45	Age 61+ n= 23
Caribou blood	-	1	-	-
Total	54	219	430	456

Food	KIVALLIQ MALES			
	Age 15-19 n= 7	Age 20-40 n= 87	Age 41-60 n= 33	Age 61+ n= 15
Caribou meat	428	259	365	440
Arctic char flesh	113	62	70	199
Beluga muktuk, skin only	-	21	62	-
Beluga blubber	-	3	32	-
Caribou ribs	-	12	-	56
Bearded seal meat	113	20	30	-
Lake trout flesh	-	3	26	129
Walrus meat	-	8	-	129
Ringed seal meat	-	-	60	-
Bearded seal intestine	68	12	15	-
Caribou fat	-	3	-	5
Caribou meat, dried	-	4	-	7
Caribou bone marrow	-	2	23	-
Bearded seal blubber	60	-	-	-
Walrus blubber	-	1	-	-
Caribou intestine	-	-	-	14
Ringed seal blubber	-	-	3	-
Caribou tongue	-	1	-	-
Caribou stomach contents	-	2	-	-

Table 15, continued

Food	KIVALLIQ MALES Age 15-19 n= 7	Age 20-40 n= 87	Age 41-60 n= 33	Age 61+ n= 15
Caribou stomach	-	1	-	-
Total	660	383	591	811

D) BAFFIN COMMUNITIES

Food	BAFFIN FEMALES Age 15-19 n= 19	Age 20-40 n= 160	Age 41-60 n= 80	Age 61+ n= 25
Caribou meat	129	77	147	240
Ringed seal meat	28	39	77	134
Arctic char flesh	21	35	63	102
Narwhal muktuk, skin only	-	14	38	52
Walrus meat	-	4	26	18
Ringed seal broth	-	8	11	23
Polar bear meat	-	12	7	24
Narwhal blubber	-	8	11	36
Ptarmigan meat	-	8	9	-
Walrus blubber	-	2	8	-
Caribou fat	-	3	2	-
Beluga muktuk, skin only	27	14	4	10
Bearded seal intestine	-	4	1	-
Beluga blubber		2	4	5
Bearded seal meat	-	1	1	-
Caribou meat, dried	2	0.5	8	-
Blackberries	-	3	7	2
Ringed seal liver	-	2	-	21
Walrus liver	-	-	3	-

Table 15, continued

Food	BAFFIN FEMALES			
	Age 15-19 n= 19	Age 20-40 n= 160	Age 41-60 n= 80	Age 61+ n= 25
Duck meat	-	-	3	-
Ringed seal blubber	-	1	2	1
Clams	-	4	4	-
Beluga flipper	-	4	-	-
Walrus intestine	-	-	3	-
Ringed seal heart	-	-	-	21
Cisco flesh	-	3	-	-
Beluga meat	21	-	-	24
Bearded seal blubber	-	1	-	-
Arctic cod flesh	-	1	-	-
Ringed seal kidney	-	2	-	-
Arctic char head	-	-	-	9
Kelp	-	1	-	-
Bearded seal intestine, dried	-	-	1	-
Ringed seal blood	-	-	-	1
Blueberries	-	0.1	-	-
Total	179	224	423	607

Food	BAFFIN MALES			
	Age 15-19 n= 24	Age 20-40 n= 112	Age 41-60 n= 82	Age 61+ n= 20
Caribou meat	204	106	164	235
Ringed seal meat	-	34	114	213
Arctic char flesh	15	47	85	108
Narwhal muktuk, skin only	-	-	30	55

Table 15, continued

Food	BAFFIN MALES			
	Age 15-19 n= 24	Age 20-40 n= 112	Age 41-60 n= 82	Age 61+ n= 20
Walrus meat	-	15	12	-
Ringed seal broth	-	-	25	36
Polar bear meat	-	11	46	-
Narwhal blubber	-	-	15	28
Ptarmigan meat	-	7	13	63
Walrus blubber	9	3	8	-
Caribou fat	-	4	10	-
Beluga muktuk, skin only	-	-	2	17
Bearded seal intestine	-	-	13	-
Beluga blubber	-	-	1	8
Bearded seal meat	-	4	6	18
Caribou meat, dried	2	3	6	-
Blackberries	-	-	3	-
Ringed seal liver	-	-	8	-
Walrus liver	-	2	12	-
Duck meat	-	-	11	-
Caribou intestine	-	-	6	-
Ringed seal blubber	-	-	2	17
Rabbit meat	-	-	10	-
Caribou liver	-	-	10	-
Caribou kidney	-	-	10	-
Caribou stomach	-	-	6	-
Walrus intestine	-	-	3	-
Bearded seal blubber	-	-	-	8
Caribou bone marrow	-	2	0.1	-
Walrus kauk	-	2	-	-

Table 15, continued

Food	BAFFIN MALES			
	Age 15-19 n= 24	Age 20-40 n= 112	Age 41-60 n= 82	Age 61+ n= 20
Polar bear fat	-	-	3	-
Caribou cartilage	-	2	-	-
Bearded seal intestine	-	-	13	-
Muskox meat, dried	2	-	-	-
Walrus stomach contents	-	0.4	-	-
Total	222	225	553	699

E) LABRADOR COMMUNITIES

Food	LABRADOR FEMALES			
	Age 15-19 n= 21	Age 20-40 n= 112	Age 41-60 n= 76	Age 61+ n= 21
Caribou meat	51	74	126	105
Spruce hen meat	16	10	11	76
Lake trout flesh	16	4	11	41
Salmon flesh	-	6	18	-
Rock cod flesh, salted	-	5	18	-
Rabbit meat	-	-	7	45
Arctic char flesh	-	9	-	21
Caribou meat, dried	-	6	13	-
Caribou heart	-	27	-	-
Cranberries	9	7	5	7
Mussels	-	-	23	-
Canada goose meat	8	8	-	-
Ringed seal meat	-	7	8	-
Duck meat	-	5	7	-

Table 15, continued

Food	LABRADOR FEMALES			
	Age 15-19 n= 21	Age 20-40 n= 112	Age 41-60 n= 76	Age 61+ n= 21
Caribou head	-	-	14	-
Grenadier flesh	-	1	-	-
Caribou ribs				
Porcupine meat	-	3	4	21
Ringed seal kidney	-	-	5	-
Bakeapples (jam)	1	1	2	-
Blackberries	-	1	-	3
Ptarmigan gizzard	-	-	1	-
Blueberries	-	1	-	-
Cloudberries	-	-	1	-
Total	76	132	215	162

Food	LABRADOR MALES			
	Age 15-19 n= 18	Age 20-40 n= 80	Age 41-60 n= 68	Age 61+ n= 21
Caribou meat	142	148	135	74
Spruce hen meat	33	17	24	86
Lake trout flesh	50	7	6	34
Salmon flesh	50	1	33	19
Rock cod flesh, salted	-	-	55	19
Rabbit meat	-	12	36	56
Arctic char flesh	-	18	-	25
Caribou meat, dried	-	13	2	-
Caribou heart	-	6	-	25
Cranberries	-	2	6	11

Table 15, continued

Food	LABRADOR MALES			
	Age 15-19 n= 18	Age 20-40 n= 80	Age 41-60 n= 68	Age 61+ n= 21
Arctic cod flesh	-	3	6	31
Mussels	-	-	-	60
Canada goose meat	-	-	7	-
Duck meat	-	-	7	-
Grenadier flesh	-	6	-	-
Crab meat	-	3	4	-
Caribou ribs	-	6	-	-
Turbot cheeks	-	-	6	-
Bakeapples (jam)	-	-	0.5	-
Capelin	-	-	5	-
Ringed seal broth	-	-	3	-
Blackberries	-	-	-	3
Caribou tongue	-	-	-	6
Caribou bone marrow	-	-	0.5	-
Ringed seal blubber	-	-	0.1	-
Total	208	207	270	338

[1]Number of 24-hr recalls in both seasons.

Table 16. Total average intake of traditional food (g/pers/day) from 24-hr recall averaged over fall and late winter, by age, gender and region, for total population.

Region	Female				Male			
	15-19 yrs (n)	20-40 yrs (n)	41-60 yrs (n)	61+ yrs (n)	15-19 yrs (n)	20-40 yrs (n)	41-60 yrs (n)	61+ yrs (n)
Inuvialuit	131 (22)	191 (121)	208 (53)	331 (21)	127 (24)	210 (100)	305 (32)	315 (14)
Kitikmeot	112 (11)	202 (113)	300 (40)	531 (9)	141 (10)	202 (76)	345 (33)	463 (8)
Kivalliq	54 (19)	219 (112)	430 (45)	456 (23)	660 (7)	383 (87)	591 (33)	811 (15)
Baffin	179 (19)	224 (160)	423 (80)	607 (25)	222 (24)	225 (112)	553 (82)	699 (20)
Labrador	76 (21)	132 (112)	215 (76)	162 (21)	220 (18)	204 (80)	270 (68)	338 (21)

Table 17. Total average intake of traditional food (g/pers/day) from 7-day food record averaged over fall and late winter, by age, gender and region, for total population.

Region	Female				Male			
	15-19 yrs (n)	20-40 yrs (n)	41-60 yrs (n)	61+ yrs (n)	15-19 yrs (n)	20-40 yrs (n)	41-60 yrs (n)	61+ yrs (n)
Inuvialuit	138 (10)	124 (60)	120 (29)	185 (16)	123 (13)	172 (47)	175 (14)	288 (9)
Kitikmeot	-	142 (17)	61 (4)	-	72 (2)	120 (6)	145 (6)	129 (1)
Kivalliq	111 (1)	171 (41)	251 (7)	178 (5)	64 (1)	267 (33)	137 (9)	47 (3)
Baffin	239 (15)	150 (98)	318 (50)	343 (19)	256 (10)	231 (69)	336 (48)	292 (14)
Labrador	86 (19)	137 (98)	179 (62)	77 (17)	115 (17)	170 (64)	228 (55)	216 (16)

Table 18. Description of muktuk and oil consumption in Aklavik based on 7-day food records

Season	Site	Food	Mean grams per day for consumers	No. of days consumed	No. (%) of consumers	Percent chance of food being consumed on any given day
Summer[1] (July 1998)	Shingle Point n=17	beluga muktuk, raw	137	21	12 (71%)	17.6
		beluga muktuk, boiled	124	15	7 (41%)	12.6
		beluga flipper, raw	100	1	1 (6%)	1.0
Fall (Sept-Dec 1998)	Aklavik n=53	beluga muktuk (just skin), raw	450	1	1 (2%)	0.3
		beluga oil, aged	35	14	10 (19%)	3.8
		beluga muktuk, raw	256	8	6 (11%)	2.2
		beluga muktuk, boiled	210	6	5 (9%)	1.6
Winter (Feb-Apr 1999)	Aklavik n=42	beluga oil, aged	22	5	5 (12%)	1.7
		beluga muktuk, raw	124	6	4 (10%)	2.
		beluga muktuk, boiled	100	5	2 (5%)	1.7

[1]A pilot study was conducted at the Shingle Point fishing camp in July 1998 to test the questionnaire. The interviewers for the pilot testing were Carol Arey and Brenda Benoit. Billy Archie aided in the logistic arrangements through all the study periods.

Table 19. Description of muktuk and oil consumption in Aklavik based on 24hr-recalls

Season	Food	Mean grams per day for consumers	Number (%) of consumers
Summer (July 1998) n=35	beluga flipper, raw	100	1 (3%)
	beluga muktuk, raw	77	3 (9%)
	beluga muktuk, boiled	142	6 (17%)
Fall (Sept-Dec 1998) n=53	beluga oil, aged	30	7 (13%)
	beluga muktuk, boiled	160	4 (8%)
Winter (Feb-Apr 1999) n=51	narwhal muktuk, just skin, boiled	50	1 (2%)
	beluga oil, aged	23	2 (4%)
	beluga muktuk, just skin, boiled	184	2 (4%)

Table 20. Description of muktuk, blubber and oil consumption in Aklavik based on food frequency questionnaire

	Spring (Mar-May 1998) (n=35)			Summer (June-Aug 1998) (n=54)			Winter (Dec 1998, Jan-Feb 1999) (n=51)		
Food	n (%) of consumers	# days/season for consumers	Percent chance of food being eaten on any given day	n (%) of consumers	# days/season for consumers	Percent chance of food being eaten on any given day	n (%) of consumers	# days/season for consumers	Percent chance of food being eaten on any given day
Beluga									
flippers	4 (11%)	2	0.3	10 (19%)	4	0.9	2 (4%)	8	0.4
muktuk with blubber	18 (51%)	11	6.7	46 (86%)	10	10.2	4 (8%)	8	0.8
muktuk without blubber	0	0	0	0	0	0	18 (35%)	8	3.3
blubber	8 (23%)	14	3.8	2 (4%)	4	0.2	2 (4%)	19	0.9
oil	17 (49%)	13	7.6	30 (56%)	14	9.3	10 (20%)	26	6.2

Table 21. Twenty most consumed market foods (ranked by grams of daily intake) averaged over fall and late winter, by region[1]

INUVIALUIT COMMUNITIES [2] (N=387)[4]		KITIKMEOT COMMUNITIES (N=300)		KIVALLIQ COMMUNITIES (N=341)		BAFFIN COMMUNITIES (N=522)		LABRADOR COMMUNITIES [3] (N=417)	
coffee	781	coffee	859	coffee	980	tea	543	tea	380
tea	263	tea	429	tea	594	coffee	535	soft drinks	302
soft drinks	226	powdered drinks with Vit. C	181	soft drinks	226	soft drinks	227	coffee	223
powdered drinks with Vit. C	164	soup, chicken noodle	139	powdered drinks with Vit. C	143	powdered drinks, unenriched	65	potatoes	82
powdered drinks, unenriched	102	powdered drinks, unenriched	130	powdered drinks, unenriched	100	bannock	43	powdered drinks, unenriched	66
soup, chicken noodle	91	soft drinks	129	sugar	42	pasta, including macaroni and cheese	35	powdered drinks with Vit. C	61
bread, white	56	chicken	45	bread, white	41	powdered drinks with Vit. C	34	bread, white	49
beef, hamburger	46	bread, white	42	bannock	38	sugar	32	chicken	43
rice, white	43	rice, white	41	soup, chicken noodle	34	soup, chicken noodle	28	orange juice, canned	37
soup, vegetable beef	40	bannock	38	fruit drinks, unenriched	34	fruit drinks, unenriched	28	gravy	33
potatoes	35	beef, hamburger	35	rice, white	32	orange juice, frozen	28	milk, 2%	32
pasta, including macaroni and cheese	34	soup, vegetable beef	33	chicken	30	bread, white	27	french fries	30
eggs	32	powdered drinks with Vit. C, iron, folate and B1 (Coop)	28	french fries	29	chicken	27	beef, hamburger	26

Table 21, continued

INUVIALUIT COMMUNITIES [2] (N=387)[4]		KITIKMEOT COMMUNITIES (N=300)		KIVALLIQ COMMUNITIES (N=341)		BAFFIN COMMUNITIES (N=522)		LABRADOR COMMUNITIES [3] (N=417)	
chicken	31	pasta, including macaroni and cheese	24	potatoes	29	milk, 2%	26	rice, white	26
sugar	26	potatoes	24	pasta, including macaroni and cheese	28	potatoes	24	milk, evaporated	25
powdered drinks with Vit. C, iron, folate and B1 (Coop)	25	milk, 2%	24	beef, hamburger	26	french fries	22	diet soft drinks	25
milk, 2%	24	pizza	22	eggs	25	soup, vegetable beef	21	soup, chicken noodle	24
orange juice, canned	16	sugar	21	soup, vegetable beef	24	rice, white	19	sugar	23
french fries	15	pork	19	pizza	19	beef, hamburger	18	apple juice, canned	23
pizza	15	french fries	17	mixed frozen vegetables	18	pizza	16	pasta, including macaroni and cheese	22

[1]The following items were combined: chicken, no skin and chicken, with skin; cola and ginger ale type soft drinks; boiled potatoes and mashed potatoes; boiled eggs and scrambled eggs.

[2] Although bannock is a popular food, a mean of 12.8 grams of bannock was reported to be consumed by respondents from Inuvialuit, therefore, not a top 20 food in this region.

[3] Bannock is not consumed in the Labrador region. Doughboys (dumplings which contain flour, salt and baking powder that are usually boiled), are consumed instead.

[4] Number of 24hr-recalls in both seasons.

Table 22 (A-E). Estimated intake of market food (g/pers/day) averaged over fall and late winter, by region and age group, ranked by overall decreasing amount of consumption, for total population

A) INUVIALUIT COMMUNITIES

Food	INUVIALUIT FEMALES			
	Age 15-19 n[1]= 22	Age 20-40 n= 121	Age 41-60 n= 53	Age 61+ n= 21
coffee	41	739	1021	877
tea	17	257	296	528
soft drinks	444	205	96	103
vit. C fortified powdered drinks	336	164	131	92
unfortified powdered drinks	167	127	30	-
soup chicken noodle	78	71	101	45
white bread	65	40	62	58
beef, hamburger	64	35	54	9
white rice	59	51	33	27
vegetable beef soup	65	42	37	20
potatoes	31	29	37	35
pasta	53	36	22	5
eggs	32	23	37	26
chicken	26	34	24	5
white sugar	5	26	26	14
enriched coop powdered drinks	-	29	8	-
2% milk	32	18	17	19
orange juice canned	120	9	-	39
french fries	40	27	14	9
pizza	29	18	6	-
hot dogs	9	13	6	9
potato chips	29	13	4	5
bannock	43	3	18	20

Table 22, continued

Food	INUVIALUIT FEMALES			
	Age 15-19 n[1]= 22	Age 20-40 n= 121	Age 41-60 n= 53	Age 61+ n= 21
spaghetti with meatballs	63	18	-	-
orange juice frozen concentrate	-	14	15	-
frozen mixed vegetables	9	10	7	11
rolled oats/oatmeal	17	13	8	84
coffee whitener	1	10	5	6
pork	-	7	13	-
apple juice canned	34	15	11	-
chili	-	8	10	-
tomato soup	26	6	-	-
gravy	5	11	-	22
cheese sauce	-	7	4	3
spaghetti in tomato sauce	-	13	-	-
cream of chicken soup	-	18	-	-
diet drinks	-	11	-	-
margarine	4	4	5	6
apple, raw	-	8	-	20
pancakes	6	6	5	5
evaporated milk	4	3	5	19
peaches, canned	-	4	12	12
Sunny Delight fruit drink	48	7	34	-
bacon	3	4	6	8
onions	3	4	5	8
carrots	11	5	4	6
turkey	15	8	-	-
chocolate bars	-	2	4	-
orange (raw)	-	4	7	10

Table 22, continued

Food	INUVIALUIT FEMALES			
	Age 15-19 n[1]= 22	Age 20-40 n= 121	Age 41-60 n= 53	Age 61+ n= 21
apple pie	-	5	3	26
corned beef hash	-	2	26	-
saltine crackers	2	2	4	3
doughnuts	-	5	3	10
cookies	5	6	4	6
canned pork/ham	7	5	1	-
ice cream	-	-	6	4
skim milk	-	4	35	24
egg noodles	13	3	3	-
wheat flakes/cereals	5	3	3	6
coffeecake	-	7	2	-
fruit drinks, unfortified	-	6	11	-
butter	2	1	3	3
lard	6	3	2	2
processed cheese/Kraft Singles	5	2	3	-
wheat cereal cooked	-	-	15	-
whole milk	-	7	11	-
lettuce	-	1	4	4
beef and vegetable stew	-	7	-	-
tomatoes, canned	1	2	7	-
mushrooms, canned	7	2	2	20
chicken chow mein	-	7	-	-
pineapple, raw	-	4	5	-
jams/jellies	1	0.4	1	6
meat and tomato sauce	4	5	7	-

Table 22, continued

Food	INUVIALUIT FEMALES			
	Age 15-19 n[1]= 22	Age 20-40 n= 121	Age 41-60 n= 53	Age 61+ n= 21
jell-o dessert	-	9	4	-
corn flakes	4	2	-	-
corn, canned/frozen	-	2	-	6
green peas	9	2	5	-
pork sausage/hot rods	6	2	2	-
cucumbers, raw	4	3	1	3
cabbage	-	4	11	-
tomatoes, raw	-	1	2	7
cake with icing	-	3	4	-
whole wheat bread	-	2	4	-
cheese cottage/mozzarella	29	1	-	-
grapefruit juice	-	-	11	-
beef broth/bouillon	0.13	-	3	-
pickle relish	8	1	-	3
beef, chuck rib	8	-	-	-
grapefruit, raw	-	-	-	9
green beans	-	-	5	-
beef round	-	4	-	-
liver, beef	-	4	-	-
muffins	-	3	4	1
Total	1857	2329	2318	2175
Total minus drinks[2]	760	756	719	536

Table 22, continued

Food	INUVIALUIT MALES			
	Age 15-19 n= 24	Age 20-40 n= 100	Age 41-60 n= 32	Age 61+ n= 14
coffee	336	783	1249	866
tea	357	207	263	994
soft drinks	511	333	44	-
vit. C fortified powdered drinks	280	167	113	-
unfortified powdered drinks	279	91	128	-
soup chicken noodle	97	102	94	127
white bread	95	63	68	43
beef, hamburger	58	61	55	16
white rice	30	51	39	16
vegetable beef soup	4	60	49	26
potatoes	55	41	32	49
pasta	65	36	24	43
eggs	33	37	50	36
chicken	59	40	20	-
white sugar	36	27	40	49
enriched coop powdered drinks	-	50	86	-
2% milk	127	17	41	4
orange juice canned	31	20	-	-
french fries	22	11	-	29
pizza	42	16	11	-
hot dogs	31	22	2	16
potato chips	36	20	-	-
bannock	14	21	18	14
spaghetti with meatballs	-	-	42	-
orange juice frozen concentrate	14	11	32	-

Table 22, continued

Food	INUVIALUIT MALES			
	Age 15-19 n= 24	Age 20-40 n= 100	Age 41-60 n= 32	Age 61+ n= 14
frozen mixed vegetables	5	13	5	-
rolled oats/oatmeal	-	10	-	-
coffee whitener	6	6	10	14
pork	-	10	13	-
chili	-	17	-	-
tomato soup	105	20	-	-
gravy	21	6	8	-
cheese sauce	21	8	6	21
spaghetti in tomato sauce	-	16	-	-
cream of chicken soup	-	23	-	-
diet drinks	-	17	-	-
margarine	9	7	6	9
apple, raw	43	5	-	11
pancakes	-	12	13	-
evaporated milk	6	4	0.2	39
peaches, canned	30	-	25	-
bacon	1	6	3	5
onions	4	3	8	2
carrots	1	3	4	-
turkey	12	3	6	-
chocolate bars	13	7	17	-
orange, raw	-	11	6	7
apple pie	-	-	22	-
corned beef hash	-	2	32	-
saltine crackers	9	5	10	2

Table 22, continued

Food	INUVIALUIT MALES			
	Age 15-19 n= 24	Age 20-40 n= 100	Age 41-60 n= 32	Age 61+ n= 14
doughnuts	5	3	-	17
cookies	2	2	3	-
canned pork/ham	-	5	2	6
ice cream	8	10	19	-
egg noodles	7	3	9	-
wheat flakes/cereals	17	2	3	-
coffeecake	-	5	-	-
fruit drinks, unfortified	-	-	7	-
butter	8	5	3	5
lard	1	3	1	5
dried beef	10	9	-	-
processed cheese/Kraft Singles	8	3	3	-
wheat cereal cooked	-	8	-	-
whole milk	-	-	21	-
lettuce	4	4	3	-
tomatoes, canned	4	4	-	-
chicken chow mein	-	10	-	-
jams/jellies	7	2	-	16
corn flakes	7	2	4	-
corn syrup	-	3	19	-
green peas	-	4	-	-
cucumbers, raw	-	2	6	-
farina	-	-	-	51
shortening	6	1	7	-
pineapple, canned	-	6	12	-

Table 22, continued

Food	INUVIALUIT MALES			
	Age 15-19 n= 24	Age 20-40 n= 100	Age 41-60 n= 32	Age 61+ n= 14
ketchup	5	1	-	-
white flour	2	2	1	8
cream cheese	3	1	1	8
frozen TV dinner	18	-	-	-
beef broth/bouillon	7	-	-	-
banana, raw	-	5	-	-
granola	13	-	-	-
caramel candy	13	-	-	-
cheddar, cheese	-	-	3	-
squash, summer	-	-	7	-
peanut butter	9	0.1	1	-
beef, round	-	6	-	-
Total	2724	2520	2621	2398
Total minus drinks	922	866	775	538

B) KITIKMEOT COMMUNITIES

Food	KITIKMEOT FEMALES			
	Age 15-19 n= 11	Age 20-40 n= 113	Age 41-60 n= 40	Age 61+ n= 9
coffee	-	784	1057	1200
tea	48	299	1040	1100
vit. C fortified powdered drinks	368	211	145	-
soup chicken noodle	184	125	181	41
unfortified powdered drinks	192	132	73	20

Table 22, continued

Food	KITIKMEOT FEMALES			
	Age 15-19 n= 11	Age 20-40 n= 113	Age 41-60 n= 40	Age 61+ n= 9
soft drinks	318	122	63	-
chicken	34	46	34	137
white bread	74	35	27	19
white rice	40	47	35	-
bannock	25	14	74	117
vegetable beef stew	-	15	41	-
beef, hamburger	146	38	33	-
enriched coop powdered drinks	-	31	10	-
potatoes	31	28	24	17
pasta	-	28	32	49
2% milk	100	30	1	60
pizza	114	17	26	-
white sugar	3	17	25	20
pork	71	26	4	8
french fries	63	21	6	-
eggs	11	23	11	37
beef and vegetable soup	49	33	14	-
frozen mixed vegetables	17	17	4	-
orange juice frozen concentrate	-	21	-	-
rolled oats/oatmeal	96	7	3	40
spaghetti in tomato sauce	16	-	-	-
hot dogs/cold cuts	15	11	6	30
coffee whitener	-	11	5	3
cream of chicken soup	32	-	-	-
egg noodles	-	8	16	-

Table 22, continued

Food	KITIKMEOT FEMALES			
	Age 15-19 n= 11	Age 20-40 n= 113	Age 41-60 n= 40	Age 61+ n= 9
whole milk	48	16	12	-
corned beef hash	-	5	32	-
tomatoes canned	20	7	11	-
turkey	16	-	-	-
potato chips	9	7	6	-
apple juice canned	-	16	14	-
tomato soup	-	8	11	-
jell-o dessert	-	20	5	-
cheese sauce	-	6	14	22
apple raw	-	9	15	-
wheat flakes/cereals	15	5	3	-
carrots	20	5	-	13
pancakes	15	4	9	-
gravy	40	7	5	-
bacon	-	4	3	8
grapefruit juice	-	18	-	-
corn niblets	5	-	-	-
butter	3	3	3	2
processed cheese/Kraft singles	25	2	5	-
orange, raw	-	8	-	-
corn on the cob	-	6	2	-
canned pork/ham	17	7	4	-
whole wheat bread	-	3	4	-
margarine	-	2	4	14
chocolate bars	-	4	3	-

Table 22, continued

Food	KITIKMEOT FEMALES			
	Age 15-19 n= 11	Age 20-40 n= 113	Age 41-60 n= 40	Age 61+ n= 9
pork sausage/hot rods	-	3	13	-
saltine crackers	-	3	3	-
tomatoes, raw	-	3	1	-
banana, raw	-	9	-	-
chicken chow mein	-	17	-	-
Sunny Delight fruit drink	-	5	-	-
evaporated milk	-	4	-	-
chocolate cake	-	1	9	-
apple pie	-	3	5	-
onions	-	2	2	8
coffee cake/danish	-	3	3	-
beef, chuck rib	9	-	-	-
corn flakes	-	2	-	9
lard	1	1	1	3
mushrooms, canned	8	1	3	-
maple syrup	5	1	2	-
cheese cottage/mozzarella	46	-	-	-
ketchup	8	1	-	3
chili	-	-	15	-
baked beans, canned	-	5	-	-
green peas	-	-	5	-
cookies	-	2	-	13
fruit drinks, unfortified	-	5	-	-
peaches, canned in heavy syrup	-	5	4	-
corned beef, canned	-	4	-	-

Table 22, continued

Food	KITIKMEOT FEMALES Age 15-19 n= 11	Age 20-40 n= 113	Age 41-60 n= 40	Age 61+ n= 9
raisin bread	-	-	4	-
shortening	3	1	-	-
fish, broiled	-	3	-	-
Total	1670	2447	3041	2680
Total minus drinks	768	828	683	370

Food	KITIKMEOT MALES Age 15-19 n= 10	Age 20-40 n= 76	Age 41-60 n= 33	Age 61+ n= 8
coffee	810	965	1007	632
tea	160	227	415	952
vit. C fortified powdered drinks	360	234	55	80
soup chicken noodle	119	176	99	49
unfortified powdered drinks	310	189	111	-
soft drinks	450	174	46	-
chicken	34	71	38	-
white bread	91	50	62	15
white rice	44	53	14	-
bannock	25	32	46	160
beef, hamburger	17	46	13	75
vegetable beef stew	92	24	57	82
enriched coop powdered drinks	-	37	108	-
potatoes	54	29	44	-
pasta	25	27	26	-
2% milk	65	26	43	24

Table 22, continued

Food	KITIKMEOT MALES			
	Age 15-19 n= 10	Age 20-40 n= 76	Age 41-60 n= 33	Age 61+ n= 8
pizza	60	29	7	-
white sugar	22	23	33	29
pork	75	11	24	-
french fries	-	24	8	-
eggs	-	21	10	-
beef and vegetable soup	61	54	57	163
frozen mixed vegetables	43	15	13	-
orange juice frozen concentrate	40	16	24	-
rolled oats/oatmeal	-	21	15	48
spaghetti in tomato sauce	-	22	-	163
hot dogs/cold cuts	23	20	4	-
coffee whitener	18	11	8	12
cream of chicken soup	-	21	-	-
egg noodles	-	13	8	-
whole milk	120	-	37	-
corned beef hash	-	10	42	-
tomatoes, canned	-	7	15	-
turkey	-	21	32	-
potato chips	58	6	2	-
tomato soup	-	25	-	-
jell-o dessert	-	-	24	-
apple raw	-	6	-	-
cheese sauce	16	5	13	-
wheat flakes/cereals	14	4	5	-
carrots	13	5	-	-

Table 22, continued

Food	KITIKMEOT MALES			
	Age 15-19 n= 10	Age 20-40 n= 76	Age 41-60 n= 33	Age 61+ n= 8
pancakes	-	2	6	20
gravy	3	4	-	-
bacon	-	4	3	-
creamed corn	43	-	19	-
butter	6	4	5	3
processed cheese/Kraft singles	21	5	2	-
orange, raw	-	10	10	-
corn niblets	28	6	-	28
diet drinks	-	21	-	-
canned pork/ham	-	-	10	-
whole wheat bread	14	9	2	-
margarine	3	3	6	-
peaches, canned in water	-	-	19	-
chocolate bars	18	5	-	-
pork sausage/hot rods	-	3	2	-
granola	85	5	-	-
saltine crackers	-	2	6	-
tomatoes, raw	3	6	1	-
banana, raw	-	3	12	-
dried beef	25	8	-	-
chicken chow mein	-	18	-	-
Sunny Delight fruit drink	-	-	37	-
evaporated milk	-	3	1	27
chocolate cake	-	-	7	-
ice cream	-	9	13	-

Table 22, continued

Food	KITIKMEOT MALES			
	Age 15-19 n= 10	Age 20-40 n= 76	Age 41-60 n= 33	Age 61+ n= 8
coffeecake	-	5	8	-
beef, chuck rib	-	-	-	150
corn flakes	-	2	6	-
lard	-	1	2	2
cream of corn	43	-	19	-
orange juice canned	-	8	-	-
lettuce	3	1	5	-
frozen TV dinner	-	10	-	-
fishsticks	-	4	-	-
maple syrup	15	1	-	6
sockeye salmon, canned	-	1	17	-
cookies	13	-	3	-
peaches, canned in syrup	-	-	19	-
peanut butter	11	0.1	1	-
apple sauce	-	7	-	-
pineapple raw	-	-	6	-
raisins	-	5	-	-
corn on the cob	-	4	-	-
mushrooms, canned	-	1	4	-
fish, broiled	-	3	-	-
Total	3053	2764	2523	2265
Total minus drinks	943	935	808	641

Table 22, continued

C) KIVALLIQ COMMUNITIES

Food	KIVALLIQ FEMALES			
	Age 15-19 n= 19	Age 20-40 n= 112	Age 41-60 n= 45	Age 61+ n= 23
coffee	221	1310	779	568
tea	191	310	904	1246
soft drinks	461	290	170	37
vit C fortified powdered drinks	488	127	31	34
unfortified powdered drinks	113	109	12	45
white sugar	9	48	42	33
white bread	21	47	33	16
bannock	13	18	47	125
soup chicken noodle	89	47	41	37
fruit drinks, unfortified	196	40	16	-
white rice	22	33	34	39
chicken	40	32	23	6
french fries	55	37	27	-
potatoes	15	24	32	34
spaghetti with meatballs	159	26	12	-
pasta	28	35	23	5
beef, hamburger	18	27	8	13
eggs	13	17	23	11
vegetable beef soup	22	30	31	23
pizza	72	15	4	-
frozen mixed vegetables	-	26	7	16
2% milk	30	12	16	29
whole milk	15	20	10	17
hot dogs/cold cuts	14	11	10	-

Table 22, continued

Food	KIVALLIQ FEMALES			
	Age 15-19 n= 19	Age 20-40 n= 112	Age 41-60 n= 45	Age 61+ n= 23
potato chips	45	12	5	3
pork	-	17	12	21
coffee whitener	3	17	7	4
apple juice canned	32	18	-	26
corn niblets	-	11	12	-
rolled oats/oatmeal	-	4	-	58
cheese sauce	12	8	7	2
saltine crackers	1	6	5	4
chocolate bars	22	9	4	-
carrots	14	7	18	-
beef and vegetable stew	-	-	20	-
coffeecake	27	9	3	-
cream of chicken soup	-	7	10	-
tomato soup	-	10	10	-
butter	2	6	2	4
orange juice frozen concentrate	44	-	40	-
beef, round	-	7	11	-
Sunny Delight fruit drink	-	22	-	-
jell-o dessert	11	18	-	15
lard	1	3	6	2
cookies	25	2	2	11
turkey	-	2	17	33
gravy	23	3	-	-
ice cream	-	3	13	-
evaporated milk	2	6	-	1

Table 22, continued

Food	KIVALLIQ FEMALES			
	Age 15-19 n= 19	Age 20-40 n= 112	Age 41-60 n= 45	Age 61+ n= 23
margarine	2	3	3	3
cheese cottage/mozzarella	25	4	-	-
apple, raw	40	1	7	19
corned beef hash	-	15	-	-
onions	-	3	8	-
wheat flakes/cereals	10	2	0.3	3
doughnuts	26	-	-	36
diet drinks	44	-	-	-
beef, chuck rib	17	1	19	-
tomatoes, canned	-	3	8	-
baked beans, canned	16	-	-	-
apple pie	12	5	-	-
processed cheese/Kraft singles	2	3	2	-
spaghetti in tomato sauce	-	9	-	-
enriched coop powdered drinks	-	13	-	-
wheat cereal cooked	5	-	15	-
frozen TV dinner, turkey	-	-	5	-
bacon	3	2	1	-
corn flakes	-	2	2	-
raisins	-	0.2	12	10
soup split pea	-	9	-	-
cream cheese	4	3	2	-
beef potpie	-	4	-	-
angel food cake	-	-	-	6
lettuce	-	1	3	-
shrimp	-	6	3	-

Table 22, continued

Food	KIVALLIQ FEMALES			
	Age 15-19 n= 19	Age 20-40 n= 112	Age 41-60 n= 45	Age 61+ n= 23
raisin bread	-	2	5	-
muffins	-	-	5	-
white flour	3	1	1	-
banana, raw	14	-	6	-
jams/jellies	-	1	1	10
fish, battered fried		4		
green beans	-	-	-	12
orange, raw	-	-	6	-
cabbage, raw	-	-	6	-
pineapple, raw	-	-	-	5
peaches canned in syrup	-	-	3	-
Total	2099	2945	2427	2471
Total minus drinks	709	740	580	551

Food	KIVALLIQ MALES			
	Age 15-19 n= 7	Age 20-40 n= 87	Age 41-60 n= 33	Age 61+ n= 15
coffee	144	958	1041	919
tea	144	452	809	1878
soft drinks	234	284	118	-
vit C fortified powdered drinks	990	231	77	-
unfortified powdered drinks	204	177	67	-
white sugar	16	42	55	34
white bread	-	60	33	25
bannock	60	24	48	177

Table 22, continued

Food	KIVALLIQ MALES			
	Age 15-19 n= 7	Age 20-40 n= 87	Age 41-60 n= 33	Age 61+ n= 15
soup chicken noodle	-	51	8	62
fruit drinks, unfortified	216	80	-	-
white rice	75	38	33	32
chicken	-	42	27	51
french fries	44	36	31	-
potatoes	117	33	24	28
spaghetti with meatballs	-	48	-	-
pasta	56	49	13	-
beef, hamburger	-	44	65	11
eggs	-	34	49	22
vegetable beef soup	-	25	41	-
pizza	-	32	16	-
frozen mixed vegetables	-	26	5	-
2% milk	-	13	80	32
whole milk	120	19	20	17
hot dogs/cold cuts	10	21	40	19
potato chips	30	23	14	-
pork	-	6	30	21
coffee whitener	3	11	9	10
apple juice canned	-	-	38	-
corn niblets	-	17	9	-
rolled oats/oatmeal	-	6	-	51
cheese sauce	37	14	-	-
saltine crackers	6	6	11	23
chocolate bars	14	9	-	-
carrots	114	3	9	-

Table 22, continued

Food	KIVALLIQ MALES			
	Age 15-19 n= 7	Age 20-40 n= 87	Age 41-60 n= 33	Age 61+ n= 15
beef and vegetable stew	-	13	33	-
coffeecake	60	21	-	-
cream of chicken soup	-	11	-	-
tomato soup	-	9	14	-
butter	10	10	3	5
beef, round	-	9	6	-
Sunny Delight fruit drink	-	6	-	-
lard	-	5	7	4
cookies	-	9	2	-
gravy	24	5	-	-
turkey	-	5	-	-
ice cream	40	-	19	-
evaporated milk	48	2	9	-
margarine	5	5	1	2
cheese cottage/mozzarella	11	2	-	-
apple, raw	-	3	-	-
onions	45	1	4	6
egg noodles	-	14	-	-
wheat flakes/cereals	14	4	2	4
doughnuts	-	7	-	-
ketchup	-	6	1	-
diet drinks	-	-	20	-
tomatoes, canned	24	-	6	-
baked beans, canned	-	14	-	-
processed cheese/Kraft Singles	-	4	4	-
spaghetti in tomato sauce	-	5	-	-

Table 22, continued

Food	KIVALLIQ MALES			
	Age 15-19 n= 7	Age 20-40 n= 87	Age 41-60 n= 33	Age 61+ n= 15
pancakes	-	7	6	-
wheat cereal cooked	-	-	15	-
frozen TV dinner, fried chicken	-	13	-	-
frozen TV dinner, turkey	-	6	-	-
bacon	-	3	4	2
corn flakes	-	1	5	-
raisins	-	2	-	10
fishsticks	-	7	-	-
cheddar cheese	-	3	-	-
beef potpie	-	6	-	-
green peas	-	2	-	11
angel food cake	-	8	-	-
raisin bread	-	-	3	-
muffins	-	1	5	-
frozen TV dinner, meatloaf	-	-	-	45
oil, corn	2	0.4	3	-
mushrooms, canned	75	1	-	-
jams/jellies	8	1	1	-
whole wheat bread	-	2	-	-
cake with icing	-	5	-	-
canned pork/ham	-	-	13	-
chocolate cake	11	1	-	-
Total	2287	3007	2718	3330
Total minus drinks	607	872	604	532/

Table 22, continued

D) BAFFIN COMMUNITIES

Food	BAFFIN FEMALES			
	Age 15-19 n= 19	Age 20-40 n= 160	Age 41-60 n= 80	Age 61+ n= 25
tea	168	332	812	1147
coffee	111	535	447	73
soft drinks	447	328	96	75
unfortified powdered drinks	93	86	28	21
bannock	55	25	58	65
pasta	37	47	21	14
vit C fortified powdered drinks	71	46	6	44
white sugar	16	26	34	19
soup chicken noodle	42	37	24	14
fruit drinks, unfortified	16	53	21	11
orange juice frozen concentrate	33	51	25	-
white bread	26	29	20	8
chicken	28	29	17	25
2% milk	141	28	20	1
potatoes	25	24	30	4
french fries	38	28	10	13
vegetable beef soup	8	27	24	26
white rice	29	22	8	2
beef, hamburger	21	24	9	-
pizza	35	24	-	-
enriched coop powdered drinks	142	8	28	-
eggs	25	14	17	10
apple juice canned	-	18	-	-
beef and vegetable stew	36	13	13	-

Table 22, continued

Food	BAFFIN FEMALES			
	Age 15-19 n= 19	Age 20-40 n= 160	Age 41-60 n= 80	Age 61+ n= 25
pork	26	16	16	-
spaghetti in tomato sauce	50	8	15	-
frozen mixed vegetables	-	16	9	9
tomato soup	-	17	22	35
potato chips	34	14	2	-
rolled oats/oatmeal	22	8	12	19
hot dogs/cold cuts	10	9	6	4
coffee whitener	1	7	7	5
cheese sauce	12	10	3	6
beef, chuck rib	-	8	18	-
apple, raw	-	12	10	-
chocolate bars	10	11	3	-
evaporated milk	23	6	7	7
cookies	4	7	7	-
orange, raw	9	6	7	-
saltine crackers	2	5	5	3
corn niblets	8	6	5	-
Sunny Delight fruit drink	59	6	7	-
spaghetti with meatballs	-	7	34	-
tomatoes, canned	-	5	3	21
butter	1	5	3	1
corned beef, canned	-	3	11	-
banana, raw	-	2	5	-
onions	-	3	5	3
beef, round	-	8	-	-
gravy	7	4	1	-

Table 22, continued

Food	BAFFIN FEMALES			
	Age 15-19 n= 19	Age 20-40 n= 160	Age 41-60 n= 80	Age 61+ n= 25
canned pork/ham	-	8	9	-
turkey	-	3	5	-
ice cream	9	4	4	18
carrots	10	3	5	2
wheat flakes/cereal	3	3	2	-
cream of chicken soup	-	8	3	-
Corn Flakes	7	3	3	-
bacon	-	3	3	1
processed cheese/Kraft singles	9	3	2	-
coffeecake	9	1	7	-
lettuce	-	2	1	10
whole milk	-	4	3	-
cheddar cheese	6	3	1	-
whole wheat bread	5	1	4	-
pancakes	-	3	2	-
pudding	-	10	-	-
skim milk	22	3	6	-
sockeye salmon, canned	-	7	-	-
sweet green peppers	-	1	4	-
salami	9	2	1	-
fishsticks	-	3	-	-
orange juice, canned	-	3	6	-
angel food cake	7	1	-	-
pineapple juice , canned	-	-	6	-
chocolate syrup	-	-	-	7

Table 22, continued

Food	BAFFIN FEMALES			
	Age 15-19 n= 19	Age 20-40 n= 160	Age 41-60 n= 80	Age 61+ n= 25
Total	1658	2153	2011	1602
Total minus drinks	644	689	559	283

Food	BAFFIN MALES			
	Age 15-19 n= 24	Age 20-40 n= 112	Age 41-60 n= 82	Age 61+ n= 20
tea	191	287	863	1291
coffee	157	825	684	155
soft drinks	438	283	55	38
unfortified powdered drinks	122	89	36	-
bannock	31	46	58	76
pasta	27	50	24	19
vit C fortified powdered drinks	69	30	31	20
white sugar	12	37	43	44
soup chicken noodle	-	30	18	82
fruit drinks, unfortified	28	25	8	-
orange juice frozen concentrate	24	21	17	-
white bread	28	34	28	16
chicken	25	52	9	45
2% milk	19	28	28	25
potatoes	24	26	23	15
french fries	87	30	7	31
vegetable beef soup	20	24	9	31
white rice	33	32	14	-
beef, hamburger	36	22	21	29

Table 22, continued

Food	BAFFIN MALES			
	Age 15-19 n= 24	Age 20-40 n= 112	Age 41-60 n= 82	Age 61+ n= 20
pizza	11	30	9	15
enriched coop powdered drinks	28	32	-	-
eggs	12	13	23	13
apple juice canned	118	10	11	-
beef and vegetable stew	11	20	22	-
pork	30	4	13	19
spaghetti in tomato sauce	17	12	21	-
frozen mixed vegetables	8	15	7	4
tomato soup	27	3	15	20
potato chips	35	8	3	2
rolled oats/oatmeal	16	0.3	6	25
hot dogs/cold cuts	8	11	7	2
coffee whitener	4	9	11	4
cheese sauce	4	13	10	8
beef, chuck rib	38	13	8	-
apple, raw	-	15	2	-
chocolate bars	5	10	2	-
evaporated milk	1	7	9	6
cookies	4	8	7	-
orange, raw	17	14	8	-
saltine crackers	12	5	8	2
corn niblets	-	2	9	7
Sunny Delight fruit drink	-	10	7	-
spaghetti with meatballs	-	-	10	-
beer	-	40	-	-
tomatoes, canned	8	2	5	-

Table 22, continued

Food	BAFFIN MALES			
	Age 15-19 n= 24	Age 20-40 n= 112	Age 41-60 n= 82	Age 61+ n= 20
butter	3	4	5	2
corned beef, canned	-	1	12	-
banana, raw	33	12	-	-
baked beans, canned	33	6	17	-
onions	7	3	4	-
beef, round	-	2	10	-
gravy	5	6	3	-
canned pork/ham	4	5	-	-
turkey	-	4	7	-
ice cream	11	2	2	-
carrots	8	5	3	-
wheat flakes/cereal	8	3	3	4
Corn Flakes	5	3	2	-
bacon	10	4	2	-
cake with icing	-	3	5	-
egg noodles	37	3	-	-
frozen TV dinner, meatloaf	-	10	13	-
processed cheese/Kraft singles	3	2	1	-
cottage cheese/mozzarella		6	-	-
tomatoes, raw	10	7	0.4	-
cheddar cheese	4	4	1	-
whole wheat bread	5	1	5	-
pancakes	9	2	2	-
jell-o dessert	-	4	3	-
ketchup	3	2	1	-
frozen TV dinner, fried chicken	-	5	-	-

Table 22, continued

Food	BAFFIN MALES Age 15-19 n= 24	Age 20-40 n= 112	Age 41-60 n= 82	Age 61+ n= 20
soup, split pea	-	8	-	-
angel food cake	7	2	-	-
chili	-	-	6	-
Total	1798	2318	2268	1898
Total minus drinks	648	709	560	404

E) LABRADOR COMMUNITIES

Food	LABRADOR FEMALES Age 15-19 n= 21	Age 20-40 n= 112	Age 41-60 n= 76	Age 61+ n= 21
tea	137	293	503	357
soft drinks	527	426	174	33
coffee	-	181	190	205
potatoes	29	65	73	124
unfortified powdered drinks	206	65	26	100
Vit C fortified powdered drinks	17	84	23	52
white bread	56	32	45	43
chicken	32	56	28	54
orange juice, canned	120	38	29	45
gravy	41	28	28	30
2% milk	146	23	32	64
french fries	36	47	17	-
beef, hamburger	30	22	25	23
white rice	18	28	25	28
evaporated milk	58	15	23	30

Table 22, continued

Food	LABRADOR FEMALES			
	Age 15-19 n= 21	Age 20-40 n= 112	Age 41-60 n= 76	Age 61+ n= 21
diet drinks	51	39	65	-
soup, chicken noodle	-	36	20	-
white sugar	11	20	23	17
apple juice, canned	51	17	20	88
pasta	21	37	22	-
soup, split pea	-	7	22	37
pork	18	22	16	10
eggs	25	14	14	5
potato chips	31	18	5	-
hot dogs/cold cuts	11	14	4	28
carrots	9	10	10	17
turnips	33	5	10	19
apple, raw	11	12	19	-
bannock	-	10	13	-
spaghetti in tomato sauce	71	6	15	-
pork, salted	2	7	11	1
margarine	5	6	7	9
onions	3	5	10	3
cream of chicken soup	39	3	14	-
rolled oats/oatmeal	34	5	4	39
ice cream	38	8	7	7
beef and vegetable stew	18	5	12	22
orange juice frozen conc.	-	13	16	-
soup, beef and vegetable	-	13	2	6
pizza	23	5	5	-
turkey	-	9	3	22

Table 22, continued

Food	LABRADOR FEMALES			
	Age 15-19 n= 21	Age 20-40 n= 112	Age 41-60 n= 76	Age 61+ n= 21
pork canned/ham	3	7	5	-
cabbage, raw	24	3	8	9
fruit drinks, unfortified	-	16	4	-
cookies	5	6	2	11
chocolate bars	10	7	4	-
baked beans, canned	-	2	3	-
Sunny Delight fruit drink	35	10	7	24
banana, raw	21	4	7	14
saltine crackers	2	3	4	2
corn niblets	-	5	4	-
jell-o dessert	-	6	-	-
corned beef hash	63	-	-	-
tomatoes, canned	4	5	-	-
orange juice, raw	17	15	-	-
green peas	6	4	4	4
ketchup	8	4	0.4	-
bacon	6	2	2	-
Miracle Whip	2	3	2	2
coffeecake	-	5	6	-
cheese cottage/mozzarella	16	3	2	-
pancakes	-	3	6	-
halibut	-	10	-	-
orange, raw	-	2	7	10
spaghetti with meatballs	-	7	-	46
whole milk	-	5	-	21
beef, round	-	9	-	-

Table 22, continued

Food	LABRADOR FEMALES			
	Age 15-19 n= 21	Age 20-40 n= 112	Age 41-60 n= 76	Age 61+ n= 21
apple pie	21	1	7	9
cheese sauce	3	5	4	-
tomatoes, raw	-	3	3	-
mushrooms, canned	-	2	2	-
wheat flakes/cereals	12	1	3	3
tomato soup	-	6	-	-
corned beef, canned	-	4	4	-
lettuce	-	2	2	-
skim milk	-	3	6	2
cake with icing	9	4	-	-
peaches, canned	-	6	-	6
fishsticks	4	3	2	-
cream cheese	2	1	3	-
frozen mixed vegetables	12	-	4	-
processed cheese/Kraft Singles	7	1	1	-
Corn Flakes	8	1	1	3
pudding	19	-	5	-
jams/jellies	3	1	1	1
frozen TV dinner, turkey	-	7	-	-
muffins	-	1	1	6
spinach	9	-	1	-
pineapple, canned	20	-	-	-
beef, potpie	-	-	7	-
liver, beef	-	-	5	-
grapefruit	-	4	-	-
granola	12	-	-	-

Table 22, continued

Food	LABRADOR FEMALES Age 15-19 n= 21	Age 20-40 n= 112	Age 41-60 n= 76	Age 61+ n= 21
fish, battered fried	-	-	3	-
Total	1924	1910	1676	1514
Total minus drinks	823	742	662	638

Food	LABRADOR MALES Age 15-19 n= 18	Age 20-40 n= 80	Age 41-60 n= 68	Age 61+ n= 21
tea	213	296	489	653
soft drinks	500	420	166	40
coffee	40	294	400	163
potatoes	38	119	86	92
unfortified powdered drinks	213	46	50	60
Vit C fortified powdered drinks	60	115	32	67
white bread	93	51	63	74
chicken	6	59	47	14
orange juice, canned	160	46	32	20
gravy	26	50	29	42
2% milk	40	17	19	180
french fries	49	38	22	3
beef, hamburger	57	32	31	9
white rice	40	25	23	35
evaporated milk	17	23	28	53
diet drinks	40	35	29	-
soup, chicken noodle	-	38	47	-
white sugar	17	22	33	38

Table 22, continued

Food	LABRADOR MALES			
	Age 15-19 n= 18	Age 20-40 n= 80	Age 41-60 n= 68	Age 61+ n= 21
apple juice, canned	73	17	26	27
pasta	33	31	21	13
soup, split pea	-	34	42	27
pork	-	14	18	36
eggs	4	20	31	12
potato chips	28	20	7	-
hot dogs/cold cuts	11	18	13	32
carrots	10	18	8	9
turnips	8	12	9	25
apple, raw	33	2	15	18
bannock	-	10	12	13
spaghetti in tomato sauce	-	15	32	-
pork, salted	0.1	7	12	28
margarine	13	10	13	12
onions	10	8	12	14
cream of chicken soup	-	-	12	82
rolled oats/oatmeal	27	9	6	53
ice cream	11	4	23	-
beef and vegetable stew	54	16	20	-
orange juice frozen concentrate	-	-	18	-
soup, beef and vegetable	-	9	5	44
pizza	29	7	5	-
turkey	-	8	13	9
pork canned/ham	-	12	2	5
cabbage, raw	-	5	7	7
fruit drinks, unfortified	27	15	-	-

Table 22, continued

Food	LABRADOR MALES			
	Age 15-19 n= 18	Age 20-40 n= 80	Age 41-60 n= 68	Age 61+ n= 21
cookies	6	8	10	-
chocolate bars	19	4	3	6
baked beans, canned	56	11	20	28
Sunny Delight fruit drink	-	6	-	-
banana, raw	-	4	5	-
saltine crackers	4	6	5	7
corn niblets	17	6	6	2
jell-o dessert	-	9	12	-
corned beef hash	-	-	15	-
tomatoes, canned	18	5	-	-
orange juice, raw	-	-	4	-
green peas	5	3	3	-
ketchup	17	5	2	-
bacon	2	6	3	4
tuna	3	2	4	-
miracle whip	5	3	5	2
tuna, canned	18	10	6	-
coffeecake	-	-	2	22
cheese cottage/mozzarella	6	6	2	-
pancakes	-	6	-	-
halibut	-	9	-	-
orange, raw	11	-	3	-
beef, round	-	9	-	-
cheese sauce	-	3	6	-
tomatoes, raw	-	1	4	-
mushrooms, canned	-	3	5	-

Table 22, continued

Food	LABRADOR MALES			
	Age 15-19 n= 18	Age 20-40 n= 80	Age 41-60 n= 68	Age 61+ n= 21
cheddar cheese	2	4	2	3
wheat flakes/cereals	6	1	3	-
lettuce	-	1	4	-
cake with icing	13	-	2	-
peaches, canned	-	8	-	-
fishsticks	9	-	4	5
cream cheese	2	2	3	1
doughnuts	5	-	3	-
shrimp, battered fried	-	15	-	-
frozen mixed vegetables	-	-	3	9
cream of corn	-	1	3	3
jam/jellies	-	1	1	1
pork sausage/hot rods	-	1	4	3
salami	10	4	-	-
muffins	-	-	1	3
spinach	-	-	5	-
whipped cream	-	4	1	-
Total	2009	2121	2013	1711
Total minus drinks	808	868	813	787

[1]Number of 24-hr recalls in both seasons.
[2]Drinks=coffee, tea, soft drinks, fruit drinks and fruit juices.

Table 22, continued

The following are market food items for which no age group ate more than an average of 3 grams:

broccoli	mustard
chicken chow mein, canned	oil, canola
cocoa	olives
cornmeal	powdered milk
cream half and half	red beets
dill pickles	salad dressing
honey	soy sauce
kidney beans	tortilla
lemon juice, canned	wheat bran

Table 23. Total intake of market[1] food (g/pers/day) averaged over fall and late winter, by age, gender and region, for total population

Region	Female				Male			
	15-19 yrs (n)[2]	20-40 yrs (n)	41-60 yrs (n)	61+ yrs (n)	15-19 yrs (n)	20-40 yrs (n)	41-60 yrs (n)	61+ yrs (n)
Inuvialuit	760 (22)	756 (121)	719 (53)	536 (21)	922 (24)	866 (100)	775 (32)	538 (14)
Kitikmeot	776 (11)	828 (113)	682 (40)	370 (9)	943 (10)	935 (76)	808 (33)	641 (8)
Kivalliq	709 (19)	740 (112)	580 (45)	551 (23)	607 (7)	872 (87)	604 (33)	532 (15)
Baffin	644 (19)	689 (160)	559 (80)	283 (25)	648 (24)	709 (112)	560 (82)	404 (20)
Labrador	823 (21)	742 (112)	662 (76)	638 (21)	808 (18)	868 (80)	813 (68)	787 (21)

[1] Excludes beverages: coffee, tea, soft drinks, powdered drinks, fruit drinks and fruit juices.
[2] Number of 24-hr recalls in both seasons.

