

ALASKA NATIVE TRADITIONAL FOODS

Food	Serving Size	Calories	Total Fat	Saturated Fat	Carb	Protein	Iron
Beach Asparagus	1 cup raw	15	0g	0g	2g	1g	0g
Bird Eggs	1 egg (duck)	130	10g	3g	1g	9g	3mg
Blueberry	1 cup raw	88	1g	Not tested	18g	2g	1mg
Bone Marrow	1 oz. cooked	222	24g	Not tested	0g	2g	1mg
Caribou	3 oz. cooked	142	4g	1g	0g	25g	5mg
Clams	3 oz. cooked	126	2g	0g	4g	22g	24mg
Cloudberry	1 cup raw	76	1g	Not tested	13g	4g	1mg
Cranberry	1 cup raw	82	1g	Not tested	18g	1g	1mg
Crowberry	1 cup raw	75	1g	Not tested	14g	1g	0mg
Deer	3 oz. cooked	134	3g	1g	0g	26g	4mg
Eskimo Potato	1 cup raw	202	4g	Not tested	34g	9g	Not tested
Eulachon	3 oz. cooked	105	3g	0g	0g	19g	1mg
Fireweed	1 cup raw	24	0	Not tested	3g	2g	1mg
Gumboots	3 oz.	71	1g	Not tested	0g	15g	14mg
Hare	3 oz. cooked	147	3g	1g	0g	28g	4mg
Herring	3 oz. cooked	212	15g	4g	0g	18g	1mg
Herring Eggs	½ cup raw	63	2g	0g	4g	8g	2mg

ALASKA NATIVE TRADITIONAL FOODS

Food	Serving Size	Calories	Total Fat	Saturated Fat	Carb	Protein	Iron
Moose	3 oz. cooked	114	1g	0g	0g	25g	4mg
Ptarmigan	3 oz. raw	109	2g	1g	0g	21g	5mg
Reindeer	3 oz. raw	107	3g	1g	0g	19g	5mg
Salmon, Pink	3 oz. dried	127	4g	1g	0g	22g	1mg
Salmon, Red	3 oz. cooked	137	5g	1g	0g	23g	2mg
Salmon, Silver	3 oz. raw	123	5g	1g	1g	19g	0mg
Salmon Eggs	½ cup raw	212	12g	2g	2g	25g	Not tested
Sea Cucumber	3 oz.	58	0g	Not tested	3g	11g	1mg
Seal	3 oz. raw	121	3g	1g	0g	24g	17mg
Seal Oil	1Tbsp	125	14g	2g	0g	0g	0mg
Seaweed	1 cup dried	40	0g	0g	6g	4g	1mg
Sour Dock	1 cup	34	1g	Not Tested	5g	2g	1mg
Walrus	3 oz. raw	169	12g	2g	0g	16g	8mg
Whale	3 oz. cooked	115	6g	1g	0g	22g	12mg
White Fish	3 oz. dried	315	11g	2g	0g	53g	3mg
Wild Rhubarb	1 cup leaves	49	0g	Not Tested	8g	3g	Not tested
Willow Leaves	1 cup	67	1g	Not Tested	11g	3g	1mg