Table 24. Food items reported to be consumed in 5 or more 24hr recalls (all regions)

CODE	SPECIES	PART	PREP	n recalls
4074	CARIBOU	FLESH	BOILED	308
4027	CARIBOU	FLESH	RAW	158
5416	CARIBOU-B	FLESH	FRIED	152
4150	CARIBOU	FLESH	BAKED	109
4032	ARCTIC CHAR	FLESH	RAW	97
4054	RINGED SEAL	FLESH	BOILED	64
4075	ARCTIC CHAR	FLESH	BOILED	53
4073	CARIBOU	FLESH	DRIED	53
4001	RINGED SEAL	FLESH	RAW	48
4028	CARIBOU	FAT	RAW	26
5501	CRANBERRY	BERRIES	JAM	23
4909	MUSKOX	FLESH	COOKED	23
4910	CARIBOU	RIBS	COOKED	22
8009	ARCTIC CHAR	FLESH	FRIED	20
4902	SPRUCE HEN/GROUSE	FLESH	BAKED	20
4056	RINGED SEAL	BROTH		18
8074	NARWHAL	BLUBBER	RAW	17
4071	POLAR BEAR	FLESH	BOILED	16
4164	RABBIT	FLESH	BOILED	16
8068	BELUGA	BLUBBER	RAW	14
4046	BLACKBERRIES	BERRIES	RAW	14
4192	CRANBERRIES	BERRY	RAW	14
4920	SALMON	FLESH	COOKED	14
8004	BELUGA	OIL	AGED	13
4016	NARWHAL	MUKTUK (SKIN)	RAW	12
4023	WALRUS	BLUBBER	AGED	12
4067	WALRUS	FLESH	AGED	12
4061	BEARDED SEAL	FLESH	BOILED	11
4020	BELUGA	MUKTUK (SKIN)	RAW	11
8023	ROCK COD	FLESH	SALTED,REHYD	11
4076	ARCTIC CHAR	FLESH	DRIED	10
8008	CARIBOU	FLESH	RAW, AGED	9
4089	DUCK	FLESH	BOILED	9
4021	WALRUS	FLESH	RAW	9
8001	BAKEAPPLE	BERRY	JAM	8
4062	BEARDED SEAL	INTESTINE	BOILED	8
5204	PTARMIGAN	FLESH	BOILED	8
4233	CARIBOU	HEART	COOKED	7
8021	COD	FLESH	FRIED	7
4217	LAKE TROUT	FLESH	BAKED	7
5113	LAKE TROUT	FLESH	FRIED	7
5121	LAKE TROUT	FLESH	BOILED	7
4002	RINGED SEAL	BLUBBER	RAW	7
4031	CARIBOU	BONE MARROW	RAW	6
4241	CARIBOU	BONE MARROW	COOKED	6
4216	LAKE TROUT	FLESH	RAW	6
5214	SPRUCE GROUSE	WHOLE	BOILED	6
4018	BELUGA	BLUBBER	RAW	5
8070	BELUGA	BLUBBER	BOILED	5
8069	BELUGA	MUKTUK (SKIN)	BOILED	5
4047	BLUEBERRIES	BERRIES	RAW	5
4236	CARIBOU	HEAD	COOKED	5
4037	PTARMIGAN	FLESH	RAW	5
4068	WALRUS	FLESH	BOILED	5
4296	WHITEFISH	FLESH	RAW	5
5205	WILLOW PTARMIGAN	FLESH	RAW	5

Table 25. Nutrient composition of top 20 traditional foods consumed

					per 100g fresh weight										
SPECIES	PART	PREP	n (recalls)	KCAL	H2O	ASH	CHO	PRO	FAT	PUFA	n-3	n-6	MUFA	SFA	VITA	VIT E
					g	g	g	g	g	g	g	g	g	g	µg	µg
CARIBOU	FLESH	BOIL	308	190	60	1.0	0.1	34.8	5.0	0.9	0.1	0.7	1.4	1.7	7.3	539
CARIBOU	FLESH	RAW	158	133	72	1.2	0.6	23.5	3.6	0.4	0.1	0.3	1.1	1.5	121.6	352
CARIBOU	FLESH	BAKED	109	152	65	1.2	0.0	30.3	2.8	0.4	0.1	0.2	0.3	0.6	0.0	539
ARCTIC CHAR	FLESH	RAW	97	105	77	1.2	0.0	19.0	2.7	0.8	0.7	0.1	1.3	0.6	25.2	190
RINGED SEAL	FLESH	BOIL	64	169	64	1.0	0.0	32.5	3.1	0.4	0.3	0.1	0.8	0.5	9.1	293
CARIBOU	FLESH	DRIED	53	330	24	3.0	1.9	65.4	6.2	0.5	0.1	0.4	2.2	2.8	11.0	352
ARCTIC CHAR	FLESH	BOIL	53	158	69	1.7	0.0	26.1	5.2	1.2	1.1	0.1	2.5	1.0	88.5	916
RINGED SEAL	FLESH	RAW	48	128	70	1.2	5.3	22.4	2.0	0.3	0.2	0.1	0.6	0.3	90.7	93
CARIBOU	FAT	RAW	26	829	5	0.1	0.0	2.8	90.8	1.3	0.7	0.6	12.4	26.4	57.8	684
MUSKOX	FLESH	COOK	23	105	75	1.4	1.6	19.4	2.4	0.9	0.1	0.7	1.4	1.7	126.6	143
SPRUCE HEN	FLESH	BAKED	20	133	69	0.9	0.0	28.0	1.5	0.7	0.1	0.6	0.1	0.5	46.9	117
NARWHAL	BLUBBER	RAW	17	718	9	0.2	2.2	7.7	73.8	4.4	3.6	0.7	36.9	6.5	1776.8	8922
ARCTIC HARE	FLESH	BOIL	16	144	67	0.9	0.0	29.0	2.7	1.2	0.1	1.1	1.0	2.0	12.3	895
POLAR BEAR	FLESH	BOIL	16	208	56	1.2	0.0	39.2	4.9	0.5	0.4	0.2	1.9	0.6	0.0	267
CRANBERRIES	BERRY	RAW	14	68	83	0.3	17.8	0.7	0.7	0.0	0.0	0.0	0.0	0.0	0.0	100
BLACKBERRIES	BERRY	RAW	14	50	88	0.2	10.9	0.4	1.0	0.1	0.0	0.0	0.0	0.0	18.0	710
BELUGA	OIL	AGED	13	891	0	0.0	1.1	0.3	98.3	14.9	13.4	1.5	52.0	18.6	2027.3	29050
NARWHAL	MUKTUK/ SKIN ONLY	RAW	12	136	71	1.0	1.5	22.2	4.6	0.4	0.3	0.1	3.0	0.7	277.0	1419
WALRUS	BLUBBER	AGED	12	616	26	0.2	2.2	6.5	64.3	10.4	8.8	1.5	23.4	5.9	343.9	594
WALRUS	FLESH	AGED	12	171	67	1.1	0.0	25.1	6.9	0.6	0.6	0.1	1.2	0.6	28.5	156

continued

Table 25, continued

				per 100 g fresh weight												
SPECIES	PART	PREP	n recalls	VIT C mg	VIT B2 mg	VIT B6 mg	FOLATE µg	Ca mg	Fe mg	Cu mg	Zn mg	P mg	Mg mg	Na mg	Mn mg	K mg	SE µg
CARIBOU	FLESH	BOIL	308	0.5	0.38	0.71	5.0	5.6	6.4	0.59	5.9	260.1	29.8	44.1	0.06	261.6	0.0
CARIBOU	FLESH	RAW	158	0.9	0.38	0.84	4.0	5.0	5.4	0.34	3.5	219.5	33.1	49.7	0.03	451.8	0.0
CARIBOU	FLESH	BAKED	109	0.5	0.38	0.71	5.0	5.7	4.3	0.34	5.5	223.5	30.3	56.8	0.03	370.4	19.0
ARCTIC CHAR	FLESH	RAW	97	1.2	0.02	0.68	32.4	12.1	0.5	0.05	0.4	247.7	33.8	67.9	0.00	515.7	0.0
RINGED SEAL	FLESH	BOIL	64	1.2	0.32	0.93	15.8	9.9	27.6	0.16	3.7	257.6	31.0	103.3	0.02	303.3	29.7
CARIBOU	FLESH	DRIED	53	0.5	0.72	1.36	9.5	18.4	11.3	0.81	10.4	566.5	76.2	97.7	0.10	1166.7	0.0
ARCTIC CHAR	FLESH	BOIL	53	0.9	0.02	0.58	24.3	26.6	0.5	0.08	0.6	250.6	25.1	49.7	0.01	689.2	0.0
RINGED SEAL	FLESH	RAW	48	1.6	0.26	1.20	21.1	28.9	23.2	0.20	2.6	211.7	28.7	57.1	0.02	426.3	26.9
CARIBOU	FAT	RAW	26	0.0	0.00	0.00	0.0	2.4	1.4	0.02	0.2	28.5	5.2	43.6	0.02	0.0	200.0
MUSKOX	FLESH	COOK	23	0.5	0.38	0.71	5.0	3.2	4.5	0.13	2.4	159.2	25.1	50.9	0.01	419.8	0.0
SPRUCE HEN	FLESH	BAKED	20	1.3	0.51	1.39	25.8	9.4	9.0	0.41	1.1	284.4	33.3	62.8	0.12	408.5	20.0
NARWHAL	BLUBBER	RAW	17	0.0	0.00	0.00	0.0	2.4	0.5	0.03	0.3	18.0	2.5	33.1	0.02	24.2	45.2
ARCTIC HARE	FLESH	BOIL	16	0.0	0.46	0.87	8.9	39.0	5.9	0.42	2.8	208.9	29.1	58.9	0.04	255.6	0.0
POLAR BEAR	FLESH	BOIL	16	1.2	0.28	0.67	5.0	5.8	6.7	0.32	10.3	246.4	33.4	49.0	0.03	551.9	70.7
CRANBERRIES	BERRY	RAW	14	3.9	0.02	0.25	19.5	11.9	0.2	0.08	0.2	8.5	7.1	3.1	3.94	94.5	7.8
BLACKBERRIES	BERRY	RAW	14	2.4	0.01	0.00	7.0	4.8	0.2	0.09	0.1	7.4	5.2	2.8	1.27	99.3	3.9
BELUGA	OIL	AGED	13	0.0	0.00	0.00	0.0	1.3	0.2	0.02	0.2	7.1	1.0	17.5	0.01	3.8	0.0
NARWHAL	MUKTUK/ SKIN ONLY	RAW	12	31.5	0.03	0.73	2.0	5.2	0.3	0.05	7.9	166.7	15.6	100.2	0.00	369.0	437.9
WALRUS	BLUBBER	AGED	12	0.0	0.03	0.00	0.0	4.4	1.8	0.28	0.5	36.5	2.9	86.7	0.01	24.2	45.2
WALRUS	FLESH	AGED	12	0.9	0.08	0.44	12.4	6.2	22.1	0.14	5.7	207.0	26.6	99.6	0.02	320.9	0.0

Table 26. List of nutrients and contaminants determined

NUTRIENTS

Macronutrients	Vitamins	Minerals
Energy (KCAL)	Vitamin A	Calcium (Ca)
Water (H2O)	Vitamin E	Iron (Fe)
Carbohydrate (CHO)	Vitamin C	Copper (Cu)
Protein (PRO)	Vitamin D*	Zinc (Zn)
Fat	Riboflavin (vit B2)	Phosphorous (P)
Saturated Fat (SFA)	Niacin*	Magnesium (mg)
Monounsaturated Fat (MUFA)	Pyridoxine (vit B6)	Sodium (Na)
Polyunsaturated Fat (PUFA)	Folate	Manganese (Mn)
Omega-3 Fatty Acids (n-3)		Potassium (K)
Omega-6 Fatty Acids (n-6)		Selenium (Se)

Ash

*values still to be determined

CONTAMINANTS

Heavy metals	Organochlorines
Arsenic (As)	Chlordane (CHL)
Cadmium (Cd)	Chlorobenzene (CBZ)
Mercury (Hg)	Aldrin and Dieldrin (DIE)
Lead (Pb)	DDT
	Hexachlorocyclohexane (HCH)
	Mirex (MIR)
	Polychlorinated biphenyls (PCBs)
	Toxaphene (TOX)

Table 27. Dietary Reference Standards[1] for daily intake by gender, for people 15 years and older.

Energy[2] (kcal)	M F	2000 - 3200 1700 - 2100	(decreasing requirement with age for both genders)
Carbohydrate[2] (g) (50-60% of total energy)	M F	271 - 440 233 - 289	(decreasing requirement with age for both genders)
Protein[2] (g)	M F	58 - 64 47 - 55	
Fat[2] (g) (< 30% of total energy)	M F	67 - 107 57 - 70	(decreasing requirement with age for both genders)
Saturated fat[2] (g) (< 10% of total energy)	M F	22 - 35 19 - 23	(decreasing requirement with age for both genders)
Polyunsaturated fat[2]	M F	(omega 6 fatty acids: at least 3% of total energy, for both genders) (omega 3 fatty acids: at least 0.5% of total energy, for both genders)	
Vitamin A[2] -RE-(µg retinol)	M F	1000 800	
Vitamin E[3] (mg)	M F	15 15	
Vitamin C[3] (mg)	M F	65 - 90 65 - 75	
Riboflavin[3] - vit B2 - (mg)	M F	1.3 1.0 - 1.1	
Pyridoxine[3] - vit B6 - (mg)	M F	1.3 - 1.7 1.2 - 1.5	
Folate[3] (µg)	M F	400 400	
Iron[2] (mg)	M F	9 - 10 8 - 13	(decreasing requirement with age) (peak requirement at 25-49 years of age)
Zinc[2] (mg)	M F	12 9	
Calcium[3] (mg)	M F	1000 - 1300 1000 - 1300	(peak requirement at 14-18 years of age for both genders, and increasing after 30 years of age)
Phosphorous[3] (mg)	M F	700 - 1250 700 - 1250	(peak requirement at 14-18 years of age for both genders)
Magnesium[3] (mg)	M F	400 - 420 310 - 360	(peak requirement at 14-18 years of age for females)
Copper (mg)		no level yet set (August, 2000)	

Manganese (mg)		no level yet set (August, 2000)	
Selenium[3] (µg)	M F	55 55	
Sodium (mg)		no level yet set (August, 2000)	
Potassium (mg)		no level yet set (August, 2000)	
Fibre[2] (g)		20-35	
Sucrose[2] (g) (< 10% of total energy)[2]	M F	50 - 80 42 - 52	(decreasing amounts suggested with age for both genders)

[1]The values shown represent current (as of August, 2000) standards used in the data analyses of this report.
[2]Canadian Recommended Levels of Energy and Nutrient Intakes. Reference: Health and Welfare Canada, Nutrition Recommendations, 1990.
[3]Dietary Reference Intakes: Recommended Intakes for Individuals (RDA s i.e. Recommended Dietary Allowances, or AIs i.e. Adequate Intakes). Reference: Food and Nutrition Board, Institute of Medicine, National Academies, 2000.

Table 28. Average daily intake (lsmean ± SE)[1] of energy, macronutrients, selected vitamins and minerals, dietary fibre and sugars, for fall and late winter combined, by region, gender and age group, controlling for season, site and day of the week

A) INUVIALUIT COMMUNITIES

	INUVIALUIT FEMALES			
	age 15-19 (n=22)	age 20-40 (n=121)	age 41-60 (n=53)	age 61+ (n=21)
Energy (kcal)	1776 ± 212	1932 ± 106	1715 ± 146	1777 ± 208
Carbohydrate (g)	237 ± 33	215 ± 13	169 ± 21	155 ± 37
Protein (g)	89 ± 19	108 ± 9	99 ± 11	151 ± 25
Fat (g)	53 ± 12	72 ± 6	71 ± 8	58 ± 8
Polyunsaturated fat (g)	10 ± 3	14 ± 1	11 ± 1	11 ± 2
Omega 3 fatty acids (g)	1 ± 0.2	1 ± 0.2	2 ± 0.5	4 ± 0.4
Omega 6 fatty acids (g)	9 ± 2	10 ± 0.8	8 ± 0.8	7 ± 1
Saturated fat (g)	17 ± 5	24 ± 2	24 ± 3	15 ± 3
Monounsaturated fat[2] (g)	3 ± 2	3 ± 0.6	6 ± 3	11 ± 1
Vitamin A[3] (µg RE)	464 (169, 1271)	361 (285, 458)	386 (263, 567)	359 (208, 621)
Vitamin E (mg)	5 ± 2	5 ± 0.5	5 ± 1	9 ± 1
Vitamin C (mg)	111 ± 44	103 ± 11	68 ± 22	97 ± 36
Riboflavin - vit B2 - (mg)	1.4 ± 0.4	1.7 ± 0.2	1.4 ± 0.1	1.8 ± 0.4
Pyridoxine - vit B6 - (mg)	1.9 ± 0.6	2.3 ± 0.3	2.1 ± 0.3	3.5 ± 0.6
Folate (µg)	128 ± 44	133 ± 13	139 ± 18	209 ± 29
Folate with fortified flour (µg)	281 ± 53	228 ± 17	224 ± 22	292 ± 45
Iron (mg)	21 ± 9	21 ± 3	18 ± 2	19 ± 5
Zinc (mg)	13 ± 3	15 ± 1	13 ± 2	15 ± 4
Calcium (mg)	316 ± 72	369 ± 28	402 ± 63	468 ± 97
Phosphorous (mg)	933 ± 183	1130 ± 84	1109 ± 109	1657 ± 174
Magnesium (mg)	156 ± 28	223 ± 14	213 ± 18	260 ± 23
Copper (mg)	2 ± 0.7	2 ± 0.1	2 ± 0.2	2 ± 0.4
Manganese[2] (mg)	0.3 ± 0.2	0.1 ± 0.02	0.2 ± 0.05	0.9 ± 0.05
Selenium[2] (µg)	7 ± 7	16 ± 7	33 ± 50	99 ± 18
Sodium (mg)	2547 ± 334	2346 ± 208	2593 ± 876	1441 ± 445
Potassium (mg)	1566 ± 333	2471 ± 170	2198 ± 211	3280 ± 218
Dietary fibre (g)[4]	8 ± 2	12 ± 1	13 ± 2	10 ± 1
Sucrose (g)[4]	82 ± 17	81 ± 7	58 ± 11	44 ± 15
Total sugars (g)[4]	112 ± 20	102 ± 8	72 ± 14	59 ± 19

Table 28, continued

	INUVIALUIT MALES			
	age 15-19 (n=24)	age 20-40 (n=100)	age 41-60 (n=32)	age 61+ (n=14)*
Energy (kcal)	2396 ± 256	2405 ± 216	2134 ± 156	1208 ± 289
Carbohydrate (g)	319 ± 37	263 ± 26	210 ± 24	100 ± 30
Protein (g)	90 ± 19	122 ± 14	148 ± 13	93 ± 22
Fat (g)	86 ± 15	97 ± 12	76 ± 8	47 ± 19
Polyunsaturated fat (g)	15 ± 4	17 ± 4	11 ± 1	7 ± 3
Omega 3 fatty acids (g)	2 ± 0.3	2 ± 0.5	2 ± 0.4	2 ± 0.8
Omega 6 fatty acids (g)	10 ± 3	12 ± 2	11 ± 1	4 ± 2
Saturated fat (g)	30 ± 5	34 ± 4	24 ± 3	15 ± 7
Monounsaturated fat[2] (g)	2 ± 1	3 ± 2	7 ± 2	8 ± 3
Vitamin A[3] (µg RE)	363 (264, 499)	431 (307, 605)	553 (365, 836)	376 (169, 837)
Vitamin E (mg)	5 ± 2	6 ± 1	7 ± 1	4 ± 2
Vitamin C (mg)	98 ± 43	118 ± 22	61 ± 30	20 ± 26
Riboflavin - vit B2 - (mg)	1.4 ± 0.2	1.8 ± 0.2	2.1 ± 0.2	1.0 ± 0.3
Pyridoxine - vit B6 - (mg)	1.9 ± 0.4	2.5 ± 0.3	3.2 ± 0.4	2.1 ± 0.6
Folate (µg)	196 ± 35	164 ± 26	201 ± 37	93 ± 22
Folate with fortified flour (µg)	309 ± 49	294 ± 33	313 ± 29	138 ± 28
Iron (mg)	17 ± 3	22 ± 2	30 ± 3	12 ± 3
Zinc (mg)	11 ± 3	18 ± 2	21 ± 3	10 ± 5
Calcium (mg)	683 ± 114	478 ± 60	503 ± 73	280 ± 44
Phosphorous (mg)	1133 ± 169	1327 ± 120	1496 ± 105	930 ± 212
Magnesium (mg)	237 ± 35	268 ± 21	265 ± 20	165 ± 38
Copper (mg)	1 ± 0.4	2 ± 0.2	2 ± 0.2	1 ± 0.4
Manganese[2] (mg)	0.3 ± 0.2	0.1 ± 0.1	0.2 ± 0.05	0.3 ± 0.6
Selenium[2] (µg)	34± 29	34 ± 39	34 ± 13	44 ± 78
Sodium (mg)	2900 ± 1766	3080 ± 364	2757 ± 260	1203 ± 687
Potassium (mg)	2543 ± 430	2859 ± 294	2798 ± 262	2177 ± 438
Dietary fibre (g)[4]	14 ± 3	18 ± 2	12 ± 2	7 ± 2
Sucrose (g)[4]	149 ± 26	96 ± 12	66 ± 12	40 ± 11
Total sugars (g)[4]	176 ± 31	116 ± 14	82 ± 17	43 ± 12

Table 28, continued

B) KITIKMEOT COMMUNITIES

	KITIKMEOT FEMALES			
	age 15-19 (n=11)*	age 20-40 (n=113)	age 41-60 (n=40)	age 61+ (n=9)*
Energy (kcal)	1897 ± 194	1956 ± 97	2034 ± 182	1588 ± 467
Carbohydrate (g)	219 ± 29	203 ± 11	176 ± 26	75 ± 35
Protein (g)	110 ± 16	126 ± 10	162 ± 19	173 ± 77
Fat (g)	65 ± 9	71 ± 5	73 ± 8	61 ± 16
Polyunsaturated fat (g)	11 ± 3	12 ± 1	13 ± 2	12 ± 4
Omega 3 fatty acids (g)	1 ± 0.2	2 ± 0.2	2 ± 0.4	4 ± 1
Omega 6 fatty acids (g)	7 ± 1	9 ± 1	11 ± 2	8 ± 3
Saturated fat (g)	24 ± 4	24 ± 2	23 ± 3	17 ± 4
Monounsaturated fat[2] (g)	3 ± 2	5 ± 1	15 ± 2	13 ± 6
Vitamin A[3] (µg RE)	411 (218, 776)	369 (292, 467)	355 (227, 554)	291 (30, 2790)
Vitamin E (mg)	4 ± 0.4	4 ± 0.4	6 ± 2	6 ± 2
Vitamin C (mg)	117 ± 49	125 ± 12	44 ± 28	10 ± 7
Riboflavin - vit B2 - (mg)	1.7 ± 0.2	1.8 ± 0.1	2.2 ± 0.4	1.3 ± 0.5
Pyridoxine - vit B6 - (mg)	2.1 ± 0.4	2.8 ± 0.3	3.5 ± 0.6	4.2 ± 2.4
Folate (µg)	125 ± 34	160 ± 13	196 ± 42	167 ± 78
Folate with fortified flour (µg)	250 ± 37	267 ± 16	261 ± 51	189 ± 75
Iron (mg)	20 ± 3	24 ± 3	33 ± 9	37 ± 22
Zinc (mg)	17 ± 2	17 ± 2	21 ± 3	13 ± 8
Calcium (mg)	517 ± 135	421 ± 32	588 ± 91	349 ± 167
Phosphorous (mg)	1269 ± 163	1322 ± 90	1725 ± 177	1712 ± 680
Magnesium (mg)	213 ± 26	254 ± 15	297 ± 25	263 ± 74
Copper (mg)	2 ± 0.3	2 ± 0.1	2 ± 0.7	1 ± 0.8
Manganese[2] (mg)	0.2 ± 0.2	0.1 ± 0.03	0.7 ± 0.1	0.3 ± 0.2
Selenium[2] (µg)	0	25 ± 11	20 ± 13	26 ± 29
Sodium (mg)	2522 ± 547	2618 ± 165	2681 ± 420	1425 ± 490
Potassium (mg)	2176 ± 317	2798 ± 185	3499 ± 301	3778 ± 953
Dietary fibre (g)[4]	9 ± 2	12 ± 0.8	12 ± 2	7 ± 5
Sucrose (g)[4]	65 ± 5	59 ± 4	42 ± 12	25 ± 8
Total sugars (g)[4]	91 ± 12	85 ± 6	55 ± 16	27 ± 8

Table 28, continued

	KITIKMEOT MALES			
	age 15-19 (n=10)*	age 20-40 (n=76)	age 41-60 (n=33)	age 61+ (n=8)*
Energy (kcal)	2450 ± 370	2158 ± 155	2083 ± 234	2003 ± 438
Carbohydrate (g)	328 ± 48	234 ± 20	203 ± 34	108 ± 42
Protein (g)	136 ± 31	132 ± 11	156 ± 19	178 ± 75
Fat (g)	68 ± 14	77 ± 8	70 ± 10	92 ± 18
Polyunsaturated fat (g)	8 ± 6	13 ± 2	13 ± 2	9 ± 2
Omega 3 fatty acids (g)	2 ± 0.5	2 ± 0.3	3 ± 0.6	2 ± 0.3
Omega 6 fatty acids (g)	13 ± 5	11 ± 2	10 ± 2	7 ± 2
Saturated fat (g)	29 ± 8	25 ± 3	22 ± 3	30 ± 7
Monounsaturated fat[2] (g)	3 ± 1	6 ± 2	11 ± 3	17 ± 5
Vitamin A[3] (µg RE)	497 (224, 1102)	460 (338, 634)	427 (291, 627)	382 (256, 570)
Vitamin E (mg)	4 ± 2	5 ± 0.6	6 ± 0.9	5 ± 0.7
Vitamin C (mg)	101 ± 63	86 ± 16	89 ± 32	28 ± 12
Riboflavin - vit B2 - (mg)	2.1 ± 0.5	1.9 ± 0.2	1.9 ± 0.3	2.1 ± 0.8
Pyridoxine - vit B6 - (mg)	2.5 ± 0.7	2.7 ± 0.3	3.7 ± 0.6	3.5 ± 0.1
Folate (µg)	210 ± 48	156 ± 19	252 ± 40	146 ± 46
Folate with fortified flour (µg)	372 ± 62	274 ± 27	291 ± 39	186 ± 64
Iron (mg)	24 ± 5	23 ± 2	29 ± 4	27 ± 13
Zinc (mg)	19 ± 5	17 ± 2	18 ± 3	27 ± 15
Calcium (mg)	829 ± 189	508 ± 62	535 ± 91	454 ± 201
Phosphorous (mg)	1665 ± 350	1395 ± 102	1622 ± 181	1686 ± 559
Magnesium (mg)	353 ± 69	280 ± 19	285 ± 26	242 ± 73
Copper (mg)	2 ± 0.4	2 ± 0.2	2 ± 0.2	2 ± 0.9
Manganese[2] (mg)	0.1 ± 0.1	0.2 ± 0.07	0.4 ± 0.1	0.6 ± 0.3
Selenium[2] (µg)	20 ± 18	29 ± 18	31 ± 15	26 ± 21
Sodium (mg)	3535 ± 502	3092 ± 345	2856 ± 438	1752 ± 586
Potassium (mg)	3032 ± 723	2856 ± 222	3328 ± 388	3217 ± 1092
Dietary fibre (g)[4]	19 ± 4	16 ± 1	12 ± 2	6 ± 3
Sucrose (g)[4]	119 ± 12	69 ± 9	61 ± 13	30 ± 10
Total sugars (g)[4]	152 ± 22	91 ± 11	79 ± 17	36 ± 13

Table 28, continued

C) KIVALLIQ COMMUNITIES

	KIVALLIQ FEMALES			
	age 15-19 (n=19)	age 20-40 (n=112)	age 41-60 (n=45)	age 61+ (n=23)
Energy (kcal)	1841 ± 219	2164 ± 113	2071 ± 280	1798 ± 344
Carbohydrate (g)	226 ± 37	243 ± 15	191 ± 22	166 ± 31
Protein (g)	74 ± 12	120 ± 9	140 ± 28	141 ± 40
Fat (g)	74 ± 11	80 ± 5	81 ± 14	61 ± 15
Polyunsaturated fat (g)	19 ± 4	14 ± 1	13 ± 2	13 ± 3
Omega 3 fatty acids (g)	1 ± 0.2	2 ± 0.2	2 ± 0.6	3 ± 1
Omega 6 fatty acids (g)	12 ± 2	10 ± 0.7	10 ± 2	10 ± 3
Saturated fat (g)	24 ± 4	28 ± 2	22 ± 4	18 ± 4
Monounsaturated fat[2] (g)	1 ± 1	4 ± 0.9	16 ± 4	13 ± 5
Vitamin A[3] (µg RE)	229 (115, 455)	366 (281, 477)	362 (231, 567)*	259 (146, 461)*
Vitamin E (mg)	6 ± 1	5 ± 0.4	10 ± 8	6 ± 2
Vitamin C (mg)	78 ± 59	71 ± 10	48 ± 17	27 ± 18
Riboflavin - vit B2 - (mg)	1.1 ± 0.2	1.6 ± 0.1	1.9 ± 0.4	1.8 ± 0.4
Pyridoxine - vit B6 - (mg)	1.6 ± 0.3	2.4 ± 0.2	3.3 ± 0.8	3.2 ± 1.0
Folate (µg)	127 ± 19	133 ± 10	144 ± 29	148 ± 41
Folate with fortified flour (µg)	220 ± 47	241 ± 16	224 ± 33	229 ± 42
Iron (mg)	13 ± 2	23 ± 2	25 ± 9	23 ± 5
Zinc (mg)	11 ± 2	18 ± 2	22 ± 5	18 ± 5
Calcium (mg)	448 ± 62	424 ± 31	441 ± 55	500 ± 131
Phosphorous (mg)	904 ± 95	1244 ± 75	1393 ± 255	1497 ± 371
Magnesium (mg)	182 ± 19	258 ± 15	246 ± 37	241 ± 55
Copper (mg)	1 ± 0.2	2 ± 0.1	2 ± 0.4	2 ± 0.4
Manganese[2] (mg)	0.1 ± 0.05	0.1 ± 0.03	0.4 ± 0.1	0.5 ± 0.2
Selenium[2] (µg)	6 ± 4	40 ± 14	287 ± 101	11 ± 14
Sodium (mg)	2060 ± 321	2237 ± 154	1974 ± 216	1639 ± 378
Potassium (mg)	2192 ± 316	2724 ± 182	2768 ± 477	2584 ± 932
Dietary fibre (g)[4]	14 ± 2	16 ± 1	10 ± 2	8 ± 2
Sucrose (g)[4]	86 ± 20	101 ± 9	60 ± 13	49 ± 16
Total sugars (g)[4]	108 ± 30	118 ± 10	80 ± 16	60 ± 19

Table 28, continued

	KIVALLIQ MALES			
	age 15-19 (n=7)*	age 20-40 (n=87)	age 41-60 (n=33)	age 61+ (n=15)
Energy (kcal)	2562 ± 691	2907 ± 136	2204 ± 311	2066 ± 521
Carbohydrate (g)	284 ± 69	306 ± 20	179 ± 27	198 ± 33
Protein (g)	203 ± 68	171 ± 13	181 ± 30	129 ± 104
Fat (g)	70 ± 21	111 ± 6	82 ± 19	82 ± 14
Polyunsaturated fat (g)	18 ± 4	18 ± 2	11 ± 5	16 ± 2
Omega 3 fatty acids (g)	2 ± 0.2	3 ± 0.3	2 ± 0.7	1 ± 2
Omega 6 fatty acids (g)	11 ± 3	14 ± 1	9 ± 2	13 ± 2
Saturated fat (g)	23 ± 8	38 ± 2	22 ± 5	28 ± 4
Monounsaturated fat[2] (g)	8 ± 3	6 ± 1	14 ± 5	17 ± 4
Vitamin A[3] (µg RE)	570 (178, 1492)	518 (373, 719)	515 (252, 1049)	430 (212, 875)*
Vitamin E (mg)	7 ± 2	7 ± 0.5	6 ± 2	5 ± 2
Vitamin C (mg)	212 ± 100	110 ± 16	85 ± 24	13 ± 6
Riboflavin - vit B2 - (mg)	2.6 ± 1.0	2.4 ± 0.2	2.5 ± 0.4	2.6 ± 0.9
Pyridoxine - vit B6 - (mg)	5.2 ± 1.4	3.8 ± 0.4	4.8 ± 0.8	3.2 ± 3.7
Folate (µg)	159 ± 35	191 ± 11	146 ± 29	210 ± 59
Folate with fortified flour (µg)	272 ± 83	356 ± 27	212 ± 29	282 ± 67
Iron (mg)	45 ± 9	31 ± 3	41 ± 11	23 ± 32
Zinc (mg)	31 ± 13	24 ± 2	25 ± 5	17 ± 13
Calcium (mg)	480 ± 183	597 ± 43	406 ± 102	750 ± 101
Phosphorous (mg)	1967 ± 564	1835 ± 112	1728 ± 267	1600 ± 911
Magnesium (mg)	315 ± 92	335 ± 18	288 ± 37	302 ± 140
Copper (mg)	3 ± 1	2 ± 0.2	2 ± 0.4	2 ± 1
Manganese[2] (mg)	0.3 ± 0.2	0.2 ± 0.05	0.3 ± 0.1	1 ± 0.5
Selenium[2] (µg)	59 ± 25	75 ± 26	106 ± 89	48 ± 89*
Sodium (mg)	1606 ± 473	3247 ± 223	1854 ± 263	2996 ± 574
Potassium (mg)	3739 ± 840	3643 ± 247	3347 ± 542	2904 ± 2275
Dietary fibre (g)[4]	13 ± 4	16 ± 1	9 ± 2	16 ± 2
Sucrose (g)[4]	97 ± 22	116 ± 10	75 ± 16	32 ± 20
Total sugars (g)[4]	148 ± 32	141 ± 11	88 ± 16	41 ± 21

D) BAFFIN COMMUNITIES

Table 28, continued

	BAFFIN FEMALES			
	age 15-19 (n=19)	age 20-40 (n=160)	age 41-60 (n=80)	age 61+ (n=25)
Energy (kcal)	2094 ± 218	2009 ± 73	1957 ± 102	1462 ± 247
Carbohydrate (g)	220 ± 31	215 ± 9	154 ± 10	68 ± 11
Protein (g)	113 ± 22	112 ± 6	148 ± 8	153 ± 27
Fat (g)	86 ± 8	78 ± 4	80 ± 7	60 ± 14
Polyunsaturated fat (g)	20 ± 3	14 ± 0.8	12 ± 1	10 ± 2
Omega 3 fatty acids (g)	2 ± 0.3	2 ± 0.3	4 ± 0.6	4 ± 1
Omega 6 fatty acids (g)	12 ± 2	8 ± 0.5	8 ± 0.9	5 ± 0.9
Saturated fat (g)	30 ± 3	25 ± 1	21 ± 2	13 ± 2
Monounsaturated fat[2] (g)	7 ± 1	8 ± 1	17 ± 3	21 ± 8
Vitamin A[3] (µg RE)	232 (47, 1151)	449 (372, 541)	562 (410, 771)	423 (181, 985)*
Vitamin E (mg)	6 ± 1	11 ± 3	13 ± 4	18 ± 9
Vitamin C (mg)	89 ± 44	86 ± 9	66 ± 8	30 ± 14
Riboflavin - vit B2 - (mg)	1.6 ± 0.2	1.5 ± 0.1	1.7 ± 0.1	1.7 ± 0.3
Pyridoxine - vit B6 - (mg)	2.3 ± 0.7	2.8 ± 0.2	3.9 ± 0.3	4.5 ± 1.0
Folate (µg)	180 ± 47	184 ± 19	178 ± 17	307 ± 128
Folate with fortified flour (µg)	209 ± 64	263 ± 21	234 ± 18	328 ± 127
Iron (mg)	27 ± 12	29 ± 3	44 ± 5	51 ± 20
Zinc (mg)	16 ± 3	16 ± 1	22 ± 2	19 ± 4
Calcium (mg)	618 ± 163	452 ± 27	399 ± 33	269 ± 66
Phosphorous (mg)	1288 ± 217	1264 ± 64	1498 ± 78	1473 ± 266
Magnesium (mg)	197 ± 34	235 ± 10	247 ± 12	211 ± 34
Copper (mg)	2 ± 0.3	2 ± 0.1	2 ± 0.1	2 ± 0.4
Manganese[2] (mg)	0.3 ± 0.05	0.2 ± 0.03	0.4 ± 0.1	0.5 ± 0.8
Selenium[2] (µg)	48 ± 72	130 ± 28	230 ± 61	147 ± 129
Sodium (mg)	2183 ± 443	2185 ± 105	1882 ± 168	1236 ± 167
Potassium (mg)	2266 ± 462	2678 ± 132	2980 ± 135	2725 ± 514
Dietary fibre (g)[4]	11 ± 2	12 ± 0.6	8 ± 0.7	3 ± 0.6
Sucrose (g)[4]	88 ± 18	87 ± 5	60 ± 5	17 ± 6
Total sugars (g)[4]	105 ± 15	109 ± 6	71 ± 6	21 ± 6

Table 28, continued

	BAFFIN MALES			
	age 15-19 (n=24)	age 20-40 (n=112)	age 41-60 (n=82)	age 61+ (n=20)
Energy (kcal)	2233 ± 209	2069 ± 95	2284 ± 127	2406 ± 170
Carbohydrate (g)	273 ± 24	234 ± 12	180 ± 13	164 ± 18
Protein (g)	99 ± 22	112 ± 8	168 ±13	187 ± 23
Fat (g)	85 ± 13	76 ± 6	95 ± 10	105 ± 13
Polyunsaturated fat (g)	19 ± 5	15 ± 1	13 ± 1	16 ± 2
Omega 3 fatty acids (g)	2 ± 0.6	2 ± 0.2	5 ± 0.7	5 ± 2
Omega 6 fatty acids (g)	11 ± 2	9 ± 0.7	7 ± 0.5	10 ± 1
Saturated fat (g)	28 ± 4	25 ± 2	25 ± 2	24 ± 3
Monounsaturated fat[2] (g)	6 ± 3	6 ± 1	21 ± 4	31 ± 9
Vitamin A[3] (µg RE)	246 (158, 383)	379 (299, 481)	660 (488, 895)	591 (326, 1072)*
Vitamin E (mg)	5 ± 1	5 ± 0.5	20 ± 10	34 ± 23
Vitamin C (mg)	138 ± 38	69 ± 8	70 ± 9	49 ± 5
Riboflavin - vit B2 - (mg)	1.6 ± 0.3	1.6 ± 0.1	2.4 ± 0.3	2.2 ± 0.4
Pyridoxine - vit B6 - (mg)	2.4 ± 0.6	2.7 ± 0.3	4.9 ± 0.5	5.9 ± 1.0
Folate (µg)	167 ± 19	183 ± 17	344 ± 62	228 ± 24
Folate with fortified flour (µg)	262 ± 32	269 ± 19	431 ± 63	276 ± 24
Iron (mg)	20 ± 4	32 ± 3	64 ± 8	67 ± 24
Zinc (mg)	17 ± 4	14 ± 1	24 ± 3	23 ± 4
Calcium (mg)	436 ± 33	497 ± 36	503 ± 36	574 ± 41
Phosphorous (mg)	1168 ± 187	1247 ± 70	1802 ± 127	2081 ± 249
Magnesium (mg)	227 ± 29	243 ± 11	293 ± 19	323 ± 38
Copper (mg)	2 ± 0.3	2 ± 0.1	3 ± 0.3	2 ± 0.4
Manganese[2] (mg)	0.2 ± 0.1	0.2 ± 0.04	0.8 ± 0.2	0.6 ± 0.1
Selenium[2] (µg)	11 ± 8	30 ± 10	207 ± 57	314 ± 107
Sodium (mg)	1975 ± 177	2403 ± 152	2097 ± 153	2389 ± 260
Potassium (mg)	2778 ± 457	2644 ± 152	3332 ± 207	3710 ± 563
Dietary fibre (g)[4]	14 ± 3	14 ± 0.7	10 ± 1	7 ± 1
Sucrose (g)[4]	100 ± 9	88 ± 6	69 ± 7	57 ± 14
Total sugars (g)[4]	128 ± 12	106 ± 7	81 ± 8	64 ± 14

Table 28, continued

E) LABRADOR COMMUNITIES

	LABRADOR FEMALES			
	age 15-19 (n=21)	age 20-40 (n=112)	age 41-60 (n=76)	age 61+ (n=21)
Energy (kcal)	1843 ± 290	1819 ± 113	1824 ± 86	1299 ± 208
Carbohydrate (g)	240 ± 43	211 ± 13	188 ± 11	148 ± 25
Protein (g)	78 ± 11	94 ± 10	115 ± 9	85 ± 16
Fat (g)	65 ± 12	67 ± 6	67 ± 5	41 ± 8
Polyunsaturated fat (g)	12 ± 3	15 ± 2	13 ± 1	7 ± 2
Omega 3 fatty acids (g)	1 ± 0.2	1 ± 0.2	2 ± 0.2	1 ± 0.4
Omega 6 fatty acids (g)	9 ± 2	9 ± 0.8	9 ± 0.7	6 ± 1
Saturated fat (g)	25 ± 5	22 ± 2	22 ± 2	15 ± 2
Monounsaturated fat[2] (g)	0.5 ± 0.2	1 ± 0.4	2 ± 0.3	0.6 ± 0.5
Vitamin A[3] (µg RE)	415 (260, 664)	264 (191, 365)	269 (179, 404)	373 (141, 991)
Vitamin E (mg)	5 ± 0.8	4 ± 0.4	5 ± 0.4	4 ± 1
Vitamin C (mg)	128 ± 20	74 ± 10	77 ± 10	97 ± 21
Riboflavin - vit B2 - (mg)	1.4 ± 0.2	1.3 ± 0.1	1.7 ± 0.2	1.4 ± 0.2
Pyridoxine - vit B6 - (mg)	1.8 ± 0.3	2.1 ± 0.3	3.0 ± 0.4	2.4 ± 0.6
Folate (µg)	176 ± 32	119 ± 10	164 ± 31	109 ± 20
Folate with fortified flour (µg)	256 ± 53	202 ± 14	249 ± 33	153 ± 25
Iron (mg)	14 ± 2	17 ± 2	20 ± 3	15 ± 3
Zinc (mg)	11 ± 2	12 ± 1	15 ± 1	11 ± 2
Calcium (mg)	617 ± 140	345 ± 34	421 ± 43	445 ± 53
Phosphorous (mg)	1073 ± 168	1028 ± 90	1197 ± 67	984 ± 182
Magnesium (mg)	205 ± 32	190 ± 16	220 ± 14	194 ± 31
Copper (mg)	1 ± 0.2	1 ± 0.1	2 ± 0.2	1 ± 0.2
Manganese[2] (mg)	0.2 ± 0.2	0.2 ± 0.1	0.3 ± 0.1	0.3 ± 0.4
Selenium[2] (µg)	13 ± 6	18 ± 5	37 ± 7	29 ± 9
Sodium (mg)	2258 ± 339	2022 ± 189	2263 ± 303	1505 ± 242
Potassium (mg)	2328 ± 386	2363 ± 202	2518 ± 146	2348 ± 360
Dietary fibre (g)[4]	12 ± 3	11 ± 0.9	10 ± 0.7	10 ± 2
Sucrose (g)[4]	93 ± 15	82 ± 8	69 ± 7	43 ± 13
Total sugars (g)[4]	112 ± 17	98 ± 9	83 ± 7	50 ± 18

Table 28, continued

	LABRADOR MALES			
	age 15-19 (n=17)	age 20-40 (n=81)	age 41-60 (n=68)	age 61+ (n=21)
Energy (kcal)	2387 ± 286	2049 ± 137	2141 ± 148	1810 ± 261
Carbohydrate (g)	279 ± 41	220 ± 18	191 ± 16	157 ± 25
Protein (g)	120 ± 51	120 ± 14	145 ± 15	127 ± 17
Fat (g)	90 ± 14	77 ± 7	87 ± 9	73 ± 19
Polyunsaturated fat (g)	18 ± 5	17 ± 2	17 ± 2	12 ± 3
Omega 3 fatty acids (g)	2 ± 1	2 ± 0.2	3 ± 0.4	2 ± 0.4
Omega 6 fatty acids (g)	10 ± 2	11 ± 1	13 ± 1	10 ± 2
Saturated fat (g)	31 ± 6	24 ± 2	27 ± 3	24 ± 7
Monounsaturated fat[2] (g)	2 ± 1	1 ± 0.4	4 ± 0.6	2 ± 0.7
Vitamin A[3] (µg RE)	350 (182, 673)	392 (268, 571)	355 (260, 486)	357 (189, 674)
Vitamin E (mg)	6 ± 1	5 ± 1	6 ± 0.6	5 ± 1
Vitamin C (mg)	89 ± 34	83 ± 14	55 ± 13	50 ± 10
Riboflavin - vit B2 - (mg)	1.5 ± 0.6	1.6 ± 0.2	1.7 ± 0.2	1.8 ± 0.4
Pyridoxine - vit B6 - (mg)	2.5 ± 1.5	2.7 ± 0.4	3.2 ± 0.4	4.8 ± 1.5
Folate (µg)	157 ± 24	132 ± 11	156 ± 18	147 ± 24
Folate with fortified flour (µg)	268 ± 39	203 ± 17	240 ± 24	217 ± 34
Iron (mg)	20 ± 6	17 ± 2	19 ± 2	25 ± 7
Zinc (mg)	21 ± 8	15 ± 2	16 ± 2	11 ± 3
Calcium (mg)	383 ± 99	409 ± 37	432 ± 47	436 ± 113
Phosphorous (mg)	1298 ± 403	1275 ± 121	1367 ± 109	1321 ± 175
Magnesium (mg)	258 ± 51	240 ± 20	241 ± 20	256 ± 43
Copper (mg)	2 ± 0.4	2 ± 0.2	2 ± 0.2	2 ± 0.4
Manganese[2] (mg)	0.1 ± 0.05	0.1 ± 0.03	0.4 ± 0.1	0.3 ± 0.3
Selenium[2] (µg)	49 ± 33	28 ± 8	56 ± 10	66 ± 24
Sodium (mg)	1846 ± 198	2531 ± 276	3349 ± 626	2342 ± 681
Potassium (mg)	3193 ± 759	2921 ± 273	2976 ± 238	2452 ± 235
Dietary fibre (g)[4]	15 ± 3	13 ± 1	11 ± 1	8 ± 0.9
Sucrose (g)[4]	91 ± 33	82 ± 8	68 ± 9	53 ± 19
Total sugars (g)[4]	122 ± 36	95 ± 9	78 ± 10	60 ± 20

[1]Ismeans and standard errors calculated based on equal weight for each season.
[2]Values available for contribution from traditional food only.
[3]Values are geometric means with 95% confidence interval in parentheses.
[4]Values available for contribution from market food only.
* controlled for season and site only due to insufficient sample size for day of the week variable

Table 29. Average daily intake (lsmean ± SE)[1] of energy, macronutrients, selected vitamins and minerals, dietary fibre and sugars, for fall and late winter combined, all regions combined, by gender and age group

	FEMALES			
	age 15-19 (n=87)	age 20-40 (n=586)	age 41-60 (n=283)	age 61+ (n=98)
Energy (kcal)	2075 ± 112	1984 ± 43	1848 ± 58	1572 ± 113
Carbohydrate (g)	250 ± 17	219 ± 5	169 ± 6	124 ± 11
Protein (g)	99 ± 7	109 ± 4	129 ± 5	140 ± 13
Fat (g)	77 ± 6	75 ± 2	71 ± 3	55 ± 5
Polyunsaturated fat (g)	17 ± 2	14 ± 1	12 ± 1	10 ± 1
Omega 3 fatty acids (g)	1.2 ± 0.1	1.7 ± 0.1	2.5 ± 0.2	3.0 ± 0.4
Omega 6 fatty acids (g)	11 ± 1	9 ± 0.3	9 ± 0.4	7 ± 0.7
Saturated fat (g)	26 ± 2	25 ± 1	21 ± 1	15 ± 1
Monounsaturated fat[2] (g)	3 ± 0.6	4 ± 0.5	10 ± 1	11 ± 2
Vitamin A[3] (µg RE)	325 (231, 510)	360 (323, 398)	388 (347, 491)	332 (228, 523)
Vitamin E (mg)	6 ± 0.6	6 ± 0.8	8 ± 2	7 ± 3
Vitamin C (mg)	119 ± 20	86 ± 4	61 ± 5	55 ± 9
Riboflavin - vit B2 - (mg)	1.6 ± 0.1	1.5 ± 0.1	1.8 ± 0.1	1.7 ± 0.1
Pyridoxine - vit B6 - (mg)	2.1 ± 0.2	2.5 ± 0.1	3.2 ± 0.2	3.7 ± 0.4
Folate (µg)	160 ± 16	149 ± 6	159 ± 11	164 ± 37
Folate with fortified flour (µg)	271 ± 23	240 ± 8	234 ± 12	207 ± 38
Iron (mg)	20 ± 3	23 ± 1	29 ± 2	29 ± 5
Zinc (mg)	15 ± 1	15 ± 1	18 ± 1	17 ± 2
Calcium (mg)	532 ± 52	405 ± 13	417 ± 21	386 ± 43
Phosphorous (mg)	1183 ± 70	1182 ± 34	1327 ± 48	1442 ± 123
Magnesium (mg)	211 ± 12	230 ± 6	238 ± 8	234 ± 17
Copper (mg)	1.7 ± 0.2	1.7 ± 0.1	1.8 ± 0.1	1.8 ± 0.2
Manganese[2] (mg)	0.2 ± 0.07	0.2 ± 0.02	0.3 ± 0.04	0.5 ± 0.2
Selenium[2] (µg)	14 ± 12	53 ± 9	118 ± 25	56 ± 33
Sodium (mg)	2487 ± 182	2244 ± 68	2209 ± 159	1427 ± 134
Potassium (mg)	2409 ± 168	2577 ± 73	2649 ± 91	2883 ± 258
Dietary fibre (g)[4]	13 ± 1	12 ± 0.4	10 ± 0.5	7 ± 0.8
Sucrose (g)[4]	90 ± 7	85 ± 3	59 ± 3	40 ± 5
Total sugars (g)[4]	115 ± 10	105 ± 3	72 ± 4	49 ± 6

	MALES			
	age 15-19 (n=80)	age 20-40 (n=424)	age 41-60 (n=240)	age 61 (n=77)
Energy (kcal)	2497 ± 124	2291 ± 58	2193 ± 80	1982 ± 150
Carbohydrate (g)	300 ± 15	245 ± 7	194 ± 9	148 ± 13
Protein (g)	123 ± 12	132 ± 5	158 ± 8	157 ± 20
Fat (g)	92 ± 7	87 ± 3	85 ± 5	81 ± 8
Polyunsaturated fat (g)	20 ± 2	16 ± 1	13 ± 1	13 ± 1
Omega 3 fatty acids (g)	2.9 ± 0.6	2.0 ± 0.1	3.1 ± 0.3	2.9 ± 0.6
Omega 6 fatty acids (g)	12 ± 1	12 ± 1	10 ± 1	9 ± 1
Saturated fat (g)	30 ± 2	29 ± 1	25 ± 1	25 ± 3
Monounsaturated fat[2] (g)	6 ± 2	5 ± 0.5	11 ± 2	13 ± 2
Vitamin A[3] (µg RE)	333 (243, 415)	422 (373, 481)	498 (427, 624)	425 (278, 543)
Vitamin E (mg)	6 ± 0.6	6 ± 0.3	10 ± 4	9 ± 6
Vitamin C (mg)	149 ± 21	91 ± 6	65 ± 7	30 ± 6
Riboflavin - vit B2 - (mg)	1.8 ± 0.2	1.8 ± 0.1	2.1 ± 0.1	2.0 ± 0.2
Pyridoxine - vit B6 - (mg)	2.8 ± 0.3	2.9 ± 0.1	3.9 ± 0.2	4.3 ± 0.8
Folate (µg)	175 ± 11	168 ± 7	202 ± 25	164 ± 16
Folate with fortified flour (µg)	290 ± 19	269 ± 10	292 ± 26	221 ± 20
Iron (mg)	25 ± 2	26 ± 1	38 ± 3	34 ± 8
Zinc (mg)	18 ± 2	18 ± 1	22 ± 1	19 ± 3
Calcium (mg)	500 ± 39	469 ± 18	471 ± 25	516 ± 59
Phosphorous (mg)	1377 ± 102	1398 ± 42	1575 ± 69	1628 ± 184
Magnesium (mg)	268 ± 17	267 ± 7	275 ± 11	276 ± 29
Copper (mg)	2.0 ± 0.2	1.9 ± 0.1	2.1 ± 0.2	1.9 ± 0.2
Manganese[2] (mg)	0.2 ± 0.05	0.2 ± 0.02	0.4 ± 0.09	0.6 ± 0.2
Selenium[2] (µg)	36 ± 10	42 ± 8	108 ± 25	81 ± 39
Sodium (mg)	2520 ± 370	2767 ± 102	2603 ± 190	2267 ± 254
Potassium (mg)	3088 ± 232	2955 ± 94	3079 ± 130	3211 ± 409
Dietary fibre (g)[4]	16 ± 1	14 ± 1	11 ± 7	8 ± 1
Sucrose (g)[4]	113 ± 8	90 ± 4	70 ± 5	49 ± 8
Total sugars (g)[4]	147 ± 10	109 ± 4	84 ± 5	54 ± 8

[1]Ismeans and standard errors are calculated after adjusting for season, site and day of the week.
[2]Values available for contribution from traditional food only.
[3]Values are geometric means with 95% confidence interval in parentheses.
[4]Values available for contribution from market food only.

Table 30. Percentage of energy derived from carbohydrate, protein, fat, sucrose, polyunsaturated and saturated fat (lsmean±SE)[1], regions, seasons and genders combined

	% energy (n=1875 recalls)
Carbohydrate	41 ± 0.5
Protein	26 ± 0.4
Total fat	32 ± 0.3
Sucrose	15 ± 0.3
Polyunsaturated fat	6 ± 0.1
Saturated fat	10 ± 0.1

[1]ANOVA (Analysis of variance) adjusting for age and gender.

Table 31. Average nutrient densities (nutrient per 1000 kcal, lsmean ± SE) for macronutrients and selected vitamins and minerals, in traditional and market food consumed during fall and late winter, by region and gender, controlling for season, site and day of the week

MALES

	Source	Inuvialuit communities	Kitikmeot communities	Kivalliq communities	Baffin communities	Labrador communities
Carbohydrate (g)	T M	2 ± 4* 137 ± 5	3 ± 4 135 ± 4	1 ± 4 135 ± 4	6 ± 3 149 ± 3	9 ± 5 128 ± 4
Protein (g)	T M	177 ± 3 31 ± 2	176 ± 3 35 ± 2	174 ± 3 30 ± 2	162 ± 2 29 ± 2	180 ± 3 34 ± 3
Fat, total (g)	T M	29 ± 2 37 ± 1	28 ± 2 37 ± 1	30 ± 2 38 ± 1	33 ± 1 33 ± 1	24 ± 2 40 ± 1
Saturated fat (g)	T M	9 ± 0.7 13 ± 0.5	8 ± 0.7 12 ± 0.6	7 ± 0.6 14 ± 0.5	7 ± 0.5 12 ± 0.4	5 ± 0.6 13 ± 0.4
Polyunsaturated fat (g)	T M	5 ± 0.5 6 ± 0.4	5 ± 0.5 6 ± 0.4	4 ± 0.4 7 ± 0.3	5 ± 0.3 6 ± 0.3	5 ± 0.4 8 ± 0.3
Omega 3 fatty acids (g)	T M	2 ± 0.2 0.7 ± 0.1	2 ± 0.2 0.7 ± 0.2	2 ± 0.2 0.6 ± 0.1	3 ± 0.2 0.5 ± 0.1	2 ± 0.2 1 ± 0.2
Omega 6 fatty acids (g)	T M	3 ± 0.3 5 ± 0.3	2 ± 0.3 5 ± 0.3	2 ± 0.3 6 ± 0.2	1 ± 0.2 5 ± 0.2	3 ± 0.2 6 ± 0.2
Monounsaturated fat (g)	T M	9 ± 0.6 -[1]**	9 ± 0.6 -	8 ± 0.6 -	11 ± 0.6 -	5 ± 0.4 -
Vitamin A (µg RE)	T M	53 (34,81) 198 (139,281)	60 (39,92) 234 (165,334)	60 (38,94) 151(106,215)	257 (194,341) 123 (99,153)	23 (16,33) 203 (152,271)
Vitamin E (mg)	T M	4 ± 0.3 3 ± 0.3	3 ± 0.2 2 ± 0.1	3 ± 0.2 2 ± 0.1	10 ± 2 2 ± 1	5 ± 2 2 ± 1.5
Vitamin C (mg)	T M	10 ± 7 55 ± 6	5 ± 6 46 ± 5	14 ± 7 44 ± 5	16 ± 3 37 ± 3	14 ± 9 38 ± 7
Riboflavin (mg)	T M	2.2 ± 0.1 0.6 ± 0.1	2.0 ± 0.1 0.6 ± 0.1	1.8 ± 0.1 0.7 ± 0.05	1.7 ± 0.1 0.6 ± 0.05	1.9 ± 0.1 0.5 ± 0.1
Pyridoxine (mg)	T M	4.7± 0.1 4.9 ± 0.9	4.9 ± 0.1 0.5 ± 0.1	4.6 ± 0.1 0.5 ± 0.1	5.2 ± 0.1 0.5 ± 0.1	5.2 ± 0.2 0.7 ± 0.2
Folate with fortified flour (µg)	T M	61 ± 8 139 ± 7	76 ± 9 148 ± 8	66 ± 8 134 ± 6	133 ± 18 135 ± 12	95 ± 8 120 ± 6

Table 31, continued

	Source	Inuvialuit communities	Kitikmeot communities	Kivalliq communities	Baffin communities	Labrador communities
Iron (mg)	T M	32 ± 2 6 ± 1	32 ± 2 7 ± 1	30 ± 2 6 ± 1	61 ± 3 7 ± 2	27 ± 1 5 ± 1
Zinc (mg)	T M	26 ± 1 4 ± 0.7	23 ± 1 4 ± 0.8	26 ± 1 4 ± 0.6	21 ± 0.6 4 ± 0.5	22 ± 1 4 ± 0.8
Calcium (mg)	T M	90 ± 20 252 ± 16	76 ± 25 291 ± 20	44 ± 24 305 ± 24	96 ± 14 313 ± 11	116 ± 17 234 ± 14
Copper (mg)	T M	2 ± 0.1 0.6 ± 0.1	2 ± 0.1 0.7 ± 0.1	2 ± 0.1 0.7 ± 0.1	2 ± 0.1 0.7 ± 0.1	2 ± 0.1 0.6 ± 0.1
Magnesium (mg)	T M	185 ± 7 111 ± 6	199 ± 18 136 ± 15	183 ± 21 132 ± 16	200 ± 10 129 ± 8	213 ± 8 103 ± 7
Potassium (mg)	T M	2348 ± 98 1099 ± 79	2763 ± 199 1312 ± 165	2431 ± 215 1282 ± 169	2702 ± 104 1246 ± 80	2424 ± 66 1175 ± 53
Sodium (mg)	T M	182 ± 121 1540 ± 98	300 ± 154 1846 ± 128	404 ± 71 1326 ± 55	452 ± 63 1365 ± 48	1091 ± 182 1307 ± 146
Phosphorus (mg)	T M	1436 ± 22 431 ± 18	1522 ± 28 470 ± 24	1447 ± 29 443 ± 23	1495 ± 26 445 ± 20	1413 ± 30 451 ± 24

Table 31, continued

FEMALES

	Source	Inuvialuit communities	Kitikmeot communities	Kivalliq communities	Baffin communities	Labrador communities
Carbohydrate (g)	T M	0.03 ± 3.6 136 ± 4	3 ± 4 135 ± 4	1 ± 3* 143 ± 3	8 ± 3 147 ± 3	25 ± 5 139 ± 3
Protein (g)	T M	177 ± 2 33 ± 2	181 ± 2 36 ± 2	175 ± 2 28 ± 2	160 ± 2 29 ± 2	173 ± 3 33 ± 2
Fat, total (g)	T M	29 ± 1 37 ± 1	26 ± 1 36 ± 1	30 ± 1 36 ± 1	33 ± 1 34 ± 1	21 ± 1 36 ± 1
Saturated fat (g)	T M	9 ± 0.6 12 ± 0.4	8 ± 0.6 12 ± 0.4	8 ± 0.5 13 ± 0.4	7 ± 0.4 12 ± 0.3	5 ± 0.5 12 ± 0.4
Polyunsaturated fat (g)	T M	5 ± 0.4 7 ± 0.3	5 ± 0.4 6 ± 0.3	4 ± 0.4 7 ± 0.3	5 ± 0.3 7 ± 0.2	4 ± 0.4 7 ± 0.3
Omega 3 fatty acids (g)	T M	2 ± 0.1 0.7 ± 0.1	2 ± 0.1 0.7 ± 0.1	2 ± 0.1 0.6 ± 0.1	3 ± 0.1 0.5 ± 0.1	2 ± 0.1 0.7 ± 0.1
Omega 6 fatty acids (g)	T M	3 ± 0.3 5 ± 0.2	2 ± 0.3 5 ± 0.2	2 ± 0.3 5 ± 0.2	2 ± 0.2 5 ± 0.2	2 ± 0.3 6 ± 0.2
Monounsaturated fat (g)**	T M	9 ± 0.5 -	9 ± 0.5 -	8 ± 0.5 -	12 ± 0.5 -	5 ± 0.3 -
Vitamin A (µg RE)	T M	62 (45,85) 240 (188,307)	88 (62,125) 204 (155,267)	40 (28,58) 164 (126,215)	221 (169,288) 130 (105,161)	21 (15,30) 192 (149,247)
Vitamin E (mg)	T M	5 ± 0.6 2 ± 0.5	3 ± 0.4 2 ± 0.3	4 ± 0.6 2 ± 0.5	10 ± 1 2 ± 1	4 ± 0.2 3 ± 0.2
Vitamin C (mg)	T M	8 ± 6 61 ± 4	11 ± 7 68 ± 5	9 ± 5 41 ± 4	25 ± 4 45 ± 3	50 ± 13 60 ± 10
Riboflavin (mg)	T M	2.2 ± 0.1 0.6 ± 0.1	2.1 ± 0.1 0.6 ± 0.1	1.8 ± 0.05 0.6 ± 0.04	1.5 ± 0.05 0.6 ± 0.04	2.1 ± 0.1 0.6 ± 0.05
Pyridoxine (µg)	T M	4706 ± 99 557 ± 76	5025 ± 103 561 ± 81	4256 ± 69 480 ± 52	5099 ± 135 516 ± 107	5329 ± 200 771 ± 151
Folate with fortified flour (µg)	T M	75 ± 12 145 ± 10	90 ± 11 158 ± 8	53 ± 6 128 ± 5	96 ± 9 140 ± 7	163 ± 34 146 ± 25

Table 31, continued

	Source	Inuvialuit communities	Kitikmeot communities	Kivalliq communities	Baffin communities	Labrador communities
Iron (mg)	T M	35 ± 2 7 ± 2	33 ± 2 6 ± 2	30 ± 1 6 ± 0.9	51 ± 2 6 ± 2	32 ± 2 6 ± 1
Zinc (mg)	T M	25 ± 1 4 ± 0.5	24 ± 1 4 ± 0.6	27 ± 1 4 ± 0.5	24 ± 1 4 ± 0.5	23 ± 1 4 ± 0.5
Calcium (mg)	T M	83 ± 12 241 ± 9	69 ± 16 280 ± 13	41 ± 16 274 ± 12	98 ± 16 307 ± 13	131 ± 17 259 ± 13
Copper (mg)	T M	3 ± 0.2 0.7 ± 0.1	2 ± 0.1 0.7 ± 0.1	2 ± 0.1 0.7 ± 0.1	2 ± 0.1 0.7 ± 0.1	2 ± 0.1 0.7 ± 0.1
Magnesium (mg)	T M	181 ± 4 111 ± 3	202 ± 7 127 ± 5	172 ± 12 122 ± 9	192 ± 11 126 ± 9	213 ± 7 108 ± 6
Potassium (mg)	T M	2230 ± 70 1118 ± 54	2819 ± 91 1248 ± 71	2158 ± 130 1228 ± 98	2612 ± 113 1282 ± 89	2370 ± 61 1238 ± 46
Sodium (mg)	T M	310 ± 143 1598 ± 110	365 ± 135 1871 ± 106	324 ± 64 1249 ± 48	465 ± 60 1350 ± 48	742 ± 126 1191 ± 95
Phosphorus (mg)	T M	1436 ± 18 442 ± 14	1576 ± 22 481 ± 18	1400 ± 22 414 ± 16	1433 ± 25 441 ± 20	1397 ± 27 455 ± 20

* controlled for season and site only due to insufficient sample size for day of the week variable
**values not available in the market food database

Table 32. (A-E) Mean nutrient intake per day (lsmean ± SE)[1] on days with and without traditional food by region, gender and age group, averaged over both seasons, controlling for season, site and day of the week

A) INUVIALUIT COMMUNITIES

		Days with traditional food		Days without traditional food	
	Age group	Male	Female	Male	Female
	15-19	n= 11	n= 9	n= 13	n= 13
	20-40	n= 51	n= 60	n= 49	n= 61
	41-60	n= 21	n= 30	n= 11	n= 23
	61+	n= 12	n=18	n= 2	n= 3
Energy (Kcal)[4]	15-19	2326 ± 384	1842 ± 288	2433 ± 302	1715 ± 278
	20-40	2425 ± 271	2094 ± 142	2392 ± 238	1796 ± 132
	41-60	1915 ± 180	1681 ± 191	2668 ± 294	1756 ± 210
	61+	988 ± 376[2]	1777 ± 219	1758 ± 663[2]	1704 ± 498
Carbohydrate (g)[5]	15-19	307 ± 57	244 ± 34	328 ± 44	235 ± 42
	20-40	245 ± 32	223 ± 17	275 ± 28	209 ± 16
	41-60	173 ± 27	143 ± 27	300 ± 44	202 ± 29
	61+	62 ± 32[2]	159 ± 39	200 ± 57[2]	173 ± 88
Protein (g)[6]	15-19	113 ± 27	120 ± 21	78 ± 21	60 ± 21
	20-40	166 ± 15	154 ± 11	97 ± 13	70 ± 10
	41-60	163 ± 15	123 ± 13	113 ± 25	69 ± 14
	61+	106 ± 29[2]	150 ± 26	58 ± 51[2]	109 ± 58
Fat (g): Total[7]	15-19	73 ± 22	44 ± 16	93 ± 17	62 ± 16
	20-40	88 ± 15	65 ± 7	102 ± 13	77 ± 7
	41-60	62 ± 8	67 ± 10	112 ± 14	76 ± 11
	61+	32 ± 25[2]	58 ± 9	85 ± 44[2]	63 ± 20
Polyunsaturated Fat (g)[8]	15-19	14 ± 6	10 ± 4	16 ± 5	9 ± 4
	20-40	17 ± 5	13 ± 2	17 ± 4	76 ± 11
	41-60	11 ± 2	10 ± 2	12 ± 3	13 ± 2
	61+	3 ± 4[2]	11 ± 2	17 ± 7[2]	12 ± 4

Table 32, continued

		Days with traditional food		Days without traditional food	
	Age group	Male	Female	Male	Female
	15-19	n= 11	n= 9	n= 13	n= 13
	20-40	n= 51	n= 60	n= 49	n= 61
	41-60	n= 21	n= 30	n= 11	n= 23
	61+	n= 12	n=18	n= 2	n= 3
Omega-3 Fatty Acids (g)[9]	15-19	2 ± 0.5	1 ± 0.2	1 ± 0.4	1 ± 0.2
	20-40	2 ± 0.6	2 ± 0.2	1 ± 0.5	1 ± 0.2
	41-60	3 ± 0.5	3 ± 0.7	2 ± 0.8	1 ± 0.7
	61+	3 ± 1[2]	4 ± 0.5	0.3 ± 1.8[2]	4 ± 1
Omega-6 Fatty Acids (g)[10]	15-19	9 ± 5	9 ± 3	11 ± 4	8 ± 2
	20-40	13 ± 3	9 ± 1	12 ± 2	10 ± 1
	41-60	10 ± 2	8 ± 1	13 ± 3	9 ± 1
	61+	4 ± 3[2]	7 ± 2	6 ± 6[2]	8 ± 4
Saturated Fat (g)[11]	15-19	24 ± 7	13 ± 6	34 ± 6	20 ± 6
	20-40	29 ± 5	22 ± 3	37 ± 4	27 ± 2
	41-60	17 ± 3	20 ± 3	42 ± 5	28 ± 4
	61+	6 ± 8[2]	14 ± 3	39 ± 15[2]	13 ± 7
Vitamin A (µg RE)[12]	15-19	223 (138, 360)	377 (95, 1494)	236 (162, 344)	421 (111, 1590)
	20-40	526 (346, 801)	409 (297, 563)	390 (270, 565)	304 (226, 409)
	41-60	660 (392, 1111)	385 (232, 638)	535 (228, 1254)	436 (250, 760)
	61+	366 (130, 1033)[2]	504 (325, 780)	118 (19, 734)[2]	1625 (600, 4404)
Vitamin E (mg)[13]	15-19	5 ± 3	8 ± 3	5 ± 2	2 ± 3
	20-40	7 ± 1	6 ± 0.7	5 ± 1	4 ± 0.7
	41-60	7 ± 1	7 ± 2	7 ± 2	3 ± 2
	61+	6 ± 3[2]	9 ± 1	NE[3]	9 ± 2
Vitamin C (mg)[14]	15-19	138 ± 63	56 ± 53	77 ± 49	162 ± 51
	20-40	96 ± 27	102 ± 15	130 ± 24	103 ± 14
	41-60	37 ± 36	26 ± 27	118 ± 59	119 ± 29
	61+	30 ± 36[2]	97 ± 38	NE[3]	114 ± 86

Table 32, continued

		Days with traditional food		Days without traditional food	
	Age group	Male	Female	Male	Female
	15-19	n= 11	n= 9	n= 13	n= 13
	20-40	n= 51	n= 60	n= 49	n= 61
	41-60	n= 21	n= 30	n= 11	n= 23
	61+	n= 12	n=18	n= 2	n= 3
Iron (mg)[15]	15-19	20 ± 5	37 ± 9	16 ± 4	7 ± 9
	20-40	31 ± 3	34 ± 4	16 ± 2	11 ± 3
	41-60	33 ± 4	23 ± 3	22 ± 6	12 ± 3
	61+	13 ± 4[2]	19 ± 4	10 ± 8[2]	7 ± 10
Calcium (mg)[16]	15-19	401 ± 134	413 ± 86	831 ± 105	227 ± 83
	20-40	428 ± 75	384 ± 38	508 ± 65	356 ± 35
	41-60	380 ± 80	327 ± 81	801 ± 131	494 ± 89
	61+	215 ± 48[2]	468 ± 101	442 ± 85[2]	561 ± 230
Zinc (mg)[17]	15-19	16 ± 4	16 ± 4	8 ± 3	10 ± 3
	20-40	24 ± 2	23 ± 2	14 ± 2	9 ± 2
	41-60	23 ± 3	15 ± 2	16 ± 5	9 ± 3
	61+	11 ± 6[2]	15 ± 4	7 ± 11[2]	9 ± 9
Sucrose (g)[18]	15-19	178 ± 38	72 ± 22	135 ± 30	92 ± 22
	20-40	90 ± 16	86 ± 9	99 ± 14	77 ± 9
	41-60	51 ± 13	61 ± 14	102 ± 22	54 ± 15
	61+	24 ± 13[2]	44 ± 15	79 ± 23[2]	18 ± 34
Total sugars (g)[19]	15-19	201 ± 46	98 ± 26	164 ± 36	124 ± 25
	20-40	110 ± 17	107 ± 11	120 ± 15	97 ± 10
	41-60	62 ± 21	66 ± 18	131 ± 34	78 ± 20
	61+	24 ± 12[2]	59 ± 19	91 ± 21[2]	32 ± 44

[1]Lsmean and standard error calculated with equal weight for each season. [2]Values derived after controlling for season and site only. [3]Not estimable. [4-19]Significance of main effects from Kruskal-Wallis non-parametric ANOVA with food source, age, gender, season, site and day of the week in the model: [4]gender p=0.003, age p<0.0001, site p=0.01;[5]gender p=0.01, age p<0.0001; [6]diet p<0.0001, gender p=0.003; [7]diet p=0.002, age p=0.04, site p=0.01; [8]age p=0.01; [9]diet p<0.0001, gender p=0.01; [10]age p=0.0006, site p=0.015; [11]diet p<0.0001, gender p=0.007, age p=0.02, site p=0.02; [12]gender p=0.02, site p=0.0002; [13]diet p=0.001, site p<0.0001; [14]diet p=0.03, age p<0.0001, site p=0.009 ; [15]diet p<0.0001, gender p=0.004, age p=0.007; [16]gender p=0.03, site p=0.03; [17]diet p<0.0001, gender p=0.01, age p=0.005, site p=0.02; [18]gender p=0.02, age p<0.0001, site p<0.0001; [19]gender p=0.02, age p<0.0001, site p=0.01.

Table 32, continued

B) KITIKMEOT COMMUNITIES

		Days with traditional food		Days without traditional food	
	Age group	Male	Female	Male	Female
	15-19	n= 5	n= 4	n= 5	n= 7
	20-40	n= 40	n= 56	n= 36	n= 57
	41-60	n= 23	n= 27	n= 10	n= 13
	61+	n= 8	n= 9	n= 0	n= 0
Energy (Kcal)[4]	15-19	2806 ± 446[2]	2143 ± 355[2]	1858 ± 577[2]	1751 ± 264[2]
	20-40	2166 ± 185	2187 ± 122	2148 ± 206	1700 ± 128
	41-60	1996 ± 251	2057 ± 199	2377 ± 385	1964 ± 288
	61+	2003 ± 438[2]	1588 ± 467[2]	-	-
Carbohydrate (g)[5]	15-19	357 ± 64[2]	225 ± 57[2]	279 ± 83[2]	219 ± 42[2]
	20-40	215 ± 24	189 ± 15	262 ± 26	219 ± 15
	41-60	173 ± 33	171 ± 28	306 ± 51	197 ± 40
	61+	110 ± 43[2]	76 ± 35[2]	-	-
Protein (g)[6]	15-19	179 ± 29[2]	164 ± 16[2]	64 ± 38[2]	78 ± 12[2]
	20-40	160 ± 12	178 ± 11	93 ± 13	69 ± 11
	41-60	175 ± 18	184 ± 18	95 ± 27	98 ± 26
	61+	178 ± 75[2]	173 ± 77[2]	-	-
Fat (g): Total[7]	15-19	75 ± 18[2]	66 ± 17[2]	57 ± 24[2]	64 ± 13[2]
	20-40	73 ± 10	79 ± 6	82 ± 11	62 ± 7
	41-60	65 ± 10	68 ± 9	87 ± 16	87 ± 13
	61+	92 ± 18[2]	61 ± 16[2]	-	-
Polyunsaturated Fat (g)[8]	15-19	9 ± 8[2]	11 ± 6[2]	6 ± 10[2]	10 ± 5[2]
	20-40	14 ± 2	14 ± 2	13 ± 2	10 ± 2
	41-60	13 ± 2	13 ± 2	15 ± 4	14 ± 3
	61+	9 ± 2[2]	12 ± 4[2]	-	-

Table 32, continued

		Days with traditional food		Days without traditional food	
	Age group	Male	Female	Male	Female
	15-19	n= 5	n= 4	n= 5	n= 7
	20-40	n= 40	n= 56	n= 36	n= 57
	41-60	n= 23	n= 27	n= 10	n= 13
	61+	n= 8	n= 9	n= 0	n= 0
Omega-3 Fatty Acids (g)[9]	15-19	2 ± 0.6[2]	1 ± 0.2[2]	1 ± 0.8[2]	1 ± 0.1[2]
	20-40	2 ± 0.3	2 ± 0.2	1 ± 0.3	1 ± 0.2
	41-60	3 ± 0.6	3 ± 0.5	2 ± 0.9	2 ± 0.1
	61+	2 ± 0.3[2]	4 ± 1[2]	-	-
Omega-6 Fatty Acids (g)[10]	15-19	16 ± 7[2]	8 ± 2[2]	8 ± 9[2]	6 ± 1[2]
	20-40	12 ± 2	11 ± 1	9 ± 2	8 ± 1
	41-60	10 ± 2	11 ± 2	12 ± 3	11 ± 2
	61+	7 ± 2[2]	7 ± 3[2]	-	-
Saturated Fat (g)[11]	15-19	28 ± 11[2]	26 ± 7[2]	29 ± 15[2]	23 ± 5[2]
	20-40	22 ± 3	26 ± 2	30 ± 4	21 ± 2
	41-60	20 ± 3	20 ± 3	31 ± 5	31 ± 4
	61+	30 ± 7[2]	17 ± 4[2]	-	-
Vitamin A (µg RE)[12]	15-19	904 (310, 2642)[2]	249 (77, 804)[2]	534 (133, 2139)[2]	451 (189, 1079)[2]
	20-40	464 (317, 678)	485 (358, 659)	607 (397, 929)	343 (249, 472)
	41-60	389 (255, 592)	308 (190, 500)	418 (220, 797)	234(116, 471)
	61+	351 (236, 523)[2]	459 (48, 4402)[2]	-	-
Vitamin E (mg)[13]	15-19	4 ± 3[2]	4 ± 0.6[2]	2 ± 4[2]	3 ± 0.4[2]
	20-40	5 ± 0.7	5 ± 0.4	4 ± 0.8	3 ± 0.4
	41-60	6 ± 1	7 ± 2	5 ± 2	4 ± 4
	61+	5 ± 0.8[2]	6 ± 2[2]	-	-
Vitamin C(mg)[14]	15-19	79 ± 87[2]	NE[3]	137 ± 112[2]	194 ± 52[2]
	20-40	76 ± 19	136 ± 16	99 ± 21	115 ± 17
	41-60	60 ± 30	20 ± 29	185 ± 47	117 ± 41
	61+	28 ± 12[2]	10 ± 7[2]	-	-

Table 32, continued

		Days with traditional food		Days without traditional food	
	Age group	Male	Female	Male	Female
	15-19	n= 5	n= 4	n= 5	n= 7
	20-40	n= 40	n= 56	n= 36	n= 57
	41-60	n= 23	n= 27	n= 10	n= 13
	61+	n= 8	n= 9	n= 0	n= 0
Iron (mg)[15]	15-19	28 ± 6[2]	31 ± 2[2]	16 ± 7[2]	14 ± 2[2]
	20-40	29 ± 2	33 ± 3	16 ± 3	13 ± 4
	41-60	31 ± 4	39 ± 10	20 ± 6	15 ± 14
	61+	27 ± 13[2]	37 ± 22[2]	-	-
Calcium (mg)[16]	15-19	818 ± 262[2]	646 ± 253[2]	848 ± 340[2]	441 ± 188[2]
	20-40	469 ± 73	414 ± 42	561 ± 82	428 ± 44
	41-60	489 ± 96	597 ± 99	689 ± 147	562 ± 144
	61+	454 ± 201[2]	349 ± 167[2]	-	-
Zinc (mg)[17]	15-19	24 ± 6[2]	22 ± 3[2]	11 ± 7[2]	13 ± 2[2]
	20-40	21 ± 2	24 ± 2	12 ± 2	9 ± 2
	41-60	21 ± 3	24 ± 3	9 ± 4	13 ± 5
	61+	27 ± 15[2]	13 ± 8[2]	-	-
Sucrose (g)[18]	15-19	127 ± 16[2]	59 ± 9[2]	104 ± 21[2]	68 ± 6[2]
	20-40	61 ± 11	54 ± 6	79 ± 12	65 ± 6
	41-60	50 ± 13	41 ± 13	98 ± 20	44 ± 19
	61+	30 ± 10[2]	25 ± 8[2]	-	-
Total sugars (g)[19]	15-19	166 ± 29[2]	73 ± 21[2]	130 ± 38[2]	102 ± 16[2]
	20-40	82 ± 13	80 ± 7	104 ± 15	93 ± 8
	41-60	62 ± 15	58 ± 11	135 ± 24	66 ± 25
	61+	36 ± 13[2]	27 ± 8[2]	-	-

[2]Values derived after controlling for season and site only. [4-19]Significance of main effects from Kruskal-Wallis non-parametric ANOVA with food source, age, gender, season, site and day of the week in the model: [4]diet p=0.04, gender p=0.03; [5]diet p=0.006, gender p=0.02, age p=0.002; [6]diet p<0.0001, season p=0.01; [7]NS; [8]NS; [9]diet p<0.0001, gender p=0.04; [10]NS; [11]gender p=0.046; [12]gender p=0.01, site=0.03; [13]diet p<0.0001; [14]diet p=0.01, season p=0.02, age p<0.0001, site p=0.01; [15]diet p<0.0001; [16]day of the week p=0.04; [17]diet p<0.0001; [18]diet p=0.03, age p=0.0001, site p=0.048; [19]diet p=0.03, age p<0.0001.

Table 32, continued

C) KIVALLIQ COMMUNITIES

		Days with traditional food		Days without traditional food	
	Age group	Male	Female	Male	Female
	15-19	n= 5	n= 4	n= 2	n= 15
	20-40	n= 47	n= 54	n= 40	n= 58
	41-60	n= 25	n= 34	n= 8	n= 11
	61+	n= 12	n=21	n= 3	n= 2
Energy (Kcal)[4]	15-19	2557 ± 921[2]	2293 ± 518	2575 ± 1595[2]	1746 ± 241
	20-40	3301 ± 181	2481 ± 158	2517 ± 180	1893 ± 147
	41-60	2299 ± 383	3307 ± 279	1994 ± 569	1090 ± 478
	61+	2466 ± 353	1865 ± 365	385 ± 625	1187 ± 969
Carbohydrate (g)[5]	15-19	260 ± 87[2]	270 ± 90	354 ± 151[2]	216 ± 42
	20-40	289 ± 27	245 ± 21	326 ± 27	242 ± 20
	41-60	194 ± 33	193 ± 24	144 ± 49	196 ± 41
	61+	203 ± 38	161 ± 33	181 ± 67	212 ± 89
Protein (g)[6]	15-19	231 ± 84[2]	130 ± 21	118 ± 146[2]	62 ± 10
	20-40	247 ± 13	175 ± 10	96 ± 13	74 ± 9
	41-60	232 ± 23	173 ± 26	112 ± 52	4 ± 44
	61+	213 ± 35	162 ± 37	13 ± 111[2]	1 ± 81[2]
Fat (g): Total[7]	15-19	66 ± 27[2]	81 ± 26	81 ± 47[2]	73 ± 12
	20-40	128 ± 9	89 ± 8	95 ± 7	72 ± 7
	41-60	71 ± 23	92 ± 14	106 ± 34	33 ± 24
	61+	89 ± 13	61 ± 16	50 ± 23	64 ± 43
Polyunsaturated Fat (g)[8]	15-19	17 ± 5[2]	19 ± 9	20 ± 9[2]	19 ± 4
	20-40	21 ± 2	14 ± 2	16 ± 2	14 ± 2
	41-60	13 ± 8	15 ± 2	9 ± 9	4 ± 4
	61+	16 ± 2	13 ± 3	15 ± 4	20 ± 7
Omega-3 Fatty Acids (g)[9]	15-19	2 ± 0.3[2]	1 ± 0.6	2 ± 0.5[2]	12 ± 2
	20-40	4 ± 0.3	2 ± 0.2	2 ± 0.3	1 ± 0.2
	41-60	3 ± 0.8	3 ± 0.6	0.2 ± 1	0.3 ± 1
	61+	2 ± 2	3 ± 1	0.5 ± 3[2]	1 ± 3[2]

Table 32, continued

		Days with traditional food		Days without traditional food	
	Age group	Male	Female	Male	Female
	15-19	n= 5	n= 4	n= 2	n= 15
	20-40	n= 47	n= 54	n= 40	n= 58
	41-60	n= 25	n= 34	n= 8	n= 11
	61+	n= 12	n=21	n= 3	n= 2
Omega-6 Fatty Acids (g)[10]	15-19	11 ± 4[2]	10 ± 4	9 ± 7[2]	12 ± 2
	20-40	15 ± 2	10 ± 1	13 ± 2	10 ± 1
	41-60	9 ± 3	11 ± 2	9 ± 4	7 ± 3
	61+	12 ± 2	9 ± 3	15 ± 3	21 ± 7
Saturated Fat (g)[11]	15-19	20 ± 10[2]	26 ± 10	34 ± 18[2]	24 ± 5
	20-40	43 ± 3	31 ± 3	34 ± 3	25 ± 2
	41-60	16 ± 5	25 ± 4	35 ± 8	9 ± 8
	61+	31 ± 4	18 ± 4	17 ± 7	17 ± 12
Vitamin A (µg RE)[12]	15-19	428 (105, 1752)[2]	118 (22, 629)	579 (50, 6642)[2]	196 (90, 427)
	20-40	670 (423, 1061)	533 (366, 776)	480 (304, 759)	306 (216, 433)
	41-60	550 (236, 1284)	597(344,1037)	193 (55, 680)	150 (58, 385)
	61+	598 (338, 1058)	223 (97, 511)	54 (20, 148)	133 (15, 1200)
Vitamin E (mg)[13]	15-19	8 ± 2[2]	8 ± 3	5 ± 4[2]	5 ± 1
	20-40	9 ± 0.7	7 ± 0.6	5 ± 0.7	4 ± 0.5
	41-60	7 ± 2	9 ± 2	3 ± 3	3 ± 3
	61+	6 ± 2	6 ± 2	2 ± 2[2]	5 ± 4
Vitamin C (mg)[14]	15-19	205 ± 133[2]	345 ± 110	233 ± 230[2]	22 ± 51
	20-40	111 ± 22	79 ± 14	109 ± 22	65 ± 13
	41-60	80 ± 30	49 ± 18	96 ± 44	43 ± 31
	61+	15 ± 7	33 ± 18	5 ± 12	8 ± 42[2]
Iron (mg)[15]	15-19	48 ± 12[2]	23 ± 4	34 ± 20[2]	11 ± 2
	20-40	45 ± 4	36 ± 3	16 ± 4	12 ± 3
	41-60	49 ± 13	32 ± 9	23 ± 19	4 ± 13[2]
	61+	39 ± 32	25 ± 5	NE[1]	5 ± 14

Table 32, continued

		Days with traditional food		Days without traditional food	
	Age group	Male	Female	Male	Female
	15-19	n= 5	n= 4	n= 2	n= 15
	20-40	n= 47	n= 54	n= 40	n= 58
	41-60	n= 25	n= 34	n= 8	n= 11
	61+	n= 12	n=21	n= 3	n= 2
Calcium (mg)[16]	15-19	363 ± 203[2]	285 ± 142	832 ± 352[2]	482 ± 66
	20-40	598 ± 61	479 ± 44	596 ± 61	377 ± 41
	41-60	419 ± 126	473 ± 57	376 ± 187	305 ± 98
	61+	682 ± 82	437 ± 124	1037 ± 145	1075 ± 329
Zinc (mg)[17]	15-19	36 ± 17[2]	21 ± 3	16 ± 29[2]	9 ± 1
	20-40	36 ± 2	27 ± 2	13 ± 2	10 ± 2
	41-60	29 ± 6	27 ± 4	16 ± 9	1 ± 8
	61+	26 ± 10	20 ± 5	0.1 ± 13[2]	NE[3]
Sucrose (g)[18]	15-19	93 ± 29[2]	109 ± 49	109 ± 50[2]	81 ± 23
	20-40	106 ± 14	99 ± 14	125 ± 14	102 ± 13
	41-60	81 ± 19	57 ± 14	60 ± 28	75 ± 24
	61+	41 ± 21	54 ± 16	12 ± 26[2]	2 ± 43
Total sugars (g)[19]	15-19	148 ± 43[2]	186 ± 68	148 ± 74[2]	92 ± 32
	20-40	131 ± 16	120 ± 14	150 ± 16	116 ± 13
	41-60	92 ± 20	76 ± 17	79 ± 30	97 ± 30
	61+	48 ± 22	66 ± 20	8 ± 40	12 ± 53

[2]Values derived after controlling for season and site only. [3]Not estimable. [4-19]Significance of main effects from Kruskal-Wallis non-parametric ANOVA with food source, age, gender, season, site and day of the week in the model: [4]diet p<0.0001, season p=0.002, gender p<0.0001, age p=0.0014, day of the week p=0.004; [5]season p=0.002, gender p=0.01, age p<0.0001, day of the week p=0.01; [6]diet p<0.0001, season p=0.02, gender p<0.0001, site p<0.0001, day of the week p=0.0498; [7]diet p=0.001, season p=0.004, gender p<0.0001, age p=0.01, site p=0.03, day of the week p=0.01; [8]diet p=0.004, season p=0.009, gender p=0.0001, age p=0.009, day of the week p=0.001; [9]diet p<0.0001, gender p<0.0001, age p=0.049, site p=0.001, day of the week p=0.03;[10]season p=0.01, gender p=0.0004, site p=0.015, day of the week p=0.005; [11]diet p=0.016, season p=0.001, gender p<0.0001, age p=0.0002, site p=0.02, day of the week p=0.006; [12]diet p<0.0001, gender p=0.002, age p=0.03, site=0.02, day of the week p=0.03; [13]diet p<0.0001, gender p<0.0001, age p=0.004, site p=0.006, day of the week p=0.049; [14]gender p=0.03, age p<0.0001, site p=0.007; [15]diet p<0.0001, season p=0.04, gender p<0.0001; [16]gender p=0.0002, day of the week p=0.02; [17]diet p<0.0001, season p=0.003, gender p<0.0001, age p=0.04, site p=0.005; [18]season p=0.02, age p<0.0001, site p=0.04; [19]season p=0.03, age p<0.0001, site p=0.002.

Table 32, continued

D) BAFFIN COMMUNITIES

		Days with traditional food		Days without traditional food	
	Age group	Male	Female	Male	Female
	15-19	n= 8	n= 10	n= 16	n= 9
	20-40	n= 55	n= 80	n= 57	n= 80
	41-60	n= 66	n= 68	n= 16	n= 12
	61+	n= 17	n=22	n= 3	n= 3
Energy (Kcal)[4]	15-19	2489 ± 450	2321 ± 277	2133 ± 264	1890 ± 265
	20-40	1993 ± 137	2033 ± 103	2138 ± 132	1985 ± 102
	41-60	2368 ± 149	2049 ± 109	1973 ± 312	1437 ± 269
	61+	2420 ± 193	1851 ± 291	2270 ± 692	281 ± 614
Carbohydrate (g)[5]	15-19	271 ± 52	211 ± 44	274 ± 30	230 ± 42
	20-40	196 ± 16	190 ± 12	273 ± 16	244 ± 12
	41-60	168 ± 15	155 ± 11	243 ± 31	177 ± 26
	61+	165 ± 20	69 ± 14	243 ± 71	75 ± 30
Protein (g)[6]	15-19	182 ± 40	158 ± 14	66 ± 23	72 ± 14
	20-40	149 ± 10	149 ± 8	79 ± 10	75 ± 8
	41-60	203 ± 13	163 ± 8	37 ± 27	60 ± 19
	61+	201 ± 23	198 ± 32	54 ± 82	14 ± 67
Fat (g): Total[7]	15-19	73 ± 27	95 ± 11	89 ± 16	77 ± 10
	20-40	68 ± 8	75 ± 6	83 ± 8	81 ± 6
	41-60	95 ± 11	84 ± 8	96 ± 24	56 ± 20
	61+	103 ± 14	82 ± 16	124 ± 51	23 ± 31[2]
Polyunsaturated Fat (g)[8]	15-19	12 ± 11	22 ± 5	22 ± 7	17 ± 4
	20-40	12 ± 2	12 ± 1	17 ± 1	15 ± 1
	41-60	14 ± 1	13 ± 1	12 ± 2	8 ± 3
	61+	16 ± 2	11 ± 2	17 ± 9	6 ± 4
Omega-3 Fatty Acids (g)[9]	15-19	3 ± 1	2 ± 0.3	1 ± 0.7	1 ± 0.3
	20-40	2 ± 0.3	3 ± 0.3	1 ± 0.3	1 ± 0.3
	41-60	6 ± 0.8	4 ± 0.7	3 ± 2	1 ± 2
	61+	6 ± 2	6 ± 2	1 ± 7	1 ± 3[2]

Table 32, continued

		Days with traditional food		Days without traditional food	
	Age group	Male	Female	Male	Female
	15-19	n= 8	n= 10	n= 16	n= 9
	20-40	n= 55	n= 80	n= 57	n= 80
	41-60	n= 66	n= 68	n= 16	n= 12
	61+	n= 17	n=22	n= 3	n= 3
Omega-6 Fatty Acids (g)[10]	15-19	12 ± 4	14 ± 3	10 ± 3	11 ± 3
	20-40	8 ± 1	7 ± 0.7	11 ± 1	9 ± 0.6
	41-60	7 ± 0.6	8 ± 1	6 ± 1	6 ± 2
	61+	9 ± 1	6 ± 1	16 ± 4	5 ± 3
Saturated Fat (g)[11]	15-19	17 ± 8	33 ± 4	33 ± 5	27 ± 4
	20-40	21 ± 3	21 ± 2	29 ± 2	29 ± 2
	41-60	23 ± 3	21 ± 2	31 ± 6	21 ± 5
	61+	22 ± 3	15 ± 3	43 ± 9	8 ± 6
Vitamin A (µg RE)[12]	15-19	352 (137, 903)	564 (66, 4842)	214 (123, 373)	171 (22, 1338)
	20-40	364 (258, 512)	548 (422, 712)	382 (275, 531)	377 (291, 488)
	41-60	790 (553, 1129)	589 (419, 828)	585 (277, 1235)	262 (113, 607)
	61+	887 (461, 1708)	1411 (594, 3353)	484 (46, 5092)	5 (1, 32)
Vitamin E (mg)[13]	15-19	6 ± 2	7 ± 2	5 ± 1	5 ± 2
	20-40	5 ± 0.8	6 ± 0.6	5 ± 0.8	5 ± 0.6
	41-60	10 ± 2	8 ± 1	8 ± 4	3 ± 3
	61+	8 ± 1	8 ± 2	7 ± 5	0.2 ± 4[2]
Vitamin C (mg)[14]	15-19	148 ± 83	104 ± 62	133 ± 49	76 ± 60
	20-40	51 ± 11	74 ± 13	86 ± 11	98 ± 13
	41-60	66 ± 11	65 ± 9	84 ± 23	74 ± 21
	61+	48 ± 5	44 ± 18	60 ± 18	8 ± 31[2]
Iron (mg)[15]	15-19	33 ± 7	36 ± 16	15 ± 4	18 ± 15
	20-40	49 ± 4	47 ± 4	16 ± 4	11 ± 4
	41-60	73 ± 9	51 ± 5	30 ± 18	1 ± 12
	61+	80 ± 25	79 ± 24	NE[3]	NE[3]

Table 32, continued

		Days with traditional food		Days without traditional food	
	Age group	Male	Female	Male	Female
	15-19	n= 8	n= 10	n= 16	n= 9
	20-40	n= 55	n= 80	n= 57	n= 80
	41-60	n= 66	n= 68	n= 16	n= 12
	61+	n= 17	n=22	n= 3	n= 3
Calcium (mg)[16]	15-19	527 ± 66	691 ± 228	401 ± 39	552 ± 219
	20-40	431 ± 51	430 ± 38	559 ± 49	473 ± 38
	41-60	483 ± 42	397 ± 36	576 ± 88	413 ± 90
	61+	548 ± 38	321 ± 87	831 ± 137	109 ± 183
Zinc (mg)[17]	15-19	28 ± 8	22 ± 2	13 ± 5	10 ± 2
	20-40	19 ± 2	22 ± 1	10 ± 2	11 ± 1
	41-60	29 ± 3	24 ± 2	5 ± 6	7 ± 4
	61+	25 ± 4	26 ± 5	4 ± 14	2 ± 9[2]
Sucrose (g)[18]	15-19	141 ± 15	87 ± 26	83 ± 9	88 ± 25
	20-40	76 ± 9	77 ± 7	100 ± 8	96 ± 7
	41-60	61 ± 8	59 ± 6	97 ± 17	63 ± 14
	61+	56 ± 16	15 ± 8	64 ± 58	23 ± 16
Total sugars (g)[19]	15-19	175 ± 21	107 ± 22	110 ± 13	104 ± 21
	20-40	91 ± 10	93 ± 9	119 ± 9	123 ± 9
	41-60	76 ± 9	70 ± 7	102 ± 19	78 ± 17
	61+	62 ± 16	19 ± 9	78 ± 58	27 ± 18

[2]Values derived after controlling for season and site only. [3]Not estimable. [4-19]Significance of main effects from Kruskal-Wallis non-parametric ANOVA with food source, age, gender, season, site and day of the week in the model: [4]gender p=0.04; [5]diet p<0.0001, season p=0.002, age p<0.0001, site p<0.0001; [6]diet p<0.0001, gender p=0.048, age p=0.007, site p=0.02, day of the week p=0.02; [7]NS; [8]site p=0.003; [9]diet p<0.0001, age p=0.0003;[10] site p=0.0002; [11]diet p=0.002; [12]diet p=0.0003, age p=0.003; [13]diet p<0.0001; [14]age p=0.004, site p<0.0001; [15]diet p<0.0001, gender p=0.003; [16]site p<0.0001; [17]diet p<0.0001, site p=0.02; [18]diet p=0.003, season p<0.0001, age p<0.0001; [19]diet p=0.003, season p<0.0001, age p<0.0001, site p=0.046.

Table 32, continued

E) LABRADOR COMMUNITIES

		Days with traditional food		Days without traditional food	
	Age group	Male	Female	Male	Female
	15-19	n= 8	n= 9	n= 9	n= 12
	20-40	n= 43	n= 46	n= 38	n= 66
	41-60	n= 49	n= 54	n= 19	n= 22
	61+	n= 15	n=12	n= 6	n= 9
Energy (Kcal)[4]	15-19	2447 ± 463	1823 ± 540	2330 ± 448	1859 ± 474
	20-40	2190 ± 178	1968 ± 164	1907 ± 178	1726 ± 134
	41-60	2370 ± 159	1808 ± 100	1537 ± 247	1860 ± 144
	61+	1583 ± 366	1502 ± 232	2253 ± 562	1002 ± 270
Carbohydrate (g)[5]	15-19	227 ± 59	236 ± 80	329 ± 57	245 ± 70
	20-40	233 ± 23	209 ± 19	207 ± 23	214 ± 15
	41-60	211 ± 18	180 ± 13	144 ± 29	210 ± 19
	61+	147 ± 36	177 ± 27	179 ± 55	106 ± 31
Protein (g)[6]	15-19	215 ± 58	100 ± 19	30 ± 56	61 ± 16
	20-40	161 ± 17	135 ± 13	78 ± 17	68 ± 10
	41-60	168 ± 16	133 ± 9	84 ± 25	74 ± 13
	61+	136 ± 24	107 ± 15	109 ± 36	51 ± 17
Fat (g): Total[7]	15-19	73 ± 20	56 ± 22	106 ± 19	73 ± 19
	20-40	68 ± 9	66 ± 8	87 ± 9	68 ± 7
	41-60	94 ± 8	61 ± 6	68 ± 15	81 ± 8
	61+	48 ± 26	41 ± 10	122 ± 40	41 ± 11
Polyunsaturated Fat (g)[8]	15-19	8 ± 2	9 ± 6	21 ± 7	14 ± 5
	20-40	15 ± 7	15 ± 2	19 ± 2	15 ± 2
	41-60	15 ± 2	12 ± 1	11 ± 3	14 ± 2
	61+	20 ± 2	8 ± 2	15 ± 6	5 ± 2
Omega-3 Fatty Acids (g)[9]	15-19	3 ± 2	1 ± 0.4	1 ± 1.6	1 ± 0.3
	20-40	2 ± 0.3	2 ± 0.3	1 ± 0.3	1 ± 0.2
	41-60	4 ± 0.4	2 ± 0.2	2 ± 0.6	1 ± 0.3
	61+	2 ± 0.6	1 ± 0.4	1 ± 1	0.3 ± 0.5

Table 32, continued

		Days with traditional food		Days without traditional food	
	Age group	Male	Female	Male	Female
	15-19	n= 8	n= 9	n= 9	n= 12
	20-40	n= 43	n= 46	n= 38	n= 66
	41-60	n= 49	n= 54	n= 19	n= 22
	61+	n= 15	n=12	n= 6	n= 9
Omega-6 Fatty Acids (g)[10]	15-19	7 ± 3	8 ± 3	12 ± 3	10 ± 3
	20-40	10 ± 1	10 ± 1	13 ± 1	9 ± 1
	41-60	14 ± 1	9 ± 0.8	8 ± 2	10 ± 1
	61+	9 ± 3	7 ± 2	13 ± 5	6 ± 2
Saturated Fat (g)[11]	15-19	20 ± 7	23 ± 10	42 ± 7	27 ± 8
	20-40	21 ± 3	20 ± 3	28 ± 3	23 ± 2
	41-60	29 ± 4	19 ± 2	23 ± 5	29 ± 3
	61+	13 ± 9	14 ± 3	46 ± 14	16 ± 3
Vitamin A (µg RE)[12]	15-19	248 (98, 626)	578 (250, 1335)	107 (44, 262)	309 (148, 644)
	20-40	376 (229, 616)	269 (168, 429)	327 (199, 537)	213 (145, 314)
	41-60	405 (282, 581)	361 (225, 580)	310 (177, 542)	318 (160, 629)
	61+	451 (204, 998)	576 (171, 1945)	93 (27, 314)	372 (91, 1527)
Vitamin E (mg)[13]	15-19	7 ± 2	5 ± 2	5 ± 2	5 ± 1
	20-40	6 ± 0.6	6 ± 0.5	5 ± 0.6	4 ± 0.4
	41-60	8 ± 0.6	6 ± 0.4	3 ± 0.9	4 ± 0.6
	61+	5 ± 2	5 ± 1	4 ± 3	2 ± 1
Vitamin C (mg)[14]	15-19	110 ± 54	159 ± 35	70 ± 53	102 ± 30
	20-40	86 ± 18	69 ± 14	81 ± 18	77 ± 12
	41-60	66 ± 14	72 ± 12	25 ± 22	87 ± 17
	61+	57 ± 15	111 ± 26	37 ± 23	77 ± 30
Iron (mg)[15]	15-19	32 ± 7	19 ± 3	9 ± 7	11 ± 3
	20-40	25 ± 3	27 ± 3	10 ± 3	11 ± 3
	41-60	24 ± 3	25 ± 3	8 ± 4	11 ± 4
	61+	37 ± 9	19 ± 2	1 ± 14	9 ± 2

Table 32, continued

		Days with traditional food		Days without traditional food	
	Age group	Male	Female	Male	Female
	15-19	n= 8	n= 9	n= 9	n= 12
	20-40	n= 43	n= 46	n= 38	n= 66
	41-60	n= 49	n= 54	n= 19	n= 22
	61+	n= 15	n=12	n= 6	n= 9
Calcium (mg)[16]	15-19	361 ± 161	776 ± 254	404 ± 156	487 ± 223
	20-40	420 ± 49	391 ± 49	398 ± 49	316 ± 40
	41-60	475 ± 53	393 ± 50	319 ± 82	486 ± 72
	61+	359 ± 161	457 ± 67	584 ± 248	226 ± 77
Zinc (mg)[17]	15-19	33 ± 10	13 ± 3	9 ± 10	9 ± 3
	20-40	23 ± 3	17 ± 2	8 ± 3	8 ± 1
	41-60	19 ± 2	18 ± 1	9 ± 3	9 ± 2
	61+	10 ± 4	13 ± 2	14 ± 7	9 ± 3
Sucrose (g)[18]	15-19	27 ± 36	83 ± 27	151 ± 35	101 ± 24
	20-40	93 ± 10	76 ± 11	72 ± 10	86 ± 9
	41-60	78 ± 10	62 ± 7	44 ± 15	84 ± 11
	61+	33 ± 26	62 ± 13	93 ± 40	16 ± 15
Total sugars (g)[19]	15-19	61 ± 44	103 ± 31	180 ± 43	119 ± 28
	20-40	104 ± 11	90 ± 12	86 ± 11	103 ± 10
	41-60	90 ± 11	75 ± 8	44 ± 17	102 ± 12
	61+	43 ± 29	78 ± 16	94 ± 44	10 ± 18

[4-19]Significance of main effects from Kruskal-Wallis non-parametric ANOVA with food source, age, gender, season, site and day of the week in the model: [4]diet p=0.01, gender p<0.0001, age p=0.004, site p<0.0001; [5] age p<0.0001, site p<0.0001; [6]diet p<0.0001, gender p=0.0002, site p=0.01; [7]diet p=0.01, season p=0.01, gender p=0.0002, age p=0.01, site p=0.0001; [8]gender p=0.003, age p=0.0004, site p<0.0001; [9]diet p<0.0001, gender p=0.0002, site p<0.0001;[10] season p=0.04, gender p=0.008, site p<0.0001; [11]diet p=0.001, season p=0.01, gender p=0.002, age p=0.02, site p=0.002; [12]diet p=0.01, site p<0.0001; [13]diet p<0.0001, gender p=0.0006, age p=0.003, site p<0.0001; [14]age p=0.001, site p<0.0001; [15]diet p<0.0001, gender p=0.02, site p=0.004, day of the week p=0.03; [16]diet p=0.004, gender p=0.0497, site p<0.0001; [17]diet p<0.0001, gender p=0.009, age p=0.04; [18] age p<0.0001, site p<0.0001; [19] age p<0.0001, site p<0.0001.

Table 33. Percentage of energy derived from carbohydrate, protein, fat, sucrose, polyunsaturated and saturated fat (lsmean±SE)[1], on days with and without traditional food intake (regions, seasons and genders combined)

	% energy	
	Days with traditional food (n = 1092 recalls)	Days without traditional food (n = 783 recalls)
Carbohydrate[2]	37 ± 0.5	49 ± 0.6
Protein[2]	32 ± 0.4	16 ± 0.5
Total fat[2]	30 ± 0.4	35 ± 0.5
Sucrose[2]	13 ± 0.4	18 ± 0.5
Polyunsaturated fat[2]	5.6 ± 0.1	6.4 ± 0.1
Saturated fat[2]	9.1 ± 0.1	12 ± 0.2

[1]ANOVA (Analysis of variance) adjusting for age and gender.
[2]$p<0.0001$

Table 34 (A-E). Ten most important contributors to energy, macronutrients, saturated and polyunsaturated fats, selected vitamins and minerals, fibre and sucrose intakes, by region and season

A) INUVIALUIT COMMUNITIES

1) ENERGY (% of total)

FALL		LATE WINTER	
caribou meat	11	beef, hamburger	8
white bread	8	caribou meat	8
sugar, white	5	white bread	7
beef, hamburger	5	sugar, white	5
soft drinks	4	soft drinks	4
rice, white	3	potato chips	4
chicken	3	chicken	4
vitamin C fortified powdered drinks	3	vitamin C fortified powdered drinks	4
potato chips	3	hot dogs, luncheon meats	3
margarine	2	pasta	3

2) PROTEIN (% of total)

FALL		LATE WINTER	
caribou meat	33	caribou meat	26
beef, hamburger	7	beef, hamburger	12
chicken	6	chicken	8
caribou meat, dried	5	white bread	4
white bread	4	eggs	4
muskox meat	4	muskox meat	4
arctic char flesh	3	arctic char flesh	3
rabbit meat	3	caribou meat, dried	3
duck meat	3	hot dogs, luncheon meat	2
ptarmigan meat	2	ringed seal meat	2

3) FAT (% of total)

FALL		LATE WINTER	
beef, hamburger	10	beef, hamburger	15
caribou meat	7	potato chips	8
margarine	7	hot dogs, luncheon meat	7
potato chips	5	margarine	5
chicken	5	chicken	5
hot dogs, luncheon meat	4	eggs	5
beluga blubber	4	caribou meat	5
lard	4	french fries	4
butter	4	lard	3
french fries	3	bacon	3

Table 34, continued

4) CARBOHYDRATE (% of total)

FALL		LATE WINTER	
white bread	14	white bread	13
sugar, white	13	sugar, white	12
soft drinks	10	soft drinks	10
vitamin C fortified powdered drinks	7	vitamin C fortified powdered drinks	9
rice, white	7	rice, white	5
unfortified powdered drinks	5	pasta	5
pasta	4	unfortified powdered drinks	5
potatoes	3	potato chips	4
french fries	3	potatoes	3
bannock	3	french fries	3

5) VITAMIN A (% of total)

FALL		LATE WINTER	
beef liver	16	caribou liver	19
beluga blubber	12	carrots	17
caribou liver	11	mixed frozen vegetables	8
carrots	10	eggs	8
margarine	7	margarine	8
vegetable and beef soup	5	chicken noodle soup	4
eggs	3	pizza	4
muskox meat	3	muskox meat	4
butter	3	2% milk	3
chicken noodle soup	3	vegetable and beef soup	3

6) VITAMIN E (% of total)

FALL		LATE WINTER	
margarine	14	potato chips	15
caribou meat	11	margarine	12
beluga blubber	11	caribou meat	8
potato chips	9	vegetable cooking fat	7
mayonnaise	5	mayonnaise	6
bannock	3	eggs	5
eggs	3	beef, hamburger	4
beef, hamburger	2	bannock	3
pasta	2	pasta	3
rabbit meat	2	caribou liver	2

Table 34, continued

7) VITAMIN C (% of total)

FALL		LATE WINTER	
vitamin C fortified powdered drinks	39	vitamin C fortified powdered drinks	45
coop fortified powdered drinks	8	potato chips	7
unfortified powdered drinks	5	orange juice, canned	7
potato chips	5	coop fortified powdered drinks	6
orange juice, canned	4	orange juice, frozen	5
apple juice, canned	4	unfortified powdered drinks	4
tomato soup	3	potatoes	3
oranges	3	apple juice, canned	2
potatoes	2	wheat flakes	2
orange juice, frozen	2	french fries	2

8) CALCIUM (% of total)

FALL		LATE WINTER	
white bread	12	white bread	11
bannock	7	2% milk	11
coffee	6	pizza	10
pizza	6	bannock	8
2% milk	5	coffee	6
processed cheese, Kraft singles	5	eggs	4
evaporated milk	4	macaroni/cheese	3
macaroni/cheese	3	processed cheese, Kraft singles	3
chocolate bars	2	evaporated milk	2
skim milk	2	chocolate bars	2

9) IRON (% of total)

FALL		LATE WINTER	
caribou meat	30	caribou meat	23
white bread	6	ringed seal meat	7
duck meat	5	white bread	6
caribou meat, dried	5	beef, hamburger	6
muskox meat	4	muskox meat	4
beef, hamburger	4	coffee	4
rabbit meat	3	pasta	3
coffee	3	rice, white	3
rice	3	caribou meat, dried	2
pasta	2	chicken	2

Table 34, continued

10) ZINC (% of total)

FALL		LATE WINTER	
caribou meat	42	caribou meat	32
beef, hamburger	10	beef, hamburger	19
caribou meat, dried	5	chicken	4
muskox meat	3	muskox meat	3
chicken	3	caribou meat, dried	3
vegetable and beef soup	2	polar bear meat	2
rabbit meat	2	eggs	2
white bread	2	white bread	2
duck meat	2	hot dogs, luncheon meat	2
pork	2	pork	1

11) SATURATED FATTY ACIDS (% of total)

FALL		LATE WINTER	
beef, hamburger	12	beef, hamburger	17
butter	7	hot dogs, luncheon meat	7
caribou meat	7	potato chips	6
hot dogs, luncheon meat	5	butter	5
lard	5	caribou meat	4
margarine	5	eggs	4
coffee whitener	4	lard	4
potato chips	4	chicken	4
chicken	4	margarine	3
chocolate bars	3	coffee whitener	3

12) POLYUNSATURATED FATTY ACIDS (% of total)

FALL		LATE WINTER	
potato chips	15	potato chips	21
margarine	11	french fries	9
french fries	9	margarine	7
caribou meat	6	chicken	6
chicken	6	beef, hamburger	4
white bread	5	caribou meat	4
bannock	4	bannock	4
mayonnaise	4	white bread	4
beef, hamburger	3	mayonnaise	4
hot dogs, luncheon meat	3	hot dogs, luncheon meat	4

Table 34, continued

13) OMEGA 3 FATTY ACIDS (% of total)

FALL		LATE WINTER	
beluga blubber	13	margarine	11
margarine	12	arctic char flesh	9
arctic char flesh	8	mayonnaise	7
caribou meat	7	potato chips	6
mayonnaise	5	herring	6
white bread	4	caribou meat	5
cisco flesh	4	white bread	5
potato chips	3	salad dressing	4
duck meat	3	hot dogs, luncheon meat	3
bearded seal blubber	3	chicken	3

14) DIETARY FIBRE (% of total)

FALL		LATE WINTER	
white bread	13	potato chips	15
potato chips	10	white bread	11
french fries	4	potatoes	4
potatoes	4	french fries	4
rice, white	3	frozen mixed frozen vegetables	4
wheat cereals	3	wheat cereals	3
pasta	2	pizza	3
chili con carne with beans	2	rice, white	2
chocolate bars	2	pasta	2
vegetable and beef soup	2	chili con carne with beans	2

15) SUCROSE (% of total)

FALL		LATE WINTER	
sugar, white	35	sugar, white	33
soft drinks	26	soft drinks	28
Vitamin C fortified powdered drinks	9	Vitamin C fortified powdered drinks	11
unfortified powdered drinks	7	unfortified powdered drinks	6
chocolate bars	3	chocolate bars	2
cookies	2	canned peaches in syrup	2
fortified powdered drinks (Coop)	2	fortified powdered drinks (Coop)	1
jellies, jams	2	cookies	1
doughnuts	1	coffeecake	1
caramel candy	1	pizza	1

Table 34, continued

16) TOTAL SUGARS (% of total)

FALL		LATE WINTER	
sugar, white	27	sugar, white	27
soft drinks	22	soft drinks	24
Vitamin C fortified powdered drinks	13	Vitamin C fortified powdered drinks	17
unfortified powdered drinks	10	unfortified powdered drinks	10
corn syrup	3	fortified powdered drinks (Coop)	2
fortified powdered drinks (Coop)	3	chocolate bars	2
chocolate bars	3	orange juice, frozen concentrated	1
jellies, jams	2	canned peaches in syrup	1
cookies	1	cookies	1
apple, raw	1	coffeecake	1

Table 34, continued

B) KITIKMEOT COMMUNITIES

1) ENERGY (% of total)

FALL		LATE WINTER	
caribou meat	9	caribou meat	10
chicken	7	bannock	9
white bread	6	white bread	6
beef, hamburger	6	beef, hamburger	5
vitamin C fortified powdered drinks	5	chicken	4
sugar, white	4	sugar, white	4
arctic char flesh	4	pizza	4
bannock	4	pork	3
unfortified powdered drinks	3	vitamin C fortified powdered drinks	3
french fries	3	rice, white	3

2) PROTEIN (% of total)

FALL		LATE WINTER	
caribou meat	24	caribou meat	28
chicken	11	caribou meat, dried	8
arctic char flesh	10	chicken	7
beef, hamburger	7	beef, hamburger	6
caribou meat, dried	5	pork	6
muskox meat	4	arctic char flesh	5
white bread	3	muskox meat	4
duck meat	3	bannock	3
pork	2	white bread	3
turkey	2	pizza	2

3) FAT (% of total)

FALL		LATE WINTER	
beef, hamburger	11	bannock	12
chicken	10	beef, hamburger	10
butter	6	caribou meat	6
caribou meat	6	chicken	6
bannock	5	potato chips	5
hot dogs, luncheon meat	5	pork	5
margarine	4	hot dogs, luncheon meat	4
french fries	4	french fries	4
arctic char flesh	3	pizza	3
corned beef hash	3	coffee whitener	3

Table 34, continued

4) CARBOHYDRATE (% of total)

FALL		LATE WINTER	
vitamin C fortified powdered drinks	12	bannock	11
white bread	11	white bread	10
sugar, white	11	sugar, white	10
unfortified powdered drinks	7	vitamin C fortified powdered drinks	7
rice, white	5	soft drinks	7
soft drinks	5	unfortified powdered drinks	6
bannock	5	rice, white	6
pasta	4	pizza	5
french fries	3	pasta	4
potatoes	3	french fries	3

5) VITAMIN A (% of total)

FALL		LATE WINTER	
mixed frozen vegetables	10	caribou liver	36
carrots	10	carrots	13
vegetable and beef soup	9	mixed frozen vegetables	5
butter	7	chicken noodle soup	5
margarine	7	pizza	5
muskox meat	6	beluga blubber	4
chicken noodle soup	6	muskox meat	4
eggs	5	caribou meat	3
arctic char flesh	5	margarine	3
caribou meat	3	eggs	2

6) VITAMIN E (% of total)

FALL		LATE WINTER	
caribou meat	12	bannock	13
margarine	11	caribou meat	12
mayonnaise	9	potato chips	11
bannock	6	caribou liver	7
arctic char flesh	5	margarine	7
potato chips	4	arctic char flesh	3
beef, hamburger	3	mayonnaise	3
eggs	3	beef, hamburger	3
chicken	3	eggs	2
almonds, dried	3	peanuts	2

Table 34, continued

7) VITAMIN C (% of total)

FALL		LATE WINTER	
vitamin C fortified powdered drinks	51	vitamin C fortified powdered drinks	45
coop fortified powdered drinks	8	coop fortified powdered drinks	7
unfortified powdered drinks	5	unfortified powdered drinks	6
orange juice, frozen	4	orange juice, frozen	6
apple juice, canned	4	potato chips	5
oranges	3	wheat flakes	3
potatoes	2	grapefruit juice, canned	2
tomato soup	2	pizza	2
wheat flakes	2	french fries	2
tomatoes, canned	2	beluga muktuk, skin only	2

8) CALCIUM (% of total)

FALL		LATE WINTER	
bannock	12	bannock	25
white bread	9	pizza	14
processed cheese, Kraft singles	7	2% milk	9
coffee	6	white bread	7
pizza	6	coffee	5
2% milk	6	macaroni/cheese	3
whole milk	5	processed cheese, Kraft singles	3
arctic char flesh	2	chicken noodle soup	2
cream of chicken soup	2	coffee whitener	2
chicken	2	tea	2

9) IRON (% of total)

FALL		LATE WINTER	
caribou meat	23	caribou meat	25
ringed seal meat	6	ringed seal meat	8
duck meat	6	caribou meat, dried	7
muskox meat	6	bannock	6
caribou meat, dried	5	caribou meat, liver	5
white bread	5	muskox, meat	5
beef, hamburger	4	white bread	4
chicken	4	coffee	3
coffee	4	beef, hamburger	3
rice, white	3	pizza	3

Table 34, continued

10) ZINC (% of total)

FALL		LATE WINTER	
caribou meat	32	caribou meat	36
beef, hamburger	12	beef, hamburger	10
caribou meat, dried	6	caribou meat, dried	10
chicken	6	pork	5
muskox meat	4	muskox meat	4
caribou head	3	chicken	4
vegetable beef soup	2	polar bear meat	3
pork	2	pizza	2
duck meat	2	chicken noodle soup	2
beef, chuck blade roast	2	beluga muktuk skin only	2

11) SATURATED FATTY ACIDS (% of total)

FALL		LATE WINTER	
beef, hamburger	13	beef, hamburger	11
butter	11	bannock	10
chicken	7	caribou meat	6
hot dogs, luncheon meat	5	coffee whitener	5
caribou meat	5	chicken	5
coffee whitener	4	hot dogs, luncheon meat	5
processed cheese, Kraft singles	4	pork	5
bannock	4	potato chips	4
french fries	3	butter	4
corned beef hash	3	pizza	4

12) POLYUNSATURATED FATTY ACIDS (% of total)

FALL		LATE WINTER	
chicken	13	bannock	16
french fries	12	potato chips	14
bannock	8	french fries	10
margarine	7	chicken	7
mayonnaise	6	caribou meat	5
caribou meat	5	pork	4
arctic char flesh	5	margarine	4
potato chips	5	walnuts	3
white bread	4	white bread	3
beef, hamburger	3	beef, hamburger	2

Table 34, continued

13) OMEGA 3 FATTY ACIDS (% of total)

FALL		LATE WINTER	
arctic char flesh	29	arctic char flesh	17
mayonnaise	8	bannock	8
margarine	7	caribou meat	7
caribou meat	6	margarine	5
chicken	5	lake trout flesh	5
duck meat	4	walnuts	4
butter	4	potato chips	4
white bread	3	white bread	3
bannock	3	beluga blubber	3
hot dogs, luncheon meat	2	mayonnaise	3

14) DIETARY FIBRE (% of total)

FALL		LATE WINTER	
white bread	9	potato chips	10
potatoes	5	white bread	9
french fries	4	bannock	6
mixed frozen vegetables	4	wheat cereals	5
wheat cereals	4	french fries	4
potato chips	3	pizza	4
whole wheat bread	3	mixed frozen vegetables	4
bannock	3	rice, white	3
rice, white	2	potatoes	2
apple, raw	2	pasta	1

15) SUCROSE (% of total)

FALL		LATE WINTER	
sugar, white	33	sugar, white	34
vitamin C fortified powdered drinks	17	soft drinks	22
soft drinks	16	vitamin C fortified powdered drinks	12
unfortified powdered drinks	11	unfortified powdered drinks	10
fortified powdered drinks (Coop)	3	chocolate bars	3
jello, plain gelatin	2	chocolate cake with icing	2
jams, jellies	2	pizza	2
wheat cereals	1	fortified powdered drinks (Coop)	2
canned peaches in syrup	1	wheat cereals	1
spaghetti in tomato sauce	1	granola	1

Table 34, continued

16) TOTAL SUGARS (% of total)

FALL		LATE WINTER	
sugar, white	24	sugar, white	26
vitamin C fortified powdered drinks	23	soft drinks	18
unfortified powdered drinks	14	vitamin C fortified powdered drinks	17
soft drinks	12	unfortified powdered drinks	15
fortified powdered drinks (Coop)	4	bannock	3
raisins	2	chocolate bars	3
apple, raw	2	fortified powdered drinks (Coop)	3
orange juice, frozen concentrated	1	orange juice, frozen concentrated	2
apple juice, canned	1	chocolate cake with icing	2
jams, jellies	1	pizza	2

Table 34, continued

C) KIVALLIQ COMMUNITIES

1) ENERGY (% of total)

FALL		LATE WINTER	
caribou meat	17	caribou meat	16
sugar, white	6	sugar, white	7
bannock	6	bannock	5
white bread	5	soft drinks	5
arctic char flesh	4	french fries	5
vitamin C fortified powdered drinks	3	white bread	4
french fries	3	beef, hamburger	4
chicken	3	potato chips	4
soft drinks	3	chicken	3
beef, hamburger	2	spaghetti with meat sauce	2

2) PROTEIN (% of total)

FALL		LATE WINTER	
caribou meat	48	caribou meat	49
arctic char flesh	10	chicken	6
chicken	4	arctic char flesh	6
bearded seal meat	4	beef, hamburger	5
beef, hamburger	3	beluga muktuk, skin only	3
white bread	2	pork	2
beluga muktuk, skin only	2	white bread	2
ringed seal meat	2	eggs	2
eggs	2	spaghetti with meat sauce	2
bannock	2	bannock	2

3) FAT (% of total)

FALL		LATE WINTER	
caribou meat	11	caribou meat	10
bannock	8	beef, hamburger	8
beluga blubber	4	potato chips	7
lard	4	bannock	7
french fries	4	french fries	6
beef, hamburger	4	butter	6
butter	4	hot dogs, luncheon meat	5
hot dogs, luncheon meat	4	lard	5
chicken	4	chicken	5
caribou fat	3	caribou fat	3

Table 34, continued

4) CARBOHYDRATE (% of total)

FALL		LATE WINTER	
sugar, white	17	sugar, white	18
white bread	10	soft drinks	11
vitamin C fortified powdered drinks	9	white bread	8
bannock	8	bannock	6
soft drinks	7	french fries	6
french fries	4	unfortified powdered drinks	5
pasta	4	vitamin C fortified powdered drinks	5
unfortified powdered drinks	4	rice, white	5
rice, white	3	pasta	4
pizza	3	potato chips	4

5) VITAMIN A (% of total)

FALL		LATE WINTER	
beluga blubber	15	carrots	23
carrots	13	mixed frozen vegetables	13
caribou meat	11	caribou meat	12
eggs	5	beluga muktuk, skin only	7
arctic char flesh	5	beluga blubber	7
mixed frozen vegetables	5	butter	6
margarine	5	spaghetti with meat sauce	5
butter	5	eggs	5
pizza	4	margarine	4
vegetable beef soup	3	pizza	3

6) VITAMIN E (% of total)

FALL		LATE WINTER	
caribou meat	20	caribou meat	19
bannock	9	potato chips	14
margarine	8	bannock	7
arctic char flesh	6	margarine	7
potato chips	5	beluga blubber	5
vegetable cooking fat	5	mayonnaise	5
beluga blubber	4	beluga muktuk, skin only	4
eggs	4	eggs	3
mayonnaise	3	corn oil	3
beluga muktuk, skin only	3	arctic char flesh	3

Table 34, continued

7) VITAMIN C (% of total)

FALL		LATE WINTER	
vitamin C fortified powdered drinks	50	vitamin C fortified powdered drinks	39
beluga muktuk, skin only	7	potato chips	10
apple juice, canned	7	beluga muktuk, skin only	8
unfortified powdered drinks	3	unfortified powdered drinks	7
tomato soup	3	spaghetti with meat sauce	5
potato chips	3	french fries	5
orange juice, frozen	3	potatoes	4
sunny delight	3	apple juice, canned	2
french fries	2	caribou meat	2
lemonade, frozen	2	wheat flakes	2

8) CALCIUM (% of total)

FALL		LATE WINTER	
bannock	20	bannock	18
pizza	8	pizza	9
white bread	8	white bread	7
coffee	6	coffee	6
2% milk	5	2% milk	5
whole milk	5	spaghetti with meat sauce	4
macaroni/cheese	4	cheddar cheese	3
processed cheese, Kraft singles	4	whole milk	3
chocolate bars	3	caribou meat	3
caribou meat	3	macaroni/cheese	3

9) IRON (% of total)

FALL		LATE WINTER	
caribou meat	41	caribou meat	47
bearded seal meat	12	walrus meat	7
ringed seal meat	10	bannock	4
bannock	4	coffee	4
white bread	3	white bread	4
coffee	3	beef, hamburger	3
pasta	2	rice, white	2
pizza	1	spaghetti with meat sauce	2
beef, hamburger	1	pasta	2
walrus meat	1	chicken	2

Table 34, continued

10) ZINC (% of total)

FALL		LATE WINTER	
caribou meat	59	caribou meat	56
beluga muktuk, skin only	6	beef, hamburger	8
beef, hamburger	4	beluga muktuk, skin only	6
bearded seal meat	3	chicken	3
chicken	2	spaghetti with meat sauce	3
ringed seal meat	2	walrus meat	2
arctic char	2	pork	2
pork	1	caribou meat, dried	2
bearded seal intestine	1	hot dogs, luncheon meat	1
beef, chuck blade roast	1	eggs	1

11) SATURATED FATTY ACIDS (% of total)

FALL		LATE WINTER	
caribou meat	11	butter	11
butter	8	caribou meat	10
bannock	6	beef, hamburger	9
lard	5	french fries	6
coffee whitener	5	hot dogs, luncheon meat	6
beef, hamburger	5	lard	5
chocolate bars	5	bannock	5
hot dogs, luncheon meat	5	potato chips	5
french fries	4	coffee whitener	4
chicken	3	chicken	4

12) POLYUNSATURATED FATTY ACIDS (% of total)

FALL		LATE WINTER	
bannock	12	potato chips	18
french fries	12	french fries	17
caribou meat	10	bannock	9
potato chips	7	caribou meat	8
margarine	5	chicken	5
chicken	5	margarine	4
arctic char flesh	5	oil, corn	4
white bread	3	mayonnaise	3
corn oil	3	hot dogs, luncheon meat	3
cookies	3	lard	3

Table 34, continued

13) OMEGA 3 FATTY ACIDS (% of total)

FALL		LATE WINTER	
arctic char flesh	23	arctic char flesh	18
bearded seal blubber	10	caribou meat	12
caribou meat	9	margarine	6
beluga blubber	6	potato chips	5
margarine	5	mayonnaise	5
bannock	4	beluga blubber	5
mayonnaise	3	bannock	5
ringed seal broth	3	beluga muktuk, skin only	4
walrus blubber	3	butter	4
white bread	2	white bread	3

14) DIETARY FIBRE (% of total)

FALL		LATE WINTER	
white bread	10	potato chips	13
potato chips	6	french fries	7
french fries	6	white bread	7
bannock	5	mixed frozen vegetables	6
wheat cereals	3	potatoes	4
pizza	3	bannock	4
mixed frozen vegetables	3	wheat cereals	2
chocolate bars	3	pizza	2
saltine crackers	2	rice, white	2
potatoes	2	carrots	2

15) SUCROSE (% of total)

FALL		LATE WINTER	
sugar, white	46	sugar, white	45
soft drinks	18	soft drinks	27
vitamin C fortified powdered drinks	11	unfortified powdered drinks	6
unfortified powdered drinks	4	vitamin C fortified powdered drinks	5
chocolate bars	4	chocolate bars	2
fruit drinks unfortified	3	spaghetti with meat sauce	2
cookies	2	coffeecake	1
coffeecake	2	fruit drinks unfortified	1
angel food cake	1	doughnuts	1
apple juice, canned	1	cookies	1

Table 34, continued

16) TOTAL SUGARS (% of total)

FALL	LATE WINTER	
sugar, white	sugar, white	39
vitamin C fortified powdered drinks	soft drinks	24
soft drinks	unfortified powdered drinks	10
unfortified powdered drinks	vitamin C fortified powdered drinks	9
fruit drinks unfortified	chocolate bars	3
chocolate bars	fruit drinks unfortified	2
cookies	spaghetti with meat sauce	1
bannock	bannock	1
apple juice, canned	coffeecake	1
raisins	doughnuts	1

Table 34, continued

D) BAFFIN COMMUNITIES

1) ENERGY (% of total)

FALL		LATE WINTER	
bannock	8	caribou meat	13
sugar, white	7	bannock	7
caribou meat	7	sugar, white	5
ringed seal meat	5	french fries	4
soft drinks	5	arctic char flesh	4
narwhal blubber	3	ringed seal meat	4
white bread	3	soft drinks	4
chicken	3	white bread	4
potato chips	3	beef, hamburger	3
french fries	3	pasta	2

2) PROTEIN (% of total)

FALL		LATE WINTER	
caribou meat	21	caribou meat	33
ringed seal meat	16	ringed seal meat	11
arctic char flesh	7	arctic char flesh	10
chicken	6	polar bear meat	5
narwhal muktuk, skin only	5	chicken	4
walrus meat	4	beef, hamburger	4
beef, hamburger	3	pork	2
pork	3	bannock	2
bannock	3	white bread	2
beef, chuck blade roast	2	narwhal muktuk, skin only	2

3) FAT (% of total)

FALL		LATE WINTER	
bannock	9	caribou meat	8
narwhal blubber	9	bannock	8
caribou fat	5	french fries	6
potato chips	4	beef, hamburger	5
caribou meat	4	butter	5
beef, hamburger	4	potato chips	4
walrus blubber	4	arctic char flesh	4
chicken	4	narwhal blubber	3
beef, chuck blade roast	3	hot dogs, luncheon meat	3
french fries	3	walrus blubber	3

Table 34, continued

4) CARBOHYDRATE (% of total)

FALL		LATE WINTER	
sugar, white	18	sugar, white	13
soft drinks	12	soft drinks	11
bannock	10	bannock	9
white bread	6	white bread	7
pasta	5	french fries	6
unfortified powdered drinks	4	pasta	5
french fries	3	pizza	3
rice, white	3	rice, white	3
potato chips	3	unfortified powdered drinks	3
pizza	3	vitamin C fortified powdered drinks	3

5) VITAMIN A (% of total)

FALL		LATE WINTER	
ringed seal liver	23	walrus liver	32
caribou liver	16	caribou meat	9
narwhal blubber	13	carrots	6
narwhal muktuk, skin only	5	ringed seal liver	5
caribou meat	5	narwhal blubber	5
carrots	5	ringed seal kidney	5
mixed frozen vegetables	4	mixed frozen vegetables	3
ringed seal meat	3	arctic char flesh	3
beluga blubber	3	butter	3
butter	2	pizza	2

6) VITAMIN E (% of total)

FALL		LATE WINTER	
narwhal blubber	12	caribou meat	12
bannock	9	bannock	9
potato chips	8	walrus blubber	8
walrus blubber	7	potato chips	8
caribou meat	6	arctic char flesh	7
narwhal muktuk, skin only	5	narwhal blubber	5
corn oil	3	vegetable cooking fat	3
caribou liver	3	cookies	3
cookies	3	pasta	2
beluga blubber	3	narwhal muktuk, skin only	2

Table 34, continued

7) VITAMIN C (% of total)

FALL		LATE WINTER	
orange juice, frozen	13	orange juice, frozen	16
narwhal muktuk, skin only	10	vitamin C fortified powdered drinks	15
apple juice, canned	9	apple juice, canned	7
vitamin C fortified powdered drinks	8	tomato soup	5
coop fortified powdered drinks	7	potato chips	5
potato chips	6	coop fortified powdered drinks	4
oranges	5	french fries	4
unfortified powdered drinks	5	narwhal muktuk, skin only	4
beluga muktuk, skin only	3	oranges	3
tomato soup	3	corn flakes	3

8) CALCIUM (% of total)

FALL		LATE WINTER	
bannock	25	bannock	20
pizza	7	2% milk	9
2% milk	7	pizza	9
white bread	5	white bread	5
coffee	4	macaroni/cheese	4
cheddar cheese	4	evaporated milk	3
evaporated milk	4	processed cheese, Kraft singles	3
ringed seal meat	3	coffee	3
chocolate bars	3	chocolate bars	3
macaroni/cheese	2	arctic char	3

9) IRON (% of total)

FALL		LATE WINTER	
ringed seal meat	44	ringed seal meat	35
caribou meat	12	caribou meat	23
walrus meat	8	walrus meat	3
bannock	3	polar bear meat	3
caribou liver	2	bannock	2
ringed seal broth	2	bearded seal meat	2
white bread	2	walrus liver	2
pasta	2	white bread	2
coffee	1	beluga flipper	2
ptarmigan meat	1	pasta	2

Table 34, continued

10) ZINC (% of total)

FALL		LATE WINTER	
caribou meat	25	caribou meat	39
ringed seal meat	13	polar bear meat	10
narwhal muktuk, skin only	11	ringed seal meat	9
walrus meat	5	beef, hamburger	5
beef, hamburger	5	narwhal muktuk, skin only	4
beef, chuck blade roast	5	pork	2
chicken	3	walrus meat	2
beluga muktuk	3	chicken	2
pork	3	arctic char	2
bannock	2	beef, chuck blade roast	1

11) SATURATED FATTY ACIDS (% of total)

FALL		LATE WINTER	
bannock	9	caribou meat	10
butter	7	butter	9
beef, hamburger	6	bannock	7
caribou meat	5	beef, hamburger	7
beef, chuck blade roast	5	french fries	6
chocolate bars	5	chocolate bars	5
caribou fat	5	hot dogs, luncheon meat	4
coffee whitener	4	potato chips	3
potato chips	4	lard	3
french fries	4	coffee whitener	3

12) POLYUNSATURATED FATTY ACIDS (% of total)

FALL		LATE WINTER	
bannock	15	french fries	16
potato chips	14	bannock	12
french fries	10	potato chips	7
chicken	5	caribou meat	5
oil, corn	5	arctic char flesh	4
walrus blubber	4	chicken	3
caribou meat	3	cookies	3
cookies	3	walrus blubber	2
narwhal blubber	3	ringed seal meat	2
ringed seal broth	3	white bread	2

Table 34, continued

13) OMEGA 3 FATTY ACIDS (% of total)

FALL		LATE WINTER	
walrus blubber	14	arctic char flesh	20
ringed seal broth	12	walrus blubber	10
narwhal blubber	11	ringed seal meat	8
arctic char flesh	11	ringed seal broth	8
ringed seal meat	6	ringed seal blubber	6
bannock	4	caribou meat	5
ringed seal blubber	4	narwhal blubber	4
caribou meat	3	bannock	4
walrus meat	3	salad dressing, mayonnaise type	3
potato chips	2	polar bear meat	3

14) DIETARY FIBRE (% of total)

FALL		LATE WINTER	
potato chips	12	potato chips	10
bannock	7	french fries	8
white bread	7	white bread	7
french fries	5	bannock	6
mixed frozen vegetables	4	mixed frozen vegetables	3
wheat cereals	4	potatoes	3
potatoes	3	wheat cereals	3
chocolate bars	3	pizza	3
pizza	3	chocolate bars	3
pasta	2	pasta	2

15) SUCROSE (% of total)

FALL		LATE WINTER	
sugar, white	44	sugar, white	37
soft drinks	28	soft drinks	30
unfortified powdered drinks	5	chocolate bars	4
chocolate bars	3	unfortified powdered drinks	3
cookies	3	vitamin C fortified powdered drinks	3
fruit drinks unfortified	2	cookies	3
vitamin C fortified powdered drinks	1	fruit drinks unfortified	2
fortified powdered drinks (Coop)	1	orange juice, frozen concentrated	2
apple juice, canned	1	cake with icing	1
jams, jellies	1	apple juice, canned	1

Table 34, continued

16) TOTAL SUGARS (% of total)

FALL		LATE WINTER	
sugar, white	37	sugar, white	30
soft drinks	25	soft drinks	25
unfortified powdered drinks	8	unfortified powdered drinks	5
chocolate bars	4	vitamin C fortified powdered drinks	5
fruit drinks unfortified	3	chocolate bars	4
orange juice, frozen concentrated	3	orange juice, frozen concentrated	4
cookies	2	fruit drinks unfortified	3
vitamin C fortified powdered drinks	2	pudding	3
bannock	2	cookies	3
apple juice, canned	2	bannock	2

Table 34, continued

E) LABRADOR COMMUNITIES

1) ENERGY (% of total)

FALL		LATE WINTER	
white bread	7	caribou meat	12
soft drinks	6	white bread	7
caribou meat	6	soft drinks	6
chicken	5	sugar, white	5
french fries	5	french fries	5
salt pork	4	beef, hamburger	4
potato chips	4	margarine	4
sugar, white	4	chicken	4
beef, hamburger	4	potatoes	4
potatoes	4	potato chips	3

2) PROTEIN (% of total)

FALL		LATE WINTER	
caribou meat	23	caribou meat	35
chicken	12	cod flesh	8
beef, hamburger	6	chicken	6
pork, roasted	6	partridge meat	5
white bread	4	beef, hamburger	5
salmon flesh	4	caribou meat, dried	4
rabbit meat	4	white bread	3
partridge meat	4	pork, roasted	3
turkey	2	lake trout flesh	2
2% milk	2	caribou heart	2

3) FAT (% of total)

FALL		LATE WINTER	
salt pork	12	margarine	12
margarine	8	salt pork	8
potato chips	7	french fries	8
beef, hamburger	7	beef, hamburger	8
chicken	7	caribou meat	7
french fries	7	potato chips	6
hot dogs, luncheon meat	4	hot dogs, luncheon meat	6
pork, roasted	4	chicken	5
caribou meat	3	evaporated milk	3
chocolate bars	3	pork, roasted	2

Table 34, continued

4) CARBOHYDRATE (% of total)

FALL		LATE WINTER	
soft drinks	15	soft drinks	15
white bread	12	sugar, white	12
sugar, white	10	white bread	12
potatoes	8	potatoes	7
french fries	6	french fries	6
pasta	4	rice, white	4
potato chips	4	vitamin C fortified powdered drinks	3
unfortified powdered drinks	4	doughboys	3
rice, white	3	orange juice canned	3
vitamin C fortified powdered drinks	3	potato chips	3

5) VITAMIN A (% of total)

FALL		LATE WINTER	
carrots	49	carrots	27
margarine	13	ringed seal kidney	19
2% milk	4	beef, liver	14
eggs	4	margarine	11
chicken	3	eggs	3
evaporated milk	2	evaporated milk	2
beef and vegetable stew	2	sweet potatoes	2
pizza	2	spinach	1
chicken noodle soup	1	partridge meat	1
cheddar cheese	1	orange juice, canned	1

6) VITAMIN E (% of total)

FALL		LATE WINTER	
margarine	20	margarine	25
potato chips	15	caribou meat	14
caribou meat	8	potato chips	11
salt pork	3	vegetable cooking fat	5
cookies	3	salad dressing, mayonnaise type	3
vegetable cooking fat	3	eggs	3
salad dressing, mayonnaise type	3	lake trout flesh	3
chicken	3	cookies	2
salmon flesh	3	salt pork	2
eggs	2	cod flesh	2

Table 34, continued

7) VITAMIN C (% of total)

FALL		LATE WINTER	
vitamin C fortified powdered drinks	18	orange juice, canned	23
apple juice, canned	12	vitamin C fortified powdered drinks	19
potato chips	8	apple juice, canned	10
potatoes	8	potatoes	6
orange juice, canned	7	potato chips	5
evaporated milk	5	evaporated milk	5
unfortified powdered drinks	4	french fries	4
french fries	4	orange juice, frozen	3
orange juice	4	unfortified powdered drinks	3
orange juice, frozen	3	cabbage	2

8) CALCIUM (% of total)

FALL		LATE WINTER	
2% milk	15	evaporated milk	18
evaporated milk	14	white bread	10
white bread	10	2% milk	6
cheddar cheese	5	cod flesh	5
pizza	3	doughboys	5
doughboys	3	pizza	3
chocolate bars	3	ice cream	3
soft drinks	2	chocolate bars	2
chicken	2	soft drinks	2
potatoes	2	processed cheese, Kraft singles	2

9) IRON (% of total)

FALL		LATE WINTER	
caribou meat	21	caribou meat	35
white bread	7	partridge meat	8
partridge meat	7	white bread	6
chicken	5	caribou meat, dried	4
rabbit meat	5	caribou heart	4
mussels	4	beef, hamburger	3
beef, hamburger	4	chicken	3
ringed seal meat	3	ringed seal meat	2
pasta	3	rice, white	2
duck meat	3	beans, baked	2

Table 34, continued

10) ZINC (% of total)

FALL		LATE WINTER	
caribou meat	32	caribou meat	48
beef, hamburger	11	beef, hamburger	8
chicken	6	caribou meat, dried	5
pork	6	beans, baked	4
rabbit meat	3	chicken	3
gravy	3	pork, roasted	3
white bread	2	gravy	2
potatoes	2	white bread	2
2% milk	2	partridge meat	2
turkey	2	hot dogs, luncheon meat	1

11) SATURATED FATTY ACIDS (% of total)

FALL		LATE WINTER	
salt pork	13	beef, hamburger	9
beef, hamburger	9	salt pork	9
french fries	6	margarine	8
potato chips	6	french fries	7
chicken	5	hot dogs, luncheon meat	6
margarine	5	caribou meat	6
hot dogs, luncheon meat	5	evaporated milk	6
evaporated milk	5	potato chips	5
chocolate bars	4	chicken	4
pork	3	chocolate bars	4

12) POLYUNSATURATED FATTY ACIDS (% of total)

FALL		LATE WINTER	
potato chips	19	french fries	18
french fries	16	margarine	15
margarine	10	potato chips	15
chicken	8	chicken	6
salt pork	7	caribou meat	6
salad dressing, mayonnaise type	4	salt pork	4
white bread	3	white bread	4
salmon flesh	3	salad dressing, mayonnaise type	4
cookies	3	hot dogs, luncheon meat	3
pork	3	cookies	2

Table 34, continued

13) OMEGA 3 FATTY ACIDS (% of total)

FALL		LATE WINTER	
salmon flesh	18	margarine	22
margarine	16	caribou meat	9
salad dressing, mayonnaise type	9	salad dressing, mayonnaise type	8
potato chips	6	arctic char flesh	6
caribou meat	4	cod flesh	5
salt pork	4	lake trout flesh	4
white bread	4	white bread	4
chicken	3	potato chips	4
lake trout flesh	2	salmon flesh	3
french fries	2	salt pork	3

14) DIETARY FIBRE (% of total)

FALL		LATE WINTER	
potato chips	16	potatoes	12
potatoes	14	potato chips	12
white bread	12	white bread	12
coffee	9	coffee	11
french fries	8	french fries	9
split pea soup	3	split pea soup	3
carrots	3	carrots	3
wheat cereal	2	doughboys	3
apple, raw	2	green peas	2
chocolate bars	2	beans, baked	2

15) SUCROSE (% of total)

FALL		LATE WINTER	
soft drinks	40	soft drinks	37
sugar, white	28	sugar, white	33
unfortified powdered drinks	5	vitamin C fortified powdered drinks	4
vitamin C fortified powdered drinks	4	unfortified powdered drinks	3
chocolate bars	3	chocolate bars	3
cookies	3	orange juice, canned	2
apple juice, canned	2	cookies	2
cake with icing	1	ice cream	2
ice cream	1	apple juice, canned	2
jello, plain gelatin	1	coffeecake	1

Table 34, continued

16) TOTAL SUGARS (% of total)

FALL		LATE WINTER	
soft drinks	35	soft drinks	34
sugar, white	23	sugar, white	28
unfortified powdered drinks	8	vitamin C fortified powdered drinks	7
vitamin C fortified powdered drinks	6	unfortified powdered drinks	6
chocolate bars	4	chocolate bars	3
apple juice, canned	3	apple juice, canned	3
cookies	2	orange juice, canned	2
apple, raw	2	cookies	2
cake with icing	1	ice cream	2
pudding	1	apple, raw	1

Table 35. Traditional food sources of energy (%, mean ± SE) by community and season, in descending order of energy contribution

Community	Season	% energy from traditional food	Food sources
Aklavik	Fall[1] (n=53)[2]	18 ± 3	caribou meat, beluga blubber, rabbit meat, ptarmigan meat, whitefish flesh, whitefish eggs, arctic char flesh, caribou dried meat, duck meat, caribou bone marrow, whitefish esophagus, caribou kidney, caribou liver, caribou heart, cloudberries, loche liver, blueberries
	Late winter[3] (n=51)	8 ± 2	caribou meat, beluga muktuk skin only, moose meat, beluga blubber, ptarmigan meat, caribou dried meat, caribou heart, narwhal muktuk skin only
Tuktoyaktuk	Fall (n=31)	32 ± 5	caribou meat, caribou dried meat, cisco flesh, beluga blubber, caribou ribs, arctic char, ptarmigan meat, lake trout flesh, beluga meat, cranberries
	Late winter (n=63)	21 ± 3	caribou meat, herring flesh, caribou dried meat, rabbit meat, caribou ribs, lake trout flesh, muskrat meat, yellow-legs goose meat, ptarmigan meat, beluga flipper, whitefish flesh, cisco eggs, goose gizzard
Paulatuk	Fall (n=40)	24 ± 3	caribou meat, arctic char flesh, caribou dried meat, bearded seal blubber, ptarmigan meat, caribou fat, caribou bone marrow
	Late winter (n=57)	10 ± 2	caribou meat, yellow-legs goose meat, herring flesh, ptarmigan meat, caribou liver, caribou bone marrow, muskox meat
Holman	Fall (n=37)	21 ± 4	muskox meat, caribou meat, duck meat, arctic char flesh, muskox dried meat, caribou head, caribou dried meat, muskox tongue, ringed seal meat, arctic char head, blueberries
	Late winter (n=55)	22 ± 3	arctic char flesh, muskox meat, caribou meat, ringed seal meat, caribou dried meat, polar bear meat, duck meat, whitefish flesh, caribou ribs, ringed seal blubber, muskox meat dried
Kugluktuk	Fall (n=51)	20 ± 3	caribou meat, arctic char flesh, caribou dried meat, caribou fat, caribou head, ringed seal meat, caribou ears, caribou lips, loon meat, caribou tongue, caribou brain, whitefish flesh, whitefish eggs

Table 35, continued

Community	Season	% energy from traditional food	Food sources
	Late winter (n=59)	29 ± 4	caribou meat, caribou dried meat, caribou ribs, lake trout flesh, caribou head, caribou liver, arctic char flesh, caribou heart, arctic hare meat
Cambridge Bay	Fall (n=40)	24 ± 4	caribou meat, arctic char flesh, caribou ribs, caribou dried meat, ptarmigan meat, arctic char head
	Late winter (n=58)	10 ± 2	caribou meat, beluga blubber, arctic char flesh, beluga muktuk skin only, lake trout flesh, caribou meat dried, muskox meat
Baker Lake	Fall (n=50)	31 ± 4	caribou meat, arctic char flesh, caribou bone marrow, caribou ribs, caribou fat, lake trout flesh, caribou intestine
	Late winter (n=59)	18 ± 3	caribou meat, caribou ribs, caribou dried meat
Chesterfield Inlet	Fall (n=59)	22 ± 3	caribou meat, beluga blubber, bearded seal meat, beluga muktuk skin only, bearded seal blubber, bearded seal intestine, caribou ribs, caribou fat, caribou bone marrow, arctic char flesh, walrus meat, walrus blubber, lake trout flesh, ringed seal blubber, ringed seal meat, caribou stomach contents, caribou blood
	Late winter (n=56)	17 ± 2	caribou meat, caribou fat, arctic char flesh, caribou dried meat, ringed seal blubber, bearded seal meat, caribou stomach
Rankin Inlet	Fall (n=60)	32 ± 4	caribou meat, arctic char flesh, ringed seal meat, caribou fat, beluga muktuk skin only, lake trout flesh, beluga blubber, ringed seal broth, arctic char head, walrus blubber
	Late winter (n=55)	25 ± 3	caribou meat, arctic char flesh, beluga muktuk skin only, walrus meat, beluga blubber, caribou fat, lake trout flesh, beluga oil, caribou tongue, caribou ribs, caribou dried meat, beaded seal meat
Resolute Bay	Fall (n=40)	16 ± 4	caribou meat, narwhal muktuk skin only, ringed seal meat, beluga muktuk skin only, beluga blubber, beluga meat, arctic char flesh, ringed seal broth, walrus meat, caribou dried meat, muskox dried meat

Table 35, continued

Community	Season	% energy from traditional food	Food sources
	Late winter (n=36)	16 ± 5	caribou meat, ringed seal meat, polar bear meat, beluga flipper, bearded seal meat, ringed seal broth, bearded seal intestine
Pond Inlet	Fall (n=55)	27 ± 3	caribou meat, caribou fat, ringed seal meat, ringed seal broth, arctic char flesh, narwhal blubber, bearded seal intestine, caribou dried meat, narwhal muktuk skin only, polar bear meat, walrus blubber, ringed seal liver, walrus meat, bearded seal meat, blackberries, blueberries
	Late winter (n=54)	37 ± 5	caribou meat, arctic char flesh, ringed seal meat, polar bear meat, narwhal blubber, narwhal muktuk skin only, caribou fat, caribou dried meat
Igloolik	Fall (n=50)	39 ± 5	walrus blubber, arctic char flesh, caribou meat, ringed seal meat, walrus meat, narwhal blubber, beluga blubber, ringed seal blubber, ringed seal broth, narwhal muktuk skin only, bearded seal blubber, caribou kidney, rabbit meat, caribou liver, bearded seal intestine, ringed seal liver, beluga muktuk skin only, cisco flesh, ringed seal heart, caribou fat, bearded seal meat, caribou stomach, blackberries, ringed seal blood
	Late winter (n=57)	41 ± 4	caribou meat, walrus blubber, ringed seal meat, arctic char flesh, ringed seal blubber, walrus meat, ringed seal broth, caribou bone marrow, walrus liver, caribou fat, bearded seal blubber, caribou dried meat, caribou intestine, bearded seal meat, caribou cartilage, walrus intestine, walrus kauk, ringed seal liver, ringed seal kidney
Kimmirut	Fall (n=62)	16 ± 2	ringed seal meat, caribou meat, ptarmigan meat, arctic char flesh, polar bear fat, duck meat, beluga blubber, walrus meat, beluga muktuk skin only, polar bear meat, caribou stomach, arctic cod flesh, ringed seal blubber, blackberries, caribou bone marrow, walrus stomach contents
	Late winter (n=58)	20 ± 3	caribou meat, ringed seal meat, polar bear meat, arctic char flesh, beluga blubber, ringed seal broth, walrus meat, beluga muktuk skin only, ptarmigan meat, caribou dried meat, ringed seal blubber, kelp, bearded seal intestine

Table 35, continued

Community	Season	% energy from traditional food	Food sources
Qikiqtarjuaq	Fall (n=59)	36 ± 4	ringed seal meat, narwhal blubber, caribou meat, narwhal muktuk skin only, caribou fat, arctic char flesh, ringed seal broth, walrus meat, ptarmigan meat, blackberries, clams, arctic char head, ringed seal blubber
	Late winter (n=51)	33 ± 4	caribou meat, ringed seal meat, narwhal blubber, arctic char flesh, polar bear meat, narwhal muktuk skin only, caribou fat, ringed seal broth, ptarmigan meat, caribou dried meat, bearded seal meat, clams
Nain	Fall (n=46)	8 ± 3	caribou meat, ringed seal meat, arctic char flesh, partridge meat[4], caribou dried meat, porcupine meat, cranberries, blackberries
	Late winter (n=39)	22 ± 4	caribou meat, arctic char flesh, caribou dried meat, lake trout flesh, ringed seal meat, partridge meat, cod flesh, ringed seal blubber
Hopedale	Fall (n=50)	24 ± 3	caribou meat, mussels, duck meat, caribou head, lake trout flesh, cranberries, salmon flesh, caribou bone marrow, bakeapples
	Late winter (n=47)	23 ± 4	caribou meat, cod flesh, caribou heart, caribou dried meat, crab, cranberries, bakeapples
Makkovik	Fall (n=66)	14 ± 2	caribou meat, salmon flesh, rabbit meat, partridge meat, lake trout flesh, ringed seal broth, grenadier flesh, Canada goose meat, caribou dried meat, cranberries, duck meat, blackberries, cloudberries, bakeapples, blueberries
	Late winter (n=71)	19 ± 3	caribou meat, cod flesh, partridge meat, caribou dried meat, lake trout meat, caribou heart, caribou tongue, ptarmigan gizzard, crab, cranberries, bakeapples
Rigolet	Fall (n=51)	9 ± 2	partridge meat, rabbit meat, Canada goose meat, caribou meat, salmon flesh, lake trout flesh, cod flesh, cranberries, crab, bakeapples
	Late winter (n=47)	17 ± 3	caribou meat, cod flesh, partridge meat, salmon flesh, turbot flesh, caribou ribs, capelin flesh, caribou dried meat, ringed seal kidney, lake trout flesh, arctic char flesh, cranberries, bakeapples

[1]Fall= Sept-Dec 1998
[2]Number of 24-hr recalls
[3]Late winter= Feb-Apr 1999
[4]partridge= ptarmigan, spruce grouse, or spruce hen

Table 36. Height, weight and BMI[1] based on reported and measured weight, by age group and gender, all regions combined

	Age group			
	15-19	20-40	41-60	61+
	Females			
	mean ± SE (n)	mean ± SE (n)	mean ± SE (n)	mean ± SE (n)
Height (centimetres)				
Measured*	158 ± 1.30 (18)	155 ± 0.75 (100)	155 ± 0.68 (59)	150 ± 1.80 (23)
Reported*	159 ± 1.11 (33)	157 ± 0.45 (294)	156 ± 0.72 (134)	156 ± 1.44 (20)
Weight (kg)				
Measured*	62 ± 2.23 (20)	64 ± 1.50 (102)	67 ± 1.67 (59)	69 ± 3.70 (26)
Reported*	61 ± 1.73 (34)	64 ± 0.75 (284)	67 ± 1.06 (148)	70 ± 3.52 (20)
BMI using:				
Measured ht/wt	25 ± 0.96 (18)	26 ± 0.66 (87)	28 ± 0.73 (51)	31 ± 1.62 (23)
Reported ht/wt	25 ± 1.09 (23)	26 ± 0.32 (250)	28 ± 0.51 (121)	28 ± 1.49 (15)
BMI ≥ 25 using:	n (%)	n (%)	n (%)	n (%)
Measured ht/wt	8 (44)	47 (54)	32 (63)	18 (78)
Reported ht/wt	9 (39)	133 (53)	82 (68)	9 (60)
BMI ≥ 27 using:				
Measured ht/wt	3 (17)	29 (33)	26 (51)	16 (70)
Reported ht/wt	4 (17)	81 (32)	64 (53)	8 (53)
BMI ≥ 30 using:				
Measured ht/wt	2 (11)	16 (18)	17 (33)	13 (57)
Reported ht/wt	4 (17)	55 (22)	42 (35)	5 (33)

Table 36, continued

	Age group			
	15-19	20-40	41-60	61+
	Males			
	mean ± SE (n)	mean ± SE (n)	mean ± SE (n)	mean ± SE (n)
Height (centimetres)				
Measured	169 ± 1.33 (17)	169 ± 0.97 (56)	166 ± 1.32 (44)	160 ± 2.80 (21)
Reported	174 ± 1.09 (46)	169 ± 0.48 (275)	169 ± 1.04 (145)	165 ± 1.46 (27)
Weight (kg)				
Measured	68 ± 1.85 (20)	77 ± 1.61 (72)	78 ± 2.03 (45)	66 ± 2.64 (25)
Reported	70 ± 1.83 (44)	74 ± 0.77 (271)	78 ± 1.19 (146)	74 ± 2.53 (28)
BMI using:				
Measured ht/wt	23 ± 0.49 (17)	26 ± 0.55 (52)	28 ± 0.82 (40)	26 ± 1.20 (21)
Reported ht/wt	24 ± 0.57 (39)	26 ± 0.23 (256)	29 ± 2.15 (138)	27 ± 1.03 (24)
BMI ≥ 25 using:	n (%)	n(%)	n(%)	n(%)
Measured ht/wt	3 (18)	30 (58)	26 (65)	10 (48)
Reported ht/wt	11 (28)	150 (59)	95 (69)	14 (58)
BMI ≥ 27 using:				
Measured ht/wt	1 (6)	23 (44)	21 (53)	6 (29)
Reported ht/wt	4 (10)	77 (30)	61 (44)	9 (38)
BMI ≥ 30 using:				
Measured ht/wt	0 (-)	7 (13)	10 (25)	4 (19)
Reported ht/wt	3 (8)	40 (16)	29 (21)	6 (25)

[1] BMI=Body Mass Index, an index of body fatness. 20-25: ideal range; 25-27: may be associated with health problems; ≥27: associated with health problems (Health Canada, 1990); 25-30: overweight; ≥30: obese (WHO, 1995).

* Some individuals gave both measured and reported values. Not all individuals agreed to having this personal data recorded

Table 37. Heavy metal concentrations (ng/g fresh weight) of food samples collected from different communities

Species	Part	Preparation	Community	As	Cd	Hg	Pb	Se
Arctic Char	Flesh	Dried	Rigolet	152	bdl*	43	34	bdl
Arctic Char	Flesh	Raw	Baker Lake	bdl	bdl	114	bdl	bdl
Arctic Char	Flesh	Raw	Rigolet	2894	bdl	131	bdl	bdl
Arctic Char	Liver	Raw	Kugluktuk	241	146	72	bdl	338
Arctic Cisco	Eggs	Frozen	Tuktoyaktuk	106	7	.**	bdl	494
Arctic Cisco	Eggs	Frozen - raw	Tuktoyaktuk	102	bdl	42	bdl	408
Arctic Hare	Flesh	Boiled	Pond Inlet	bdl	3	bdl	64	bdl
Arctic Hare	Flesh	Raw	Pond Inlet	bdl	7	17	bdl	bdl
Arctic Hare	Flesh	Raw	Pond Inlet	bdl	bdl	bdl	bdl	bdl
Arctic Hare	Flesh	Raw	Pond Inlet	bdl	bdl	20	bdl	bdl
Arctic Hare	Heart	Boiled	Pond Inlet	6	bdl	bdl	bdl	bdl
Arctic Hare	Liver	Boiled	Pond Inlet	6	178	.	bdl	bdl
Bearded Seal	Flesh	Boiled	Qikiqtarjuaq	53	3	448	bdl	478
Bearded Seal	Flesh	Boiled	Pond Inlet	58	bdl	187	bdl	bdl
Bearded Seal	Intestine	Boiled	Qikiqtarjuaq	142	79	208	bdl	640
Bearded Seal	Intestine	Boiled	Pond Inlet	120	51	136	58	347
Beluga	Muktuk, skin	Boiled	Tuktoyaktuk	227	bdl	.	bdl	3979
Beluga	Blubber	Boiled	Tuktoyaktuk	932	3	117	bdl	236
Beluga	Blubber	Raw	Igloolik	901	bdl	14	bdl	bdl
Beluga	Blubber	Raw	Igloolik	1250	bdl	16	bdl	bdl
Beluga	Blubber	Raw	Chest. Inlet***	511	4	bdl	bdl	bdl
Beluga	Blubber	Raw	Aklavik	1204	bdl	94	bdl	bdl
Beluga	Blubber	Raw	Tuktoyaktuk	1092	bdl	17	bdl	bdl
Beluga	Blubber	Raw	Tuktoyaktuk	3079	bdl	38	bdl	bdl
Beluga	Flesh	Dried	Qikiqtarjuaq	bdl	19	348	bdl	208
Beluga	Flesh	Dried	Tuktoyaktuk	143	65	.	bdl	322
Beluga	Muktuk, fat & skin	Raw	Qikiqtarjuaq	48	bdl	76	bdl	1595
Beluga	Muktuk, skin	Frozen	Igloolik	61	bdl	.	bdl	1467
Beluga	Muktuk, skin	Frozen	Igloolik	69	bdl	368	bdl	2503
Beluga	Muktuk, skin	Boiled	Tuktoyaktuk	306	bdl	374	bdl	6549
Beluga	Muktuk, skin	Raw	Pond Inlet	430	2	799	bdl	1301
Beluga	Muktuk, skin	Raw	Pond Inlet	280	25	352	bdl	5738
Beluga	Muktuk, skin	Raw	Chest. Inlet	97	17	252	bdl	6311
Beluga	Muktuk, skin	Raw	Aklavik	2310	3	748	bdl	1318
Beluga	Muktuk, skin	Raw	Tuktoyaktuk	2220	2	1033	bdl	1141
Beluga	Muktuk, skin	Raw	Tuktoyaktuk	138	bdl	415	bdl	1174
Beluga	Muktuk, skin	Raw	Resolute bay	251	4	159	bdl	1713
Black Duck	Flesh	Boiled	Hopedale	71	6	84	3470	212
Black Duck	Flesh	Raw	Rigolet	78	30	83	72	217
Blackberries	Berries	Raw	Qikiqtarjuaq	bdl	bdl	bdl	bdl	bdl

Table 37, continued

Species	Part	Preparation	Community	As	Cd	Hg	Pb	Se
Blackberries	Berries	Raw	Pond Inlet	bdl	bdl	bdl	bdl	bdl
Blackberries	Berries	Raw	Hopedale	bdl	bdl	bdl	bdl	bdl
Blackberries	Berries	Raw	Rigolet	bdl	bdl	bdl	bdl	bdl
Blackberries	Berry	Raw	Iqaluit	bdl	bdl	bdl	bdl	bdl
Blueberries	Berries	Raw	Pond Inlet	bdl	9	bdl	bdl	bdl
Blueberries	Berries	Raw	Hopedale	bdl	16	10	bdl	bdl
Blueberries	Berries	Raw	Holman	bdl	14	15	bdl	bdl
Broad Whitefish	Flesh	Boiled	Paulatuk	bdl	bdl	85	bdl	bdl
Broad Whitefish	Flesh	Boiled	Paulatuk	bdl	bdl	60	bdl	193
Broad Whitefish	Flesh	Raw	Paulatuk	bdl	bdl	75	bdl	201
Broad Whitefish	Flesh	Raw	Paulatuk	bdl	bdl	57	bdl	bdl
Burbot	Eggs	Raw	Aklavik	133	bdl	74	bdl	1368
Burbot	Eggs	Raw	Aklavik	71	bdl	bdl	bdl	397
Burbot	Liver	Raw	Aklavik	251	116	29	bdl	580
Burbot	Liver	Raw	Aklavik	217	56	44	bdl	bdl
Caribou	Abomasum	Raw	Pond Inlet	bdl	27	49	272	bdl
Caribou	Flesh	Aged	Baker Lake	bdl	bdl	.	bdl	bdl
Caribou	Flesh	Boiled	Qikiqtarjuaq	bdl	3	11	bdl	bdl
Caribou	Flesh	Dried	Qikiqtarjuaq	3	bdl	58	bdl	285
Caribou	Flesh	Dried	Qikiqtarjuaq	bdl	bdl	33	bdl	bdl
Caribou	Flesh	Raw	Baker Lake	bdl	bdl	16	bdl	bdl
Caribou	Flesh	Raw	Chest. Inlet	bdl	5	11	bdl	bdl
Caribou	Flesh	Raw	Igloolik	bdl	bdl	bdl	26528	.
Caribou	Flesh	Raw	Rigolet	bdl	bdl	33	bdl	bdl
Caribou	Flesh	Raw	Kugluktuk	bdl	5	22	bdl	bdl
Caribou	Flesh	Roasted	Qikiqtarjuaq	bdl	1	18	bdl	190
Caribou	Heart	Raw	Pond Inlet	bdl	3	bdl	bdl	bdl
Caribou	Heart	Raw	Pond Inlet	bdl	bdl	17	bdl	bdl
Caribou	Heart + Blood	Raw	Pond Inlet	bdl	bdl	.	175	bdl
Caribou	Kidney	Raw	Kugluktuk	13	4933	512	bdl	451
Caribou	Kidney	Raw	Aklavik	bdl	525	186	57	bdl
Caribou	Leg, hind	Raw	Hopedale	bdl	bdl	34	79	bdl
Caribou	Liver	Raw	Hopedale	12	612	317	272	bdl
Caribou	Liver	Raw	Kugluktuk	8	245	70	bdl	bdl
Caribou	Liver	Raw	Pond Inlet	8	686	.	184	bdl
Caribou	Liver	Raw	Pond Inlet	bdl	235	23	166	bdl
Caribou	Liver	Raw	Pond Inlet	7	330	.	187	210
Caribou	Omasum bible	Boiled	Pond Inlet	8	16	.	480	bdl
Caribou	Omasum bible	Raw	Pond Inlet	bdl	20	.	191	bdl
Caribou	Stomach content	Raw	Pond Inlet	10	48	.	194	bdl
Caribou	Stomach content	Raw	Pond Inlet	bdl	67	.	221	bdl
Caribou	Stomach content	Raw/soup	Pond Inlet	bdl	51	.	298	bdl

Table 37, continued

Species	Part	Preparation	Community	As	Cd	Hg	Pb	Se
Caribou	Stomach wall	Raw	Pond Inlet	2	11	174	54	198
Caribou	Stomach wall	Raw	Pond Inlet	8	5	.	37	bdl
Caribou	Stomach wall	Raw	Pond Inlet	bdl	5	.	75	bdl
Caribou	Stomach, whole	Raw	Qikiqtarjuaq	bdl	55	61	176	bdl
Caribou	Tongue	Boiled	Baker Lake	bdl	6	36	bdl	bdl
Caribou	Tongue	Raw	Pond Inlet	13	3	bdl	bdl	bdl
Caribou	Tongue	Raw	Pond Inlet	8	bdl	21	bdl	bdl
Caribou	Tongue	Raw	Pond Inlet	bdl	bdl	bdl	bdl	bdl
Caribou	Tongue	Raw	Pond Inlet	bdl	bdl	17	bdl	bdl
Caribou	Tongue	Raw	Pond Inlet	bdl	2	12	bdl	bdl
Caribou	Tongue	Raw	Pond-Inlet	bdl	12	bdl	bdl	bdl
Caribou	Tongue	Raw	Hopedale	bdl	2	bdl	bdl	bdl
Caribou	Tongue	Raw	Igloolik	bdl	3	7	bdl	bdl
Caribou (pooled)	Kidney	Raw	Paulatuk	bdl	866	481	49	399
Caribou (pooled)	Kidneys	Boiled	Aklavik/ Paulatuk	bdl	7758	829	51	504
Caribou (pooled)	Kidneys	Boiled	Paulatuk	bdl	1319	615	45	752
Char	Flesh	Raw	Hopedale	108	bdl	48	bdl	bdl
Char	Flesh	Raw	Kugluktuk	140	bdl	44	bdl	bdl
Clams	Flesh	Raw	Qikiqtarjuaq	741	575	28	113	bdl
Cloudberries	Berries	Raw	Tuktoyaktuk	bdl	19	bdl	bdl	bdl
Cloudberries	Berries	Raw	Tuktoyaktuk	bdl	17	bdl	bdl	bdl
Cloudberries	Berries	Raw	Kugluktuk	bdl	20	bdl	bdl	bdl
Cranberries	Berries	Raw	Holman	bdl	bdl	bdl	bdl	bdl
Cranberries, low bush	Berries	Raw	Tuktoyaktuk	bdl	bdl	bdl	bdl	bdl
Cranberries, low bush	Berries	Raw	Chest. Inlet	bdl	bdl	bdl	bdl	bdl
Cranberrries	Berries	Raw	Hopedale	11	bdl	9	bdl	bdl
Crowberries	Berries	Raw	Baker Lake	bdl	bdl	bdl	bdl	bdl
Eider Duck	Flesh	Boiled	Rigolet	115	11	188	bdl	524
Eider Duck	Flesh	Raw	Hopedale	58	bdl	91	bdl	370
Goose	Flesh	Raw	Rigolet	bdl	7	18	bdl	bdl
Guillemot	Flesh	Boiled	Pond Inlet	100	492	151	bdl	285
Guillemot	Flesh	Raw	Pond Inlet	207	468	112	10861	358
Harp Seal	Flesh	Boiled	Pond Inlet	90	15	290	bdl	bdl
King Eider Duck	Eggs	Boiled	Chest. Inlet	126	bdl	330	bdl	564
King Eider Duck	Eggs	Boiled	Chest. Inlet	123	bdl	448	bdl	544
Lake Trout	Flesh	Raw	Kugluktuk	bdl	bdl	218	bdl	bdl
Loche	Eggs	Raw	Aklavik	407	bdl	31	bdl	632
Loche	Eggs	Raw	Aklavik	431	bdl	30	bdl	301
Loche	Liver	Raw	Aklavik	788	23	42	bdl	218
Loche	Liver	Raw	Aklavik	786	24	49	bdl	345
Muskox	Blood	Raw	Holman	6	bdl	.	bdl	bdl

Table 37, continued

Species	Part	Preparation	Community	As	Cd	Hg	Pb	Se
Muskox	Blood	Raw	Holman	8	bdl	.	bdl	bdl
Muskox	Blood	Raw	Holman	3	bdl	.	bdl	bdl
Muskox	Blood	Raw	Holman	9	bdl	.	25	bdl
Muskox	Bone marrow	Raw	Kugluktuk	7	19	bdl	bdl	bdl
Muskox	Flesh	Raw	Holman	bdl	bdl	11	163	bdl
Mussel	Flesh	Raw	Rigolet	1862	371	38	3741	411
Narwhal	Blubber	Aged	Pond Inlet	383	3	.	bdl	205
Narwhal	Blubber	Raw	Resolute Bay	534	6	bdl	bdl	bdl
Narwhal	Blubber	Raw	Pond Inlet	530	7	bdl	bdl	bdl
Narwhal	Muktuk, skin	Aged	Pond Inlet	183	6	.	bdl	717
Narwhal	Muktuk, skin	Raw	Resolute Bay	347	31	424	bdl	1343
Narwhal	Muktuk, skin	Raw	Pond Inlet	181	7	342	bdl	5619
Narwhal	Muktuk, skin	Raw	Pond Inlet	672	42	345	bdl	6176
Narwhal	Blubber	Raw	Pond Inlet	1009	26	33	bdl	bdl
Narwhal	Muktuk	Raw	Qikiqtarjuaq	754	39	504	bdl	11550
Narwhal	Muktuk	Raw	Qikiqtarjuaq	662	44	141	bdl	452
Polar Bear	Flesh	Raw	Resolute	bdl	10	0	bdl	435
Polar Bear	Leg	Boiled	Resolute	bdl	22	13	bdl	707
Ptarmigan	Flesh	Boiled	Rigolet	bdl	104	bdl	bdl	231
Ptarmigan	Flesh	Raw	Rigolet	bdl	808	13	44	bdl
Ptarmigan	Flesh	Raw	Pond Inlet	bdl	7	bdl	bdl	bdl
Ptarmigan	Flesh	Raw	Pond Inlet	15	15	bdl	bdl	bdl
Qugulie	Leaves	Raw	Qikiqtarjuaq	bdl	7	bdl	130	bdl
Red Berries	Berries	Raw	Makkovik	bdl	2	bdl	32	bdl
Ringed Seal	Blood	Raw	Pond Inlet	165	185	111	577	1545
Ringed Seal	Blood	Raw	Pond Inlet	bdl	193	.	bdl	863
Ringed Seal	Blood	Raw	Pond Inlet	157	82	.	105	953
Ringed Seal	Blood	Raw	Pond Inlet	99	15	.	bdl	1292
Ringed Seal	Blood	Raw	Igloolik	112	12	.	bdl	1328
Ringed Seal	Blood	Raw	Igloolik	137	23	.	bdl	1429
Ringed Seal	Brain	Boiled	Hopedale	41	4	75	234778	291
Ringed Seal	Brain	Raw	Pond Inlet	2	40	.	bdl	396
Ringed Seal	Brain	Raw	Pond Inlet	43	37	.	bdl	296
Ringed Seal	Brain	Raw	Pond Inlet	38	27	.	bdl	266
Ringed Seal	Brain	Raw	Qikiqtarjuaq	bdl	6	64	51378	223
Ringed Seal	Eyes	Raw	Pond Inlet	44	261	42	bdl	325
Ringed Seal	Eyes + tissue	Raw	Pond Inlet	107	102	54	55	227
Ringed Seal	Flesh	Boiled	Igloolik	577	bdl	121	bdl	571
Ringed Seal	Flesh	Raw	Qikiqtarjuaq	bdl	11	223	bdl	364
Ringed Seal	Flesh	Raw	Igloolik	67	bdl	87	bdl	271
Ringed Seal	Flesh	Raw	Kugluktuk	105	7	218	bdl	212

Table 37, continued

Species	Part	Preparation	Community	As	Cd	Hg	Pb	Se
Ringed Seal	Flesh	Raw	Holman	144	3	99	483	251
Ringed Seal	Flesh	Raw	Igloolik	102	5	105	bdl	241
Ringed Seal	Liver	Raw	Igloolik	103	408	454	bdl	240
Ringed Seal	Liver	Raw	Igloolik	242	395	418	bdl	594
Ringed Seal	Liver	Raw	Qikiqtarjuaq	97	448	501	bdl	543
Rock Cod	Flesh	Dried, salted	Rigolet	860	bdl	153	108	252
Rock Cod	Flesh		Rigolet	1229	bdl	93	bdl	bdl
Sarapee	Contents, no shell	Raw	Qikiqtarjuaq	1205	431	38	96	204
Sculpin	Flesh	Boiled	Pond Inlet	276	13	129	bdl	255
Sculpin	Flesh	Cooked	Rigolet	1658	bdl	68	bdl	bdl
Sculpin	Flesh & bones	Raw	Qikiqtarjuaq	498	bdl	75	bdl	273
Seaweed 1	Stem & leaves	Raw	Qikiqtarjuaq	14273	207	bdl	21	bdl
Seaweed 2	Stem & leaves	Raw	Qikiqtarjuaq	12568	278	bdl	52	bdl
Snow Goose	Flesh	Raw	Igloolik	bdl	bdl	bdl	bdl	bdl
Snow Goose	Heart	Boiled	Igaluit	bdl	bdl	bdl	bdl	bdl
Spruce Grouse	Flesh	Boiled	Hopedale	bdl	11	14	bdl	200
Spruce Grouse	Flesh	Raw	Rigolet	bdl	63	15	bdl	bdl
Thick billed Murre	Flesh	Boiled	Pond Inlet	242	472	153	bdl	bdl
Trout	Flesh	Raw	Rigolet	1220	bdl	124	bdl	bdl
Walrus	Flesh	Aged, raw	Pond Inlet	273	76	65	bdl	bdl
Walrus	Flesh and fat	Raw	Chest. Inlet	83	110	116	100	1238
Walrus	Flesh	Raw	Chest. Inlet	172	246	258	239	2971
Walrus	Kauk	Raw	Chest. Inlet	168	23	15	bdl	bdl
Walrus	Kauk	Raw	Chest. Inlet	200	24	bdl	bdl	bdl
Whitefish	Flesh	Raw	Baker Lake	bdl	bdl	84	bdl	bdl

*Below detection limit.
**Not measured.
***Chesterfield inlet.

Table 38. Organochlorine concentrations in food samples collected from different communities (ng/g fresh weight)

Species	Part	Preparation	Community	CHL	CBZ	DDT	HCH	MIR	HE	PCB
Arctic cisco	Eggs	Frozen - raw	Tuk Bay	0	5	18	18	0	0	0
Arctic cisco	Eggs	Frozen	Tuk Harbour Prince River	3	2	6	6	0	0	2
Arctic char	Flesh	Raw	Mouth	1	0	5	2	0	0	0
Arctic char	Flesh	Raw	Hopedale	2	1	5	6	0	0	2
Arctic char	Flesh	Raw	Rigolet	6	1	50	1	0	0	18
Arctic char	Flesh	Raw	Kugluktuk	2	1	5	2	0	0	3
Arctic char	Liver	Raw	Kugluktuk	19	11	10	9	0	3	19
Bearded Seal	Flesh	Boiled	Qikiqtarjuaq	11	2	18	2	0	0	8
Bearded Seal	Flesh	Boiled	Pond Inlet	5	1	26	14	0	2	14
Beluga	Blubber	Raw	Qikiqtarjuaq	1978	2165	1323	391	33	630	1924
Beluga	Blubber	Raw	Aklavik	1360	753	2905	94	50	481	3194
Beluga	Blubber	Raw	Tuktoyaktuk	1420	650	2492	55	54	338	2527
Beluga	Blubber	Raw	Tuktoyaktuk	1584	764	2428	176	58	469	3214
Beluga	Blubber	Liquid/raw	Kimmirut	742	178	1448	77	14	193	1585
Beluga	Blubber	Frozen	Igloolik	1373	662	1057	163	7	434	1436
Beluga	Blubber	Frozen	Igloolik	919	354	1758	53	23	247	1279
Beluga	Blubber	Boiled	Island	424	201	331	68	16	93	658
Beluga	Flesh	Dried	Qikiqtarjuaq	38	54	37	10	0	11	57
Beluga	Flesh	Dried	Island	52	27	171	1	0	0	290
Beluga	Flesh	Dried	Island	99	78	270	4	11	27	394
Beluga	Muktuk, skin	Raw	Qikiqtarjuaq	98	81	91	21	1	31	111
Beluga	Muktuk, skin	Raw	Pond Inlet	40	11	114	77	3	62	145
Beluga	Muktuk, skin	Raw	Pond Inlet	2	1	8	1	0	0	6
Beluga	Muktuk, skin	Raw	Inlet	143	78	278	41	2	33	281
Beluga	Muktuk, skin	Raw	Aklavik	89	29	260	8	5	0	226

Table 38, continued

Species	Part	Preparation	Community	CHL	CBZ	DDT	HCH	MIR	HE	PCB
Beluga	Muktuk, skin	Raw	Tuktoyaktuk	22	13	40	1	0	0	52
Beluga	Muktuk, skin	Raw	Tuktoyaktuk	94	60	163	20	0	0	216
Beluga	Muktuk, skin	Raw	Resolute bay	14	2	35	3	0	3	13
Beluga	Muktuk, skin	Frozen	Igloolik	119	40	118	22	1	0	196
Beluga	Muktuk, skin	Frozen	Igloolik	130	48	300	8	4	0	203
Beluga	Muktuk, skin	Boiled	Island	73	57	75	19	4	0	101
Beluga	Oil	Aged	Hendriksen Island	697	446	659	103	45	177	1320
Black Duck	Flesh	Boiled	Hopedale	1	3	4	9	0	0	3
Broad Whitefish	Flesh	Raw	Paulatuk	9	2	33	6	0	0	0
Whitefish	Flesh	Raw	Paulatuk	4	0	15	3	0	0	0
Whitefish	Flesh	Boiled	Paulatuk	3	1	13	2	0	0	1
Whitefish	Flesh	Boiled	Paulatuk	7	2	26	2	0	0	3
Burbot	Eggs	Raw	Aklavik	3	3	10	1	0	1	8
Burbot	Eggs	Raw	Aklavik	6	0	12	3	0	0	14
Burbot	Liver	Raw	Aklavik	16	4	20	3	1	5	32
Burbot	Liver	Raw	Aklavik	14	13	15	6	0	5	19
Caribou	Liver	Raw	Kugluktuk	2	2	10	1	0	0	3
Caribou	Liver (pooled sample)	Baked		2	5	9	1	0	2	2
Clams	Contents, no shell	Raw	Qikiqtarjuaq	0	1	4	11	0	0	0
Eider Duck	Flesh	Raw	Hopedale	1	2	4	7	0	0	2
Goose	Flesh	Raw	Rigolet	2	0	43	1	0	0	2
Harp Seal	Flesh	Boiled	Pond Inlet	7	2	20	21	0	3	14
Lake Trout	Flesh	Raw	Kugluktuk	2	1	5	1	0	0	4
Loche	Eggs	Raw	Aklavik	10	5	13	14	0	3	14

Table 38, continued

Species	Part	Preparation	Community	CHL	CBZ	DDT	HCH	MIR	HE	PCB
Loche	Eggs	Raw	Aklavik	5	2	8	6	0	1	7
Loche	Liver	Raw	Aklavik	10	5	18	12	0	3	15
Muskox	Bone marrow	Raw	Kugluktuk	0	0	0	0	0	0	0
Muskox	Fat	Raw	Holman	4	4	9	7	0	1	4
Muskox	Fat	Raw	Holman	3	9	8	13	0	0	7
Muskox	Flesh	Raw	Holman	2	1	16	2	0	0	1
Muskox	Ribs	Raw	Kugluktuk	1	1	3	0	0	0	0
Narwhal	Blubber	Raw	Qikiqtarjuaq	2005	735	6374	95	81	413	6281
Narwhal	Blubber	Raw	Resolute bay	1523	448	3831	47	30	314	2633
Narwhal	Muktuk	Raw	Qikiqtarjuaq	72	16	201	4	2	0	159
Narwhal	Blubber	Raw	Qikiqtarjuaq	363	117	506	42	10	80	616
Narwhal	Muktuk	Raw	Pond Inlet	70	21	168	4	1	17	139
Narwhal	Muktuk	Raw	Pond Inlet	116	45	189	23	2	19	214
Narwhal	Muktuk, fat	Raw	Pond Inlet	1174	347	3102	34	22	283	2254
Narwhal	Muktuk, skin	Raw	Pond Inlet	158	52	417	21	2	41	368
Narwhal	Muktuk, skin	Raw	Resolute Bay	87	26	217	4	1	19	178
Narwhal	Muktuk, fat	Frozen	Resolute Bay	843	242	2169	24	20	174	1587
Narwhal	Muktuk, skin	Frozen	Resolute Bay	70	22	160	5	1	17	102
Narwhal	Muktuk, skin	Raw	Pond Inlet	18	4	35	2	0	0	33
Narwhal	Oil	Raw	Igloolik	26	11	40	6	0	0	39
Narwhal	Oil	Aged	Qikiqtarjuaq	800	302	1676	207	19	192	1344
Polar Bear	Leg	Frozen	Resolute	58	49	27	10	3	98	582
Ringed Seal	Blubber	Raw	Holman	113	38	125	215	8	93	307
Ringed Seal	Brain	Raw	Pond Inlet	2	2	4	14	0	0	3
Ringed Seal	Brain	Raw	Pond Inlet	1	1	4	27	0	1	4
Ringed Seal	Brain	Raw	Pond Inlet	10	3	30	51	0	5	32
Ringed Seal	Brain	Boiled	Hopedale	1	1	7	11	0	0	4
Ringed Seal	Brain	Raw	Qikiqtarjuaq	0	0	0	0	0	0	9

Table 38, continued

Species	Part	Preparation	Community	CHL	CBZ	DDT	HCH	MIR	HE	PCB
Ringed Seal	Flesh	Raw	Qikiqtarjuaq	2	0	10	2	0	0	0
Ringed Seal	Flesh	Raw	Igloolik	1	0	7	14	0	0	0
Ringed Seal	Flesh	Raw	Igloolik	6	14	22	13	0	2	10
Ringed Seal	Flesh	Raw	Kugluktuk	2	0	8	0	0	0	1
Ringed Seal	Flesh	Raw	Holman	12	3	26	22	0	8	29
Ringed Seal	Liver	Raw	Qikiqtarjuaq	7	2	9	6	0	3	6
Ringed Seal	Oil	Raw	Pond Inlet	51	22	52	58	1	22	89
Ringed Seal	Oil	Raw	Igloolik	91	27	127	161	0	95	239
Snow Goose	Heart	Boiled	Iqaluit	1	1	5	0	0	0	1
Spruce grouse	Flesh	Raw	Rigolet	1	1	23	1	0	0	0
Spruce grouse	Flesh	Boiled	Hopedale	1	1	3	4	0	0	0
Murre	Flesh	Boiled	Pond Inlet	2	11	31	11	0	0	15
Trout	Flesh	Raw	Rigolet	2	1	9	1	0	0	7
Walrus	Blubber	Raw	Igloolik	54	2	21	20	3	48	122
Walrus	Blubber	Aged, raw	Qikiqtarjuaq	8	29	17	25	0	55	108
Walrus	Flesh with fat	Raw	Inlet	22	1	95	3	5	36	253
Walrus	Flesh	Aged, raw	Pond Inlet	3	1	13	26	0	4	7
Walrus	Flesh w fat	Raw	Chesterfield Inlet	30	43	29	8	0	9	504
Walrus	Flesh with fat	Raw	Chesterfield Inlet	610	2	4332	21	166	1418	8250
Whitefish	Flesh	Raw	Prince River Mouth	2	2	9	6	0	0	3

Table 39. Heavy metal concentrations used for the calculation of dietary exposure (ng/g fresh weight)

SPECIES	PART	PREPARATION	Arsenic (As)	Cadmium (Cd)	Lead (Pb)	Mercury (Hg)
ARCTIC CHAR	FLESH	BOILED	753	19	1009	102
ARCTIC CHAR	FLESH	DRIED	753	19	1009	102
ARCTIC CHAR	FLESH	FRIED	753	19	1009	102
ARCTIC CHAR	FLESH	RAW	753	19	1009	102
ARCTIC CHAR	HEAD	BOILED	753	19	1009	102
ARCTIC COD	FLESH	RAW	753	40	100	31
ARCTIC HARE	FLESH	RAW	0	10	21	6
BAKEAPPLE	BERRY	JAM	10	900	100	0
BEARDED SEAL	BLUBBER	BOILED	0	355	98	75
BEARDED SEAL	BLUBBER	RAW	.*	355	98	75
BEARDED SEAL	FLESH	BOILED	85	30	60	280
BEARDED SEAL	FLESH	RAW	85	30	69	270
BEARDED SEAL	INTESTINE	BOILED	134	965	100	334
BEARDED SEAL	INTESTINE	DRIED	134	965	100	334
BELUGA	BLUBBER	RAW	0	50	396	80
BELUGA	OIL	AGED	0	50	396	80
BELUGA	BLUBBER	BOILED	0	50	396	80
BELUGA	MUKTUK	BOILED	631	20	32	728
BELUGA	MUKTUK	RAW	631	20	32	728
BELUGA	MUKTUK	AGED	631	20	32	728
BELUGA	FLESH	DRIED	1300	400	50	1715
BELUGA	FLESH	RAW	1300	400	30	1715
BELUGA	FLIPPER	BOILED	700	160	160	800
BELUGA	FLIPPER	RAW	700	160	160	800
BLACKBERRIES	BERRIES	RAW	10	0	111	29
BLUEBERRIES	BERRIES	RAW	10	13	100	8
BROAD WHITEFISH	LIVER	RAW	0	100	12	558
CANADA GOOSE	FLESH	BOILED	14	148	750	79
CAPELIN	WHOLE	BOILED	100	811	50	636
CARIBOU	BLOOD	FRIED	0	0	0	0
CARIBOU	BONE MARROW	COOKED	0	10	0	10
CARIBOU	BONE MARROW	RAW	0	10	0	10
CARIBOU	BRAIN	BOILED	0	20	0	5
CARIBOU	CARTILAGE	RAW	0	35	783	57
CARIBOU	EARS	BOILED	0	35	783	57
CARIBOU	FAT	RAW	0	35	783	57
CARIBOU	FLESH	BAKED	0	35	783	57
CARIBOU	FLESH	BOILED	0	35	783	57
CARIBOU	FLESH	DRIED	0	35	783	57
CARIBOU	FLESH	RAW	0	35	783	57
CARIBOU	FLESH	RAW, AGED	0	35	783	57
CARIBOU	HEAD	COOKED	0	35	783	57
CARIBOU	HEART	COOKED	0	4	229	49
CARIBOU	RIBS	COOKED	0	74	46	137
CARIBOU-B	FLESH	FRIED	0	74	46	137
CARIBOU	INTESTINE	BOILED	0	260	410	125
CARIBOU-B	INTESTINE	RAW	0	260	410	125
CARIBOU	KIDNEY	COOKED	0	1260	66	857
CARIBOU-B	KIDNEY	RAW	0	1260	55	857
CARIBOU	LIPS	BOILED	0	47	380	76
CARIBOU	LIVER	FRIED	0	1610	136	744
CARIBOU	LIVER	RAW	0	1610	136	620

Table 39, continued

SPECIES	PART	PREPARATION	Arsenic (As)	Cadmium (Cd)	Lead (Pb)	Mercury (Hg)
CARIBOU-B	LIVER	BAKED	0	1610	100	527
CARIBOU	STOMACH	RAW	0	261	414	125
CARIBOU	STOMACH CONTENTS	RAW	0	0	224	61
CARIBOU	TONGUE	COOKED	0	1	46	115
CISCO	FLESH	BAKED	1485	19	43	29
CISCO	FLESH	RAW	1280	16	37	25
CLAMS	CONTENTS,NO SHELL	BOILED	741	176	1138	12
CLOUDBERRIES	BERRY	RAW	10	900	100	0
COD	FLESH	FRIED	829	44	110	34
CRAB	FLESH	COOKED	.	.	.	.
CRANBERRIES	BERRY	RAW	10	400	100	0
CRANBERRY	BERRIES	JAM	5	200	50	0
DUCK	FLESH	BOILED	283	109	49	800
EIDER	FLESH	BOILED	280	180	178	201
GOOSE	GIZZARD	BAKED	.	.	.	.
GRENADIER	FLESH	COOKED	100	50	50	30
HERRING	FLESH	RAW	1280	16	37	30
KELP	WHOLE	RAW	10	1730	507	106
KING EIDER	FLESH	BAKED	83	6	0	140
LAKE TROUT	FLESH	BAKED	100	5	116	982
LAKE TROUT	FLESH	BOILED	100	4	100	846
LAKE TROUT	FLESH	DRIED	100	14	100	846
LAKE TROUT	FLESH	FRIED	100	5	110	931
LAKE TROUT	FLESH	RAW	100	4	100	846
LOON	FLESH	BOILED	100	554	975	500
MOOSE	FLESH	FRIED	8	32	18	20
MUSKOX	FLESH	COOKED	0	10	163	11
MUSKOX	FLESH	DRIED/JERKY	0	10	541	35
MUSKOX	TONGUE	BOILED	0	10	163	11
MUSKRAT	FLESH	RAW	0	10	10	10
MUSSELS	CONTENTS,NO SHELL	RAW	.	1066	773	128
NARWHAL	BLUBBER	RAW	0	48	216	130
NARWHAL	BLUBBER	BOILED	0	48	216	130
NARWHAL	MUKTUK	BOILED	691	16	828	560
NARWHAL	MUKTUK	RAW	691	16	828	560
PACIFIC HERRING	FLESH	RAW	100	30	28	25
POLAR BEAR	FAT	BOILED	0	76	399	84
POLAR BEAR	FLESH	BOILED	0	193	459	457
PORCUPINE	FLESH	BAKED	0	145	148	2
PTARMIGAN	FLESH	BAKED	0	271	11	3
PTARMIGAN	FLESH	BOILED	0	233	11	3
PTARMIGAN	FLESH	DRIED	0	769	36	11
PTARMIGAN	FLESH	RAW	0	233	11	3
PTARMIGAN	GIZZARD	COOKED	0	.	.	.
RABBIT	FLESH	BOILED	0	49	0	3
RINGED SEAL	BLOOD	RAW	0	153	35	111
RINGED SEAL	BLUBBER	BOILED	0	73	98	75
RINGED SEAL	BLUBBER	RAW	0	73	98	75
RINGED SEAL	BLUBBER (SOL)	AGED	0	37	128	119
RINGED SEAL	BROTH		0	63	75	59
RINGED SEAL	FLESH	AGED	98	429	181	169
RINGED SEAL	FLESH	BOILED	85	210	192	400

Table 39, continued

SPECIES	PART	PREPARATION	Arsenic (As)	Cadmium (Cd)	Lead (Pb)	Mercury (Hg)
RINGED SEAL	FLESH	RAW	85	210	192	400
RINGED SEAL	FLESH	ROASTED	98	244	223	464
RINGED SEAL	HEART	RAW	0	237	69	158
RINGED SEAL	KIDNEY	BOILED	835	7884	115	2844
RINGED SEAL	LIVER	RAW	1200	1144	64	1510
ROCK COD	FLESH	SALTED	100	40	100	31
SALMON	FLESH	COOKED	132	19	19	44
SPRUCE GROUSE	WHOLE	BOILED	0	37	0	15
SPRUCE HEN	FLESH	BAKED	0	37	0	15
TURBOT	CHEEKS	FRIED	100	50	50	100
WALRUS	BLUBBER	AGED	0	69	258	116
WALRUS	BLUBBER	BOILED	0	69	258	116
WALRUS	BLUBBER	RAW	0	69	258	116
WALRUS	FLESH	AGED	83	124	248	82
WALRUS	FLESH	BOILED	83	124	248	82
WALRUS	FLESH	RAW	83	124	248	82
WALRUS	INTESTINE	BOILED	83	124	248	82
WALRUS	LIVER	BOILED	.	1000	110	1430
WALRUS	LIVER	RAW	.	1000	110	1430
WALRUS	MUKTUK	RAW	600	38	204	27
WALRUS	STOMACH CONTENTS	RAW	.	.	.	.
WHITEFISH	EGGS	BAKED	0	10	10	0
WHITEFISH	EGGS	RAW	0	10	10	0
WHITEFISH	ESOPHAGUS	RAW	0	10	0	0
WHITEFISH	FLESH	BAKED	616	64	60	203
WHITEFISH	FLESH	FRIED	531	55	51	173
WHITEFISH	FLESH	RAW	458	47	44	149
WILLOW PTARMIGAN	FLESH	RAW	27	182	750	76
YELLOW LEGS GOOSE	FLESH	BOILED	14	148	750	79

*Not measured

Table 40. Organochlorine concentrations used for the calculation of dietary exposure (ng/g fresh weight)

SPECIES	PART	PREP	CHL	CBZ	DIE	DDT	HCH	MIR	PCB	TOX
ARCTIC CHAR	FLESH	BOILED	12	13	1	4	21	1	3	110
ARCTIC CHAR	FLESH	DRIED	53	13	9	48	13	4	119	334
ARCTIC CHAR	FLESH	FRIED	14	4	3	10	3	0	32	76
ARCTIC CHAR	FLESH	RAW	12	3	2	11	3	1	27	76
ARCTIC CHAR	HEAD	BOILED	14	4	3	10	3	0	3	76
ARCTIC COD	FLESH	RAW	4	4	0	1	3	0	6	39
ARCTIC HARE	FLESH	RAW	4	0	0	0	2	0	1	1
BAKEAPPLE	BERRY	JAM	0	1	0	3	0	0	6	0
BEARDED SEAL	BLUBBER	BOILED	119	68	13	379	32	7	984	604
BEARDED SEAL	BLUBBER	RAW	149	85	16	474	40	9	1230	755
BEARDED SEAL	FLESH	BOILED	9	0	6	54	1	0	175	175
BEARDED SEAL	FLESH	RAW	12	0	8	67	1	0	220	221
BEARDED SEAL	INTESTINE	BOILED	1	0	0	0	4	2	80	11
BEARDED SEAL	INTESTINE	DRIED	1	0	0	0	4	2	80	11
BELUGA	BLUBBER	RAW	2000	669	804	3749	423	27	3636	6120
BELUGA	OIL	AGED	2800	936	1125	5249	593	37	5090	8568
BELUGA	FLESH	DRIED	61	26	8	402	23	0	167	409
BELUGA	FLESH	RAW	55	24	7	365	21	0	152	372
BELUGA	FLIPPER	BOILED	119	52	25	198	21	41	288	951
BELUGA	FLIPPER	RAW	119	52	25	198	21	41	288	951
BELUGA	MUKTUK	AGED	119	52	25	198	24	41	288	342
BELUGA	MUKTUK	BOILED	107	47	23	178	22	37	259	308
BELUGA	MUKTUK	RAW	119	52	25	198	24	41	288	342
BELUGA	BLUBBER	BOILED	2520	842	1013	4724	534	33	4581	7711
BLACKBERRIES	BERRIES	RAW	0	1	0	3	0	0	6	0
BLUEBERRIES	BERRIES	RAW	0	1	0	3	0	0	6	0
BROAD WHITEFISH	LIVER	RAW	0	1	0	2	2	0	80	113
CANADA GOOSE	FLESH	BOILED	1	1	1	3	1	1	2	2
CAPELIN	WHOLE	BOILED	4	0	1	5	0	0	7	113
CARIBOU	BLOOD	FRIED	3	0	0	2	0	0	6	1
CARIBOU	BONE MARROW	COOKED	3	44	0	1	17	0	12	1
CARIBOU	BONE MARROW	RAW	3	44	0	1	17	0	12	1
CARIBOU	BRAIN	BOILED	3	0	0	2	0	0	6	1
CARIBOU	CARTILAGE	RAW	3	0	0	2	0	0	6	1
CARIBOU	EARS	BOILED	3	13	0	8	1	0	10	1

Table 40, continued

SPECIES	PART	PREP	CHL	CBZ	DIE	DDT	HCH	MIR	PCB	TOX
			ng/g fresh weight							
CARIBOU	FAT	RAW	1	44	0	1	17	0	12	1
CARIBOU	FLESH	BAKED	3	13	0	8	1	0	10	1
CARIBOU	FLESH	BOILED	2	9	0	5	0	0	7	1
CARIBOU	FLESH	DRIED	8	29	1	17	1	1	22	1
CARIBOU	FLESH	RAW	2	9	0	5	0	0	7	1
CARIBOU	FLESH	RAW, AGED	2	9	0	2	0	0	6	1
CARIBOU	FLESH	FRIED	2	8	0	5	0	0	5	1
CARIBOU	HEAD	COOKED	3	13	0	8	1	0	10	1
CARIBOU	HEART	COOKED	3	0	0	2	0	0	6	1
CARIBOU	INTESTINE	BOILED	3	0	0	2	0	0	6	1
CARIBOU	INTESTINE	RAW	3	0	0	2	0	0	6	1
CARIBOU	KIDNEY	COOKED	3	0	0	2	0	0	10	0
CARIBOU	KIDNEY	RAW	.*	0	0	2	0	0	10	0
CARIBOU	LIPS	BOILED	3	13	0	8	1	0	10	0
CARIBOU	LIVER	FRIED	0	0	1	2	1	.	.	0
CARIBOU	LIVER	RAW	0	0	1	3	1	.	.	0
CARIBOU	LIVER	BAKED	0	0	1	3	1	.	.	0
CARIBOU	RIBS	COOKED	3	13	0	8	1	0	10	1
CARIBOU	STOMACH	RAW	3	0	0	2	0	0	10	1
CARIBOU	STOMACH CONTENTS	RAW	3	0	0	2	0	0	10	1
CARIBOU	TONGUE	COOKED	3	13	0	8	1	0	10	1
CISCO	FLESH	BAKED	2	1	0	0	2	.	0	113
CISCO	FLESH	RAW	1	0	0	0	1	.	0	113
CLAMS	CONTENTS,NO SHELL	BOILED	1	0	0	1	0	0	3	1
CLOUDBERRIES	BERRY	RAW	0	1	0	3	0	0	6	0
COD	FLESH	FRIED	10	4	1	11	6	0	11	66
CRAB	FLESH	COOKED	0	0	0	2	1	0	5	2
CRANBERRIES	BERRY	RAW	0	1	0	3	0	0	6	0
CRANBERRY	BERRIES	JAM	0	1	0	2	0	0	3	0
DUCK	FLESH	BOILED	34	17	23	192	23	51	290	2
EIDER	FLESH	BOILED	9	4	6	8	2	1	12	2
GOOSE	GIZZARD	BAKED	1	0	0	3	2	0	6	2
GRENADIER	FLESH	COOKED	9	17	1	2	6	0	50	113
HERRING	FLESH	RAW	8	8	1	5	11	0	4	30
KELP	WHOLE	RAW	0	0	0	3	0	0	6	0
KING EIDER	FLESH	BAKED	34	17	23	192	23	51	290	2
LAKE TROUT	FLESH	BAKED	23	3	1	268	4	0	86	255
LAKE TROUT	FLESH	BOILED	23	3	1	268	4	0	86	255
LAKE TROUT	FLESH	DRIED	60	9	2	691	10	1	222	657

Table 40, continued

SPECIES	PART	PREP	ng/g fresh weight CHL	CBZ	DIE	DDT	HCH	MIR	PCB	TOX
LAKE TROUT	FLESH	FRIED	12	2	0	142	2	0	46	135
LAKE TROUT	FLESH	RAW	14	2	0	158	2	0	51	150
LOON	FLESH	BOILED	1	0	0	3	2	0	50	2
MOOSE	FLESH	FRIED	2	0	1	5	2	0	1	1
MUSKOX	FLESH	COOKED	3	3	0	2	0	0	6	1
MUSKOX	FLESH	DRIED/JERKY	3	3	0	2	0	0	6	1
MUSKOX	TONGUE	BOILED	0	0	0	0	1	0	10	1
MUSKRAT	FLESH	RAW	1	0	0	15	0	0	4	2
MUSSELS	CONTENTS,NO SHELL	RAW	0	1071	0	0	0	0	26	3
NARWHAL	BLUBBER	RAW	1748	515	328	4381	118	13	4851	8842
NARWHAL	BLUBBER	BOILED	1573	463	295	3943	106	12	4366	7930
NARWHAL	MUKTUK	BOILED	29	40	12	79	3	1	260	11
NARWHAL	MUKTUK	RAW	32	40	14	87	3	1	289	11
PACIFIC HERRING	FLESH	RAW	6	10	1	4	11	0	5	113
POLAR BEAR	FAT	BOILED	3168	448	359	380	466	0	5196	3490
POLAR BEAR	FLESH	BOILED	47	8	6	8	5	0	224	11
PORCUPINE	FLESH	BAKED	1	0	.	6	2	.	0	1
PTARMIGAN	FLESH	BAKED	2	2	2	2	2	2	2	3
PTARMIGAN	FLESH	BOILED	2	2	2	2	2	2	2	3
PTARMIGAN	FLESH	DRIED	3	3	3	3	3	3	3	9
PTARMIGAN	FLESH	RAW	1	1	1	1	1	1	1	3
PTARMIGAN	GIZZARD	COOKED	5	0	0	3	2	0	6	2
RABBIT	FLESH	BOILED	3	0	1	3	2	0	2	1
RINGED SEAL	BLOOD	RAW	6	1	6	70	4	0	6	1
RINGED SEAL	BLUBBER	BOILED	561	85	92	717	220	9	933	540
RINGED SEAL	BLUBBER	RAW	561	85	92	717	220	9	933	540
RINGED SEAL	BLUBBER (SOL)	AGED	786	119	128	1003	308	12	1306	755
RINGED SEAL	BROTH		6	1	6	70	4	0	80	11
RINGED SEAL	FLESH	AGED	6	4	7	78	4	0	47	221
RINGED SEAL	FLESH	BOILED	1	1	1	13	1	0	8	221
RINGED SEAL	FLESH	RAW	6	4	6	71	4	0	43	221
RINGED SEAL	FLESH	ROASTED	8	6	9	106	6	0	64	221
RINGED SEAL	HEART	RAW	14	4	5	10	9	0	26	11
RINGED SEAL	KIDNEY	BOILED	32	1	6	20	4	2	80	11
RINGED SEAL	LIVER	RAW	9	2	4	88	15	0	338	11
ROCK COD	FLESH	SALTED,REHYD	4	4	1	7	3	0	6	39

Table 40, continued

SPECIES	PART	PREP	CHL	CBZ	DIE	DDT	HCH	MIR	PCB	TOX
			ng/g fresh weight							
SALMON	FLESH	COOKED	13	6	2	21	4	0	18	344
SPRUCE GROUSE	WHOLE	BOILED	1	1	1	1	1	1	1	3
SPRUCE HEN	FLESH	BAKED	2	2	2	2	2	2	2	3
TURBOT	CHEEKS	FRIED	121	44	25	129	14	2	184	617
WALRUS	BLUBBER	AGED	3084	53	417	1943	202	21	4631	20467
WALRUS	BLUBBER	BOILED	1983	34	268	1249	130	14	2977	13157
WALRUS	BLUBBER	RAW	2203	38	298	1388	144	15	3308	14619
WALRUS	FLESH	AGED	45	2	18	23	3	1	36	11
WALRUS	FLESH	BOILED	45	2	18	23	3	1	36	11
WALRUS	FLESH	RAW	45	2	8	23	3	1	36	11
WALRUS	INTESTINE	BOILED	3	2	6	20	4	2	80	11
WALRUS	LIVER	BOILED	32	2	6	20	4	2	80	11
WALRUS	LIVER	RAW	32	2	6	20	4	2	80	11
WALRUS	MUKTUK	RAW	92	10	18	63	6	2	77	11
WALRUS	STOMACH CONTENTS	RAW	2	0	6	20	4	2	80	11
WHITEFISH	EGGS	BAKED	9	1	1	2	2	0	50	113
WHITEFISH	EGGS	RAW	9	1	1	2	2	0	50	113
WHITEFISH	ESOPHAGUS	RAW	9	1	1	2	2	0	50	113
WHITEFISH	FLESH	BAKED	5	4	234	73	2	0	35	39
WHITEFISH	FLESH	FRIED	3	2	124	39	1	0	19	21
WHITEFISH	FLESH	RAW	3	2	138	43	1	0	21	23
WILLOW PTARMIGAN	FLESH	RAW	0	1	1	1	1	1	2	3
YELLOW LEGS (WHITE-FRONTED)GOOSE	FLESH	BOILED	1	1	1	0	1	1	2	2

*Not measured

Table 41. Population distribution of heavy metal intake (µg/kg body weight/day)* (n=1875)**

Heavy Metal	PTDI*** (µg/kg/d)	n > PTDI	n > 0	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
Arsenic (As)	2	209	477	0.6	0.0	0.0	4.2	8.3	2.1
Cadmium (Cd)	1	126	1085	0.3	0.1	0.3	1.2	4.1	1.2
Mercury (Hg)	0.7	381	1077	0.6	0.1	0.6	3.0	7.0	4.3
Lead (Pb)	3.6	433	1063	2.1	0.2	3.3	8.8	14.8	2.4

*The kg body weight value used was either the measured, reported or the average of the measured weights for the age gender group, in that order of priority of information.

**Number of 24-hr recalls. Those that did not include any traditional food intake were considered as zero in the computations.

***Provisional Tolerable Daily Intake.

Table 42. Population distribution of heavy metal intake by community (µg/kg body weight/day)*

COMMUNITIES OF INUVIALUIT

Aklavik (n=104)**

Heavy Metal	PTDI*** (µg/kg/d)	n > PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
As	2	5	0.2	0	0.0	0.8	3.0	0.4
Cd	1	3	0.1	0	0.1	0.8	1.9	0.8
Hg	0.7	9	0.2	0	0.2	1.3	3.1	1.8
Pb	3.6	8	0.9	0	1.6	4.0	5.5	1.1

Tuktoyaktuk (n=94)

Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
As	2	7	0.5	0.0	0.0	4.8	10.1	2.4
Cd	1	1	0.2	0.1	0.3	0.5	1.4	0.5
Hg	0.7	9	0.3	0.2	0.4	1.0	2.9	1.4
Pb	3.6	16	1.6	0.3	2.7	6.4	8.2	1.8

Paulatuk (n=97)

Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
As	2	2	0.1	0.0	0.0	0.0	3.9	0.0
Cd	1	2	0.2	0.0	0.2	0.6	5.9	0.6
Hg	0.7	4	0.2	0.0	0.3	0.6	2.7	0.9
Pb	3.6	23	1.7	0.0	3.5	6.5	8.0	1.8

COMMUNITIES OF KITIKMEOT

Holman (n=92)

Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
As	2	17	0.8	0.0	0.7	4.1	7.8	2.1
Cd	1	3	0.2	0.1	0.2	0.8	2.1	0.8
Hg	0.7	18	0.4	0.1	0.5	2.0	4.6	2.8
Pb	3.6	16	1.7	0.4	2.6	6.8	10.8	1.9

Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
As	2	11	0.5	0.0	0.0	3.1	10.0	1.6
Cd	1	5	0.3	0.1	0.3	0.7	1.8	0.7
Hg	0.7	17	0.5	0.2	0.5	1.9	5.1	2.7
Pb	3.6	33	2.6	0.4	4.3	10.4	13.4	2.9

Table 42, continued Communities of Kitikmeot

Cambridge Bay (n=98)

					Percentiles			
Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	75th	95th	99th	95th/PTDI
As	2	9	0.4	0.0	0.0	4.2	5.7	2.3
Cd	1	2	0.1	0.0	0.1	0.4	1.5	0.4
Hg	0.7	12	0.3	0.1	0.4	1.0	4.8	1.4
Pb	3.6	22	1.8	0.2	2.9	7.1	12.4	2.0

COMMUNITIES OF KIVALLIQ

Baker Lake (n=109)

					Percentiles			
Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	75th	95th	99th	95th/PTDI
As	2	3	0.4	0.0	0.0	0.0	14.3	0.0
Cd	1	0	0.2	0.1	0.4	0.8	1.0	0.7
Hg	0.7	25	0.4	0.1	0.7	1.4	2.2	2.0
Pb	3.6	26	2.2	0.2	3.1	8.0	22.9	2.2

Chesterfield Inlet (n=115)

					Percentiles			
Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	75th	95th	99th	95th/PTDI
As	2	10	0.4	0.0	0.0	3.9	5.4	2.0
Cd	1	5	0.3	0.1	0.2	0.9	5.8	0.9
Hg	0.7	24	0.7	0.2	0.6	3.8	6.3	5.3
Pb	3.6	21	1.8	0.3	2.9	8.0	14.4	2.2

Rankin Inlet (n=117)

					Percentiles			
Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	75th	95th	99th	95th/PTDI
As	2	37	1.6	0.0	2.7	6.7	10.6	3.4
Cd	1	11	0.3	0.2	0.4	1.3	2.4	1.3
Hg	0.7	44	1.2	0.4	1.3	5.6	8.7	7.9
Pb	3.6	50	4.3	2.2	6.8	15.5	16.7	4.3

COMMUNITIES OF BAFFIN

Resolute Bay (n=76)

					Percentiles			
Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	75th	95th	99th	95th/PTDI
As	2	9	0.7	0.0	0.0	4.9	8.5	2.4
Cd	1	9	0.3	0.0	0.2	1.6	4.2	1.5
Hg	0.7	21	1.0	0.0	1.4	4.7	10.6	6.5
Pb	3.6	9	1.1	0.0	1.1	6.3	11.4	1.8

Table 42, continued Communities of Baffin

Pond Inlet (n=109)

Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
As	2	26	1.2	0.0	1.4	5.9	9.6	3.0
Cd	1	10	0.5	0.2	0.3	2.0	4.5	2.0
Hg	0.7	32	0.8	0.4	0.8	3.4	6.0	4.7
Pb	3.6	50	4.3	3.2	6.2	13.2	25.7	3.7

Igloolik (n= 107)

Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
As	2	30	1.3	0.0	2.1	5.2	8.3	2.6
Cd	1	22	0.9	0.2	0.7	4.2	16.9	4.2
Hg	0.7	42	1.2	0.6	1.5	4.0	10.7	5.6
Pb	3.6	53	3.6	3.5	5.6	11.2	13.2	3.1

Kimmirut (n=120)

Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
As	2	10	0.4	0.0	0.3	2.6	4.4	1.3
Cd	1	15	0.4	0.1	0.7	1.4	1.8	1.4
Hg	0.7	33	0.6	0.2	0.8	3.1	4.2	4.6
Pb	3.6	13	1.3	0.2	2.1	4.7	6.6	1.3

Qikiqtarjuaq (n=110)

Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
As	2	30	1.3	0.3	2.1	5.6	6.6	2.8
Cd	1	27	0.6	0.2	1.0	2.3	3.9	2.3
Hg	0.71	47	1.6	0.6	2.5	6.4	8.2	9.0
Pb	3.57	49	3.6	2.7	5.5	10.4	13.3	2.9

COMMUNITIES OF LABRADOR

Nain (n=85)

Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
As	2	5	0.4	0.0	0.0	2.5	9.2	1.2
Cd	1	2	0.2	0.0	0.2	0.8	1.6	0.8
Hg	0.7	12	0.4	0.0	0.2	1.5	7.9	2.1
Pb	3.6	14	1.6	0.0	2.5	9.4	12.4	2.6

Table 42, continued Communities of Labrador

Hopedale (n=97)

Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
As	2	0	0.0	0.0	0.0	0.3	1.1	0.2
Cd	1	4	0.4	0.1	0.3	0.5	15.7	0.5
Hg	0.7	11	0.3	0.1	0.5	1.3	3.7	1.9
Pb	3.6	12	1.4	0.1	2.1	8.1	12.2	2.3

Makkovik (n=137)

Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
As	2	1	0.1	0.0	0.0	0.7	1.5	0.3
Cd	1	1	0.1	0.1	0.2	0.6	0.9	0.6
Hg	0.7	14	0.4	0.0	0.2	2.1	6.3	3.0
Pb	3.6	15	1.0	0.0	0.9	4.8	9.6	1.3

Rigolet (n=98)

Heavy Metal	PTDI (µg/kg/d)	n > PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
As	2	4	0.2	0.0	0.0	0.9	4.9	0.5
Cd	1	4	0.4	0.1	0.2	0.9	24.0	0.9
Hg	0.7	7	0.3	0.0	0.2	1.6	8.7	2.2
Pb	3.6	5	0.6	0.0	0.3	4.7	6.9	1.3

*The kg body weight value used was either the measured, reported or the average of the measured weights for the age gender group, in that order of priority of information.

**Number of 24-hr recalls. Those that did not include any traditional food intake were considered as zero in the computations.

***Provisional Tolerable Daily Intake.

Table 43. Population distribution of organochlorine intake (µg/kg body weight/day)* (n=1875)**

Organochlorines	PTDI*** (µg/kg/d)	n > 0	n > PTDI	Mean	Percentiles Median	75th	95th	99th	95th/PTDI
CHL	0.05	1067	305	0.2	0.0	0.0	0.5	5.2	9.4
CBZ	0.27	1071	72	0.1	0.0	0.1	0.2	1.6	0.7
DDT	20	1088	2	0.3	0.0	0.0	1.1	10.0	0.1
HCH	0.3	696	42	0.0	0.0	0.0	0.1	0.6	0.5
MIR	0.07	377	44	0.0	0.0	0.0	0.0	0.2	0.3
PCB	1	1090	118	0.4	0.0	0.1	1.7	12.2	1.7
TOX	0.2	1074	381	0.9	0.0	0.0	2.2	25.1	10.9

*The kg body weight value used was either the measured, reported or the average of the measured weights for the age gender group, in that order of priority of information.

**Number of 24-hr recalls. Those that did not include any traditional food intake were considered as zero in the computations.

***Provisional Tolerable Daily Intake.

Table 44. Population distribution of organochlorine intake by community (µg/kg body weight/day)*

COMMUNITIES OF INUVIALUIT

Aklavik (n=104)**

OCs	PTDI*** (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	13	0.18	0.00	0.01	1.08	2.66	22
CBZ	0.27	9	0.07	0.00	0.04	0.41	0.88	2
DDT	20.00	0	0.34	0.00	0.03	2.00	4.96	0.1
HCH	0.30	5	0.04	0.00	0.00	0.24	0.58	0.8
MIR	0.07	3	0.01	0.00	0.00	0.04	0.15	0.6
PCB	1.00	10	0.35	0.00	0.03	2.00	4.80	2
TOX	0.20	13	0.55	0.00	0.00	3.24	8.05	16

Tuktoyaktuk (n=94)

OCs	PTDI (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	11	0.05	0.01	0.02	0.11	1.78	2
CBZ	0.27	2	0.05	0.02	0.06	0.14	0.61	0.5
DDT	20.00	0	0.12	0.02	0.04	0.67	3.32	0
HCH	0.30	1	0.01	0.00	0.00	0.09	0.38	0.3
MIR	0.07	0	0.00	0.00	0.00	0.01	0.03	0.1
PCB	1.00	2	0.11	0.02	0.05	0.27	3.22	0.3
TOX	0.20	14	0.20	0.00	0.01	1.03	6.15	5

Paulatuk (n=97)

OCs	PTDI (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	2	0.01	0.00	0.01	0.04	0.08	0.8
CBZ	0.27	0	0.03	0.01	0.05	0.11	0.15	0.4
DDT	20.00	0	0.02	0.00	0.03	0.08	0.23	0
HCH	0.30	0	0.00	0.00	0.00	0.01	0.11	0
MIR	0.07	0	0.00	0.00	0.00	0.00	0.01	0
PCB	1.00	0	0.03	0.00	0.04	0.10	0.58	0.1
TOX	0.20	5	0.02	0.00	0.01	0.22	0.58	1

COMMUNITIES OF KITIKMEOT

Holman (n=92)

OCs	PTDI (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	20	0.04	0.01	0.04	0.20	0.36	4
CBZ	0.27	0	0.03	0.01	0.04	0.11	0.20	0.4
DDT	20.00	0	0.08	0.01	0.04	0.41	1.52	0
HCH	0.30	0	0.02	0.00	0.01	0.12	0.21	0.4
MIR	0.07	3	0.01	0.00	0.00	0.01	0.40	0.1
PCB	1.00	3	0.13	0.02	0.06	0.68	2.29	0.7
TOX	0.20	17	0.14	0.00	0.03	0.69	2.12	3

Table 44, continued

Kugluktuk (n=110)

OCs	PTDI (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	9	0.02	0.01	0.03	0.08	0.21	2
CBZ	0.27	1	0.04	0.01	0.07	0.18	0.21	0.7
DDT	20.00	0	0.07	0.02	0.05	0.12	2.20	0
HCH	0.30	0	0.01	0.00	0.01	0.03	0.16	0.1
MIR	0.07	0	0.00	0.00	0.00	0.01	0.01	0.1
PCB	1.00	0	0.06	0.02	0.08	0.20	0.76	0.2
TOX	0.20	14	0.11	0.00	0.01	0.58	2.03	3

Cambridge Bay (n=98)

OCs	PTDI (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	8	0.16	0.00	0.01	0.09	8.24	2
CBZ	0.27	2	0.08	0.01	0.05	0.13	2.83	0.5
DDT	20.00	2	0.31	0.01	0.03	0.25	15.30	0
HCH	0.30	2	0.04	0.00	0.00	0.07	1.74	0.2
MIR	0.07	2	0.01	0.00	0.00	0.01	0.36	0.1
PCB	1.00	2	0.32	0.01	0.05	0.19	15.43	0.2
TOX	0.20	11	0.52	0.00	0.01	0.61	25.09	3

COMMUNITIES OF KIVALLIQ

Baker Lake (n=109)

OCs	PTDI (µg/kg/d)	%>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	4	0.01	0.01	0.01	0.03	0.24	0.6
CBZ	0.27	2	0.04	0.02	0.06	0.12	0.29	0.4
DDT	20.00	0	0.03	0.01	0.03	0.07	0.12	0
HCH	0.30	2	0.01	0.00	0.00	0.02	0.40	0.1
MIR	0.07	0	0.00	0.00	0.00	0.00	0.02	0
PCB	1.00	0	0.03	0.02	0.01	0.05	0.16	0.1
TOX	0.20	4	0.06	0.00	0.01	0.01	2.10	0.1

Chesterfield Inlet (n=115)

Ocs	PTDI (µg/kg/d)	%>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	18	0.29	0.01	0.02	1.93	6.89	39
CBZ	0.27	7	0.11	0.01	0.05	0.47	2.36	2
DDT	20.00	2	0.51	0.01	0.05	2.46	13.07	0.1
HCH	0.30	6	0.06	0.00	0.00	0.28	1.46	0.9
MIR	0.07	5	0.01	0.00	0.00	0.08	0.35	1
PCB	1.00	11	0.63	0.02	0.07	3.64	14.35	4
TOX	0.20	22	1.01	0.00	0.01	7.95	22.10	40

Table 44, continued

Rankin Inlet (n=117)

Ocs	PTDI (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	36	0.28	0.02	0.08	1.16	5.19	23
CBZ	0.27	12	0.13	0.04	0.11	0.51	1.83	2
DDT	20.00	1	0.51	0.03	0.10	1.88	9.65	0.1
HCH	0.30	3	0.06	0.00	0.02	0.21	1.09	0.7
MIR	0.07	10	0.02	0.00	0.00	0.20	0.37	3
PCB	1.00	14	0.57	0.05	0.23	2.80	9.70	3
TOX	0.20	43	1.01	0.01	0.51	3.55	15.84	18

COMMUNITIES OF BAFFIN

Resolute Bay (n=76)

Ocs	PTDI (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	14	0.11	0.00	0.04	0.63	3.57	13
CBZ	0.27	6	0.06	0.00	0.03	0.36	1.19	1
DDT	20.00	0	0.25	0.00	0.07	1.12	6.92	0.1
HCH	0.30	1	0.02	0.00	0.01	0.12	0.77	0.4
MIR	0.07	3	0.01	0.00	0.00	0.05	0.48	0.7
PCB	1.00	11	0.39	0.00	0.24	2.12	6.73	2
TOX	0.20	12	0.46	0.00	0.03	3.27	11.83	16

Pond Inlet (n=109)

Ocs	PTDI (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	29	0.15	0.01	0.05	0.21	3.54	4
CBZ	0.27	4	0.08	0.04	0.09	0.24	1.19	0.9
DDT	20.00	0	0.30	0.03	0.06	1.10	8.91	0.1
HCH	0.30	1	0.03	0.00	0.03	0.23	0.27	0.8
MIR	0.07	0	0.00	0.00	0.00	0.02	0.03	0.3
PCB	1.00	8	0.42	0.03	0.08	1.31	10.63	1
TOX	0.20	34	0.88	0.01	0.37	2.30	19.68	12

Igloolik (n=107)

Ocs	PTDI (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	46	1.02	0.02	0.20	5.95	8.99	119
CBZ	0.27	6	0.13	0.04	0.10	1.04	1.72	4
DDT	20.00	2	1.14	0.05	0.68	7.17	12.03	0.4
HCH	0.30	14	0.11	0.00	0.08	0.49	0.98	2
MIR	0.07	4	0.01	0.00	0.01	0.06	0.12	0.9
PCB	1.00	27	1.88	0.07	1.25	12.31	15.91	12
TOX	0.20	55	5.94	0.32	1.50	31.82	57.34	159

Table 44, continued

Kimmirut (n=120)

Ocs	PTDI (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	24	0.16	0.01	0.03	0.36	4.52	7
CBZ	0.27	5	0.05	0.01	0.03	0.14	1.16	0.5
DDT	20.00	0	0.25	0.01	0.07	0.71	6.47	0
HCH	0.30	4	0.03	0.00	0.01	0.12	0.72	0.4
MIR	0.07	7	0.01	0.00	0.00	0.09	0.18	1
PCB	1.00	10	0.35	0.02	0.15	1.30	7.58	1
TOX	0.20	35	0.51	0.00	0.35	1.38	10.99	7

Qikiqtarjuaq (n=110)

Ocs	PTDI (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	37	0.62	0.02	0.07	5.18	6.48	104
CBZ	0.27	15	0.23	0.02	0.08	1.70	2.36	6
DDT	20.00	10	1.58	0.04	0.34	13.10	16.37	0.7
HCH	0.30	12	0.06	0.00	0.04	0.36	0.45	1
MIR	0.07	5	0.01	0.00	0.00	0.04	0.05	0.6
PCB	1.00	18	1.90	0.05	0.38	15.25	19.45	15
TOX	0.20	57	3.34	0.26	1.38	26.19	33.43	131

COMMUNITIES OF LABRADOR

Nain (n=85)

Ocs	PTDI (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	7	0.02	0.00	0.01	0.08	0.22	2
CBZ	0.27	0	0.03	0.00	0.04	0.12	0.20	0.4
DDT	20.00	0	0.06	0.00	0.04	0.12	2.51	0
HCH	0.30	0	0.01	0.00	0.00	0.02	0.26	0.1
MIR	0.07	0	0.00	0.00	0.00	0.00	0.01	0
PCB	1.00	0	0.04	0.00	0.04	0.15	0.81	0.2
TOX	0.20	10	0.12	0.00	0.01	1.26	2.39	6

Hopedale (n=97)

Ocs	PTDI (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	4	0.01	0.01	0.01	0.05	0.13	1
CBZ	0.27	2	0.30	0.01	0.04	0.15	15.74	0.6
DDT	20.00	0	0.04	0.01	0.02	0.12	0.84	0
HCH	0.30	0	0.00	0.00	0.00	0.01	0.09	0
MIR	0.07	3	0.01	0.00	0.00	0.00	0.19	0
PCB	1.00	2	0.06	0.02	0.03	0.28	1.09	0.3
TOX	0.20	2	0.02	0.00	0.01	0.08	0.79	0.4

Table 44, continued

Makkovik (n=137)

Ocs	PTDI (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	14	0.02	0.01	0.02	0.08	0.14	2
CBZ	0.27	0	0.02	0.00	0.03	0.12	0.24	0.4
DDT	20.00	0	0.08	0.01	0.04	0.55	1.40	0
HCH	0.30	0	0.01	0.00	0.01	0.02	0.04	0.1
MIR	0.07	1	0.00	0.00	0.00	0.01	0.02	0.1
PCB	1.00	0	0.05	0.01	0.04	0.25	0.51	0.3
TOX	0.20	19	0.17	0.00	0.01	1.20	2.83	6

Rigolet (n=98)

Ocs	PTDI (µg/kg/d)	n>PTDI	Mean	Median	Percentiles 75th	95th	99th	95th/PTDI
CHL	0.05	8	0.02	0.00	0.01	0.08	0.36	2
CBZ	0.27	0	0.01	0.00	0.02	0.05	0.18	0.2
DDT	20.00	0	0.05	0.00	0.02	0.40	1.06	0
HCH	0.30	0	0.00	0.00	0.01	0.02	0.04	0.1
MIR	0.07	0	0.00	0.00	0.00	0.01	0.01	0.1
PCB	1.00	0	0.03	0.00	0.03	0.18	0.57	0.2
TOX	0.20	13	0.12	0.00	0.01	0.93	2.01	5

*The kg body weight value used was either the measured, reported or the average of the measured weights for the age gender group, in that order of priority of information.

**Number of 24-hr recalls. Those that did not include any traditional food intake were considered as zero in the computations.

***Provisional Tolerable Daily Intake.

Table 45. Proportionate distribution of heavy metal intake from most consumed traditional food, all regions combined

A. Fall

Species	Parts	Weight (%)	As (%)	Cd (%)	Hg (%)	Pb (%)
CARIBOU-B	FLESH	46.5	0	22.9	21.5	57
ARCTIC CHAR	HEAD	13.4	59.8	2.9	8.5	26.4
RINGED SEAL	FLESH	9	4.6	21.6	22.6	3.4
NARWHAL	MUKTUK	2.7	11	0.5	9.4	4.3
RABBIT	FLESH	2.2	0	1.2	0	0
BELUGA	MUKTUK	2	7.3	0.4	8.9	0.1
WALRUS	FLESH	1.8	0.9	2.5	0.9	0.9
MUSKOX	FLESH	1.6	0	0.2	0.1	0.6
RINGED SEAL	BROTH	1.5	0	1.1	0.5	0.2
CARIBOU	RIBS	1.4	0	1.2	1.2	0.1
SALMON	FLESH	1.3	1.1	0.3	0.4	0.1
LAKE TROUT	FLESH	1.2	0.7	0.1	6.9	0.3
SPRUCE HEN	FLESH	1.2	0	0.5	0.1	0
BEARDED SEAL	FLESH	1	0.5	0.4	1.8	0.1
BEARDED SEAL	INTESTINE	1	0.8	11.5	2.2	0.2
NARWHAL	BLUBBER	1	0	0.5	0.8	0.4
PTARMIGAN	FLESH	1	0	3	0	0
DUCK	FLESH	0.8	1.4	1	4.2	0.1
CARIBOU	FAT	0.7	0	0.3	0.3	1.1
MUSSELS	CONTENTS,NO SHELL	0.6	0	7	0.5	0.9
WILLOW PTARMIGAN	FLESH	0.6	0.1	1.3	0.3	0.9
CISCO	FLESH	0.5	3.9	0.1	0.1	0
WHITEFISH	FLESH	0.4	1.3	0.3	0.4	0
CRANBERRIES	BERRY	0.4	0	1.7	0	0.1
CARIBOU-B	KIDNEY	0.2	0	3	1.1	0
CARIBOU-B	LIVER	0.2	0	3.9	0.8	0.1
RINGED SEAL	LIVER	0.2	1.6	2.9	2.1	0
CISCO	FLESH	0.2	1.6	0	0	0
COD	FLESH	0.2	1.2	0.1	0.1	0.1
BELUGA	FLESH	0.1	0.8	0.5	1.2	0
Total %		94.9	98.6	92.9	96.9	97.4

B. Late Winter

Species	Parts	Weight (%)	As (%)	Cd (%)	Hg (%)	Pb (%)
CARIBOU-B	FLESH	59.1	0	33.9	30.1	68.4
ARCTIC CHAR	FLESH	11.4	68.1	2.8	7.9	21.4
RINGED SEAL	FLESH	5.9	4.1	18	15.3	2.1
LAKE TROUT	FLESH	2.1	1.7	0.1	12.8	0.4
POLAR BEAR	FLESH	2.1	0	5.2	6.4	1.8
MUSKOX	FLESH	1.9	0	0.2	0.1	0.6
BELUGA	MUKTUK	1.8	9	0.5	8.9	0.1
CARIBOU	RIBS	1.8	0	1.8	1.7	0.2
WALRUS	FLESH	1.2	0.8	2	0.7	0.6
ROCK COD	FLESH	1.2	1	0.6	0.3	0.2
NARWHAL	MUKTUK	0.9	4.7	0.2	3.3	1.3
PTARMIGAN	FLESH	0.7	0	2.3	0	0
WHITEFISH	FLESH	0.5	2	0.3	0.5	0
CARIBOU	LIVER	0.3	0	5.5	1.3	0.1
WALRUS	LIVER	0.3	0	3.4	2.5	0.1
COD	FLESH	0.3	2.2	0.2	0.1	0.1
HERRING	FLESH	0.2	1.8	0	0	0
BEARDED SEAL	INTESTINE	0.1	0.1	1.2	0.2	0
RINGED SEAL	KIDNEY	0.1	0.9	13.4	2.5	0
Total %		91.9	96.4	91.6	94.6	97.4

Table 46. Proportionate distribution of organochlorine intake from most consumed traditional food, all regions combined

A. Fall

Species	Part	weight(%)	CHL(%)	PCB(%)	TOX(%)
CARIBOU-B	FLESH	46.5	1.8	2.5	0.2
ARCTIC CHAR	HEAD	13.4	2.8	2.1	4
RINGED SEAL	FLESH	9	0.5	1.7	6.7
NARWHAL	MUKTUK	2.7	1.4	5.4	0.1
RABBIT	FLESH	2.2	0.1	0	0
BELUGA	MUKTUK	2	3.7	3.9	2.2
WALRUS	FLESH	1.8	1.3	0.5	0.1
MUSKOX	FLESH	1.6	0.1	0.1	0
RINGED SEAL	BROTH	1.5	0.1	0.8	0.1
CARIBOU	RIBS	1.4	0.1	0.1	0
SALMON	FLESH	1.3	0.3	0.2	1.6
LAKE TROUT	FLESH	1.2	0.4	0.6	0.9
SPRUCE HEN	FLESH	1.2	0	0	0
BEARDED SEAL	FLESH	1	0.2	1.3	0.6
BEARDED SEAL	INTESTINE	1	0	0.6	0
NARWHAL	BLUBBER	1	27.6	33.2	28.8
PTARMIGAN	FLESH	1	0	0	0
DUCK	FLESH	0.8	0.5	1.7	0
BELUGA	OIL	0.7	30.2	23.8	19.1
WALRUS	BLUBBER	0.6	24.7	16.1	33.9
BEARDED SEAL	BLUBBER	0.2	0.4	1.3	0.4
RINGED SEAL	BLUBBER	0.1	1	0.7	0.2
POLAR BEAR	FAT	0	2.3	1.7	0.5
Total %		92.2	99.5	98.3	99.4

B. Late Winter

Species	Part	weight(%)	CHL(%)	PCB(%)	TOX(%)
CARIBOU-B	FLESH	59.1	4.4	6.2	0.4
ARCTIC CHAR	FLESH	11.4	4.8	3.2	7.4
RINGED SEAL	FLESH	5.9	0.6	1.9	8.9
LAKE TROUT	FLESH	2.1	1.2	2	2.9
POLAR BEAR	FLESH	2.1	3.1	6.4	0.2
MUSKOX	FLESH	1.9	0.2	0.2	0
BELUGA	MUKTUK	1.8	6.6	7	4
CARIBOU	RIBS	1.8	0.2	0.3	0
WALRUS	FLESH	1.2	1.8	0.6	0.1
ROCK COD	FLESH	1.2	0.2	0.1	0.3
NARWHAL	MUKTUK	0.9	0.9	3.5	0.1
BEARDED SEAL	FLESH	0.4	0.1	1.1	0.5
BELUGA	OIL	0.3	27.7	22.1	18.1
NARWHAL	BLUBBER	0.3	19.1	23.3	20.6
WALRUS	BLUBBER	0.3	23.5	15.5	33.3
BELUGA	FLIPPER	0.2	0.6	0.6	1
RINGED SEAL	BLUBBER (SOL)	0.2	3.2	2.3	0.6
Total %		91.1	98.2	96.3	98.4

Table 47. Comparison of daily intake of Hg, PCB, CHL and TOX in Qikiqtarjuaq in 1988 and 2000

Intake	Median		95th percentile	
(ug/kg/day)	1988	2000	1988	2000
Hg	1	0.6	7	6.4
PCB	0.3	0.05	3.6	15
CHL	0.06	0.02	2.1	5.2
TOX	0.05	0.26	8.1	26

Table 48. Proportionate distribution of heavy metal intake from most consumed traditional food in Qikiqtarjuaq

A. Fall

Species	Parts	Weight (%)	As (%)	Cd (%)	Hg (%)	Pb (%)
RINGED SEAL	FLESH	32.1	14.4	70.6	53.8	11.4
CARIBOU-B	FLESH	29	0	10.9	7.1	41.3
NARWHAL	MUKTUK	12.4	45.1	2.1	29	19
ARCTIC CHAR	HEAD	9.2	36.6	1.8	3.9	17.2
NARWHAL	BLUBBER	6.2	0	3.1	3.4	2.5
RINGED SEAL	BROTH	2.7	0	1.8	0.7	0.4
WILLOW PTARMIGA	FLESH	2.6	0.4	4.9	0.8	3.6
WALRUS	FLESH	2.4	1.1	3.1	0.8	1.1
BLACKBERRIES	BERRIES	1.5	0.1	0	0.2	0.3
CARIBOU	FAT	1.4	0	0.5	0.3	2
CLAMS	CONTENTS,NO SHELL	0.6	2.4	1.1	0	1.3
Total %		100	100	100	100	100

B. Late Winter

Species	Parts	Weight (%)	As (%)	Cd (%)	Hg (%)	Pb (%)
CARIBOU-B	FLESH	29.6	0	12.1	8.9	37.4
RINGED SEAL	FLESH	23.5	9.4	51.1	42.5	8.1
ARCTIC CHAR	FLESH	15.7	55.4	3.1	7.2	28.5
NARWHAL	MUKTUK	8.9	29	1.5	22.6	13.3
POLAR BEAR	FLESH	6.7	0	13.4	13.9	5.5
PTARMIGAN	FLESH	4.5	0	10.8	0.1	0.1
RINGED SEAL	BROTH	3.6	0	2.4	1	0.5
NARWHAL	BLUBBER	3.5	0	1.7	2	1.4
CLAMS	CONTENTS,NO SHELL	1.7	5.8	3.1	0.1	3.4
CARIBOU	FAT	1.2	0	0.4	0.3	1.7
BEARDED SEAL	FLESH	1.1	0.4	0.3	1.4	0.1
Total %		100	100	100	100	100

Table 49. Proportionate distribution of CHL, PCB and TOX intake from most consumed traditional food in Qikiqtarjuaq

A. Fall

Species	Part	weight(%)	CHL(%)	PCB(%)	TOX(%)
RINGED SEAL	FLESH	32.1	1	2.4	11.7
CARIBOU-B	FLESH	29	0.5	0.6	0
NARWHAL	MUKTUK	12.4	3.5	10.4	0.2
ARCTIC CHAR	FLESH	9.2	1	0.5	1.3
NARWHAL	BLUBBER	6.2	92.8	85.1	86.6
RINGED SEAL	BROTH	2.7	0.1	0.6	0
WILLOW PTARMIGAN	FLESH	2.6	0	0	0
WALRUS	FLESH	2.4	1	0.3	0
BLACKBERRIES	BERRIES	1.5	0	0	0
CARIBOU	FAT	1.4	0	0	0
Total %		99.5	99.9	99.9	99.8

B. Late Winter

Species	Part	weight(%)	CHL(%)	PCB(%)	TOX(%)
CARIBOU-B	FLESH	29.6	0.9	1	0.1
RINGED SEAL	FLESH	23.5	0.9	2	13.7
ARCTIC CHAR	FLESH	15.7	2.7	1.2	3.8
NARWHAL	MUKTUK	8.9	4.1	11.5	0.3
POLAR BEAR	FLESH	6.7	4.5	6.7	0.2
PTARMIGAN	FLESH	4.5	0.1	0	0
RINGED SEAL	BROTH	3.6	0.3	1.3	0.1
NARWHAL	BLUBBER	3.5	86.4	75.3	81.3
CLAMS	CONTENTS	1.7	0	0	0
CARIBOU	FAT	1.2	0	0.1	0
BEARDED SEAL	FLESH	1.1	0.1	0.9	0.5
Total %		100.0	100.0	100.0	100.0

Table 50. Sources of heavy metals, by region (% of total shown)

Baffin

Species	Part	weight(%)	As(%)	Cd(%)	Hg(%)	Pb(%)
CARIBOU	FLESH	38.2	0	13.3	12.3	48.2
RINGED SEAL	FLESH	18.7	8.2	36.7	36.1	6.4
ARCTIC CHAR	FLESH	15.6	60.6	2.7	7.9	28.1
NARWHAL	MUKTUK	5	17.7	0.7	13.8	7.3
WALRUS	FLESH	3.2	1.4	3.5	1.3	1.4
RINGED SEAL	BROTH	2.9	0	1.6	0.8	0.4
POLAR BEAR	FLESH	2.8	0	4.9	6.4	2.3
NARWHAL	BLUBBER	1.9	0	0.8	1.2	0.7
PTARMIGAN	FLESH	1.3	0	3	0	0
BELUGA	MUKTUK	1.2	3.9	0.2	4.3	0.1
WALRUS	BLUBBER	1.2	0	0.7	0.7	0.5
BEARDED SEAL	INTESTINE	0.9	0.6	7.4	1.4	0.2
CARIBOU	FAT	0.9	0	0.3	0.2	1.2
WILLOW PTARMIGAN	FLESH	0.9	0.1	1.4	0.3	1.2
WALRUS	LIVER	0.4	0	3.4	2.7	0.1
RINGED SEAL	LIVER	0.4	2.4	3.9	2.8	0
CARIBOU	KIDNEY	0.3	0	2.9	1.1	0
CARIBOU	LIVER	0.3	0	3.6	0.8	0.1
CLAMS	CONTENTS,NO SHELL	0.3	1.1	0.4	0	0.6
DUCK	FLESH	0.3	0.5	0.3	1.4	0
BELUGA	FLESH	0.1	0.8	0.5	1.1	0
CISCO	FLESH	0.1	1	0	0	0
RINGED SEAL	KIDNEY	0.1	0.3	4.5	0.9	0
	Total (%)	97	98.6	96.7	97.5	98.8

Inuvialuit

Species	Part	weight(%)	As(%)	Cd(%)	Hg(%)	Pb(%)
CARIBOU-B	FLESH	69.8	0	46.8	51.7	90
RABBIT	FLESH	5.2	0	4.2	0.2	0
PTARMIGAN	FLESH	3.2	0	12.3	0.1	0.1
ARCTIC CHAR	FLESH	2.9	23	0.9	3.2	5.6
CISCO	FLESH	2.4	32	0.6	0.6	0.2
WHITEFISH	FLESH	1.6	10.6	1.7	3.5	0.2
CARIBOU	RIBS	1.6	0	2	2.4	0.1
PACIFIC HERRING	FLESH	1.6	1.7	0.8	0.4	0.1
BELUGA	MUKTUK	1.5	9.7	0.5	11.4	0.1
BELUGA	BLUBBER	1.1	0	0.9	0.9	0.8
LAKE TROUT	FLESH	1.1	1.2	0.1	11.2	0.2
YELLOW LEGS GOOSE	FLESH	1.1	0.2	2.6	0.9	1.5
HERRING	FLESH	0.8	11.2	0.2	0.3	0.1
CARIBOU-B	LIVER	0.5	0	14.5	4.1	0.1
DUCK	FLESH	0.4	1.3	0.8	3.6	0
CISCO	FLESH	0.4	6.5	0.1	0.1	0
CLOUDBERRIES	BERRY	0.3	0	4.5	0	0.1
BELUGA	FLESH	0.1	1.1	0.5	1.5	0
CARIBOU	KIDNEY	0.1	0	2.8	1.3	0
	Total (%)	95.7	98.5	96.8	97.4	99.2

Table 50, continued

Kitikmeot

Species	Part	weight(%)	As(%)	Cd(%)	Hg(%)	Pb(%)
CARIBOU	FLESH	48.3	0	34.8	26.6	59.2
ARCTIC CHAR	FLESH	18.1	83.3	6.3	15.4	31.9
MUSKOX	FLESH	12.1	0	2.2	1.2	3.7
CARIBOU	RIBS	5.8	0	7.9	6.7	0.5
RINGED SEAL	FLESH	2.7	1.4	10.4	9	0.9
LAKE TROUT	FLESH	2	1.2	0.2	14	0.3
WHITEFISH	FLESH	1.9	5.4	1.7	2.4	0.1
EIDER	FLESH	1.7	3	5.7	2.9	0.5
KING EIDER	FLESH	1.3	0.6	0.1	1.5	0
BELUGA	MUKTUK	1	3.8	0.4	5.9	0.1
POLAR BEAR	FLESH	1	0	3.7	4	0.8
CARIBOU	LIVER	0.6	0	18.5	3.9	0.1
PTARMIGAN	FLESH	0.6	0	2.8	0	0
DUCK	FLESH	0.6	1.1	1.3	4.2	0.1
LOON	FLESH	0.3	0.2	3.2	1.3	0.5
	Total (%)	98	100	99.2	99	98.7

Kivalliq

Species	Part	weight(%)	As(%)	Cd(%)	Hg(%)	Pb(%)
CARIBOU	FLESH	66.3	0	56.4	38.1	66.9
ARCTIC CHAR	FLESH	5	74.5	...5	10.5	28.3
BELUGA	MUKTUK	4.7	19.9	1.7	23.8	0.3
CARIBOU	RIBS	2.4	0	3.2	2.3	0.2
BEARDED SEAL	FLESH	2.3	1.3	1.2	4.4	0.3
LAKE TROUT	FLESH	1.9	1.3	0.2	11.6	0.4
WALRUS	FLESH	1.7	0.9	3.7	0.9	0.8
RINGED SEAL	FLESH	1.6	0.9	6.1	4.5	0.6
BEARDED SEAL	INTESTINE	1.1	1	18.6	2.5	0.2
CARIBOU	FAT	0.8	0	0.5	0.3	1.2
BEARDED SEAL	BLUBBER	0.2	0	1.5	0.1	0
	Total (%)	88	99.8	98.1	99	99.2

Labrador

Species	Part	weight(%)	As(%)	Cd(%)	Hg(%)	Pb(%)
CARIBOU	FLESH	57.7	0	29.3	37.2	81.9
SPRUCE HEN	FLESH	6.6	0	2.6	0.8	0
LAKE TROUT	FLESH	5.1	9	0.3	36.2	1.4
SALMON	FLESH	4.7	10.9	0.9	1.6	0.2
ROCK COD	FLESH	3.9	7	1.7	1	1
RABBIT	FLESH	3.6	0	1.9	0.1	0
ARCTIC CHAR	FLESH	2.5	33.9	0.5	2	6.6
SPRUCE GROUSE	WHOLE	2.5	0	1	0.3	0
CARIBOU	HEART	2.1	0	0.1	0.8	1.2
MUSSELS	CONTENTS,NO SHELL	1.8	0	20.1	1.8	3.5
COD	FLESH	1.8	26.7	0.9	0.5	0.5
CANADA GOOSE	FLESH	1.1	0.3	1.7	0.7	2.1
RINGED SEAL	FLESH	1	1.5	2.2	3	0.5
DUCK	FLESH	1	4.8	1.1	6	0.1
CRANBERRIES	BERRY	1	0.2	4.3	0	0.3
CRANBERRY	BERRIES	0.9	0.1	2	0	0.1
BAKEAPPLE	BERRY	0.3	0	2.5	0	0.1
RINGED SEAL	KIDNEY	0.3	4.1	23.2	6.1	0.1
CAPELIN	WHOLE	0.2	0.4	2.1	1.2	0
	Total (%)	98.1	98.9	98.4	99.3	99.6

Table 51. Sources of organochlorines, by region (% of total shown)

Baffin

Species	Part	weight(%)	CHL(%)	PCB(%)	TOX(%)
CARIBOU	FLESH	38.2	0.9	1.3	0.1
RINGED SEAL	FLESH	18.7	0.8	2.4	8.9
ARCTIC CHAR	FLESH	15.6	2.2	1.5	3
NARWHAL	MUKTUK	5	1.8	7	0.1
WALRUS	FLESH	3.2	1.7	0.6	0.1
RINGED SEAL	BROTH	2.9	0.2	1.1	0.1
POLAR BEAR	FLESH	2.8	1.5	3.1	0.1
NARWHAL	BLUBBER	1.9	37.9	44.5	35.6
PTARMIGAN	FLESH	1.3	0	0	0
BELUGA	MUKTUK	1.2	1.7	1.7	0.9
WALRUS	BLUBBER	1.2	34.9	22.2	43.1
BELUGA	BLUBBER	0.4	11.1	8.5	6.3
RINGED SEAL	BLUBBER	0.3	1.9	1.3	0.3
POLAR BEAR	FAT	0.1	2.3	1.6	0.5
	Total (%)	92.8	98.9	96.8	99.1

Inuvialuit

Species	Part	weight(%)	CHL(%)	PCB(%)	TOX(%)
CARIBOU	FLESH	69.8	5.4	8.7	0.7
RABBIT	FLESH	5.2	0.5	0.2	0.1
PTARMIGAN	FLESH	3.2	0.2	0.1	0.1
ARCTIC CHAR	FLESH	2.9	1.1	0.6	2.6
CISCO	FLESH	2.4	0.1	0	2.6
WHITEFISH	FLESH	1.6	0.2	0.8	0.6
CARIBOU	RIBS	1.6	0.2	0.3	0
PACIFIC HERRING	FLESH	1.6	0.3	0.1	1.8
BELUGA	MUKTUK	1.5	4.8	5.7	4.3
BELUGA	BLUBBER	1.1	84.3	76.1	80.9
LAKE TROUT	FLESH	1.1	0.7	1.3	2.4
YELLOW LEGS GOOSE	FLESH	1.1	0	0	0
DUCK	FLESH	0.4	0.4	1.9	0
BEARDED SEAL	BLUBBER	0.1	0.5	2.1	0.8
	Total (%)	93.6	98.7	97.9	96.9

Kitikmeot

Species	Part	weight(%)	CHL(%)	PCB(%)	TOX(%)
CARIBOU	FLESH	48.3	7.2	9.8	0.7
ARCTIC CHAR	FLESH	18.1	12.6	8.7	25.7
MUSKOX	FLESH	12.1	1.8	1.6	0.2
CARIBOU	RIBS	5.8	0.9	1.3	0.1
RINGED SEAL	FLESH	2.7	0.1	0.5	8.6
LAKE TROUT	FLESH	2	2.1	3.4	6.6
WHITEFISH	FLESH	1.9	0.3	0.9	0.6
EIDER	FLESH	1.7	0.8	0.5	0.1
KING EIDER	FLESH	1.3	2.2	8.1	0
BELUGA	MUKTUK	1	5.9	6.2	4.8
POLAR BEAR	FLESH	1	2.5	5.2	0.2
DUCK	FLESH	0.6	1.1	4	0
BELUGA	BLUBBER	0.4	59.3	47	51.5
RINGED SEAL	BLUBBER	0.1	3.1	2.2	0.8
	Total (%)	97	99.9	99.4	99.9

Table 51, continued

Kivalliq

Species	Part	weight(%)	CHL(%)	PCB(%)	TOX(%)
CARIBOU-B	FLESH	66.3	3.7	5.4	0.5
ARCTIC CHAR	FLESH	5	5.3	4.7	9.6
BELUGA	MUKTUK	4.7	14.9	17.1	12
CARIBOU	RIBS	2.4	0.2	0.3	0
BEARDED SEAL	FLESH	2.3	0.6	5.1	3
LAKE TROUT	FLESH	1.9	0.7	1.3	2.2
WALRUS	FLESH	1.7	2	0.8	0.1
RINGED SEAL	FLESH	1.6	0.1	0.5	2.7
BEARDED SEAL	INTESTINE	1.1	0	1.1	0.1
BELUGA	BLUBBER	0.8	61.9	53.2	53
BEARDED SEAL	BLUBBER	0.2	0.8	3	1.1
RINGED SEAL	BLUBBER	0.1	1.6	1.3	0.4
WALRUS	BLUBBER	0.1	8.1	5.8	15.1
	Total (%)	88.2	99.9	99.6	99.8

Labrador

Species	Part	weight(%)	CHL(%)	PCB(%)	TOX(%)
CARIBOU	FLESH	57.7	29.6	30.5	1.5
SPRUCE HEN	FLESH	6.6	2.6	0.9	0.5
LAKE TROUT	FLESH	5.1	19.9	24.9	29
SALMON	FLESH	4.7	11.9	5.5	41.2
ROCK COD	FLESH	3.9	3.1	1.5	3.9
RABBIT	FLESH	3.6	2.1	0.5	0.1
ARCTIC CHAR	FLESH	2.5	8.6	3.9	8.6
SPRUCE GROUSE	WHOLE	2.5	0.5	0.2	0.2
CARIBOU	HEART	2.1	1.2	0.8	0.1
MUSSELS	CONTENTS,NO SHELL	1.8	0	3	0.1
COD	FLESH	1.8	3.5	1.3	3.1
CANADA GOOSE	FLESH	1.1	0.2	0.1	0.1
RINGED SEAL	FLESH	1	0.2	0.5	5.5
DUCK	FLESH	1	6.4	18.3	0
CRANBERRIES	BERRY	1	0	0.4	0
GRENADIER	FLESH	0.3	0.6	1.1	0.9
TURBOT	CHEEKS	0.3	6.5	3.3	4.4
RINGED SEAL	KIDNEY	0.3	1.7	1.4	0.1
	Total (%)	97.3	98.6	98.1	99.3

Table 52. Number of months per year sea mammals harvested in each community

Region/ Community	Ringed Seal (jar seal)	Bearded Seal (square flipper)	Polar Bear	Walrus	Harp Seal (bedlamer)	Beluga	Narwhal	Ranger Seal	Harbour Porpoise	Hooded Seal	Bottlenose Dolphin (jumper)	Elephant Seal	Harbour Seal	Bowhead
INUIVIALUIT														
Aklavik	3	3	0*	0	0	3	0	0	0	0	0	0	0	0
Tuktoyaktuk	5	3	2	0	0	3	0	0	0	0	0	0	0	0
Paulatuk	6	7	-**	-	-	2	-	-	-	-	-	-	-	-
Sachs Harbour	5	2	3	1	-	-	-	-	-	-	-	-	-	-
Inuvik	0	-	-	-	-	4	-	-	-	-	-	-	-	0
Bay Chimo	5	1	-	-	-	1	-	-	-	-	-	-	-	0
KITIKMEOT														
Holman	12	5	7	2	-	0	0	-	-	-	-	-	-	0
Kugluktuk	10	3	3	-	-	0	0	-	-	-	-	-	-	0
Cambridge Bay	5	5	3	-	-	-	-	-	-	-	-	-	-	-
Bathurst Inlet	1	2	-	-	-	-	-	-	-	-	-	-	-	0
Gjoa Haven	5	1	2	-	-	-	0	-	-	-	-	-	-	0
Taloyoak	12	12	10	0	-	3	0	-	-	-	-	-	-	0
Pelly Bay	9	3	9	0	-	0	2	-	-	-	-	-	-	1
KIVALLIQ														
Baker Lake	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chesterfield Inlet	12	12	6	5	0	4	2	2	-	-	-	-	-	0
Rankin Inlet	12	12	5	4	2	3	2	2	-	-	-	-	-	-
Arviat	12	11	2	2	0	2	0	11	-	-	-	-	-	0
Whale Cove	12	3	3	3	0	2	0	3	-	-	-	-	-	0
Coral Harbour	12	12	5	12	3	5	1	3	-	-	-	-	-	0
Repulse Bay	7	5	3	4	0	5	2	0	-	-	-	-	-	0
BAFFIN														
Resolute Bay	12	4	7	2	3	2	2	-	-	2	-	-	-	0
Pond Inlet	12	12	7	5	5	0	5	-	-	0	-	-	3	0
Igloolik	12	0	9	12	0	2	0	-	-	-	-	-	0	0
Kimmirut	12	12	8	6	7	9	0	-	-	5	-	-	0	0
Qikiqtarjuaq	12	9	5	2	5	1	7	-	-	-	-	1	2	0
Grise Fiord	-	12	8	12	3	3	5	-	-	0	-	-	0	-
Arctic Bay	12	7	5	4	0	0	6	-	-	-	-	-	0	0
Clyde River	12	7	7	0	3	0	5	-	-	2	-	-	0	0
Pangnirtung	12	12	2	2	4	5	7	-	-	0	-	6	0	0
Cape Dorset	12	12	3	8	0	4	0	-	-	0	-	0	0	0
Sanikiluaq	12	8	2	2		5	0	-	-	-	-	-	0	0
Hall Beach	12	10	3	12	1	2	2	-	-	-	-	-	0	0
LABRADOR														
Nain	12	12	4	-	12	-	-	1	-	-	-	-	-	-
Hopedale	12	11	6	-	12	2	-	12	5	-	3	-	-	-
Makkovik	12	12	5	3	12	2	-	4	2	-	2	-	-	-
Rigolet	12	3	-	-	12	-	-	3	-	-	-	-	-	-
Postville	12	4	-	-	5	2	-	4	2	-	2	-	-	-
Upper L. Melville	5	-	-	-	1	-	-	3	-	-	-	-	-	-
Total	342	249	144	103	90	76	48	48	9	9	7	7	5	1

*not harvested at the time of the study, but available
**not harvested in the community, not available

Table 53 (A-E). Answers to the question: "What, if any, traditional foods do you think are best for your health?"

A) INUVIALUIT COMMUNITIES (n=337)[1]

Traditional Food	no. of people	%
Caribou Parts mentioned: meat, heart, liver, kidney Preparation methods mentioned: dried, soup	161	48
Fish Types mentioned: arctic char, whitefish, loche, herring, trout Preparation methods mentioned: smoked, frozen, raw	50	15
All traditional food Preparation methods mentioned: frozen, boiled	43	13
Do not know/ no answer	30	9
Seal Parts mentioned: liver, meat	25	7
Muktuk Type mentioned: beluga	8	2
Traditional meat	7	2
Birds Types mentioned: duck, goose	5	1
Muskox	5	1
Berries Type mentioned: blueberries	2	1
Other: rabbit	1	0.3

B) KITIKMEOT COMMUNITIES (n=296)

Traditional Food	no. of people	%
Caribou Parts mentioned: meat, blood, milk Preparation methods mentioned: fried, broth, soup	166	56
All traditional food Parts mentioned: organs, liver Preparation methods mentioned: frozen, boiled	37	13

Table 53, continued

Traditional Food	no. of people	%
Seal Parts mentioned: liver, meat	29	10
Do not know/ no answer	26	9
Fish Types mentioned: arctic char, whitefish	22	7
All traditional meat	8	3
Muskox	5	2
Duck	3	1

C) KIVALLIQ COMMUNITIES (n=303)

Traditional Food	no. of people	%
Caribou Parts mentioned: meat, fat, ribs, bone marrow Preparation methods mentioned: dried, frozen, soup	183	60
Seal Part mentioned: liver	38	13
Fish	24	8
Do not know/ no answer	24	8
All traditional food	14	5
Muktuk	9	3
Marine mammals: Types mentioned: walrus	5	2
Traditional meat	4	1
Other: eel	1	0.3

Table 53, continued

D) BAFFIN COMMUNITIES (n=452)

Traditional Food	no. of people	%
Seal Type mentioned: ringed seal, bearded seal Parts mentioned: meat, liver, blubber	269	59
Caribou Part mentioned: meat	73	16
Do not know/ no answer	38	8
Fish Type mentioned: arctic char Preparation method mentioned: frozen	23	5
All traditional food	13	3
Walrus	9	2
Muktuk	5	1
All traditional meat	6	1
Polar bear	2	0.4
Ptarmigan	2	0.4
Kelp	1	0.2
Seafood	1	0.2

E) LABRADOR COMMUNITIES (n=354)

Traditional Food	no. of people	%
Caribou Part mentioned: meat Preparation method mentioned: boiled	128	36
Seal Parts mentioned: liver, meat	80	23
All traditional food	39	11
Fish Types mentioned: trout, cod, salmon, arctic char	34	10

Table 53, continued

Traditional Food	no. of people	%
Do not know/ no answer	32	9
Bird Types mentioned: partridge, goose	19	5
Berries	10	3
All traditional meat	6	2
Rabbit	3	1
Porcupine	2	1
Alexanders	1	0.3

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 54 (A-E).
Answers to the question: "What do you think are the best things about traditional food?"

A) INUVIALUIT COMMUNITIES (N= 332)[1]

Best things about traditional food	no. of people	%
Healthy, nutritious, less fat, more vitamins	126	37
Inexpensive, free	40	12
Taste	36	11
Fresh, natural, no preservatives	33	11
Available, convenient	23	9
Get out on the land	17	5
Part of culture/ raised on it	15	5
Do not know, no comment	14	4
Everything	9	3
Fills you up, keeps you warm	6	3
Can prepare it in many ways	6	3
Comes from own land	5	2
Healthy for blood	2	1

B) KITIKMEOT COMMUNITIES (N=280)

Best things about traditional foods	no. of people	%
Healthy, nutritious, less fat, more vitamins	112	40
Inexpensive, free	53	19
Taste	44	16
Fresh, natural, no preservatives	22	8
Get out on the land	12	4
Do not know, no comment	11	4
Available, convenient	7	3
Comes from own land	6	2
Everything	6	2
Can prepare it in many ways	3	1
Brings people together, makes you feel Inuit	2	1
Others (healthy for blood, fills you up)	2	1

Table 54, continued

C) KIVALLIQ COMMUNITIES (N=272)

Best things about traditional foods	no. of people	%
Healthy, nutritious, less fat, more vitamins	69	25
Fresh, natural, no preservatives	42	15
Fills you up, keeps you warm, makes you strong	39	14
Do not know, no comment	26	10
Inexpensive, free	22	8
Available, convenient	20	7
Taste	19	7
Part of culture, raised on it	10	4
Can prepare it in many ways	7	3
Get out on land	7	3
Comes from own land	3	1
Everything	2	1
Healthy for blood	2	1
Sharing, community feasts	2	1

D) BAFFIN COMMUNITIES (N=442)

Best things about traditional food	no. of people	%
Healthy, nutritious, less fat, more vitamins	138	31
Do not know, no comment	74	17
Fills you up, keeps you warm	72	16
Fresh, natural, non-processed	25	6
Inexpensive, free	20	4
Available, convenient	18	4
Taste	17	4
Part of culture, raised on it, "it's Inuit food"	12	3
Good for blood; keeps blood clear, fresh	8	2
Everything	5	1
Sharing, feasts	4	1
Can prepare it in many ways	4	1
Comes from own land; get out on land	2	0.4

Table 54, continued

E) LABRADOR (N=354)

Best things about traditional food	no. of people	%
Healthy, nutritious, less fat, more vitamins	108	31
Taste	79	22
Fresh, natural, non-processed	47	13
Inexpensive, free	40	11
Available, convenient	23	7
Do not know, no comment	12	3
Part of culture, raised on it	11	3
Can prepare it in many ways	11	3
Get out on land	7	2
Comes from own land	6	2
Everything	4	1
Fills you up	4	1
Better quality	2	1

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 55 (A-E). Answers to the question: "What do you think are the worst things about traditional food?"

A) INUVIALUIT COMMUNITIES (N=332)[1]

Reasons	no. of people	%
Do not know/ none	250	75
Unavailability / hard to catch	19	6
Spoilage	19	6
Preparation time	12	4
Proper storage difficult	11	3
Smell/ taste	8	2
Contamination	5	2
Expensive	4	1
When wasted	3	1
Other: not enough eaten	1	0.3

B) KITIKMEOT COMMUNITIES (N=287)

Reasons	no. of people	%
Do not know/ none	214	75
Contamination	18	6
Spoilage	15	5
Unavailability/ hard to catch	15	5
When wasted	7	2
Preparation time; cleaning	5	2
Too much fat/fur	4	1
Proper storage difficult	4	1
Expensive; price of gas	4	1
Smell	1	0.3

Table 55, continued

C) KIVALLIQ COMMUNITIES (N=277)

Reasons	no. of people	%
Do not know/ none	206	74
Unavailability/ hard to catch	24	9
Spoilage	21	8
Smell/ taste	11	4
Proper storage difficult	5	2
Expensive	3	1
When wasted	3	1
Allergies to traditional food	2	1
Fur on meat	1	0.4
Death when hunting	1	0.4

D) BAFFIN COMMUNITIES (N=442)

Reasons	no. of people	%
Do not know/ none	376	85
Contamination	16	4
Spoilage	14	3
Smell/ taste	12	3
Unavailability	6	1
Killing	3	1
Preparation time	3	1
Expensive	3	1
Not enough equipment or time	3	1
Allergies to traditional food	2	0.5
Other: hunter's safety, must store correctly	2	0.5

Table 55, continued

E) LABRADOR (N=351)

Reasons	no. of people	%
Do not know/ none	189	54
Unavailability	53	15
Preparation time	50	14
Spoilage	16	5
Smell/ taste	13	4
Proper storage difficult	9	3
Expensive	7	2
Contamination	6	2
When wasted	4	1
All	2	1
Other: not eaten by everyone, killing animals, weather	3	1

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 56 (A-E). Answers to the question: "What are your favourite traditional foods?"

A) INUVIALUIT COMMUNITIES (n=337)[1]

Traditional Food	no. of people	%
Caribou Parts mentioned: meat, heart, kidney, ribs Preparation methods mentioned: fried, dried, cooked, roasted	233	69
Fish Types mentioned: arctic char, herring, trout, loche, whitefish Parts mentioned: meat, liver, eggs Preparation methods mentioned: frozen, fried, dried, boiled, aged	40	12
Birds Types mentioned: goose, mallard duck, swan	18	5
Muktuk (beluga or narwhal)	13	4
All traditional food	7	2
Muskox	7	2
Seal	4	1
Rabbit Preparation methods mentioned: fried, boiled	4	1
Muskrat Preparation methods mentioned: fried, boiled, roasted	3	1
Beluga Parts mentioned: meat, oil	3	1
Muskrat Preparation methods: fried, boiled, roasted	3	1
Others: cloudberries, blueberries, ground squirrel, moose, polar bear	2	1

B) KITIKMEOT COMMUNITIES (n=296)

Traditional Food	no. of people	%
Caribou Parts mentioned: meat, head Preparation methods mentioned: frozen, dried, boiled	229	77
Fish Types mentioned: arctic char, trout, cod Preparation methods mentioned: frozen, dried, aged	33	11
Muskox Part mentioned: meat	9	3
Muktuk (beluga or narwhal)	7	2
Birds Types mentioned: geese, duck, ptarmigan	6	2
Seal	4	1
All traditional food	3	1
Do not know, none	3	1
Others: berries, moose	2	1

Table 56, continued

C) KIVALLIQ COMMUNITIES (n=303)

Traditional Food	no. of people	%
Caribou Parts mentioned: meat, tongue Preparation methods mentioned: frozen, fried, stewed	228	75
Muktuk (beluga or narwhal)	22	7
Fish Type mentioned: arctic char Preparation methods mentioned: frozen, smoked	20	7
Seal Parts mentioned: meat, eyes, intestine, liver Preparation methods mentioned: fried, raw	18	6
Walrus Parts mentioned: meat Preparation methods mentioned: aged, boiled	6	2
Do not know, none	4	1
Others: blueberries, squirrel, polar bear	3	1
All traditional food	2	1

D) BAFFIN COMMUNITIES (n=452)

Traditional Food	no. of people	%
Caribou Parts mentioned: meat, fat, stomach and stomach contents Preparation methods mentioned: frozen, stewed, fried, dried	198	43
Seal Parts mentioned: meat, liver, heart Preparation methods mentioned: frozen, boiled, soup	135	30
Muktuk (beluga or narwhal)	45	10
Fish Type mentioned: arctic char Preparation method mentioned: frozen	34	7
Walrus Part mentioned: meat Preparation method mentioned: aged	13	3
Polar bear	8	2
Ptarmigan Preparation method mentioned: raw	8	2
All traditional food	5	1
Seafood Types mentioned: clams, shrimps	2	1
All aged meats	2	1

Table 56, continued

E) LABRADOR COMMUNITIES (n=354)

Traditional Food	no. of people	%
Caribou Parts mentioned: meat, tongue Preparation methods mentioned: fried, roasted, baked	174	49
Birds Types mentioned: partridge, goose, black duck Preparation methods mentioned: baked, soup, boiled	90	25
Fish Types mentioned: trout, salmon, cod, arctic char Preparation methods mentioned: fried, dried, boiled	38	11
Seal Preparation methods mentioned: fried, roasted, stewed	25	7
Rabbit Preparation methods mentioned: baked, boiled, stewed	12	3
Porcupine Preparation method mentioned: stewed	4	1
Berries Types mentioned: cloudberry, bakeapple	4	1
All	4	1
Others: muktuk, liver	2	1

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 57 (A-E).
Answers to the question: "What traditional food, if any, do you not like to eat?"

A) INUVIALUIT COMMUNITIES (N=337)[1]

Traditional Food	no. of people	%
None/no answer	159	47
Ringed seal Part mentioned: meat, flippers Preparation methods mentioned: cooked, aged	29	9
Fish Type mentioned: cod, jackfish, loche, whitefish Preparation methods/ part mentioned: aged, fried, frozen, head	25	7
Muktuk Type/preparation method: beluga, raw, aged	19	6
Polar bear	16	5
Traditional food in general Types mentioned: grass-eating animals Parts mentioned: heads, livers, meat, oil Preparation methods mentioned: aged, raw	12	4
Bowhead whale Parts mentioned: meat, muktuk	14	4
Muskox Part mentioned: meat	14	4
Birds Types mentioned: duck, goose, loon, ptarmigan	12	4
Muskrat	10	3
Rabbit	6	2
Caribou Parts mentioned: kidney, liver, tongue	4	1
Fox	4	1
Squirrel	4	1
Sheep	3	1
Moose	2	1
Others : beluga oil, beaver	2	1

Table 57, continued

B) KITIKMEOT COMMUNITIES (N=295)

Traditional Food	no. of people	%
None/no answer	108	37
Seal Part mentioned: aged flippers	36	12
Bear	31	11
Fish Types mentioned: cod, sculpin, loche, trout, whitefish Preparation methods/ parts mentioned: aged; bones	23	8
Muskox	21	7
Squirrel	17	6
Rabbit	12	4
Traditional food in general Types mentioned: grass-eating animals Parts mentioned: meat, animal heads, stomach contents Preparation method mentioned: aged	12	4
Ducks	9	3
Muktuk	9	3
Fox	7	2
Bowhead whale	3	1
Caribou Parts mentioned: organs, liver	3	1
Walrus	2	1
Moose	2	1

Table 57, continued

C) KIVALLIQ COMMUNITIES (N= 302)

Traditional Food	no. of people	%
None/no answer	109	36
Polar bear	63	21
Fish and seafood Types mentioned: arctic char, cod, trout, whitefish	30	10
Seal Types mentioned: bearded seal, ringed seal Preparation method mentioned: boiled	24	8
Muskox	15	5
Birds Types mentioned: goose, owl, ptarmigan, seagull	13	4
Traditional food in general Parts mentioned: meat, heart, liver Preparation method mentioned: aged	10	3
Caribou Parts mentioned: bone marrow, fat, intestine, liver	8	3
Walrus	6	2
Fox	5	2
Beluga whale Part mentioned: muktuk	5	2
Bowhead whale Part mentioned: muktuk	4	1
Rabbit	4	1
Ground squirrel	2	1
Sea mammals	2	1
Others: moose, narwhal	2	1

Table 57, continued

D) BAFFIN COMMUNITIES (N=434)

Traditional Food	no. of people	%
None/no answer	164	36
Seal Types mentioned: harp seal, bearded seal, hooded seal, ringed seal Parts mentioned: flippers, meat, fat, head, intestine Preparation methods mentioned: aged, boiled, raw	61	13
Traditional food in general Parts mentioned: eggs, eyes, fat, kidney, liver, meat Preparation methods mentioned: aged, cooked	56	12
Walrus Parts mentioned: liver, meat, stomach contents Preparation methods mentioned: aged, raw	46	18
Fish Types mentioned: arctic char, lake trout, halibut, sculpin Part mentioned: head Preparation methods mentioned: boiled, aged, raw; head	31	7
Caribou Parts mentioned: intestines, kidney, lungs, meat (in rutting season), milk, stomach	21	5
Birds Types mentioned: ptarmigan, raven, duck	17	4
Polar bear	12	3
Rabbit	12	3
Seafood Types mentioned: shrimp, urchin, clams	8	2
Muskox	6	1
Narwhal Parts mentioned: kidney, organs	6	1
Muktuk Preparation method mentioned: aged	5	1
Fox	3	1
Others: bowhead whale, fox, shark	3	1

Table 57, continued

E) LABRADOR (N=353)

Traditional Food	no. of people	%
None/no answer	113	32
Bear Types mentioned: black bear, polar bear	57	16
Seal	39	11
Rabbit/ hare	29	8
Fish Types mentioned: capelin, arctic char, cod, pike, sculpin, smelts, turbot	23	7
Birds Types mentioned: diver duck, duck, fowl, goose, seagull, partridge, pigeon	22	6
Moose	15	4
Porcupine	14	4
Seafood Types mentioned: clam, crab, mussel, scallop, sea urchin, shell fish, shrimp, wrinkles	12	3
Beaver	9	3
Caribou Parts mentioned: stomach contents, stomach, tongue	6	2
Dolphin/porpoise Part mentioned: meat	4	1
Traditional food in general Types/parts mentioned: all, eggs, heads	4	1
Muktuk	2	1
Others: bakeapples, fox, otter, whale	4	1

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 58 (A-E).
Answers to the question: "If there are children less than 18 years old living with you, are there any traditional foods that they do not like to eat?"

Region	% Yes	Food mentioned	N[1]
Inuvialuit	27	Muktuk	21
		Fish (arctic char, loche, whitefish)	18
		Caribou (fat, heart, kidney, meat)	14
		Polar bear/ bear	10
		Traditional food (aged food, fattening food, meat)	7
		Seal (intestines, meat)	8
		Fox	2
		Rabbit	1
		Moose	1
		Muskrat	1
Kitikmeot	37	Seal (aged, intestines)	25
		Polar bear/ bear	17
		Fish (arctic char, tom cod, cooked, boiled, frozen)	16
		Squirrel	13
		Caribou	8
		Bird (duck, seagull, ptarmigan)	6
		Muskox	6
		Traditional food (aged food, all meat, plant foods)	5
		Muktuk	4
		Rabbit	4
		Fox	2
Kivalliq	28	Caribou (boiled, meat, heart, liver, stomach, dried)	21
		Fish (arctic char, dried)	15
		Traditional food (aged, frozen, all, intestines, liver, raw, seasoned meat)	13
			13
		Muktuk	6
		Seal	3
		Rabbit	3
		Muskox	2
		Sea mammals (walrus) Polar bear/ bear	2
		Ptarmigan	2
		Fox	1
		Seafood	1

Table 58, continued

Region	% Yes	Food mentioned	N
Baffin	37	Traditional food (aged, all, raw, boiled, dried, fat, kidneys, liver)	71
		Seal (aged, bearded seal, frozen, harp seal, liver, meat, ringed seal)	33
		Walrus (aged meat)	19
		Fish (boiled, arctic char, cod, bones, sculpin)	18
		Caribou	4
		Polar bear	2
		Bird (goose, ptarmigan)	2
		Seafood (clam)	2
		Muskox	2
		Muktuk	1
		Blackberries	1
		Rabbit	1
Labrador	40	Seal (boiled, meat, flipper)	56
		Bird(duck, fowl, goose, partridge)	26
		Caribou (heart, stomach, tongue)	11
		Fish (dried arctic char, eggs, fried salmon, smelt, trout)	13
		All traditional food	11
		Rabbit	5
		Black bear	2
		Porcupine	3
		Polar bear	2
		Moose	2
		Mussels	1
		Bakeapples	1
		Beaver	1
		Porpoise	1
		Whale	1

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 59 (A-E).
Answers to the question: "What do you think are the best things about market food?"

A) INUVIALUIT COMMUNITIES (N=335)[1]

Best Things	N	%
Available, convenient	163	49
Do not know / none	105	31
Substitute for traditional food	28	8
Smell/ taste	19	6
Healthy, nutritious	7	2
Food safety	5	1
Fresh produce	4	1
Other (advertisements, inexpensive)	4	1

B) KITIKMEOT COMMUNITIES (N=292)

Best Things	N	%
Available, convenient	153	52
Do not know / none	83	28
Substitute for traditional food, variety	19	7
Fresh produce	13	4
Taste	9	3
Food safety	7	2
Healthy, nutritious	3	1
Everything	3	1
Inexpensive	2	1

C) KIVALLIQ COMMUNITIES (N=279)

Best Things	N	%
Do not know / none	126	45
Available, convenient	107	38
Taste	11	4
Fresh meat and produce	10	4
Substitute for variety	9	3
Healthy, nutritious	5	2
Safety concerns	4	1
Everything	4	1
Other (sharing, choice, all equal)	3	1

D) BAFFIN COMMUNITIES (N=419)

Best Things	N	%
Do not know / none	192	46
Available, convenient	131	31
Substitute for traditional foods, variety	39	9
Fresh produce	17	4
Healthy, nutritious	14	3
Taste	12	3
Safety	3	1
Other (everything; all good but not traditional food; spending money)	3	1

Table 59, continued

E) LABRADOR (N=348)

Best Things	N	%
Available, convenient	196	56
Do not know / none	84	24
More variety	34	10
Taste	17	5
Fresh produce	6	2
Safety	4	1
Price / others	3	1
Healthy, nutritious	2	1
Other (variety, everything)	2	1

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 60 (A-E). Answers to the question: "What are your favourite market foods?"

A) INUVIALUIT COMMUNITIES (N=335)[1]

Market Food	N	%
Meat (chicken, steak, ground beef, pork chops)	148	44
Mixed dishes (pizza, spaghetti)	74	22
Fruits and vegetables	33	10
None	24	7
Junk food/ pop	14	4
Do not know/ no answer	10	3
Baked goods/ cereal/ rice	8	2
All	7	2
Eggs	6	2
Fish/ seafood	5	1
Juice	3	1
Cheese/ yogurt	2	1
Other (condiments)	1	1

B) KITIKMEOT COMMUNITIES (N=295)

Market Food	N	%
Meat (chicken, steak, pork chops)	153	52
Mixed dishes	66	22
Fruits and vegetables	25	8
Do not know/ no answer	14	5
Breads/ cereals	11	4
Junk food/ pop	7	2
None	6	2
All	4	1
Eggs	2	1
Cheese/ milk	2	1
Juice	2	1
Other (beans, coffee, shrimp)	3	1

Table 60, continued

C) KIVALLIQ COMMUNITIES (N= 302)

Market Food	N	%
Meat (chicken, steak, pork chops)	108	36
Mixed dishes (pizza, spaghetti)	79	26
Do not know/ no answer	27	9
Junk food/ pop	20	7
Breads/ cereals/ biscuits	20	7
Fruits and vegetables	15	5
None	10	3
Fish/ seafood	9	3
Cheese/ milk/ yogurt	4	1
All	4	1
Eggs	3	1
Other (apple pie, coffee, pickles)	3	1

D) BAFFIN COMMUNITIES (N=452)

Market Food	N	%
Meat (chicken, spare ribs, steak, pork chops)	208	46
Mixed dishes (pizza, hamburgers, spaghetti)	84	19
Fruits and vegetables	47	10
Breads/ cereal/ biscuits	24	5
Do not know/ no answer	22	5
Junk food/ pop	18	4
None	17	4
Fish and seafood	15	3
Coffee/ tea	6	1
Eggs	4	1
Ice cream/ yogurt	3	1
All	3	1
Other (sugar)	1	0.02

Table 60, continued

E) LABRADOR (N=354)

Market Food	N	%
Meat (chicken, ham, pork chops, salt beef, turkey)	262	74
Mixed dishes (pizza, spaghetti)	35	10
Fruits and vegetables	28	8
None	13	4
Do not know/ no answer	6	2
Fish/ seafood	4	1
Butter/ cheese	2	1
All	1	1
Other (cereal, stuffing, tea)	3	1

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 61 (A-E). Answers to the question: "What market food, if any, do you not like to eat?"

A) INUVIALUIT COMMUNITIES (N=334)[1]

Market Food	N	%
None	163	49
No answer / don't know	35	10
Meat/organs (e.g. beef, chicken, pork; liver)	32	10
Fruits and vegetables	21	6
Spicy food	18	5
Canned food	13	4
Mixed dishes (e.g. lasagna, pizza)	13	4
Fish and seafood	8	2
Junk food/ pop	7	2
Beans	6	2
Bread and cereals	4	1
Fatty food	3	1
Milk products	3	1
Sweets	3	1
Other (coffee, peanut butter, dill pickles)	3	1
Everything	2	1

B) KITIKMEOT COMMUNITIES (N=292)

Market Food	N	%
None	141	48
No answer/ do not know	49	17
Meat/organs (e.g. beef, chicken, pork; gizzards)	20	7
Fish and seafood	16	5
Spicy food	13	4
Canned/processed food	13	4
Mixed dishes (e.g. pizza, spaghetti, tacos)	12	4
Fruits and vegetables	11	4
Junk food/ pop	6	2
Fatty food	4	1
Other (pie, raisin bran cereal, margarine)	3	1
Eggs	2	1
Beans	2	1

Table 61, continued

C) KIVALLIQ COMMUNITIES (N= 303)

Market Food	N	%
No answer/ do not know	102	34
None	81	27
Meat/organs (e.g. beef, chicken, pork; liver)	27	9
Mixed dishes (e.g. pizza, macaroni and cheese)	27	9
Fruits and vegetables	24	8
Canned/processed food	11	4
Fish and seafood	9	3
Expired food	6	2
Condiments (mustard, olives, pickles)	4	1
Baked goods (bread, cake)	3	1
Beans	3	1
Spicy food	2	1
Junk food/ pop	2	1
Other (everything, blue cheese)	2	1

D) BAFFIN COMMUNITIES (N=451)

Market Food	N	%
No answer/do not know	150	33
None	148	33
Fruits and vegetables	30	7
Mixed dishes (e.g. lasagna, pizza, pasta)	27	6
Meat/organs (e.g. beef, chicken, pork, liver)	22	5
Fish and seafood	19	4
Cheese/ milk/ yogurt	12	3
Spicy food	9	2
Sugar/ sweets	7	2
Condiments/ pickles/ seasonings	7	2
Canned/processed food	6	1
Expired food	4	1
All	3	1
Junk food/ pop	2	0.04

Table 61, continued

Market Food	N	%
Other (rice, eggs, peanut butter)	3	1
Beans	2	0.04

E) LABRADOR (N=354)

Market Food	N	%
None	82	23
Meat/organs (e.g. beef, chicken, pork; liver, gizzards)	82	23
Fruits and vegetables	49	14
Mixed dishes (e.g. pizza, pasta, Chinese food)	44	12
Canned/processed food	37	11
No answer/do not know	30	8
Baked goods/ cereals	8	2
Fish and seafood	7	2
Beans	5	1
All	5	1
Expired food	2	1
Other (cheese, spicy food, mustard)	3	1

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 62 (A-E).
Answers to the Question: "What do you think are the worst things about market food?"

A) INUVIALUIT COMMUNITIES (N= 333)[1]

Comments	N	%
Expensive	151	45
Spoilage	84	25
Do not know/ none	62	19
Chemicals/ preservatives	15	5
Unavailability/ limited choice	7	2
Unhealthy	6	2
Smell/ taste	4	1
Other (don't satisfy hunger, hard to cook, size, spoil children)	4	1

B) KITIKMEOT COMMUNITIES (N= 293)

Comments	N	%
Expensive	170	58
Do not know/ none	59	20
Spoilage	47	16
Unhealthy	7	2
Smell/ taste	5	2
Unavailability	2	1
Other (do not fill you up; hard to cook)	2	1

Table 62, continued

C) KIVALLIQ COMMUNITIES (N= 288)

Comments	N	%
Expensive	127	44
Spoilage	74	26
Do not know / none	71	25
Unhealthy	6	2
Chemicals/ preservatives	4	1
Lack of variety	3	1
Too many choices	2	1
Other: creates garbage	1	0.3

D) BAFFIN COMMUNITIES (N=447)

Comments	N	%
Expensive	167	37
Do not know/ none	159	35
Spoilage	80	18
Unhealthy	25	5
Unknown contents, chemicals / preservatives	6	1
Lack of variety	4	1
Taste	3	1

Table 62, continued

E) LABRADOR (N=353)

Comments	N	%
Expensive	170	48
Spoilage	113	32
Do not know/ none	30	8
Unhealthy	10	3
Do not know contents	8	2
Chemicals/ preservatives	7	2
Smell/ taste	5	1
Lack of variety	4	1
Non-traditional	3	1
Other (dependance on it, too heavy to carry, everything not good)	3	1

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 63. Cost of Northern Food Basket in each community (October 1998)

Region	Community	Unweighted Cost $[1]	Weighted Cost $[2]
Inuvialuit	Aklavik	193	227
	Tuktoyaktuk	202	231
	Paulatuk	199	278
Kitikmeot	Holman	198	261
	Kugluktuk	234	266
	Cambridge Bay	205	272
Kivalliq	Baker Lake	241	267
	Chesterfield Inlet	222	257
	Rankin Inlet	194	239
Baffin	Resolute Bay	245	280
	Pond Inlet	209	242
	Igloolik	236	266
	Kimmirut	191	245
	Qikiqtarjuaq	218	261
Labrador	Nain	139	156
	Hopedale	163	149
	Makkovik	148	141
	Rigolet	150	154
Ontario	Ottawa		131 [3]

[1] Total price of the 46 foods in the Northern Food Basket

[2] Price adjusted to reflect portions needed by persons of different age and gender to meet their weekly nutrient needs, based on a family of four which consists of a girl (7-9 yr), a boy (13-15 yr), a man (25-49 yr) and a woman (25-49 yr).

[3] Personal communication, Fred Hill, Indian and Northern Affairs Canada, 2000

Table 64. Percentage of respondents who could not afford to buy all the food they need from the store, by community

Region	Community	% respondents
Inuvialuit	Paulatuk	62
	Tuktoyaktuk	59
	Aklavik	58
Kitikmeot	Holman	77
	Kugluktuk	49
	Cambridge Bay	35
Kivalliq	Chesterfield Inlet	78
	Baker Lake	63
	Rankin Inlet	39
Baffin	Pond Inlet	59
	Kimmirut	47
	Resolute Bay	41
	Qikiqtarjuaq	18
	Igloolik	17
Labrador	Makkovik	72
	Hopedale	71
	Rigolet	65
	Nain	61

Table 65. Percentage agreement on selected attributes of traditional foods, by region

Harvesting and using traditional food by the family:	Communities				
	Inuvialuit (n=335)[1]	Kitikmeot (n=296)	Kivalliq (n=303)	Baffin (n=434)	Labrador (n=353)
	%	%	%	%	%
Contributes to physical fitness and good health	96	96	98	96	95
Is a favourite outdoor recreation activity	93	94	89	87	93
Provides people with healthy food	98	98	98	98	99
Keeps people "in tune with" nature	96	95	87	91	96
Favours sharing in the community	96	96	95	94	93
Saves money	97	95	94	87	91
Is an essential part of the culture here	99	99	97	96	98
Is an occasion for adults to display responsibility for their children	99	98	93	90	96
Is one way to practice spirituality	76	78	57	57	71
Contributes to humility	86	85	71	62	74
Brings respect from others	97	91	83	89	88
Builds one's pride and confidence	97	90	84	91	97
Provides education on natural environment	96	95	93	91	95
Contributes to children's education	95	96	94	93	96
Provides skills in survival	99	98	97	97	98
Provides skills in food preparation at home	99	98	98	95	98
Is an opportunity to teach spirituality	77	75	61	58	70
Is an opportunity to learn patience and other personality qualities	96	93	83	91	96
Is a way to strengthen the culture	97	95	89	93	98

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 66 (A-E). Answers to the question: "What, if any, traditional foods do you think are not healthy for people to eat, and why?"

A) INUVIALUIT COMMUNITIES (N=333)[1]

Foods	N	%	Reasons Given
Do not know/ none	261	78	Not applicable
Muktuk	19	6	Too rich, poor storage, improper preparation, spoilage, botulism
Polar bear (liver, meat)	11	3	Get sick, cause death, too rich
Beluga	10	3	PCBs, too much fat, contamination
Traditional food in general (aged food, animal fat, blubber, liver, stomach contents)	9	3	Spoilage, poor storage, too much fat
Spoiled food	9	3	Food poisoning, spoilage
Fish (char, harbour fish, loche)	4	1	None given
Caribou	3	1	Too fattening, brucellosis
Seal	3	1	Contamination, cholesterol
Birds (duck, seagull)	2	1	None given
Others (squirrel, rabbit)	2	1	Wild taste (squirrel)

Table 66, continued

B) KITIKMEOT COMMUNITIES (N=293)

Foods	N	%	Reasons Given
Do not know/ none	222	76	Not applicable
Traditional food in general (aged, fat)	11	4	Old, too much fat
Fish (char, cod, aged fish, fish head, liver, sculpin, tom cod)	10	3	Water pollution, food poisoning, too rotten, contamination, allergies, can make you sick (tom cod)
Seal	8	3	Contamination, cholesterol, PCBs, look unhealthy, mercury, food poisoning
Spoiled food	7	2	Poor storage
Caribou	7	2	Brucellosis, sick, too thin, contamination
Seagull	7	2	Garbage eater
Muktuk	6	2	Too much fat
Bears	5	2	Look unhealthy, sick
Fox	3	1	Not healthy, rabies
Others (weasel, whale, wolf)	3	1	Not healthy (weasel), inedible (wolf)
Rabbit	2	1	allergy, get a rash
Squirrel	2	1	Parasites

Table 66, continued

C) KIVALLIQ COMMUNITIES (N=301)

Foods	N	%	Reasons Given
Do not know/ none	227	75	Not applicable
Polar bear (meat, liver)	14	5	Too strong (liver)
Small land mammals (fox, ground squirrel, rabbit, weasel)	12	4	Like a pet and disgusting (ground squirrel)
Caribou (bone marrow, fat, intestines, lungs, organs, stomach)	11	4	Acid rain, starvation food (lung), convulsions (organs)
Fish (burbot, guts, liver, spoiled fish)	9	3	Makes you lose hair (lake trout liver)
Aged meat (caribou, walrus, seal)	7	2	Allergy and food poisoning (aged walrus)
Sea mammals (seal, walrus)	6	2	Contamination, too much fat, PCBs, smell
Birds (owl, ptarmigan, sandhill crane)	4	1	eat garbage (sandhill crane)
Spoiled meat	4	1	None given
Others (internal parts, processed traditional food, berries)	4	1	Stomach pain (berries)
Muktuk	3	1	Too fatty, heart problem

Table 66, continued

D) BAFFIN COMMUNITIES (N=451)

Foods	N	%	Reasons Given
Do not know/ none	375	83	Not applicable
Aged food (meat, seal, walrus)	25	5	Disease, rotten, not fresh, food poisoning, can cause death, contamination
Muktuk/ blubber	15	3	PCBs, pollution, contamination, too oily, not right for the body, fatty, hard to digest
Polar bear	7	1	Bioaccumulation, too rich
Sea mammals (walrus)	5	1	Not healthy, poisonous
Seal	5	1	PCBs, bad taste
Caribou (meat)	5	1	contamination
Birds (egg, raven, snow goose)	3	1	Contamination (snow goose)
Fish	3	1	None given
Contaminated food	2	0.4	None given
Wolf	2	0.4	None given
Old food	2	0.4	None given
Others (all, diseased animals, scallop)	2	0.4	DDT (all)

Table 66, continued

E) LABRADOR (N=354)

Foods	N	%	Reasons Given
Do not know/ none	237	67	Not applicable
Animal organs (liver, eyes, kidneys)	26	7	Color is green, contamination, not good (liver), gross (eyes), toxic worms, spots, discolored, high vitamin A, minerals, poisonous (caribou liver), too rich, not nutritious (polar bear liver)
Black bear	16	5	Get sick, get parasites
Birds (egg, duck, gull, owl, partridge, loon)	16	5	Too greasy (duck), scavenger, garbage eater (gull), get sick (owl), contamination, no protein, low nutrition (partridge)
Fish (salt fish, sculpin, turbot)	9	3	Too much salt (salt fish), appearance (sculpin), too greasy (turbot)
Polar bear	9	3	Swells you up, too rich, too much vitamin A, could kill, poisonous (liver), not nutritious (meat)
Animal fat	8	2	Fatty, high in cholesterol
Seafood (crabmeat, mussel, shellfish)	7	2	Bad in summer, contaminated, poisonous in August (mussel)
Small mammals (fox, rabbit, porcupine)	6	2	Rabies (fox), can starve on (rabbit)
Muktuk	5	1	PCBs, high in mercury
Caribou (tongue, meat, bone marrow)	5	1	Get sick
Seal	5	1	Bad smell
Others (dolphin, raw meat, some species)	3	1	Too fat (dolphin), environmental concern (some species)
Aged fish	2	1	Rotten

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 67 (A-E).
Answers to the question: "Have you noticed any changes in the quality or health of traditional plants or meats of land animals, fish or birds?"

A) INUVIALUIT COMMUNITIES (N=334)[1]

18 % said yes:

Traditional food	Change noticed
Caribou	Caribou are leaner (2 persons) Caribou are fatter (1 person) Decrease in number (10 persons) Cysts in lungs, puss in chest, legs, stomach and on hide, liver has white blotches and cysts (7 persons) Parasites, infection in liver and lungs, illness, white bug in meat, more disease noticed in the past 3 years (4 persons) Found further away from town (2 persons)
Fish	Fish a lot fatter this year (1 person) Fish not as fat as they used to be, skinny (3 persons) Change in appearance in loche and whitefish liver, char have been soft and soggy for the past 5 years, discoloured (5 persons) Infection (1 person)
Seal	Change in appearance, visible puss (1 person) Contamination (1 person)
Traditional food in general	Decrease in number (7 persons) Infection increase within the last 5 years (2 persons) Change in taste (1 person) Change in size (1 person) Pollution and PCB contamination (3 persons) Grizzlies overpopulating for 5 years (1 person) Black ducks not seen lately (1 person) Change in taste of meat in some animals (1 person) Varies between fat and skinny animals (1 person)

Table 67 - Continued

B) KITIKMEOT COMMUNITIES (N=293)

23% said yes:

Traditional food	Change noticed
Caribou	Change in appearance, covered in green and white spots (1 person) Illness, infection, brucellosis, decrease in health (12 persons) Contamination increase, especially within the past 2-3 years (7 persons) Change in size, thinner (2 persons) Decrease in number (5 persons) No more caribou (3 persons) Found further away from town (1 person) Change in taste (1 person)
Seal	Contamination (1 person) Puss when wounded (1 person)
Fish	Decrease in number of char (1 person)
Traditional food in general	Contamination, increase within the past 2-3 years, more contamination of water and food (10 persons) Change in taste, lower quality taste (3 persons) Infection, illness, brucellosis, white puss build up (4 persons) Decrease in number (7 persons) Varies between skinny and fat animals (1 person)

C) KIVALLIQ COMMUNITIES (N=295)

12% said yes:

Traditional food	Change noticed
Caribou	Disease has increased in the past 20 years, illness due to mining camps, brucellosis (5 persons) Change in appearance, white spots, cysts, discoloured meat, enlarged liver (9 persons) Further away from town (1 person) Change in taste (1 person) Change in size, thinner (1 person)
Seal	Change in appearance (1 person) Change in taste (1 person)
Traditional food in general	Found further away from town (1 person) Decrease in number (1 person)

Table 67 - Continued

D) BAFFIN COMMUNITIES (N=449)

13% said yes:

Traditional food	Change noticed
Caribou	Decrease in number (1 person) Change in size, thinner (3 persons) Change in appearance, white spots on meat and liver, increase in white spots in the past 5 years, cysts, more studs (bugs) on skin (13 persons) Not in good health, infection, parasites, bad joints (5 persons)
Seal	Infection (1 person) Change in appearance, white spots (1 person)
Traditional food in general	Contamination , increase in contamination in the past 5-7 years (7 persons) Change in size, thinner (1 person) Decrease in number (1 person) Illness (1 person) Change in taste (3 persons)

D) LABRADOR COMMUNITIES (N=352)

21% said yes:

Traditional food	Change noticed
Caribou	Decrease in number (1 person) Illness, infection, worms, fluid in lungs (8 persons) Change in appearance, speckled meat, spotted, meat is green, sores, black lungs, lumps on liver (10 persons) Change in taste (8 persons) Change in size, thinner (3 persons) Lungs and liver stuck to ribs (4 persons) Decrease in quality of meat, certain parts inedible, bad odour (3 persons)
Seals	Change in appearance, lumps, meat is pale, discolouration, bald (4 persons) Change in behaviour, ate rocks (1 person) Change in size, thinner (1 person)
Fish	Change in taste, very little taste (2 persons) Decrease in number (especially salmon) (2 persons) Illness (1 person) Change in size, smaller (1 person)
Traditional food in general	Contamination (1 person) Illness, greater within past 5 years (4 persons) Decrease in number (1 person) Change in taste, not as tasty (5 persons)

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 68. Answers to question: "Do you think you are eating more, less or the same amount of traditional food than 5 years ago?" (by region and age group)

Region	Age group (yrs)	Present Consumption: Greater than 5 years ago	Less than 5 years ago	Same as 5 years ago
		(% for respondents who were living in the region at that time)		
Inuvialuit	15-19 (N=41)	24	46	29
	20-40 (N=167)	28	30	42
	41-60 (N=74)	16	26	58
	61+ (N=34)	9	26	65
Kitikmeot	15-19 (N=18)	11	44	44
	20-40 (N=166)	25	26	49
	41-60 (N=74)	16	31	53
	61+ (N=22)	23	14	64
Kivalliq	15-19 (N=26)	31	35	35
	20-40 (N=141)	28	22	50
	41-60 (N=66)	23	17	61
	61+ (N=35)	20	46	34
Baffin	15-19 (N=34)	41	26	32
	20-40 (N=203)	31	26	43
	41-60 (N=112)	22	21	56
	61+ (N=42)	9	38	52
Labrador	15-19 (N=33)	33	27	39
	20-40 (N=155)	31	26	43
	41-60 (N=112)	21	9	70
	61+ (N=32)	16	34	50

Table 69 (A-E).
Answers to the question: "What is stopping you from going fishing more often?"

A) INUVIALUIT COMMUNITIES (N=290)[1]

Reason	% responses
Too expensive, no equipment	27
Work, school, childcare	26
Nothing, don't know	17
Weather	11
Old age, illness	5
Seasonal activity	3
Does not like it	2
Only get what you need	2
Other (get fish from family, lack of skills, need someone to go with)	2
Not enough fish	1

B) KITIKMEOT COMMUNITIES (N=224)

Reason	% responses
Too expensive, no equipment	30
Work, school, childcare	26
Weather	24
Nothing	11
Old age, illness	6
Does not fish	2
Availability	1

C) KIVALLIQ COMMUNITIES (N=215)

Reason	% responses
Work, school, childcare	34
Too expensive, no equipment	29
Weather	20
Does not like it	6
Nothing, don't know	5
Old age, illness	3
Other (no husband, only fish when need to)	2

Table 69, continued

D) BAFFIN COMMUNITIES (N=354)

Reason	% responses
Work, school, childcare	36
Too expensive, no equipment	30
Weather	12
Nothing, don't know	10
Does not like it, not interested	5
Seasonal activity	5
Old age, illness	2
Other (lazy, less food)	2

E) LABRADOR COMMUNITIES (N=351)

Reason	% responses
Work, school, childcare	39
Too expensive, no equipment	37
Nothing, don't know	6
Old age, illness	4
Does not like it, not interested	4
Weather	4
Need someone to go with	3
Other (fishing laws, need more knowledge, no patience, scared of sea)	2

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 70 (A-E).
Answers to the question: "What is stopping you from going hunting more often?"

A) INUVIALUIT COMMUNITIES (N=285)[1]

Reason	% responses
Too expensive, no equipment	37
Work, school, childcare	28
Nothing, don't know	13
Weather	11
Old age, illness	4
Need someone to go with	2
Don't know how to hunt, lack of skills	1
Other (recently returned to community, too scary to hunt)	1

B) KITIKMEOT COMMUNITIES (N=214)

Reason	% responses
Too expensive, no equipment	41
Work, school, childcare	25
Weather	18
Nothing, don't know	8
Old age, illness	5
Need someone to go with	1
Other (does not hunt, only when needed)	1

C) KIVALLIQ COMMUNITIES (N=209)

Reason	% responses
Too expensive, no equipment	57
Weather	22
Work, school, childcare	7
Nothing, don't know	4
Old age, illness	3
Does not hunt	2
Other (too dangerous, at moment have enough traditional food)	2

Table 70, continued

D) BAFFIN COMMUNITIES (N=342)

Reason	% responses
Work, school, childcare	41
Too expensive, no equipment	28
Nothing, don't know	11
Weather	11
Old age, illness	3
Need someone to go with	3
Other (only need two caribou/year, afraid of water)	3

E) LABRADOR COMMUNITIES (N=347)

Reason	% responses
Work, school, childcare	39
Too expensive, no equipment	33
Old age, illness	7
Don't like to hunt	7
Nothing, don't know	6
Weather	4
Need someone to go with	3
Other (have enough food, only hunt for what is needed)	1

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 71 (A-E).
Answers to the question: "Is there any traditional food you would like to buy that is not presently available in your local store?"

A) INUVIALUIT COMMUNITIES (N=168)[1]
50% of respondents had a suggestion and it was as follows:

Name of Food	N
Caribou (liver, fat, meat, ribs, steak; dried, ground, frozen)	79
Fish (arctic char, broad whitefish, herring, lake trout, salmon; eggs, heads, dried)	39
Muktuk/ muktuk oil	16
Birds (ptarmigan, wild duck)	9
Everything/ all	7
Traditional food (all traditional, meat, dried meat)	6
Muskox (burger)	5
Seal (ringed seal, meat)	3
Berries	1
Muskrat	1
Rabbit	1
Whale, dried	1

B) KITIKMEOT COMMUNITIES (N=132)
45% of respondents had a suggestion and it was as follows:

Name of Food	N
Caribou (fat, liver, meat, ribs, steak; dried, ground, frozen)	49
Fish (char, white fish; dried, frozen, smoked, heads)	20
Traditional food (all traditional, dried meat, meat)	18
Muktuk (oil, bowhead muktuk)	16
Birds (duck, goose)	11
Seal/ringed seal	9
Muskox (burger, jerky)	5
Everything/ all	2
Berries	1
Moose	1

Table 71, continued

C) KIVALLIQ COMMUNITIES (N=126)
42% of respondents had a suggestion and it was as follows:

Name of Food	N
Caribou (behind, bone marrow, fat, liver, ribs, tenderloin, tongue, dried meat, sausage, aged, dried, frozen, ground)	59
Muktuk (beluga, narwhal)	26
Fish (arctic char; smoked, dried)	20
Seal (liver, meat)	5
Walrus (meat, seasoned)	4
Traditional food (aged meat, dried meat)	3
Mussel	2
Bannock	2
Shrimp/prawn	2
Bone marrow sausage	1
Muskox	1
Everything/ all	1

D) BAFFIN COMMUNITIES (N=232)
51% of respondents had a suggestion and it was as follows:

Name of Food	N
Caribou (dried, hot dog, jerky, meat, dried meat, stew, frozen, ground, sliced, smoked)	79
Seal (ringed seal, young seal; liver, fresh meat; canned, frozen)	30
Seafood (clam, crab, mussel, lobster, scallop, shrimp)	28
Fish (arctic char, arctic cod, crayfish, halibut, turbot; dried)	24
Muktuk	18
Narwhal (aged meat, muktuk, dried)	9
Muskox	8
Birds (goose, goose egg, murre egg, ptarmigan)	7
Beluga (muktuk, dried)	7
Polar bear	4
Plants and berries (blueberries, mountain sorrel)	4
Walrus	4

Table 71, continued

Name of Food	N
Whale (Greenland, Bowhead, aged)	3
Traditional food (dried meat, fresh meat)	3
Moose	2
All	2

E) LABRADOR COMMUNITIES (N=241)
68% of respondents had a suggestion and it was as follows:

Name of Food	N
Caribou (canned, burger, cake, chop, dried, jerky, sausage, steak, ground, vacuum packed)	78
Fish (arctic char, cod, trout, salmon, smelts, turbot; smoked, dried, salted, heads, tongue)	69
Birds (duck, goose, partridge, spruce partridge, wild egg)	22
Muktuk	16
Seafood (shrimp, crab, scallop, mussel, lobster)	14
Seal (liver, meat; canned, fresh, frozen)	11
Plants and berries (blueberries, bakeapple, cloudberries, cloudberry jam, red berries, strawberries)	10
Porcupine	5
Traditional food	5
Everything/ all	5
Rabbit	3
Others (muskox, moose, walrus)	3

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 72 (A-E).
Answers to the question: "Is there any market food you would like to buy that is not presently available in your local store?"

A) INUVIALUIT COMMUNITIES (N=127)[1]
38% of respondents had a suggestion and it was as follows:

Name of food	N
More variety of produce	30
Fresh meat (e.g. beef, ham, lamb, pork hocks, prime rib)	22
Fresh fruit and vegetables (e.g. corn, pomegranate, watermelon)	23
Fast food	12
Dairy products	10
Seafood (e.g. crab, lobster, shrimp)	10
Chicken	9
Chinese food	3
Traditional food (deer meat, buffalo burgers)	2
Bakery bread	1
BBQ sauce	1
Dried eggs	1
Fettuccine	1
Dried fruit	1
Pillsbury dough pastry	1

B) KITIKMEOT COMMUNTIES (N=41)
14% of respondents had a suggestion and it was as follows:

Name of food	N
Fast food	11
Seafood	9
Fresh fruit and vegetables	8
Meat (e.g. deer)	3
Chicken	3
Processed meat (e.g. corned beef hash, turkey jerky)	2
Chinese food	2
Oatmeal	1
Wine	1
Dried onions	1

Table 72, continued

C) KIVALLIQ COMMUNITIES (N=50)
17% of respondents had a suggestion and it was as follows:

Name of food	N
Fish and seafood	25
Meat	8
Poultry (e.g. chicken and turkey)	4
Milk products (e.g. powdered milk, skim milk)	4
Fruits/fresh produce (e.g. grapefruit juice, strawberries)	3
Fast food	2
Original pilot biscuits	2
Spices and spicy food	2

D) BAFFIN COMMUNITIES (N=100)
22% of respondents would like to buy:

Name of food	N
Meat	27
Fish and seafood	25
Fresh fruits and vegetables	17
Fast food/snacks	9
Baked goods	5
More fresh produce and variety	5
Natural products	3
Chinese food	2
Spices	2
Dry skim milk	1
Frozen lemonade	1
Soups	1
Salad cream (dressing)	1
Stuffing for meat	1

E) LABRADOR COMMUNITIES (N=128)
36% of respondents had a suggestion and it was as follows:

Name of food	N
Fresh meat, more variety (e.g. beef, pork, lamb, veal)	50
Fresh fruit and vegetables, more variety	28
Chicken (e.g. breaded, fingers, legs, gizzards, hearts, liver)	14
More fresh produce and variety	12
Fish and seafood	10
Fast food	6
Dairy products	5
Other (eggs, spices, tofu)	3

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 73 (A-E). Answers to the question:"Do you know anyone who ever got sick from eating traditional food?"

A) INUVIALUIT COMMUNITIES (N=105)[1]
32% of respondents said yes

Reasons	N
Food poisoning (aged food, improper preparation, improper storage)	88
Overeating (e.g. raw bone marrow, beaver feet)	5
Too fresh and/or too fatty	3
Allergic reaction	2
Ate fresh bearded seal	1
Ate polar bear (fat)	1

B) KITIKMEOT COMMUNITIES (N=75)
25% of respondents said yes

Reasons	N
Food poisoning (aged food, improper preparation, improper storage)	43
Allergic reaction	14
Overeating (seal fat, bear fat)	4
Ate seal meat	4
Ate polar bear (fat)	2
Too fresh or too fatty	1
Ate fresh bearded seal	1
Ate fox	1
Ate trout stomach	1
Ate tom cods	1
Ate raw meat	1
Ate bear feet	1
Ate loon	1

C) KIVALLIQ COMMUNITIES (N=41)
14% of respondents said yes

Reasons	N
Food poisoning (aged food, improper preparation, improper storage)	26
Overeating (too much, too fast, caribou broth, fat, bone marrow)	4
Ate seal (meat)	3
Allergic reaction (boiled beluga muktuk, geese)	2
Ate boiled muktuk	2
Hair loss from eating lake trout liver	1
Ate seal meat for first time (stomach ache)	1
Ate walrus meat	1
Ate fish	1

Table 73, continued

D) BAFFIN COMMUNITIES (N=89)
20% of respondents said yes

Reasons	N
Food poisoning (aged food, improper preparation, improper storage)	46
Allergic reaction	15
Overeating (fat, muktuk)	8
Ate traditional food after abstinence	7
Ate polar bear (raw)	6
Ate seal meat (first time, fat, too strong)	4
Ate caribou fat (too fresh, before it cured)	2
Ate fresh caribou meat	1

E) LABRADOR COMMUNITIES (N=105)
30% of respondents said yes

Reasons	N
Food poisoning (aged food, improper preparation, improper storage)	54
Ate black bear meat (had worms)	24
Allergic reaction	6
Overeating (eggs, berries, jumper muktuk, seal fat)	5
Ate mussels in summer	3
Traditional food out of season	2
Intolerance to caribou meat	2
Ate flatfish (drank homebrew)	2
Ate shellfish	2
Ate pitsik	1
Ate robin eggs	1
Ate seal meat and blackberries	1
Ate sculpins	1
Ate food cooked in aluminum pots	1

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 74 (A-E). Answers to the question:
"Do you know anyone who ever got sick from eating market food?"

A) INUVIALUIT COMMUNITIES (N=102)[1]
30% of respondents said yes

Reasons	N
Food poisoning (expired food, improper storage, improper preparation)	84
Ate canned food	3
Ate ground beef (hamburger)	3
Allergic reactions	2
Ate chicken	2
Overeating (salt)	2
Ate corned beef hash	1
Ate pork	1
Ate TV dinners	1
Ate shrimp	1
Ate evaporated milk	1
Ate bologna	1

B) KITIKMEOT COMMUNITIES (N=72)
24 % of respondents said yes

Reasons	N
Food poisoning (expired food, improper storage, improper preparation)	59
Allergic reaction (weiners, beef tongue)	4
Overeating (salt, spicy food)	2
Ate chicken	2
Ate canned food	2
Ate fatty food (microwaveable)	1
Ate hamburgers	1
Ate fish	1

Table 74, continued

C) KIVALLIQ COMMUNITIES (N=62)
21% of respondents said yes

Reasons	N
Food poisoning (expired food, improper storage, improper preparation)	37
Ate hamburger	12
Allergic reaction	3
Ate chicken	2
Ate fast food	1
Drank apple juice plus water added	1
Ate beef sandwich	1
Ate seafood	1
Ate TV dinner	1
Ate sub sandwich	1
Overeating (sugar)	1
Too much acid	1

D) BAFFIN COMMUNITIES (N=80)
18% of respondents said yes

Reasons	N
Food poisoning (expired food, improper storage, improper preparation)	52
Allergic reaction	6
Ate hamburger (ground beef)	6
Ate too much (greasy food, french fries, soda pop)	5
Ate chicken (fried)	5
Ate junk food	1
Ate Kraft Dinner	1
Ate pizza pocket	1
Ate tuna fish	1
Ate carrots	1
Ate cheese products	1

Table 74, continued

E) LABRADOR COMMUNITIES (N=134)
38% of respondents said yes

Reasons	N
Food poisoning (expired food, improper storage, improper preparation)	104
Ate canned food	11
Ate chicken	5
Ate hamburger	3
Ate fast food	3
Allergic reaction	3
Overeating (junk food, fatty food)	3
Ate smoked oysters and canned shrimp	1
Ate pork chops	1

[1]Number of valid answers. One answer (the first) was considered per sociocultural questionnaire.

Table 75 (A-E). Answers to the question:
"Do you have any other comments about traditional or market food?"

A) INUVIALUIT COMMUNITIES (N = 75 people had other comments)

Comments about traditional food:
All traditional food is good
Believe traditional food and living off land is better
Can survive on traditional food, market food not pure and many chemicals added
Change in traditional food, observing deformed, infected fish
Fun to harvest and hunt to teach kids how to survive and respect traditions
Good food comes from our land, people live better lives
Government should give money to hunt out land, subsidize cost of food
Hunting is challenging; market food spoils kids
Important for survival though hard to hunt without transportation
Important for health, market food expensive
Interested in traditional food and contaminants
It's hard to get loche liver and caribou, less available
Keeps traditions going and it is easy and less costly to get
Should be in all homes; makes you stronger
Should have a restaurant that provides native food
More hunters should provide for elders
More traditional food is healthier and you live longer
Need more wild meat in stores and education for preparation of food
Need more traditional food in the stores
Traditional food equals culture and harvesting is fun
Traditional food is healthy and free while market food is costly
Traditional food is available and easy to get
Traditional food is our way of survival, the way we were taught, teaches life skills
Traditional food is main source of food all year round and lasts

Comments about market food:
Alcohol is not good for your health
Cannot get used to market food
Difficult to follow Canada's Food Guide using market food
Food at store is expired, it is not shipped soon enough
Kids eating more junk food and market food than traditional food
Market food is too expensive
Market food is not good for the body
Market food does not fill you up like traditional food does
Need healthier market foods; junk food advertised too much
Prefer market food to traditional food; people uninterested in hunting

Other:
Need to be able to buy all different kinds of food
Everything is good
We can not go without market and traditional foods
Some traditional and market foods that I do not like

Table 75, continued

B) KITIKMEOT COMMUNITIES (N = 62 people had other comments)

Comments about traditional food:
Encourage children to eat more traditional food
Fun to harvest and hunt to teach kids how to survive and respect traditions
Good food comes from our land and people live better lives
Happy that people are still harvesting traditional food
Hunting is challenging, market food spoils kids
Need more sharing of traditional foods
Important for survival though hard to hunt without transportation
In need of more caribou
Interested in traditional food and contaminants
Keeps traditions going; easy and less costly to get
Need more traditional food at stores and up-to-date market food
Need to learn more about traditional food and lifestyle in school
Need traditional food bank and not have tax on traditional food
Need traditional food for health, vitamins and minerals
Nice to have traditional food; more readily available
Nice to have traditional food rather than depending on market food
People are eating more traditional food than market food
People should stick to traditional food
Prefer traditional food
Shoot caribou then cut it, grind it and sell it
Should be in all homes; makes you stronger
Subsidize the cost of traditional food at store
Traditional food is main source of food all year round and lasts
Traditional food is better for families
Traditional food our way of survival, the way we were taught

Comments about market food:
Market food is too expensive
Market food not good for the body
More variety of nutritious foods needed in stores
Market food are often expired

Other:
Everything is good
Young people need to learn to prepare traditional and market food

Table 75, continued

C) KIVALLIQ COMMUNITIES (N = 61 people had other comments)

Comments about traditional food:
As I get older I appreciate traditional food more and more
Can cut meat into any size and mix with vegetables
Eating traditional food will help you live longer
Fish is not as fatty
Good traditional food in the north
Have to teach children to hunt
Hope caribou and fish population expands
Keep eating traditional food, it is good to eat
Keep traditional food in a good place and use it wisely
Need a husband to harvest traditional food
Need more monitoring and testing for contaminants
Need traditional food cooking lessons because it's an art
People stopping bowhead killing though eaten by all
Traditional food should be protected by harvesters; should protect environment
Traditional foods are usually fresh and good for your health
Use Canada goose eggs when baking
Wish family hunted more and enjoyed land and food
Wish to continue to eat safe traditional food in the future
Know what you're getting with traditional food; market food expensive, unknown

Comments about market food:
Have market food inspected for expiry dates by food inspector
Market food is too expensive
Market food is more fatty than meat
Market food is outdated and not packaged properly
Stores should order a wider variety of food
When eat market food get heartburn or stomach pains
Wishes market food was cheaper

Other:
Enjoys eating at fast food restaurants
Should eat healthy
Traditional food and market food should be more accessible
We do not help each other enough these days
We, the people of Nunavut, need both traditional food and market foods
Young people are cooking properly

D) BAFFIN COMMUNITIES (N = 58 people had other comments)

Comments about traditional food:
Best to age meat in the soil, less poisonous
Can get sick from aged meat if you never had it
Going to keep eating traditional food as long as I live
Hate to see whales caught in nets; use only muktuk
Hope environment is protected to keep traditional food healthy
Hunters should hunt all the time
I intend to continue eating traditional foods
I would rather keep traditional food than buy market food
Need more aged walrus
Need more teaching about traditional food at school
Need more traditional food available in stores
Need traditional food at stores to buy and give hunters money
Need two men to hunt for those that cannot
No traditional food and craves for it, market food I don't mind at all
Not enough seafood, sea-lift traditional food but plane is too expensive
People should be able to eat frozen meat for survival
Traditional food and market food make us healthy and proud of project
Traditional food decreases the amount of market food that is bought and saves money
Traditional food is the best food compared to store-bought
Traditional food kept in freezer too long
Traditional food not inspected like market foods
Traditional food not shared, not used as much and lost spiritual connection
Traditional food should be in stores; necessary for survival of culture
Traditional food is very special; I will not stop eating it
There should be no quota for traditional food
Today traditional food more scarce due to more hunters working
Traditional food does not have to be stopped
Traditional food is the best
Used to eat more plants; should eat more now
We stick more to traditional food but it would be nice to always have market food
When you have no equipment you cannot harvest traditional food
When no traditional food for long time causes a stomach-ache
Would not feel right if did not hunt and fish
Young people need to hunt more often then there would be more traditional food

Comments about market food:
Market food is too expensive
No variety of market foods
Market food isn't fresh and it is sometimes hard to get traditional food

Other:
At least once a month donate food to local people
Both traditional food and market food are good
Both traditional food and market food are expensive to get these days
Cargo should be a bit cheaper
Lower the cost of freight
Need barter system with south to exchange traditional food with market food

E) LABRADOR COMMUNITIES (N = 66 people had other comments)

Comments about traditional food:
A lot of people are not aware that traditional food is healthier than market food
Need to be careful about hunting endangered species
Enjoy eating traditional food and being out on the land
Traditional food gotten only when son hunts
Need an inexpensive store here to sell traditional food
Need more traditional food in store and it should be affordable
People waste traditional food; a lot of kids eat less traditional food, more market food
Prefer traditional food and encourage kids to eat it, it is part of our heritage
Seems to be more traditional food this year
Should be a way to share extra meat with others
Traditional food allows us to have good food on the table
Traditional food is better and less people handle it and it's prepared right
Traditional food is getting more scarce
Traditional food is healthier and better quality than market food
Traditional food is good to have; provides variety
Traditional food tasty and better than market food
Traditional food teaches culture, values, how to use all parts
Want to know more about what edible plant use
Would like to eat more traditional food
Would prefer more traditional food if entire family liked it
When away for work do not eat as much traditional food

Comments about market food:
Big families can't afford market food and to hunt fish
Due to cost of market food must get traditional food
Fresh produce should have quality control, check expiry dates closer
Market food is too expensive
Need more variety of food at the store
Should get better quality food for the price paid
The freezer at the store is always broken down
Three quarters of our food comes from the store

Other:
I wish I could get more food
Like traditional food and market food
Satisfied with the way things are

Table 76. Differences in ranking (mean scores) of traditional (T) and market (M) food items according to food perceptions

Region	Food type	Healthy for children	Healthy for pregnant/ breastfeeding women	Taste/ like to eat	Important to community life
Inuvialuit (n=30)	T	2.4	2.2	2.9*	2.0
	M	2.2	2.2	2.6	2.3
Kitikmeot (n=15)	T	1.9**	1.7**	2.2	1.5***
	M	2.5	2.4	2.4	2.1
Kivalliq (n=25)	T	2.0*	1.8**	2.3	1.7**
	M	2.3	2.2 (n=16)	2.3	2.1
Baffin (n=39)	T	1.6***	1.4***	1.9***	1.6***
	M	2.2	2.3	2.6	2.4
Labrador (n=17)	T	2.0**	2.0	2.3	1.6
	M	2.6	2.5 (n=9)	2.5	2.2
All regions (n=126)	T	2.0**	1.8***	2.3*	1.6***
	M	2.3	2.3	2.5	2.3

T-test for difference in ranking * $p<0.05$; ** $p<0.01$; ***$p<0.001$
[Rank score coding: 1=most; 5=least]

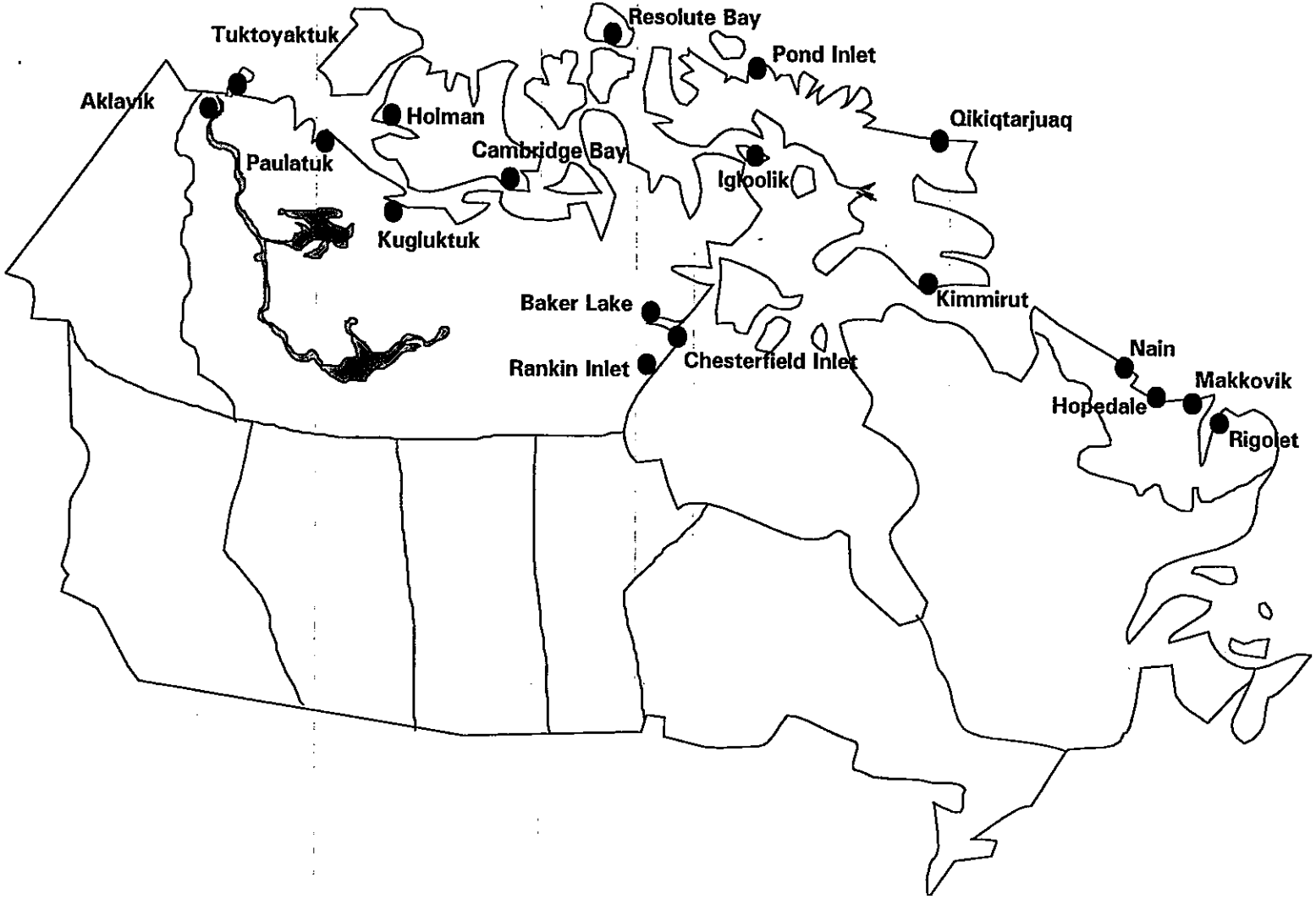


Figure 1. Participating communities in the project "Assessment of Dietary Benefit:Risk in Inuit Communities"

Figure 2.
Percent of Energy ± SE From Traditional Food (Fall)

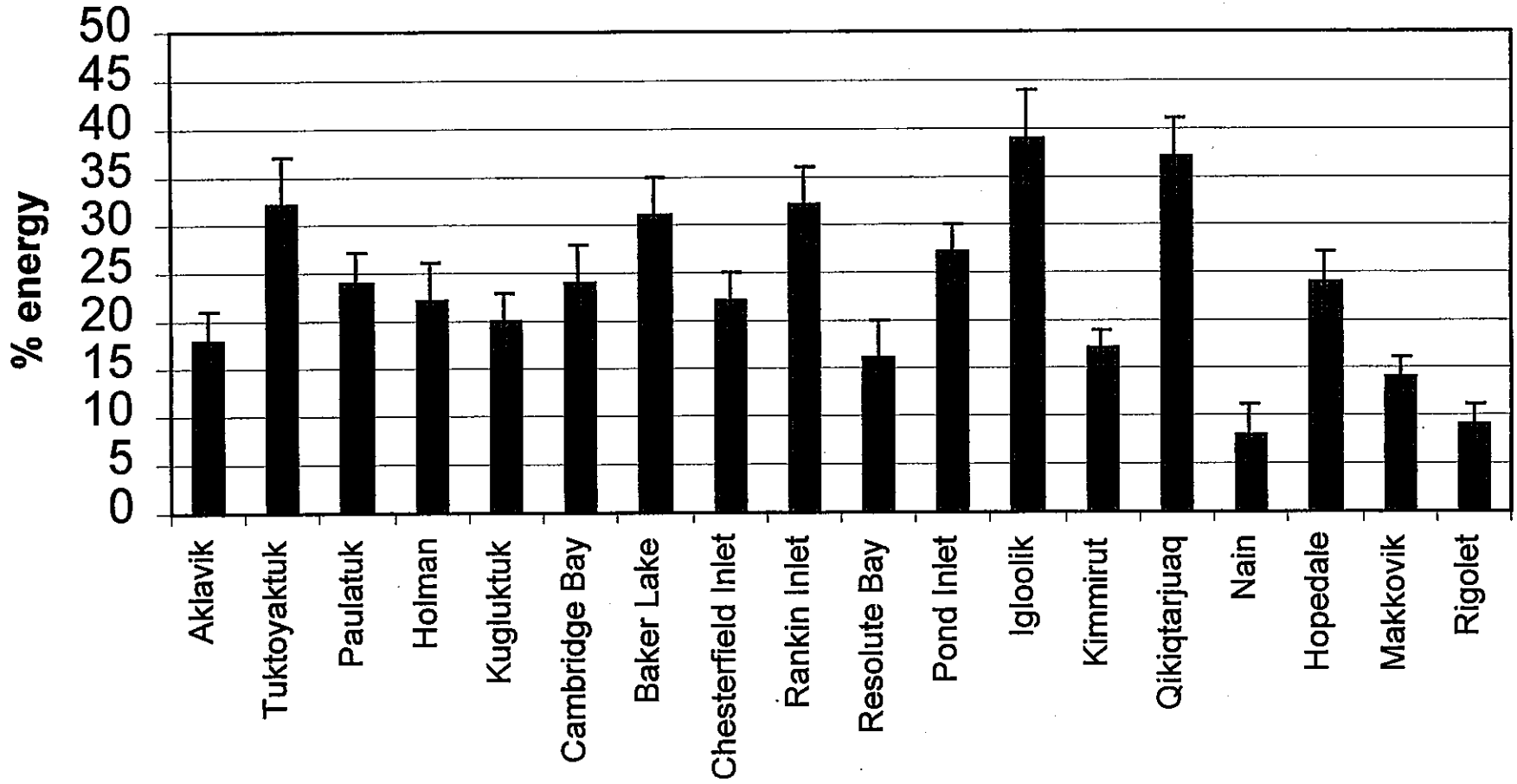


Figure 3.
Percent of Energy ± SE From Traditional Food (Winter)

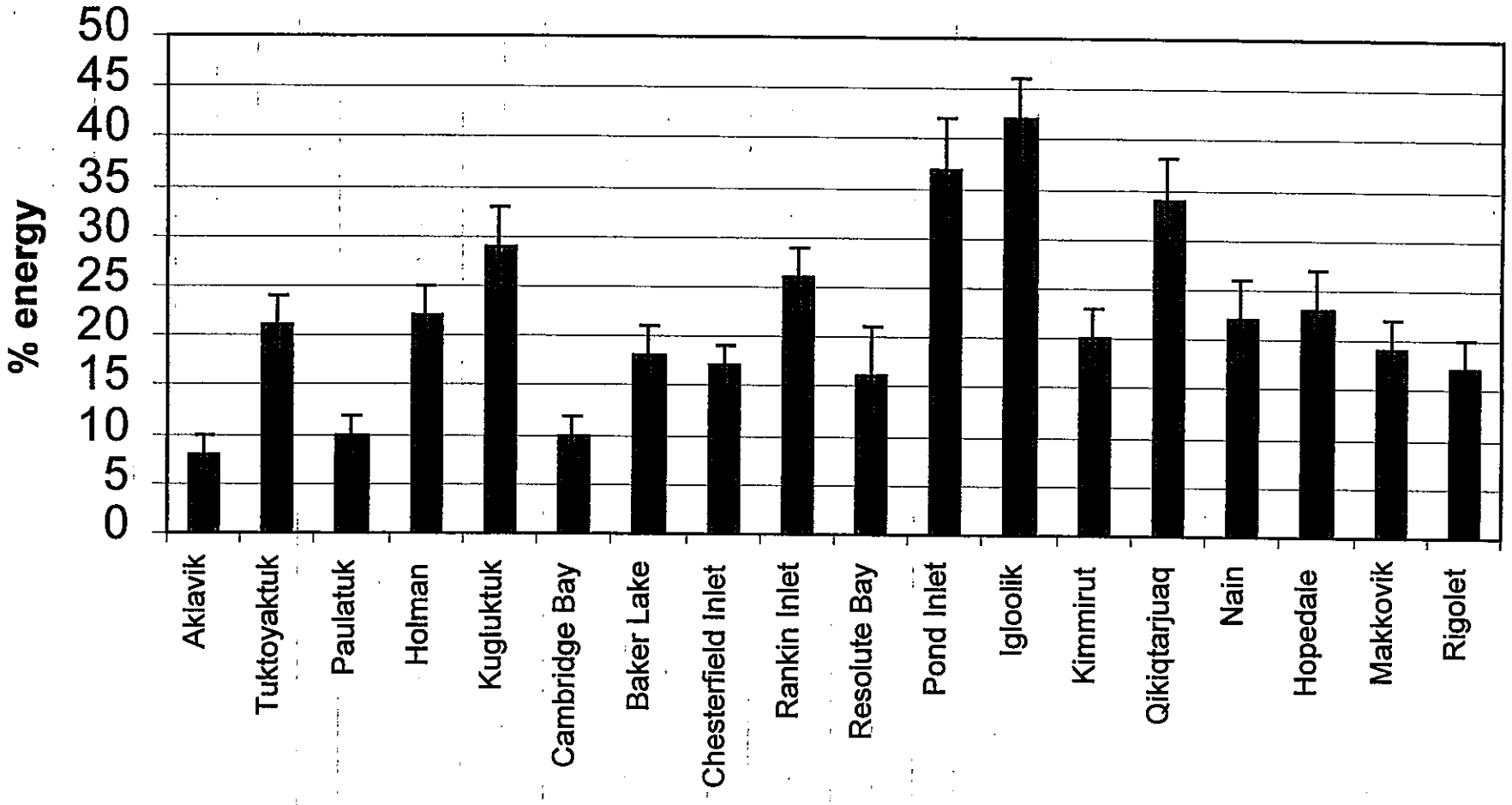
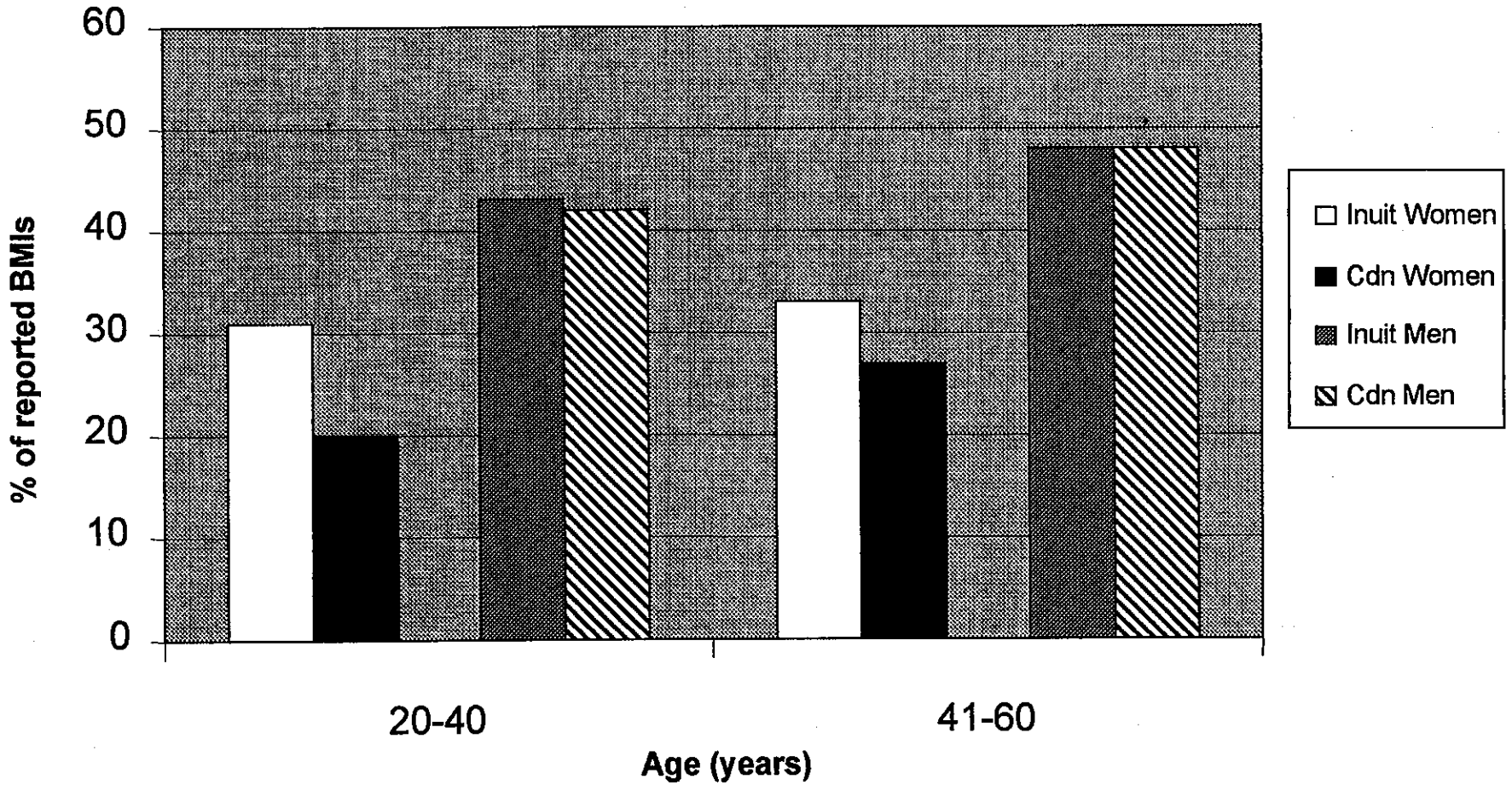
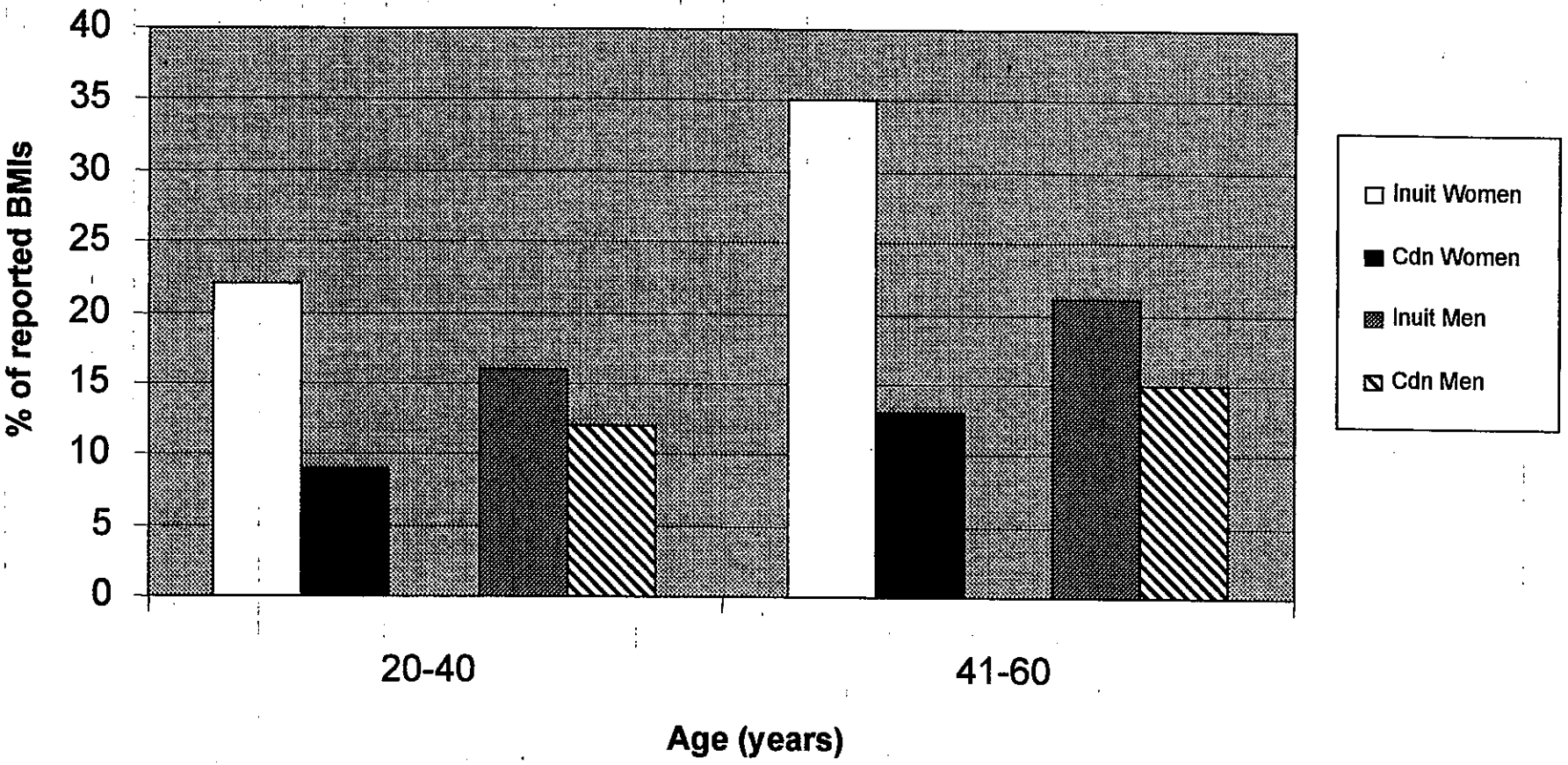


Figure 4. Reported BMIs 25-30, by Gender and Age, Compared to Canadian Population*



*Reference: Gilmore, J., 1999

Figure 5. Reported BMIs ≥30, by Gender and Age, Compared to Canadian Population*



*Reference: Gilmore, J., 1999

Figure 6. Mean daily intake of mercury (Hg) in different regions (mean ± SE)

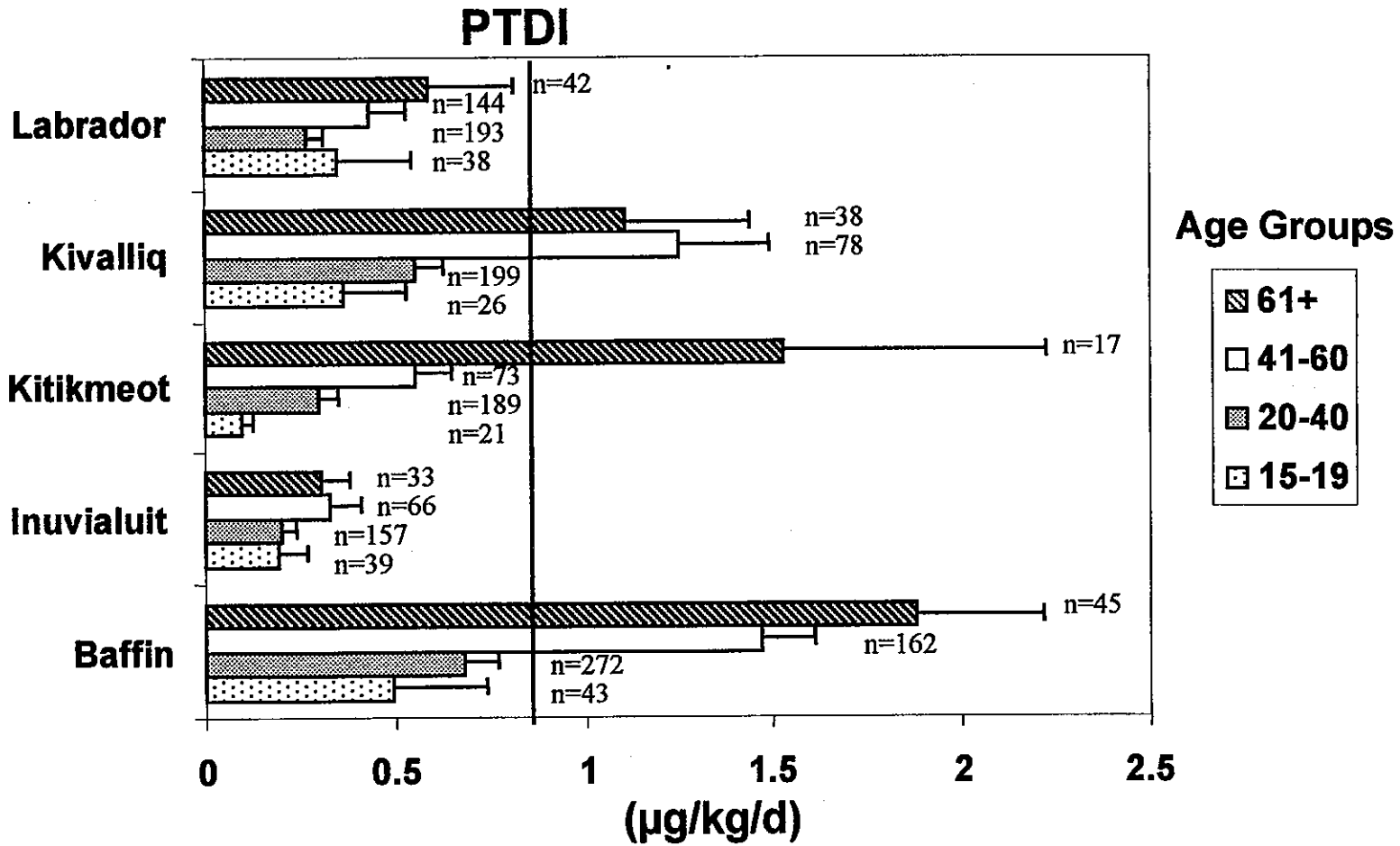
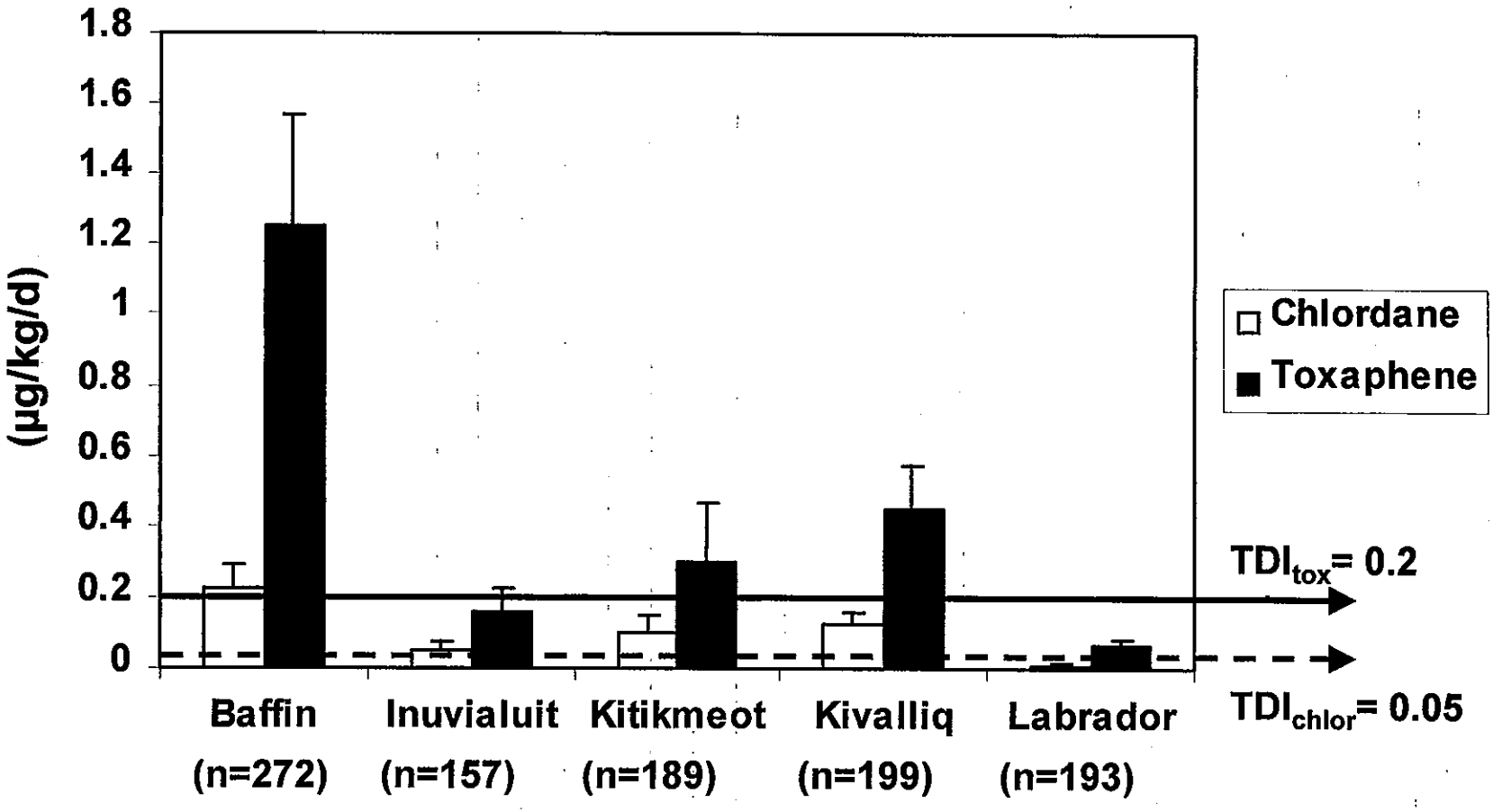


Figure 7. Mean daily intake of OCs in different regions (age 20-40) (mean ± SE)



CINE
Centre for Indigenous Peoples' Nutrition and Environment

In concert with indigenous Peoples, CINE will undertake community-based research and education related to traditional food systems. The empirical knowledge of the environment inherent in indigenous societies will be incorporated in all of its efforts.

Assembly of First Nations
Council of Yukon First Nations
Dene Nation
Inuit Circumpolar Conference
Inuit Tapirisat of Canada
Métis Nation of the NWT
Mohawk Council of Kahnawake

Host:
Mohawk Council
of Kahnawake
P.O. Box 720
Kahnawake, Qc, J0L 1B0

McGill
Macdonald Campus
of McGill University

21,111 Lakeshore
Ste-Anne-de-Bellevue, Qc
Canada, H9X 3V9

Tel.: (514) 398-7544
Fax: (514) 398-1020

Appendix 1

Assessment of Dietary Benefit:Risk in Inuit Communities

RESEARCH AGREEMENT
(April, 1998)

The Centre for Indigenous Peoples' Nutrition and Environment (CINE) in partnership with Inuit Tapirisat of Canada (ITC) agree to conduct the named research project with the following understandings[1]:

1. **The purpose of this research project, as discussed with and understood in the community of _____, is:**
   - To derive quantitative estimates of traditional and market food intake among Inuit in five regions (Inuvialuit, Kitikmeot, Kivalliq, Baffin and Labrador)
   - To complete analyses and databases of nutrient and contaminant contents of traditional food as prepared and consumed
   - To define benefits of traditional food in terms of nutritional, socioeconomic, and cultural significance
   - To define the levels of dietary exposure to contaminants (heavy metals and organochlorines)

2. **The scope of this research project (that is, what issue, events, or activities are to be involved, and the degree of participation by community residents), as discussed with and understood by Inuit in this community, is:**

   The issues in this project are nutritional and will be addressed through organizational meetings with community members and dietary interviews of a sample of adult men an women which will be conducted in September-November 1998 and again in January-March 1999.

   To participate in this study, the community must select one member who will be employed as interviewer by the project and will be trained to this effect.

   Community members who will participate as respondents will volunteer approximately one hour to participate in the interview.

[1] This agreement follows the guidelines of the Dene/Métis model agreement published in: B. Masuzumi and S. Quirk. A participatory research process for Dene/Métis communities: exploring community-based research concerns for Aboriginal Northerners. Dene Tracking, September 1993.

3. Methods to be used, as agreed by the researchers and the community, are:

A member of the community will be employed by the project to conduct dietary interviews of one adult men and one adult women from approximately thirty randomly selected households in both seasons. If an adolescent (15-20 years of age) is also present in the household s/he will also be invited to participate in the interview.

The dietary interview takes approximately one hour to administer, is confidential and voluntary. Questions are asked about the frequency of traditional food consumption, the dietary intake in the day preceding the interview, and a series of questions on the family and cultural attributes of traditional foods. The participant is also asked to keep a 7-day traditional food record at the defined time during the season. In addition, if the respondent agrees, height and weight will be measured.

The interviewer, where appropriate, will also collect traditional food samples for laboratory analyses of nutrients and/or contaminants.

4. Community training and participation, as agreed, is to include:

The interviewer will learn techniques common to any survey's methodology as well as techniques specific to this particular project including administration of an extensive interview, and food sampling.

It is also within the goals of this project to develop community capabilities to conduct and analyze their own data.

A software to aid in this process will be made available to community members. Additional training on the use of this software (EpiInfo) will be offered.

The development of this project is based on sincere communication between community members and researchers. All efforts will be made to incorporate and address local concerns and recommendations at each step of the project.

At the end of the project, the researchers will participate in community meetings to discuss the results of the analysis with community members.

5. Information collected is to be shared, distributed, and stored in these agreed ways:

The data collected is confidential and no name is attached to a record. Copies will be kept at CINE where the data will be converted to an electronic form. The data will be kept on diskettes in the community, at CINE and ITC. The researchers and CINE will be available to answer questions and assist community members should community members decide to use these data for different purposes, beyond the objectives of this particular project.

A final report will be distributed after approval from the community members.

6. **Informed consent of individual participants is to be obtained in these agreed ways.**

An individual consent form will be read by the interviewer to the respondent. A copy of the consent form will be left with the respondent where the addresses of each researcher can be used at any time, should the respondent wish to contact the researchers for additional information.

7. **The names of participants and the community are to be protected in these agreed ways:**

As mentioned on the consent form, the interviews are confidential. In no instance will the name of a respondent be attached to a record.

Before distribution of the final report, or any publication, or contact with the media, the community will be consulted once again as to whether the community agrees to share this data in that particular way.

8. **Project progress will be communicated to the community in these agreed ways:**

During 1999-2000, the period of data analyses, summaries of progress will be sent to each community. The following year (2000-2001) will be dedicated to discussing the results of these analyses with community members. The researchers will travel to the community and hold public community meetings to this effect.

Each researcher will also be available during the course of the project to address particular questions that may arise.

9. **Communication with the media and other parties (including funding agencies) outside the named researchers and the community will be handled in these agreed ways:**

The funding agency (Northern Contaminants Programme) organizes two meetings a year during which the project progress is summarized. In these meetings, as well as during any public communication on project progress and findings, the researchers will be aware of their responsibilities and commitments to the welfare of the communities involved.

Appendix 1

FUNDING, BENEFITS, & COMMITMENTS

Funding

The main researchers have acquired funding and other forms of support for this research project from:

The Northern Contaminants Programme

For additional information, contact:
Research Programs Officer
Indian and Northern Affairs
10 Wellington Street, Room 653
Hull, QC K1A 0H4
Tel: (819) 994-7451, Fax: (819) 953-2590

The funding agency has imposed the following criteria, disclosures, limitations, and reporting responsibilities on the main researchers.

No limitations have been imposed on this project. The researchers must report the project progress to the funding agency twice/year.

Benefits

The main researchers wish to use this research project for benefit in these ways (for instance, by publishing the report and articles about it):

The researchers will publish a final report to the funding agency in 2001. Scientific presentations in peer-reviewed conferences and publications will be made. The final report will be reviewed by community members prior to publication. Scientific presentations and articles will be published after discussion with the respective communities' leaders.

Benefits likely to be gained by the community through this research project are:

- Educational

  The community researcher, who will work as interviewer, will be trained in conducting surveys. The community researcher, as well as other community members, will also be trained in the use of a specialized software which can be used to collect and analyze dietary information as well as information from other fields, as needed, within and for the community.

- Informational

  The community at large, by focusing on its dietary practices, will learn about the health and cultural attributes of food practices. The information generated by this project will assist individuals in making informed decisions as to their diets, and food practices. The data generated by this project will be kept in the community, should it be used in the future to address new questions or compare changes in dietary practices.

- Financial

  The community member(s) employed as interviewer will be compensated at the rate of $35.00 per completed record (one individual interview and one 7-day traditional food record per person) + an additional $20.00/meeting with the project coordinator to double-check the records. A two-day initial training will be provided in the community for which the participant(s) will be compensated at the rate of $100.00/day. When traditional food samples are collected, $20.00 are provided to the supplier and $20.00 for handling.

Commitments

The community's commitment to the researchers is to:

- Recommend capable and reliable community members to collaborate/be employed in this project.

- Keep informed on the project progress, and help in leading the project toward meaningful results.

The researcher's main commitment to the community is to:

- Inform the community as to the project progress in a clear, specific, and timely manner.

- Act as resource to the community for nutrition-related questions.

The researchers agree to stop the research project under the following conditions:

- If community leaders, for example the Hamlet Council, decide to withdraw participation.

- If the researchers believe that the project will no-longer benefit the community

Signed by:

Date:

Date:
Community:

(Signature for CINE)
Name:
Position:

(Signature of Community Contact Person)
Name:
Position:

Appendix 2
Summary of Collection of Dietary Data, Qualitative Data and Anthropometric Data

Region	Community	Number collected													
		Food frequency		7day food records		24 hr recalls		Sociocultural questionnaires		Repeated 24hr recalls (Winter)	Card Sorts (Winter)	Reported Heights		Reported Weights	
		Fall	Winter	Fall	Winter	Fall	Winter	Fall	Winter			Fall	Winter	Fall	Winter
Inuvialuit	Aklavik	54	51	53	43	53	51	53	36	11	10	28	37	23	42
	Tuktoyaktuk	31	65	2	16	31	63	31	62	10	10	25	52	22	52
	Paulatuk	40	57	34	45	40	57	40	20	16	10	14	13	6	12
	Total:	125	173	89	104	124	171	124	118	37	30	67	102	51	106
Kitikmeot	Holman	51	60	5	1	37	55	51	43	10	3	26	18	23	13
	Kugluktuk (Coppermine)	51	59	9	0	51	59	51	55	6	8	37	40	33	37
	Cambridge Bay	42	59	21	0	40	58	42	54	10	4	28	48	31	46
	Total:	144	178	35	1	128	172	144	152	26	15	91	106	87	96
Kivalliq	Baker Lake	59	62	0	3	50	59	59	54	12	14	23	15	22	15
	Chesterfield Inlet	59	56	42	36	59	56	59	17	11	11	34	31	35	17
	Rankin Inlet	60	59	12	8	60	57	60	54	0	0	14	34	15	33
	Total:	178	177	54	47	169	172	178	125	23	25	71	80	72	65
Baffin	Resolute Bay	40	40	28	18	40	36	40	19	11	6	27	28	30	29
	Pond Inlet	55	58	53	28	55	54	55	52	3	0	31	28	39	24
	Igloolik	50	59	48	57	50	57	50	53	4	5	23	27	26	26
	Kimmirut (Lake Harbour)	62	59	9	52	62	58	62	28	19	20	35	43	37	52
	Qikiqtarjuaq (Broughton Island)	60	51	18	18	59	51	59	34	10	8	16 26	7	21	12
	Total:	267	267	156	174	266	256	266	186	50	39	132	133	153	143
Labrador	Nain	46	39	25	23	46	39	46	34	9	10	35	31	34	32
	Hopedale	50	47	47	24	50	47	50	34	3	2	28	39	35	37
	Makkovik	66	71	62	71	66	71	66	40	20	4	47	38	45	35
	Rigolet	53	48	51	46	51	47	53	31	4	1	34	30	29	29
	Total:	215	205	185	164	213	204	215	139	36	17	144	138	143	133
	Grand Total:	929	1000	519	490	900	975	927	720	172	126	805	561	506	546

1) = 265 (32) 132 (133) 153 143

Assessment of Dietary Benefit:Risk in Inuit Communities
MASTER COPY (ALL REGIONS)
CONSENT FORM

The purpose of our work is to find out the kinds and amounts of food eaten by Inuit in the five regions (Inuvialuit, Kitikmeot, Kivalliq, Baffin, and Labrador). This work will help to define the benefits (nutrition and other values) and risks (contaminants) from the use of wildlife food to Inuit.

This study is done by the Centre for Indigenous Peoples' Nutrition and Environment (CINE) in cooperation with Inuit Tapirisat of Canada (ITC). Funding is provided through the Northern Contaminants Programme (DIAND). Your community leaders have agreed to include this area in the study.

At the end of the study the leaders of the project will give a full report to the communities. The researchers will return to the communities for this, and will be available to discuss results from individuals, if they wish.

If you would like to participate in this study, it will take about one hour of your time to answer questions about the food you eat. You will also be asked to keep a record of traditional food you eat during a week chosen at your convenience during this season. In addition to these, you may have your height and weight measured if you wish so. All information will be confidential and never publicly attached to your name. Number codes will be used on all forms.

At any time you can refuse to answer any or all of the questions and ask us to leave. The local community interviewer will answer any questions you may have about this study or will refer them to the research supervisors.

Research Supervisors:

Dr. Olivier Receveur
Centre for Indigenous Peoples' Nutrition and Environment (CINE)
Macdonald Campus, McGill University
21,111 Lakeshore Road
Ste. Anne de Bellevue, Quebec, H9X 3V9
Tel: (514) 398-7603 FAX: (514) 398-1020

Dr. Harriet Kuhnlein, Director
Centre for Indigenous Peoples' Nutrition and Environment (CINE)
Macdonald Campus, McGill University
21,111 Lakeshore Road
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CINE

Centre for Indigenous Peoples' Nutrition and Environment

(This copy to be given to the respondent)

Do we have your permission to begin? Yes _____ No _____

If no, reason why not _____

_____

_____ Respondent's signature

_____ Respondent's name

_____ Community

_____ Community Number _____ Household number

Interviewer, once you give the copy of the consent form to the respondent, please initial this form: _____ (your initials). This acknowledges that you have read the consent form to the respondent in language that the respondent, to the best of your knowledge, understood and have provided the respondent with a written copy in English.

INTERVIEWER, KEEP THIS FORM ATTACHED TO THE FIRST QUESTIONNAIRE AND USE IT TO CHECK THE RECORD FOR COMPLETENESS. THE FIELD SUPERVISOR WILL CHECK IT AGAIN.

RESPONDENT'S ID _____

		CHECK WHEN COMPLETED	
		Interviewer	Supervisor
1.	Frequency of Traditional Food Use	_____	_____
2.	Individual 24-hr Recall	_____	_____
3.	Sociocultural Questionnaire	_____	_____
4.	7-Day Traditional Food Record	_____	_____

Appendix 3

Assessment of Dietary Benefit/Risk in Inuit Communities

I. FREQUENCY OF TRADITIONAL FOOD USE (COMPILED ALL REGIONS)

Community _____ Respondent's gender _____ Household number _____
(1=Adult Female, 2=Adult Male, 3=Adolescent Female, 4=Adolescent Male)

For women only, please ask (and circle) whether:
Pregnant: Yes No Breastfeeding an infant: Yes No

Respondent's ID # _____

Self-identification: Inuit____ Other _____(specify)

Age-group: 15-20 ____ if you are between 15 and 20, please give exact age _____ years old.

21-40_____ 41-60 ____ Over 60 ____

Interviewer's name _____ Date _____
(day/month/year)

Interviewer, please read to respondent:
This questionnaire concerns traditional food: traditional food is food that comes from the local land and environment (animals, fish, birds, wild plants...)
For last **winter**, that is for the months of **December, January and February**, please, recall as exactly as you can, how many days a week, or for foods eaten less often, how many days per season you personally ate the following food:

CINE

Centre for Indigenous Peoples' Nutrition and Environment

CINE
McGill, Macdonald Campus
21,111 Lakeshore
Ste-Anne-de-Bellevue, Qc, H9X3V9
9/98

INUIT FOOD FREQUENCY QUESTIONNAIRE

INTERVIEWER – READ TO PARTICIPANT: Think about the number of times in the last season that you ate each traditional food: how many days/week or how many days total during the season did you eat each food?

INTERVIEWER: Please report frequencies in terms of days per week or days per season depending on how the respondent answers.		
Species and Part	**Frequency (days/week or days/season)**	**Comments**
SEA MAMMALS		
1. Beluga: Yes No		
Liver		
Kidney		
Heart		
Lungs		
Tongue		
Eyes		
Flippers		
Muktaq (with blubber)		
Muktaq (without blubber)		
Blubber		
Oil		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
2. Narwhal: Yes No		
Liver		
Kidney		
Heart		
Lungs		
Tongue		
Eyes		
Flippers		
Muktaq (with blubber)		
Muktaq (without blubber)		
Blubber		
Oil		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
3. Walrus: Yes No		

Species and Part	**Frequency (days/week or days/season)**	**Comments**
Liver		
Kidney		
Heart		
Lungs		
Brain		
Tongue		
Eyes		
Intestines		
Stomach and stomach contents		
Flippers		
Milk		
Blood		
Kauk		
Blubber		
Oil		
Soup/Broth (circle: with bones or without bones)		
Meat (includes head)		
Other Parts? Name:		
4. Bowhead: Yes No		
Liver		
Kidney		
Heart		
Lungs		
Eyes		
Tongue		
Flippers		
Muktaq (with blubber)		
Muktaq (without blubber)		
Blubber		
Oil		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
5. Bottlenose Dolphin: Yes No		
Muktaq (with blubber)		
Muktaq (without blubber)		

Species and Part	Frequency (days/week or days/season)	Comments
Blubber		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
6. Harbour Porpoise: Yes No		
Muktaq (with blubber)		
Muktaq (without blubber)		
Blubber		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
7. Ringed Seal: Yes No		
Liver		
Kidney		
Heart		
Lungs		
Brain		
Eyes		
Intestines		
Stomach and stomach contents		
Flippers		
Blood		
Fat/Oil		
Soup/Broth (circle: with bones or without bones)		
Milk		
Meat (including head)		
Joints		
Pelt "skin"		
Other Parts? Name:		
8. Bearded Seal: Yes No		
Liver		
Kidney		
Heart		
Lungs		
Brain		
Eyes		
Intestines		

Species and Part	Frequency (days/week or days/season)	Comments
Stomach and stomach contents		
Flippers		
Blood		
Fat/Oil		
Soup/Broth (circle: with bones or without bones)		
Milk		
Meat (including head)		
Joints		
Pelt "skin"		
Other Parts? Name:		
9. Harp Seal: Yes No		
Liver		
Kidney		
Heart		
Lungs		
Brain		
Eyes		
Intestines		
Stomach and stomach contents		
Flippers		
Blood		
Fat/Oil		
Soup/Broth (circle: with bones or without bones)		
Meat (including head)		
Joints		
Pelt "skin"		
Other Parts? Name:		
10. Harbour Seal: Yes No		
Liver		
Kidney		
Heart		
Lungs		
Brain		
Eyes		
Intestines		
Stomach and stomach contents		

Species and Part	Frequency (days/week or days/season)	Comments
Flippers		
Blood		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat (including head)		
Joints		
Pelt "skin"		
Other Parts? Name:		
11. Hooded Seal: Yes No		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
11z. Elephant Seal: Yes No		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
12. Ranger Seal "Hair seal" : Yes No		
Liver		
Kidney		
Brain		
Eyes		
Intestines		
Stomach and stomach contents		
Flippers		
Blood		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		
Joints		
Pelt "skin"		
Other Parts? Name:		
13. Polar Bear: Yes No		
Kidneys		
Heart		
Lungs		

Species and Part	Frequency (days/week or days/season)	Comments
Brain		
Intestines		
Stomach and stomach contents		
Fat/Oil		
Feet		
Soup/Broth (circle: with bones or without bones)		
Meat (including ribs)		
Other Parts? Name:		
14. Other Sea Mammals: Yes No name _____		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		

LAND MAMMALS		
15. Other Bears (Grizzly Bear "Brown bear" or Black Bear): **Yes No**		
Heart		
Tongue		
Feet		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat (including ribs)		
Other Parts? Name:		

Species and Part	Frequency (days/week or days/season)	Comments
16. Caribou: Yes No Please circle which type, if known: Peary Porcupine Woodland Barrenland: Island Bluenose herd Bathurst herd Beverly herd Kaminuriak (Qamanirjuaq) herd Northeastern mainland (Keewatin) herd North Baffin herd Northeast Baffin herd South Baffin herd George River herd Other		
Liver		
Kidneys		
Heart		
Lungs		
Milk		
Stomach (all parts)		
Stomach Contents		
Intestines		
Nose		
Tongue		
Hooves		
Eyes		
Brain		
Bone Marrow		
Fat		
Blood		
Cartilage		
Broth/Soup/Stew (circle: with or without bones)		
Meat (including ribs and head)		

Species and Part	Frequency (days/week or days/season)	Comments
Other Parts? Name:		
17. Moose: Yes No		
Liver		
Kidneys		
Heart		
Lungs		
Milk		
Stomach		
Stomach Contents		
Intestines		
Nose		
Tongue		
Hooves		
Eyes		
Brain		
Bone Marrow		
Fat		
Broth/Soup/Stew (circle: with or without bones)		
Meat (including ribs and head)		
Other Parts? Name:		
18. Muskox: Yes No		
Liver		
Kidneys		
Heart		
Lungs		
Milk		
Stomach		
Stomach Contents		
Intestines		
Tongue		
Hooves		
Eyes		
Brain		
Bone Marrow		
Fat		
Blood		
Cartilage		

Species and Part	Frequency (days/week or days/season)	Comments
Broth/Soup/Stew (circle: with or without bones)		
Meat (including ribs and head)		
Other Parts? Name:		
19. Rabbits (Snowshoe Hare "Rabbit" or Arctic Hare "Rabbit"): **Yes** **No**		
Liver		
Kidneys		
Heart		
Lungs		
Stomach or Intestines		
Brain		
Head		
Bone Marrow		
Fat		
Broth/Soup/Stew (circle: with or without bones)		
Meat		
Other Parts? Name:		
20. Dall's Sheep: **Yes** **No**		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
21. Muskrat: **Yes** **No**		
Kidney		
Heart		
Tail		
Head		
Bone Marrow		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
22. Beaver: **Yes** **No**		
Tail		
Feet		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		

Species and Part	Frequency (days/week or days/season)	Comments
Other Parts? Name:		
23. Otter: Yes No		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
24. Ground Squirrel "Sik sik": Yes No		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
25. Porcupine: Yes No		
Liver		
Tail		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
26. Lynx: Yes No		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
27. Fox: Yes No		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
28. Wolf: Yes No		
Tongue		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
29. Other Land Mammals: Yes No name _____		
Broth/Soup/Stew (circle: with bones or without)		
Meat		
Other Parts? Name:		

BIRDS

30. Marsh Ducks (Omnivores) (Mallard; Pintail; Widgeon; American Black Duck; Green Winged Teal; Northern Shoveler; Gadwall): **Yes No**		
Eggs		

Species and Part	Frequency (days/week or days/season)	Comments
Liver		
Gizzard/ Stomach		
Intestine		
Lung		
Heart		
Brains		
Bone marrow		
Feet		
Skin		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
31. Fish-Eating Birds: Common Merganser "Shellbird"; Red-breasted Merganser; Hooded Merganser; Common Loon; Yellow-Billed Loon; Red-Throated Loon "Wobby"; Arctic Loon **Yes No**		
Eggs		
Liver		
Gizzard/ Stomach		
Intestine		
Lung		
Heart		
Brains		
Bone marrow		
Feet		
Skin		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
32. Diving Ducks: (Surf Scoter "Bottlenose Diver", "Black duck"; White-winged Scoter "Brasswing Diver", "Black duck"; Common Scoter "Sleepy Diver"; Oldsquaw "Hound diver"; Scaup, Lesser and Greater; Canvasback; Common Goldeneye; Barrow's Goldeneye; King Eider; Common Eider) **Yes No**		
Eggs		
Liver		
Gizzard/Stomach		

Species and Part	Frequency (days/week or days/season)	Comments
Intestine		
Lung		
Heart		
Brains		
Bone marrow		
Feet		
Skin		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
33. Geese and Swans: Canada Goose; Black Brant; Atlantic Brant; Snow Goose "Wavies"; White-fronted Goose "Yellowlegs"; Tundra Swan; Trumpeter Swan		
Yes **No**		
Eggs		
Liver		
Gizzard/Stomach		
Intestine		
Lung		
Heart		
Brains		
Bone marrow		
Feet		
Skin		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
34. Fowl: Willow Ptarmigan "White partridge" "Brooker"; Rock Ptarmigan "White partridge" "Barrener"; Spruce Grouse "Spruce partridge"; French Hen		
Yes **No**		
Eggs		
Liver		
Gizzard/Stomach		
Intestine		
Lung		
Heart		

Species and Part	Frequency (days/week or days/season)	Comments
Brains		
Bone marrow		
Feet		
Skin		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
35. Owl: Snowy Owl "White Owl" **Yes No**		
Eggs		
Gizzard/Stomach		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
36. Sandhill Crane: Yes No		
Eggs		
Liver		
Gizzard/Stomach		
Intestine		
Lung		
Heart		
Brains		
Bone marrow		
Feet		
Skin		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
37. Seabirds: Dovekie "Bullbird"; Black Guillemot; Guillemot "Sea Pigeon"; Puffin; Brunnich's Murre or Thick-billed Murre "Tinker"; Common Murre or Thin-billed Murre "Turre", "Tinker"; Razorbill Turre **Yes No**		
Eggs		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		

Species and Part	Frequency (days/week or days/season)	Comments
38. Wading Birds: (Snipe; Black Bellied Plover "Black-billed plover"; Golden Plover; Semipalmated Plover "Ring-necked beach bird"; Greater Yellowlegs Sandpiper "Nansary"; Solitary Sandpiper "Beach bird"; Spotted Sandpiper "Peatwheat") **Yes No**		
Eggs		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
39. Gulls and Terns: (Seagull; Herring Gull; Glaucous; Iceland; Ivory; Kittiwake; Black-backed Gull; Arctic Tern) **Yes No**		
Eggs		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
40. Other birds: Yes No Name:		
Eggs		
Soup/Broth (circle: with bones or without bones)		
Meat		
Other Parts? Name:		
41. Bird eggs: (unknown species) Yes No		
Eggs		

FISH and SEAFOOD

42. Inconnu "Coney":		
Liver		
Fishpipe/Stomach		
Bones		
Skin		
Head (circle which parts eaten: meat/cheeks, eyes, brain)		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		
Eggs/Roe		
Other Parts? Name:		
43. Trout (Brook or Speckled trout, "Sea trout"; Rainbow trout; Lake trout): **Yes No**		
Liver		
Fishpipe/Stomach		
Bones		

Species and Part	**Frequency (days/week or days/season)**	**Comments**
Skin		
Head (circle which parts eaten: meat/cheeks, eyes, brain)		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		
Eggs/Roe		
Other Parts? Name:		
44. Whitefish (Lake Whitefish; Broad Whitefish): **Yes No**		
Liver		
Fishpipe/Stomach		
Bones		
Skin		
Head (circle which parts eaten: meat/cheeks, eyes, brain)		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		
Eggs/Roe		
Other Parts? Name:		
45. Northern Pike, "Jackfish": Yes No		
Liver		
Fishpipe/Stomach		
Bones		
Skin		
Head (circle which parts eaten: meat/cheeks, eyes, brain)		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		
Eggs/Roe		
Other Parts? Name:		
46. Herring, Atlantic or Pacific: Yes No		
Liver		
Fishpipe/Stomach		
Bones		
Skin		
Head (circle which parts eaten: meat/cheeks, eyes, brain)		
Fat		
Soup/Broth (circle: with bones or without bones)		

Species and Part	Frequency (days/week or days/season)	Comments
Meat		
Eggs/Roe		
Other Parts? Name:		
47. Cisco: **Yes** **No**		
Liver		
Fishpipe/Stomach		
Bones		
Skin		
Head (circle which parts eaten: meat/cheeks, eyes, brain)		
Fat		
Soup/Broth (circle: with bones or without bones)		
Meat		
Eggs/Roe		
Other Parts? Name:		
48. Smelt and Capelin: **Yes** **No**		
Eggs/Roe		
Soup/Broth (circle:with or without bones)		
Whole (gutted, head cut off)		
Other Parts? Name:		
49. Sucker (Longnose; White): **Yes** **No**		
Liver		
Fishpipe/Stomach		
Bones		
Skin		
Head (circle which parts eaten: meat/cheeks, eyes, brain)		
Fat		
Soup/Broth (circle: with or without bones)		
Meat		
Eggs/Roe		
Other Parts? Name:		
50. Burbot, "Loche": **Yes** **No**		
Liver		
Eggs/Roe		
Skin		
Soup/Broth (circle: with or without bones)		
Meat		
Other Parts? Name:		
51. Grayling: **Yes** **No**		
Liver		
Fishpipe/Stomach		

Species and Part	Frequency (days/week or days/season)	Comments
Bones		
Skin		
Head (circle which parts eaten: meat/cheeks, eyes, brain)		
Fat		
Soup/Broth (circle: with or without bones)		
Meat		
Eggs/Roe		
Other Parts? Name:		
52. Char (Arctic Char; Silver Char; Landlocked Char): **Yes** **No**		
Liver		
Fishpipe/Stomach		
Bones		
Skin		
Head (circle which parts eaten: meat, eyes, brain)		
Fat		
Soup/Broth (circle: with or without bones)		
Meat		
Eggs/Roe		
Other Parts? Name:		
53. Salmon (Atlantic Salmon; Landlocked Salmon): **Yes** **No**		
Liver		
Fishpipe/Stomach		
Bones		
Skin		
Head (circle which parts eaten: meat/cheeks, eyes, brain)		
Soup/Broth (circle: with or without bones)		
Meat		
Eggs/Roe		
Other Parts? Name:		
54. Grenadier: **Yes** **No**		
Soup/Broth (circle: with or without bones)		
Meat		
Other Parts? Name:		
55. Cod (Salt cod; Lake cod; Arctic cod; Saffron cod; Tom Cod): **Yes** **No**		
Liver		
Eggs/Roe		
Tongue		
Head (circle which parts eaten: meat/cheeks, eyes, brain)		
Soup/Broth (circle: with or without bones)		

Species and Part	Frequency (days/week or days/season)	Comments
Meat		
Other Parts? Name:		
56. Sculpin, "Devilfish": **Yes** **No**		
Liver		
Fishpipe/Stomach		
Bones		
Skin		
Head (circle which parts eaten: meat/cheeks, eyes, brain)		
Soup/Broth (circle: with or without bones)		
Meat		
Eggs/Roe		
Other Parts? Name:		
57. Flatfish (Turbot; Halibut; Flounder, Star Flounder, Arctic Flounder): **Yes** **No**		
Eggs/Roe		
Skin		
Soup/Broth (circle: with or without bones)		
Meat		
Other Parts? Name:		
58. Skate: **Yes** **No**		
Soup/Broth (circle: with or without bones)		
Meat		
Other Parts? Name:		
59. Lumpfish: **Yes** **No**		
Eggs		
Soup/Broth (circle: with or without bones)		
Other Parts? Name:		
60. Nightfish: **Yes** **No**		
Soup/Broth (circle: with or without bones)		
Meat		
Other Parts? Name:		
61. Redfish: **Yes** **No**		
Soup/Broth (circle: with or without bones)		
Meat		
Other Parts? Name:		
62. Atlantic Mackeral: **Yes** **No**		
Soup/Broth (circle: with or without bones)		
Meat		
Other Parts? Name:		
63. Shrimp: **Yes** **No**		
Soup/Broth (circle: with or without shells)		

Species and Part	Frequency (days/week or days/season)	Comments
Meat		
Other Parts? Name:		
64. Scallops: Yes No		
Soup/Broth		
Meat		
Other Parts? Name:		
65. Crab: Yes No		
Soup/Broth (circle: with or without shells)		
Meat		
Other Parts? Name:		
66. Clams: Yes No		
Soup/Broth (circle: with or without shells)		
Meat		
Other Parts? Name:		
67. Mussels: Yes No		
Soup/Broth (circle: with or without shells)		
Meat		
Other Parts? Name:		
68. Wrinkles: Yes No		
Soup/Broth		
Meat		
Other Parts? Name:		
69. Snails: Yes No		
Soup/Broth		
Meat		
Other Parts? Name:		
70. Sea Urchin: Yes No		
Soup/Broth (circle: with or without shells)		
Meat		
Other Parts? Name:		
71. Squid: Yes No		
Soup/Broth		
Meat		
Other Parts? Name:		
72. Krill: Yes No		
Soup/Broth		
Whole		
73. Sea cucumber: Yes No		
Soup/Broth		
Whole		

Species and Part	Frequency (days/week or days/season)	Comments
74. Sea Plants (Seaweed; Kelp): **Yes** **No**		
Soup/Broth		
Whole		
75. Other Fish or Seafood: Yes No	name _____	
Soup/Broth		
Meat		
Other Parts? Name:		

LAND PLANTS

Berries		
76. Marshberry: Yes No		
77. Strawberry: Yes No		
78. Bearberry "Kinnikinnick": Yes No		
79 Gooseberry: Yes No		
80. Wild Red Raspberry: Yes No		
81. Dwarf dogwood "Dogberry": Yes No		
82. Squashberry or Highbush cranberry: Yes No		
83. Cloudberry: Yes No		
84. Crowberry "Blackberry": Yes No		
85. Currants, Red and Black: Yes No		
86. Cranberry, Bog and Rock, "Lowbush", "Partridge berry", "Red berry": Yes No		
87. "Blueberry", Dwarf bilberry or Bog bilberry: Yes No		
Flowers, Green Plants, Leaves, Shoots, Roots:		
88. Beach Peas: Yes No		
89. "Banana" Yellow Flower: Yes No		
90. Sorrel, Mountain and Wood: Yes No		
91. Mushoo "Bearroot","Eskimo potato": Yes No		
92. Carrot Root: Yes No		
93. Bistort Root: Yes No		
94. Saxifrage, purple or red: Yes No		

Species and Part			Frequency (days/week or days/season)	Comments
95. Strawberry Blight:	Yes	No		
96. Labrador Tea "Indian tea":	Yes	No		
97. Dandelion:	Yes	No		
98. Juniper Drink:	Yes	No		
99. Alexander:	Yes	No		
100. Mushrooms:	Yes	No		
101. Puffball:	Yes	No		
102. Lichen Gum:	Yes	No		
103. Spruce Gum:	Yes	No		
104. Spruce Beer:	Yes	No		
105. Spruce Tea:	Yes	No		
106. Willow:	Yes	No		
107. Fire Weed, Dwarf Fireweed:	Yes	No		
108. Arctic Dock "Rhubarb":	Yes	No		
109. Lousewort :	Yes	No		
111. Tobercle :	Yes	No		
112. Paunnait:	Yes	No		
114. Tulligununaks:	Yes	No		
117. Maliksuargait:	Yes	No		
119. Thornbush/Rosehips	Yes	No		
120. Other Berries, Flowers, Green Plants, Leaves, Shoots, Roots:	Yes	No		

name: _____

Assessment of Dietary Benefit/Risk in Inuit Communities

II. INDIVIDUAL 24-HOUR RECALL

Community _____ Respondent's gender _____ Household number _____
(1=Adult Female, 2=Adult Male,
3=Adolescent Female, 4=Adolescent Male)

For women only, please ask (and circle) whether:
Pregnant: Yes No Breastfeeding an infant: Yes No

Respondent's ID #_____

Self-identification: Inuit____ Other _____(specify)

Age-group: 15-20 ____ if you are between 15 and 20, please give exact age _____ years old.

21-40_____ 41-60 ____ Over 60 ____

Interviewer's name _____ Date _____
(day/month/year)

Interviewer, please read to the respondent:
Please, recall as exactly as possible what you ate yesterday, _____ (write which day of the week), from the time you first woke up.

TIME	FOOD NAME	HOW PREPARED/INGREDIENTS	AMOUNT
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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TIME	FOOD NAME	HOW PREPARED/INGREDIENTS	AMOUNT

Interviewer, did you remember to check about:
the lard, butter, salad dressing, the milk/creamer/sugar in the beverages, any juice, alcohol, jam/honey...? Any snacks, beverages, or foods consumed outside the home?

1. Do you take any vitamin/mineral supplements? Yes____ No____
If yes, what brand name: 1)_____ taken daily _____ weekly _____ less frequently _____
2)_____ taken daily _____ weekly _____ less frequently _____
3)_____ taken daily _____ weekly _____ less frequently _____

2. Was yesterday, a "usual day"?
Yes _____
No _____ (please explain) _____

3. Do you know your height? _____ your weight? _____
(if not known, write "nk")
Do you want to have your height and weight measured now?
Yes _____ No _____
If yes, please record the measured height _____
measured weight _____

Assessment of Dietary Benefit/Risk in Inuit Communities

III. SOCIOCULTURAL QUESTIONNAIRE

Community _____ Respondent's gender _____ Household number _____
(1=Adult Female, 2=Adult Male,
3=Adolescent Female, 4=Adolescent Male)

Respondent's ID # _____

Age-group: 15-20 ____ if you are between 15 and 20, please give exact age ____ years old.

21-40 ____ 41-60 ____ Over 60 ____

Respondent's self-identification: Inuit ____
Other _____ (specify)

Interviewer's name _____ Date _____
(day/month/year)

Language of interview: Inuktitut ____ English ____ Both _____
Other:_____ (specify)

Q1. The following is a list of statements about traditional food. For each statement, please indicate whether you agree (**A**), disagree (**D**) or have no opinion (**O**):

Harvesting and using traditional food by the family:

a. contributes to physical fitness and good health ____
b. is a favourite outdoor recreation activity ____
c. provides people with healthy food ____
d. keeps people "in tune with" nature ____
e favours sharing in the community ____
f. saves money ____
g. is an important part of the culture here ____
h. is an occasion for adults to teach responsibility to their children ____
i. is one way to practice spirituality ____
j. keeps people humble (not proud or boastful) ____

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Successful harvest:

k. brings respect from others ____
l. builds one's pride and confidence ____

Harvesting and using traditional food by the family:

m. provides education on natural environment ____
n. contributes to children's education ____

and in particular it:

o. provides skills in survival ____
p. provides skills in food preparation at home ____
q. is an opportunity to teach spirituality ____
r. is an opportunity to learn patience ____
s. is a way to strengthen the culture ____

1. How many persons, including yourself, live now in your household (include children and adults, but not visitors): ____
   a. How many are 18 years old or older? ____
   b. How many are less than 18 years old? ____

2. How many persons, including yourself, living in your household are employed now:
   a. Full-time ____
   b. Part-time or temporary ____

3. During the past year, how many people in your household, including yourself, did the following:
   a. hunt ____
   b. trap/set snares ____
   c. fish ____
   d. pick berries or collect wild plant food ____
   e. collect eggs ____

4. During the past year, did you personally:

a. hunt?	Yes____	No____
b. trap/set snares	Yes____	No____
c. fish?	Yes____	No____
d. pick berries or collect wild plant food?	Yes____	No____
e. collect eggs?	Yes____	No____

5. a) What are your favourite **traditional food items**? "What traditional food do you like to eat the most"?
   first _____
   second _____
   third _____

b) What are your favourite **market foods items**? "What market food do you like to eat the most"?

first _____

second _____

third _____

6. a) What **traditional food**, if any, do <u>you not like</u> to eat?

first _____

second _____

third _____

b)What **market food**, if any, do <u>you not like</u> to eat?

first _____

second _____

third _____

7. If there are children less than18 years old living with you, are there any traditional foods that they do not like to eat?

Yes ____ (please list):

_____

_____

_____

No _____ Not applicable _____ (no children in household)

8. What, if any, traditional foods do you think are the best for your health?

Please list: _____

_____

_____

None _____ Don't know _____

9. What, if any, traditional foods do you think are not healthy for people to eat, and why?

Please list: _____

_____

_____

None _____ Don't know _____

10. a) Do you know anyone who ever got sick from eating **traditional food**?

Yes ___ No ___

please explain:_____

_____

b) Do you know anyone who ever got sick from eating **market food**?
Yes ___ No ___
please explain:_____

_____

11. a) Is there any **traditional food** you would like to buy that is not presently available in your local store?
Yes ___ No ___

If yes, which foods in particular?

first _____
second _____
third _____

b) Is there any **market food** you would like to buy that is not presently available in your local store?
Yes ___ No ___

If yes, which foods in particular?

first _____
second _____
third _____

12. a)What do you think are the best things about traditional food?
"What do you like best about traditional food"?

_____

_____

_____

b)What do you think are the worst things about traditional food?
"What don't you like about traditional food"?

_____

_____

_____

c) What do you think are the best things about market food? "What do you like best about market food"?

_____

_____

_____

d)What do you think are the worst things about market food? "What don't you like about market food"?

_____

_____

_____

13. Do you think that you are eating more, less or about the same amount of traditional food than, say,
    a: 5 years ago? more now____ less now____ about the same amount____
    b: 15 years ago? more now____ less now____ about the same amount____

14. Were you living in this community?
    a: 5 years ago? Yes____ No____
    b: 15 years ago? Yes____ No____

15. If traditional food was not available, could your household afford to buy all the food it needs from the store?
    Yes ___ No ___ If no, why? _____

    Other___ please record comments if any are volunteered

    _____

    _____

    _____

16. Does your household have enough equipment to go fishing for the family's food needs?
    Yes ___ **If yes**, is the equipment in working order? Yes___ No___
    No ___ **If no**, what is missing? _____
    Not applicable _____ (if not applicable, skip Question #17 and go to Question #18)

17. a) How costly is it to go fishing?
    Affordable _____
    Expensive for your budget _____
    Other _____ please describe:_____

    b) What is stopping you from going fishing more often?

    _____

18. Does your household have enough hunting gear to go hunting for the family's food needs?
    Yes ____ **If yes**, is the equipment in working order? Yes_____ No____
    No ____ **If no**, what is missing? _____
    Not applicable ____ (if not applicable, skip Question #19 and go to Question #20)

19. a) How costly is it to go hunting?
    Affordable _____
    Expensive for your budget _____
    Other ____ please describe:_____

    b) What is stopping you from going hunting more often?

    _____

20. Have you noticed any changes in the quality or health of traditional foods recently?
    Yes ____ No ____
    If yes, please explain what change and for how long you have seen this:

    _____

    _____

21. Do you watch televison? Yes _____ No _____
If yes, how many hours a day, this past **winter**, did you usually watch TV? _____ hours

22. Do you think you eat a high, medium or low amount of traditional food, on a year-round basis?
(please circle) High Medium Low

23. Do you have any other comments about traditional or market food?

_____

_____

_____

_____

_____

Would you be willing to be interviewed again for another study about traditional food in the future?

Yes _____ No _____

Thank you
[Interviewer, make sure all pages have been completed]

Appendix 3

Respondent's ID # _____

Assessment of Dietary Benefit/Risk in Inuit Communities
7 Day Traditional Food Record

Instructions

1) Pick any day to start recording all the **traditional food items** that you will eat during the next seven days. Write the date of each day in the space provided.

2) At the end of each day, write down:
   a) all the traditional food items eaten that day. Be very specific, for example, dried caribou meat or aged narwhal blubber. Write down "none" if you did not eat any traditional food that day.
   b) the amount of each food eaten during that day. Use the **CINE cup** provided to estimate the amounts eaten, for example, 1/4 cup, half a cup, one cup, etc.

3) Your local research assistant will contact you to pick up this record when you have finished filling it out. When you have time, please let him or her know when you are done. If you lose this form, please contact your research assistant to replace it.

4) If you have any questions, please contact your:

local research assistant, _____

at _____

or your regional coordinator, _____

at _____

or CINE's project coordinator, Dr. Olivier Receveur,

at (514) 398-7603.

Thank you very much for your participation!

CINE

Centre for Indigenous Peoples' Nutrition and Environment

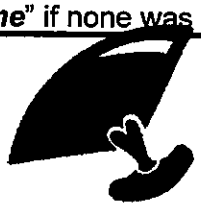
Respondent's name _____

(Once your name is checked against your ID #, this portion of the page will be cut off, in order to maintain confidentiality)

DAY 1 Date: ____ / ____ / ____ (day/month/year)

Traditional food items	Amount
1)	
2)	
3)	
4)	
5)	
6)	

Remember to:
- write down the ***name*** of each traditional food that you ate and how it was prepared (***raw, frozen, boiled, dried, fried, roasted, aged***)
- write down the ***amount*** (use the CINE cup to help estimate)
- write "***none***" if none was eaten



DAY 2 Date: ____ / ____ / ____ (day/month/year)

Traditional food items	Amount
1)	
2)	
3)	
4)	
5)	
6)	

DAY 5 Date: ____ / ____ / ____ (day/month/year)

Traditional food items	Amount
1)	
2)	
3)	
4)	
5)	
6)	

DAY 3 Date: ____ / ____ / ____ (day/month/year)

Traditional food items	Amount
1)	
2)	
3)	
4)	
5)	
6)	

DAY 6 Date: ____ / ____ / ____ (day/month/year)

Traditional food items	Amount
1)	
2)	
3)	
4)	
5)	
6)	

DAY 4 Date: ____ / ____ / ____ (day/month/year)

Traditional food items	Amount
1)	
2)	
3)	
4)	
5)	
6)	

DAY 7 Date: ____ / ____ / ____ (day/month/year)

Traditional food items	Amount
1)	
2)	
3)	
4)	
5)	
6)	

Appendix 4(A-E). Purchase price of market foods in each region (October 1999)

A) INUVIALUIT COMMUNITIES

Food item/ Purchase unit	Aklavik	Tuktoyaktuk	Paulatuk
Dairy products			
Evaporated milk, 385 ml	1.59	1.89	1.75
2% milk, 1 L	2.59	2.49	3.75
Cheddar cheese, 227g	4.29	4.55	4.01
Process cheese slices, 250g	3.45	4.55	3.98
Skim milk powder, 500g	6.99	7.09	n/a
Eggs			
Eggs, Gr A, large 1 doz	2.95	3.39	3.75
Meats, poultry, fish			
Chicken, legs or whole, 1 kg	5.72	6.30	7.75
Pork chops, loin, 1 kg	13.08	13.98	16.95
Hamburger, 1 kg	5.49	7.79	13.10
Canned pink salmon, 213 g	2.69	2.65	2.95
Sardines, in soya oil, 100g	1.29	1.25	1.65
T-bone steak, 1 kg	10.96	24.42	n/a
Sliced ham, 175 g	3.43	3.69	3.95
Meat Alternates			
Bologna, 175g	2.49	2.49	3.95
Canned luncheon meat, 340 g	3.79	3.65	3.75
Canned baked beans, 540 ml	2.49	2.10	3.05
Peanut butter, 500 ml	3.69	3.75	3.95
Canned beef stew, 680 g	4.19	4.39	4.75

Appendix 4, continued

Food item/ Purchase unit	Aklavik	Tuktoyaktuk	Paulatuk
Cereal and Bakery Products			
Flour, all purpose, 5 kg	13.59	9.59	9.98
Pilot biscuits, 900 g	8.38	8.30	7.90
Soda biscuits, 450 g	3.79	2.06	3.48
Bread enriched white, 675 g	2.99	3.08	n/a
Macaroni/spaghetti, 500 g	2.39	2.24	2.75
Rice, long grain, 900 g	3.49	2.87	2.95
Rolled oats, 1 kg	3.82	3.39	3.57
Corn flakes, 400 g	3.80	4.24	7.95
Macaroni and cheese dinner, 225 g	1.59	1.78	1.60
Fruits and Vegetables			
Oranges, 1 kg	5.29	2.90	5.95
Apple juice, 1 L	3.15	2.49	3.50
Orange juice, 1 L	3.15	2.34	3.50
Canned tomatoes, 541 ml	2.29	2.90	2.38
Apple, 1 kg	4.15	3.00	5.95
Bananas, 1 kg	3.95	4.85	n/a
Canned fruit cocktail, 398 ml	2.69	2.69	2.45
Fresh potatoes, 2.27 kg	7.15	7.45	4.95
Frozen french fried potatoes	3.25	4.00	3.48
Carrots, 1 kg	3.47	4.18	5.50
Canned peas, 398 ml	1.79	1.59	2.25
Canned kernel corn, 341 ml	1.49	1.96	1.95

Appendix 4, continued

Food item/ Purchase unit	Aklavik	Tuktoyaktuk	Paulatuk
Onions, 2kg	4.55	3.66	4.95
Fats and oils			
Margarine, tub, 454g	2.79	2.85	3.95
Butter 454g	4.25	3.89	4.50
Salad oil, 1 L	5.79	5.79	3.98
Lard, 454 g	2.15	1.99	2.50
Sugar and other sweets			
Sugar, white, 2 kg	4.69	4.18	4.95
Fruit drink crystals, with vitamin C, 276 g	2.29	2.11	2.95

Appendix 4, continued

B) KITIKIMEOT COMMUNITIES

Food item/ Purchase unit	Holman	Kugluktuk	Cambridge Bay
Dairy products			
Evaporated milk, 385 ml	2.05	2.19	2.19
2% milk, 1 L	6.52	3.25	3.20
Cheddar cheese, 227g	4.99	4.48	4.29
Process cheese slices, 250g	7.75	3.49	4.09
Skim milk powder, 500g	7.55	7.69	7.79
Eggs			
Eggs, Gr A, large 1 doz	4.17	3.45	3.09
Meats, poultry, fish			
Chicken, legs or whole, 1 kg	6.88	7.71	6.29
Pork chops, loin, 1 kg	12.50	18.85	15.29
Hamburger, 1 kg	8.06	8.35	7.89
Canned pink salmon, 213 g	2.55	2.89	2.89
Sardines, in soya oil, 100g	1.35	1.00	1.39
T-bone steak, 1 kg	10.94 (blade steak)	27.55	20.99
Sliced ham, 175 g	n/a	4.49	2.79
Meat Alternates			
Bologna, 175g	n/a	1.68	2.69
Canned luncheon meat, 340 g	3.85	3.87	2.99
Canned baked beans, 540 ml	4.38	3.73	2.97
Peanut butter, 500 ml	5.15	5.21	5.49
Canned beef stew, 680 g	4.75	4.69	4.89

Appendix 4, continued

Food item/ Purchase unit	Holman	Kugluktuk	Cambridge Bay
Cereal and Bakery Products			
Flour, all purpose, 5 kg	11.35	15.69	12.29
Pilot biscuits, 900 g	3.75	6.12	8.98
Soda biscuits, 450 g	3.95	2.99	4.09
Bread enriched white, 675 g	3.26	3.79	3.54
Macaroni/spaghetti, 500 g	2.55	2.15	2.69
Rice, long grain, 900 g	6.55	3.99	4.09
Rolled oats, 1 kg	5.05	5.15	5.29
Corn flakes, 400 g	4.25	4.58	4.30
Macaroni and cheese dinner, 225 g	1.85	1.99	1.89
Fruits and Vegetables			
Oranges, 1 kg	5.23	4.69	5.26
Apple juice, 1 L	3.45	4.62	3.89
Orange juice, 1 L	3.65	4.19	3.79
Canned tomatoes, 541 ml	2.65	4.22	2.29
Apple, 1 kg	4.17	4.49	5.35
Bananas, 1 kg	4.19	3.80	4.22
Canned fruit cocktail, 398 ml	2.85	2.88	2.99
Fresh potatoes, 2.27 kg	6.01	6.25	6.50
Frozen french fried potatoes	4.85	3.77	4.59
Carrots, 1 kg	3.11	1.89	3.45
Canned peas, 398 ml	1.63	1.99	2.69
Canned kernel corn, 341 ml	2.15	2.19	2.29

Appendix 4, continued

Food item/ Purchase unit	Holman	Kugluktuk	Cambridge Bay
Onions, 2kg	4.32	1.49	7.18
Fats and oils			
Margarine, tub, 454g	2.95	2.69	2.39
Butter 454g	4.08	5.99	4.39
Salad oil, 1 L	5.45	5.59	5.69
Lard, 454 g	2.15	2.37	2.39
Sugar and other sweets			
Sugar, white, 2 kg	5.35	5.65	5.79
Fruit drink crystals, with vitamin C, 276 g	2.35	2.39	2.19

Appendix 4, continued

C) KIVALLIQ COMMUNITIES

Food item/ Purchase unit	Baker Lake	Chesterfield Inlet	Rankin Inlet
Dairy products			
Evaporated milk, 385 ml	2.09	1.82	1.74
2% milk, 1 L	3.69	3.95	3.22
Cheddar cheese, 227g	4.49	4.49	4.19
Process cheese slices, 250g	4.39	4.07	4.05
Skim milk powder, 500g	7.49	8.32	2.03
Eggs			
Eggs, Gr A, large 1 doz	3.69	2.95	2.99
Meats, poultry, fish			
Chicken, legs or whole, 1 kg	6.59	7.49	6.49
Pork chops, loin, 1 kg	16.99	16.20	13.62
Hamburger, 1 kg	6.99	8.70	6.99
Canned pink salmon, 213 g	2.79	2.79	2.69
Sardines, in soya oil, 100g	1.39	1.30	1.39
T-bone steak, 1 kg	24.99	25.71	20.99
Sliced ham, 175 g	2.49	3.59	2.69
Meat Alternates			
Bologna, 175g	2.29	2.99	2.09
Canned luncheon meat, 340 g	2.89	2.89	2.94
Canned baked beans, 540 ml	2.84	2.81	2.84
Peanut butter, 500 ml	3.89	4.49	4.51
Canned beef stew, 680 g	4.69	4.68	5.15

Appendix 4, continued

Food item/ Purchase unit	Baker Lake	Chesterfield Inlet	Rankin Inlet
Cereal and Bakery Products			
Flour, all purpose, 5 kg	11.39	11.39	11.15
Pilot biscuits, 900 g	8.17	7.75	7.45
Soda biscuits, 450 g	3.59	3.24	4.05
Bread enriched white, 675 g	2.95	3.07	1.99
Macaroni/spaghetti, 500 g	2.49	2.51	2.85
Rice, long grain, 900 g	4.49	4.63	4.40
Rolled oats, 1 kg	5.89	5.05	4.68
Corn flakes, 400 g	4.09	4.23	4.35
Macaroni and cheese dinner, 225 g	1.79	1.70	1.69
Fruits and Vegetables			
Oranges, 1 kg	5.01	3.95	4.32
Apple juice, 1 L	3.49	5.40	3.90
Orange juice, 1 L	3.49	n/a	3.98
Canned tomatoes, 541 ml	2.59	2.10	2.89
Apple, 1 kg	5.99	3.95	5.02
Bananas, 1 kg	3.79	n/a	3.69
Canned fruit cocktail, 398 ml	2.89	2.79	2.95
Fresh potatoes, 2.27 kg	6.99	7.02	6.20
Frozen french fried potatoes	5.69	5.81	3.99
Carrots, 1 kg	3.29	4.27	3.62
Canned peas, 398 ml	2.09	2.28	2.15
Canned kernel corn, 341 ml	2.19	2.15	1.89

Appendix 4, continued

Food item/ Purchase unit	Baker Lake	Chesterfield Inlet	Rankin Inlet
Onions, 2kg	4.39	2.47	3.52
Fats and oils			
Margarine, tub, 454g	2.99	4.45	2.55
Butter 454g	4.99	4.45	3.25
Salad oil, 1 L	6.19	5.18	5.68
Lard, 454 g	2.09	2.50	2.56
Sugar and other sweets			
Sugar, white, 2 kg	5.39	5.15	4.49
Fruit drink crystals, with vitamin C, 276 g	2.09	2.31	1.79

Appendix 4, continued

D) BAFFIN COMMUNITIES

Food item/ Purchase unit	Resolute Bay	Pond Inlet	Igloolik	Kimmirut	Qikiqtarjuaq
Dairy products					
Evaporated milk, 385 ml	2.45	1.89	1.86	1.89	1.99
2% milk, 1 L	3.45	2.65	3.09	2.83	2.39
Cheddar cheese, 227g	4.25	4.21	4.07	n/a	4.77
Process cheese slices, 250g	4.25	3.76	4.03	3.09	4.15
Skim milk powder, 500g	7.95	7.78	7.60	7.29	6.95
Eggs					
Eggs, Gr A, large 1 doz	3.35	2.99	2.95	3.19	3.31
Meats, poultry, fish					
Chicken, legs or whole, 1 kg	8.62	7.36	12.34	5.28	7.88
Pork chops, loin, 1 kg	20.63	11.49	12.83	11.89	11.53
Hamburger, 1 kg	11.62	5.19	10.04	7.59	8.30
Canned pink salmon, 213 g	2.95	2.69	3.24	2.35	2.93
Sardines, in soya oil, 100g	1.45	1.38	1.37	1.32	1.40
T-bone steak, 1 kg	33.76	22.04	25.31	13.25	23.52
Sliced ham, 175 g	2.95	3.81	3.99	2.79	3.31
Meat Alternates					
Bologna, 175g	4.95	1.99	2.68	3.04	1.94
Canned luncheon meat, 340 g	4.25	2.99	3.07	3.09	3.70
Canned baked beans, 540 ml	n/a	2.93	2.88	2.93	2.94
Peanut butter, 500 ml	4.95	4.99	4.36	4.29	4.15
Canned beef stew, 680 g	5.95	5.08	5.06	4.69	5.19

Appendix 4, continued

Food item/ Purchase unit	Resolute Bay	Pond Inlet	Igloolik	Kimmirut	Qikiqtarjuaq
Cereal and Bakery Products					
Flour, all purpose, 5 kg	13.90	13.69	12.77	12.07	12.30
Pilot biscuits, 900 g	5.84	7.79	7.55	8.22	8.53
Soda biscuits, 450 g	3.45	1.99	4.07	2.99	2.05
Bread enriched white, 675 g	2.69	2.92	3.19	2.99	2.99
Macaroni/spaghetti, 500 g	3.45	2.66	2.64	2.65	2.79
Rice, long grain, 900 g	8.94	4.34	4.30	6.39	4.64
Rolled oats, 1 kg	5.78	5.05	4.52	5.79	6.39
Corn flakes, 400 g	4.12	4.50	4.48	4.47	4.52
Macaroni and cheese dinner, 225 g	1.95	1.86	1.45	1.99	2.00
Fruits and Vegetables					
Oranges, 1 kg	4.12	4.14	6.78	1.82	4.14
Apple juice, 1 L	3.50	4.40	4.23	4.05	2.99
Orange juice, 1 L	3.50	4.10	3.77	4.05	4.12
Canned tomatoes, 541 ml	n/a	2.76	2.74	2.70	2.89
Apple, 1 kg	2.95	3.37	3.22	4.14	5.01
Bananas, 1 kg	3.95	3.88	4.09	3.99	3.75
Canned fruit cocktail, 398 ml	3.45	3.10	3.08	2.99	3.15
Fresh potatoes, 2.27 kg	5.95	4.99	6.12	5.19	6.65
Frozen french fried potatoes	4.50	4.55	4.74	4.63	4.29
Carrots, 1 kg	3.95	2.53	3.28	2.81	2.67
Canned peas, 398 ml	2.95	2.47	2.48	2.39	2.59
Canned kernel corn, 341 ml	2.95	2.35	2.33	2.29	2.42

Appendix 4, continued

Food item/ Purchase unit	Resolute Bay	Pond Inlet	Igloolik	Kimmirut	Qikiqtarjuaq
Onions, 2kg	3.50	2.18	2.74	2.32	3.06
Fats and oils					
Margarine, tub, 454g	2.50	2.75	2.43	2.59	3.22
Butter 454g	4.50	3.99	4.19	4.29	4.89
Salad oil, 1 L	3.45	6.13	14.60	5.47	5.98
Lard, 454 g	3.50	2.85	2.69	2.63	2.85
Sugar and other sweets					
Sugar, white, 2 kg	6.45	5.95	4.99	5.18	6.26
Fruit drink crystals, with vitamin C, 276 g	2.25	2.33	1.96	2.39	2.35

E) LABRADOR COMMUNITIES

Food item/ Purchase unit	Nain	Hopedale	Makkovik	Rigolet
Dairy products				
Evaporated milk, 385 ml	1.19	1.15	1.10	1.25
2% milk, 1 L	2.49	2.75	2.05	2.25
Cheddar cheese, 227g	3.18	4.99	2.58	3.99
Process cheese slices, 250g	2.59	n/a	3.69	3.59
Skim milk powder, 500g	7.39	7.99	8.70	7.49
Eggs				
Eggs, Gr A, large 1 doz	3.19	2.99	2.83	1.79
Meats, poultry, fish				
Chicken, legs or whole, 1 kg	4.39	5.19	4.90	5.29
Pork chops, loin, 1 kg	8.99	11.99	6.80	7.69
Hamburger, 1 kg	5.99	8.69	5.54	8.19
Canned pink salmon, 213 g	2.09	2.95	2.29	2.29
Sardines, in soya oil, 100g	1.19	1.09	1.01	1.15
T-bone steak, 1 kg	12.99	29.99	23.89	15.99
Sliced ham, 175 g	1.52	2.45	1.81	2.09
Meat Alternates				
Bologna, 175g	1.05	n/a	1.31	2.49
Canned luncheon meat, 340 g	2.25	2.29	3.20	3.09
Canned baked beans, 540 ml	1.39	1.40	1.46	3.24
Peanut butter, 500 ml	2.64	3.19	3.92	4.29
Canned beef stew, 680 g	2.29	1.69	2.69	2.79

Appendix 4, continued

Food item/ Purchase unit	Nain	Hopedale	Makkovik	Rigolet
Cereal and Bakery Products				
Flour, all purpose, 5 kg	7.06	6.58	6.83	6.27
Pilot biscuits, 900 g	4.59	5.29	4.53	3.99
Soda biscuits, 450 g	3.05	3.39	3.15	3.19
Bread enriched white, 675 g	n/a	1.99	1.99	1.79
Macaroni/spaghetti, 500 g	1.29	1.45	1.45	1.39
Rice, long grain, 900 g	5.50	4.98	2.59	6.15
Rolled oats, 1 kg	2.79	3.69	4.22	2.96
Corn flakes, 400 g	3.29	n/a	3.82	4.19
Macaroni and cheese dinner, 225 g	0.79	1.69	1.30	1.29
Fruits and Vegetables				
Oranges, 1 kg	1.94	2.22	2.53	2.15
Apple juice, 1 L	1.79	1.89	1.12	1.69
Orange juice, 1 L	1.79	1.99	1.77	1.69
Canned tomatoes, 541 ml	1.50	2.25	1.04	1.59
Apple, 1 kg	1.70	1.66	1.46	2.04
Bananas, 1 kg	2.09	3.29	2.59	3.19
Canned fruit cocktail, 398 ml	2.10	2.55	1.87	1.69
Fresh potatoes, 2.27 kg	5.16	n/a	1.79	n/a
Frozen french fried potatoes	2.79	2.49	1.62	1.99
Carrots, 1 kg	1.19	1.09	2.08	2.19
Canned peas, 398 ml	1.09	0.75	0.78	0.89
Canned kernel corn, 341 ml	1.29	0.99	1.04	1.39

Appendix 4, continued

Food item/ Purchase unit	Nain	Hopedale	Makkovik	Rigolet
Onions, 2kg	1.31	1.48	1.21	1.39
Fats and oils				
Margarine, tub, 454g	1.65	1.99	1.12	1.59
Butter 454g	5.89	5.99	5.25	4.29
Salad oil, 1 L	4.39	4.99	4.09	4.59
Lard, 454 g	1.65	2.25	1.70	2.09
Sugar and other sweets				
Sugar, white, 2 kg	2.69	2.90	2.99	2.99
Fruit drink crystals, with vitamin C, 276 g	1.49	1.49	1.39	2.16

Appendix 5. Summary of harvest calendars
Number of months per year food species harvested in each community (refer to table 52 for sea mammals)

Region/ Community	LAND MAMMALS													
	Caribou	Rabbit	Muskox	Fox	Moose	Brown/Black/Grizzly Bear	Beaver	Porcupine	Ground Squirrel	Muskrat	Lynx	Otter	Dall's Sheep	Wolf
INUVIALUIT														
Aklavik	8	3	0*	0	2	1	2	2	1	4	2	0	1	0
Tuktoyaktuk	12	5	0	0	2	1	3	0	0	3	0	0	0	0
Paulatuk	8	0	3	-**	-	2	-	-	4	2	-	-	-	-
Sachs Harbour	4	6	12	-	-	-	-	-	-	-	-	-	-	-
Inuvik	10	7	0	-	5	-	2	-	1	4	2	-	-	-
Bay Chimo	12	2	2	-	-	2	-	-	4	-	-	-	-	-
KITIKMEOT														
Holman	7	9	12	-	-	-	-	-	-	-	-	-	-	-
Kugluktuk	12	9	2	-	8	2	-	-	4	-	-	-	-	-
Cambridge Bay	12	12	9	-	0	-	-	-	-	-	-	-	-	-
Bathurst Inlet	5	12	2	-	1	2	-	-	2	-	-	-	-	-
Gjoa Haven	12	-	10	-	-	-	-	-	-	-	-	-	-	-
Taloyoak	12	12	10	6	-	-	-	-	3	-	-	-	-	-
Pelly Bay	12	2	0	-	-	-	-	-	2	-	-	-	-	-
KIVALLIQ														
Baker Lake	12	-	1	-	-	-	-	-	-	-	-	-	-	-
Chesterfield Inlet	12	6	2	-	-	-	-	-	-	-	-	-	-	-
Rankin Inlet	12	7	2	4	-	-	-	-	-	-	-	-	-	-
Arviat	10	2	2	-	0	-	-	-	-	-	-	-	-	-
Whale Cove	12	1	3	-	1	0	-	-	-	-	-	-	-	-
Coral Harbour	12	1	1	1	1	0	-	-	-	-	-	-	-	-
Repulse Bay	12	3	2	2	-	-	-	-	-	-	-	-	-	-
BAFFIN														
Resolute Bay	4	2	4	-	-	-	-	-	-	-	-	-	-	-
Pond Inlet	12	12	-	-	-	-	-	-	-	-	-	-	-	-
Igloolik	12	9	-	-	-	-	-	-	-	-	-	-	-	-
Kimmirut	12	9	-	6	-	-	-	-	-	-	-	-	-	-
Qikiqtarjuaq	7	4	-	-	-	-	-	-	-	-	-	-	-	-
Grise Fiord	4	8	10	0	-	-	-	-	-	-	-	-	-	-
Arctic Bay	12	6	0	6	-	-	-	-	-	-	-	-	-	0
Clyde River	9	12	0	6	-	-	-	-	0	-	-	-	-	0
Pangnirtung	8	6	-	0	-	-	-	-	-	-	-	-	-	-
Cape Dorset	10	5	3	0	-	-	-	-	0	-	-	-	-	0
Sanikiluaq	1	1	-	6	-	-	-	-	-	-	-	-	-	-
Hall Beach	8	2	0	4	-	-	-	-	0	-	-	-	-	1
LABRADOR														
Nain	11	6	-	-	-	4	3	3	-	-	-	-	-	-
Hopedale	9	4	-	-	-	3	-	3	-	-	-	-	-	-
Makkovik	5	7	-	-	4	5	7	3	-	-	3	-	-	-
Rigolet	3	5	-	-	4	4	7	6	-	-	2	7	-	-
Postville	4	5	-	-	3	5	-	6	-	-	-	-	-	-
Upper L. Melville	6	5	-	-	7	2	3	2	-	-	3	-	-	-
Total	345	207	92	41	38	33	27	25	21	13	12	7	1	1

*not harvested at the time of the study, but available.

**not harvested in the community, not available

Region/ Community	BIRDS									
	Fowl	Diving ducks	Geese and Swans	Seabirds	Gulls and terns	Fish-eating birds	Marsh ducks	Sandhill crane	Owl	Wading birds
INUVIALUIT										
Aklavik	5	1	3	-**	-	-	2	1	-	-
Tuktoyaktuk	9	3	4	-	0*	1	3	1	-	-
Paulatuk	9	5	3	-	-	-	4	1	-	-
Sachs Harbour	5	1	2	-	-	-	-	1	-	-
Inuvik	12	3	3	-	1	-	3	2	-	-
Bay Chimo	5	3	4	-	-	1	-	-	-	-
KITIKMEOT										
Holman	9	2	4	-	2	3	-	2	2	-
Kugluktuk	12	3	4	-	-	4	2	2	-	-
Cambridge Bay	12	4	5	-	-	4	3	4	-	-
Bathurst Inlet	2	5	2	-	-	3	-	4	-	-
Gjoa Haven	2	3	4	-	-	1	-	-	-	-
Taloyoak	12	4	5	-	2	4	-	5	-	-
Pelly Bay	3	3	3	-	-	3	-	3	3	-
KIVALLIQ										
Baker Lake	3	-	3	-	-	-	-	0	0	-
Chesterfield Inlet	4	12	3	2	-	-	-	-	0	-
Rankin Inlet	7	1	2	2	-	-	-	1	-	-
Arviat	12	12	2	0	-	-	-	0	12	-
Whale Cove	12	12	5	12	-	-	-	5	0	-
Coral Harbour	4	3	2	0	-	-	-	0	1	-
Repulse Bay	2	3	3	0	-	-	-	-	0	-
BAFFIN										
Resolute Bay	4	2	3	2	2	-	-	-	-	-
Pond Inlet	12	5	5	5	0	0	-	0	-	4
Igloolik	0	4	4	2	2	4	-	0	-	2
Kimmirut	9	7	2	6	4	0	-	-	-	-
Qikiqtarjuaq	5	6	5	3	2	-	-	-	-	-
Grise Fiord	0	5	5	4	0	0	-	-	-	-
Arctic Bay	10	4	4	0	2	0	-	0	-	-
Clyde River	12	4	4	0	5	4	-	-	-	-
Pangnirtung	12	4	4	0	0	0	-	-	-	-
Cape Dorset	7	6	4	4	1	0	-	0	-	0
Sanikiluaq	0	7	6	2	0	0	-	-	-	0
Hall Beach	2	4	5	0	-	0	-	0	-	-
LABRADOR										
Nain	6	5	4	6	6	4	5	-	3	-
Hopedale	12	12	4	5	7	2	2	3	-	-
Makkovik	8	8	3	5	4	4	5	-	4	4
Rigolet	7	9	5	9	9		9	-	-	9
Postville	9	7	3	5	7	4	4	-	-	-
Upper L. Melville	7	4	4	2	-	3	4	-	-	-
Total	263	186	140	76	56	49	46	35	25	19

*not harvested at the time of the study, but available.

**not harvested in the community, not available

Appendix 5 (continued)

FISH AND SEAFOOD

Region/ Community	Arctic char	Trout	Cod	Whitefish	Clams	Sculpin	Mussels	Flatfish Turbot,halibut, flounder	Grayling	Smelt and Capelin	Salmon	Scallops	Sea Urchin	Cisco	Wrinkles	Burbot Loche
INUVIALUIT																
Aklavik	3	0	-**	6	-	-	-	-	3	-	-	-	-	5	-	1
Tuktoyaktuk	0	7	1	4	-	2	-	-	2	-	-	-	-	6	-	6
Paulatuk	12	8	-	6	-	-	-	-	-	2	-	-	-	4	-	-
Sachs Harbour	7	6	1	-	1	-	1	-	-	-	0*	-	-	-	-	-
Inuvik	0	2	-	7	-	-	-	2	1	-	1	-	-	3	-	3
Bay Chimo	11	11	6	7	-	-	-	-	5	-	-	-	-	1	-	-
KITIKMEOT																
Holman	10	12	6	2	2	3	3	1	-	0	-	-	-	1	-	-
Kugluktuk	7	6	12	12	-	-	-	3	4	-	-	-	-	2	-	6
Cambridge Bay	12	8	12	10	-	-	-	-	-	-	-	-	-	1	-	-
Bathurst Inlet	9	9	3	9	-	-	-	-	-	-	-	-	-	3	-	-
Gjoa Haven	2	2	-	1	-	-	-	-	-	-	-	-	-	-	-	-
Taloyoak	12	11	-	12	-	1	-	-	-	-	-	-	-	-	-	-
Pelly Bay	12	7	-	3	-	6	-	-	-	-	-	-	-	-	-	-
KIVALLIQ																
Baker Lake	3	12	-	12	-	0	-	-	2	-	-	-	-	-	-	-
Chesterfield Inlet	12	5	0	2	5	0	4	-	2	-	-	2	0	-	-	0
Rankin Inlet	12	4	3	4	2	3	2	-	2	-	-	2	2	-	-	0
Arviat	12	11	2	11	0	2	0	-	11	-	-	0	0	-	-	1
Whale Cove	12	12	3	3	2	0	5	-	3	-	-	2	0	-	-	3
Coral Harbour	10	3	3	-	1	3	3	-	-	-	-	1	1	-	-	-
Repulse Bay	12	6	-	0	1	1	-	-	-	-	-	-	-	-	-	-
BAFFIN																
Resolute Bay	7	6	-	0	2	0	0	-	-	-	-	2	2	-	-	-
Pond Inlet	12	-	0	-	2	0	-	2	-	-	-	0	-	-	-	-
Igloolik	12	0	1	0	2	2	-	-	-	-	-	0	-	-	-	-
Kimmirut	12	-	8	-	12	10	10	-	-	-	-	-	-	-	-	-
Qikiqtarjuaq	12	-	12	-	5	0	3	6	-	-	-	-	-	-	-	-
Grise Fiord	0	-	6	0	2	3	0	0	-	-	-	0	-	-	-	-
Arctic Bay	12	-	0	0	0	0	0	-	-	-	-	0	-	-	-	-
Clyde River	12	-	3	-	6	4	-	5	-	-	-	0	-	-	-	-
Pangnirtung	12	-	5	-	5	5	0	5	-	-	-	0	-	-	-	-
Cape Dorset	10	-	0	-	4	4	0	-	-	-	-	0	-	-	-	-
Sanikiluaq	12	-	9	7	9	0	0	-	-	-	-	0	11	-	-	-
Hall Beach	10	5	0	0	2	0	-	-	-	-	-	0	-	-	-	-
LABRADOR																
Nain	12	6	8	-	4	4	10	-	-	-	3	5	5	-	5	-
Hopedale	7	6	12	-	7	-	4	3	-	4	7	5	3	-	3	-
Makkovik	4	12	9	-	6	12	7	6	-	2	5	0	0	-	6	-
Rigolet	3	12	12	6	5	6	11	6	-	10	6	8	5	-	5	-
Postville	4	12	10	-	-	-	-	0	-	7	4	2	-	-	6	-
Upper L. Melville	0	12	3	4	0	-	0	0	-	6	4	-	-	-	-	-
Total	323	213	150	128	87	71	63	39	35	31	30	29	29	26	25	20

*not harvested at the time of the study, but available.

**not harvested in the community, not available

Region/ Community	PLANTS												
	Spruce Beer	Wild Red Raspberry	Currants	Mushrooms	Squashberry/ Highbush Cranberry	Lichen Gum	Strawberry	Saxifrage	Fireweed	Alexander	Bearberry	Tulligununaks	Beach Peas
INUVIALUIT													
Aklavik	-**	1	1	-	-	-	-	-	-	-	-	-	-
Tuktoyaktuk	-	-	-	-	-	-	-	-	-	-	-	-	-
Paulatuk	-	-	-	-	-	-	-	-	-	-	-	-	-
Sachs Harbour	-	-	-	-	-	-	-	-	-	-	-	-	-
Inuvik	-	2	2	-	-	-	-	-	-	-	-	-	-
Bay Chimo	-	-	-	-	-	-	-	-	-	-	-	-	-
KITIKMEOT													
Holman	-	-	-	-	-	-	-	-	-	-	-	-	-
Kugluktuk	-	-	-	-	-	-	-	-	-	-	-	-	-
Cambridge Bay	-	-	-	-	-	-	-	-	-	-	-	-	-
Bathurst Inlet	-	-	-	-	-	-	-	-	-	-	-	-	-
Gjoa Haven	-	-	-	-	-	-	-	-	-	-	-	-	-
Taloyoak	-	-	-	-	-	-	-	-	-	-	-	-	-
Pelly Bay	-	-	-	-	-	-	-	-	-	-	-	-	-
KIVALLIQ													
Baker Lake	-	-	-	-	-	-	-	-	1	-	0*	-	-
Chesterfield Inlet	-	-	-	-	-	-	-	-	0	-	2	-	-
Rankin Inlet	-	-	-	-	-	-	-	-	-	-	2	-	-
Arviat	-	-	-	-	-	-	-	-	2	-	0	-	-
Whale Cove	-	-	-	-	-	-	-	-	2	-	0	-	-
Coral Harbour	-	-	-	-	-	-	-	-	2	-	1	-	-
Repulse Bay	-	-	-	-	-	-	-	-	3	-	3	-	-
BAFFIN													
Resolute Bay	-	-	-	-	-	-	-	3	-	-	-	-	-
Pond Inlet	-	-	-	-	-	-	-	0	0	-	-	-	-
Igloolik	-	-	-	-	-	-	-	3	0	-	-	-	-
Kimmirut	-	-	-	-	-	-	-	-	-	-	-	-	-
Qikiqtarjuaq	-	-	-	-	-	-	-	0	0	-	-	-	-
Grise Fiord	-	-	-	-	-	-	-	0	0	-	-	-	-
Arctic Bay	-	-	-	-	-	-	-	3	0	-	-	-	-
Clyde River	-	-	-	-	-	-	-	0	0	-	-	-	-
Pangnirtung	-	-	-	-	-	-	-	0	0	-	-	-	-
Cape Dorset	-	-	-	-	-	-	-	1	0	-	-	-	-
Sanikiluaq	-	-	-	-	-	-	-	0	-	-	-	-	-
Hall Beach	-	-	-	-	-	-	-	1	0	-	-	-	-
LABRADOR													
Nain	1	-	1	3	1	12	2	-	-	-	-	2	-
Hopedale	-	2	1	-	2	-	2	-	-	-	-	2	-
Makkovik	12	0	2	4	2	-	3	-	-	2	-	1	3
Rigolet	-	2	3	3	3	-	2	-	-	3	-	3	2
Postville	-	5	2	-	2	-	2	-	-	2	-	-	-
Upper L. Melville	1	1	1	3	2	-	0	-	-	2	-	-	2
Total	14	13	13	13	12	12	11	11	10	9	8	8	7

*not harvested at the time of the study, but available.

**not harvested in the community, not available

Appendix 5 (continued)

Region/ Community	PLANTS									
	Carrot Root	Tobercle	Banana Yellow Flower	Mushoo	Dandelion	Marshberry	Gooseberry	Dwarf Dogwood	Maliksuargait	Strawberry Blight
INUVIALUIT										
Aklavik	-**	-	-	3	-	-	-	-	-	-
Tuktoyaktuk	-	-	-	-	-	-	-	-	-	-
Paulatuk	-	-	-	-	-	-	-	-	-	-
Sachs Harbour	-	-	-	-	-	-	-	-	-	-
Inuvik	-	-	-	-	-	-	-	-	-	-
Bay Chimo	-	-	-	-	-	-	-	-	-	-
KITIKMEOT										
Holman	-	-	1	2	-	-	-	-	-	-
Kugluktuk	-	-	2	-	-	-	-	-	-	2
Cambridge Bay	-	-	-	-	-	-	-	-	-	-
Bathurst Inlet	-	-	-	-	-	-	-	-	-	-
Gjoa Haven	-	-	-	-	-	-	-	-	-	-
Taloyoak	-	-	-	-	-	-	-	-	-	-
Pelly Bay	-	-	2	-	-	-	-	-	-	-
KIVALLIQ										
Baker Lake	-	-	-	-	-	-	-	-	-	-
Chesterfield Inlet	-	-	-	-	-	-	-	-	-	-
Rankin Inlet	-	-	-	-	-	-	-	-	0*	-
Arviat	-	-	-	-	-	-	-	-	-	-
Whale Cove	-	-	-	-	-	-	-	-	-	-
Coral Harbour	-	-	-	-	-	-	-	-	0	-
Repulse Bay	-	-	-	-	-	-	-	-	3	-
BAFFIN										
Resolute Bay	2	-	-	-	-	-	-	-	-	-
Pond Inlet	0	-	-	-	-	-	-	-	-	-
Igloolik	0	3	-	-	0	-	-	-	-	-
Kimmirut	0	-	-	-	-	-	-	-	-	-
Qikiqtarjuaq	2	-	-	-	-	-	-	-	-	-
Grise Fiord	-	-	-	-	0	-	-	-	-	-
Arctic Bay	3	-	-	-	-	-	-	-	-	-
Clyde River	0	3	-	-	0	-	-	-	-	-
Pangnirtung	0	-	-	-	-	-	-	-	-	-
Cape Dorset	0	-	-	-	0	-	-	-	-	-
Sanikiluaq	0	-	-	-	-	-	-	-	-	-
Hall Beach	0	-	-	-	-	-	-	-	-	-
LABRADOR										
Nain	-	-	-	-	-	-	3	-	-	-
Hopedale	-	-	-	-	-	-	-	-	-	-
Makkovik	-	-	-	-	1	1	-	2	-	-
Rigolet	-	-	-	-	-	2	-	-	-	-
Postville	-	-	-	-	-	-	-	-	-	-
Upper L. Melville	-	-	-	-	3	-	-	1	-	-
Total	7	6	5	5	4	3	3	3	3	2

*not harvested at the time of the study, but available.

**not harvested in the community, not available

CODE	SPECIES	PART	PREP
8021	COD	FLESH	FRIED
8151	COD	FLESH	RAW
8053	CRAB	FLESH	COOKED
4192	CRANBERRIES	BERRY	RAW
5501	CRANBERRY	BERRIES	JAM
4089	DUCK	FLESH	BOILED
8061	EIDER	FLESH	BOILED
8060	EIDER	FLESH	RAW
8117	GOOSE	GIZZARD	BAKED
8012	GRENADIER	FLESH	COOKED
8034	GUILLEMOT	MEAT	BOILED
9010	GUILLEMOT	MEAT	RAW
8136	HARP SEAL	MEAT	BOILED
6134	HERRING	FLESH	RAW
4045	KELP	WHOLE	RAW
9007	KING EIDER	EGGS	BOILED
8058	KING EIDER	FLESH	BAKED
4217	LAKE TROUT	FLESH	BAKED
5121	LAKE TROUT	FLESH	BOILED
8002	LAKE TROUT	FLESH	DRIED
5113	LAKE TROUT	FLESH	FRIED
4216	LAKE TROUT	FLESH	RAW
8129	LOON	FLESH	BOILED
5406	MOOSE	FLESH	FRIED
9016	MOUNTAIN SORREL)	LEAVES	RAW
9011	MURR, THICK BILLED	FLESH	BOILED
9012	MUSKOX	BLOOD	RAW
8106	MUSKOX	FAT	RAW
8013	MUSKOX	FLESH	DRIED/JERKY
9014	MUSKOX	FLESH	RAW
	MUSKOX	RIBS	RAW
8128	MUSKOX	TONGUE	BOILED
9021	MUSKOX	BONE MARROW	RAW
4909	MUSKOX	FLESH	COOKED
4166	MUSKRAT	FLESH	RAW
4043	MUSSELS	CONTENTS,NO SHELL	RAW
4014	NARWHAL	BLUBBER	RAW

CODE	SPECIES	PART	PREP
8076	NARWHAL	BLUBBER + MUKTUK	BOILED
4064	NARWHAL	MUKTUK, SKIN	AGED
4065	NARWHAL	MUKTUK, SKIN	BOILED
4016	NARWHAL	MUKTUK, SKIN	RAW
4015	NARWHAL	OIL, BLUBBER	AGED
8160	PACIFIC HERRING	EGGS	RAW
6131	PACIFIC HERRING	FLESH	RAW
4072	POLAR BEAR	FAT	BOILED
4071	POLAR BEAR	FLESH	BOILED
4025	POLAR BEAR	FLESH	RAW
4927	PORCUPINE	FLESH	BAKED
4170	PTARMIGAN	FLESH	BAKED
8017	PTARMIGAN	FLESH	DRIED
4037	PTARMIGAN	FLESH	RAW
8097	PTARMIGAN	GIZZARD	COOKED
5204	PTARMIGAN, whole*	FLESH	BOILED
4055	R. SEAL	BLUBBER	BOILED
4002	R. SEAL	BLUBBER	RAW
4004	R. SEAL	BLUBBER (SOL)	AGED
4056	R. SEAL	BROTH	
4060	R. SEAL	EYES	RAW
4079	R. SEAL	FLESH	AGED
4054	R. SEAL	FLESH	BOILED
4001	R. SEAL	FLESH	RAW
4058	R. SEAL	HEART	RAW
4003	R. SEAL	LIVER	RAW
8015	RINGED SEAL	BLOOD	RAW
4059	RINGED SEAL	BRAIN	RAW
9019	RINGED SEAL	BRAIN	RAW
8125	RINGED SEAL	KIDNEY	BOILED
8023	ROCK COD	FLESH	SALTED,REHYD
4920	SALMON	FLESH	COOKED
9017	SARAPEE	WHOLE, NO SHELL	RAW
9018	SCULPIN	FLESH AND BONES	BOILED
4034	SCULPIN	FLESH AND BONES	RAW
9022	SEAWEED	STEM + LEAVES	RAW
9080	SNOWGOOSE	HEART	BOILED

CODE	SPECIES	PART	PREP
9009	SNOWGOOSE	MEAT	RAW
5214	SPRUCE GROUSE	WHOLE	BOILED
5215	SPRUCE GROUSE	WHOLE	RAW
4902	SPRUCE HEN	FLESH	BAKED
8094	TURBOT	CHEEKS	FRIED
4023	WALRUS	BLUBBER	AGED
8016	WALRUS	BLUBBER	BOILED
4022	WALRUS	BLUBBER	RAW
4067	WALRUS	FLESH	AGED
4068	WALRUS	FLESH	BOILED
4021	WALRUS	FLESH	RAW
9020	WALRUS	FLESH+FAT	RAW
8124	WALRUS	INTESTINE	BOILED
8123	WALRUS	LIVER	BOILED
8044	WALRUS	LIVER	RAW
4024	WALRUS	MATTAK	RAW
8018	WALRUS	STOMACH CONTENTS	RAW
4105	WHITEFISH	EGGS	BAKED
4104	WHITEFISH	EGGS	RAW
4106	WHITEFISH	ESOPHAGUS	RAW
4295	WHITEFISH	FLESH	BAKED
5114	WHITEFISH	FLESH	FRIED
4296	WHITEFISH	FLESH	RAW
5205	WILLOW PTARMIGAN	FLESH	RAW
8048	YELLOW LEGS GOOSE	FLESH	BOILED