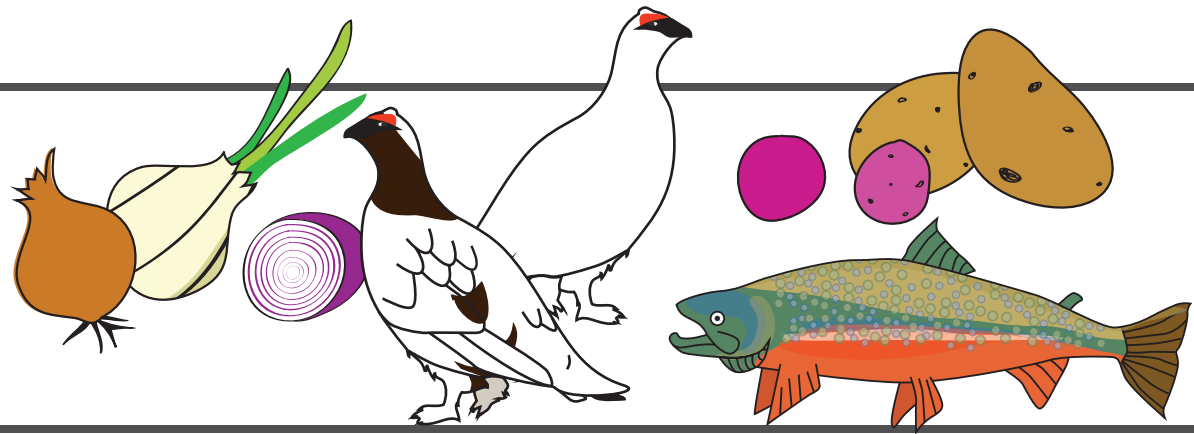


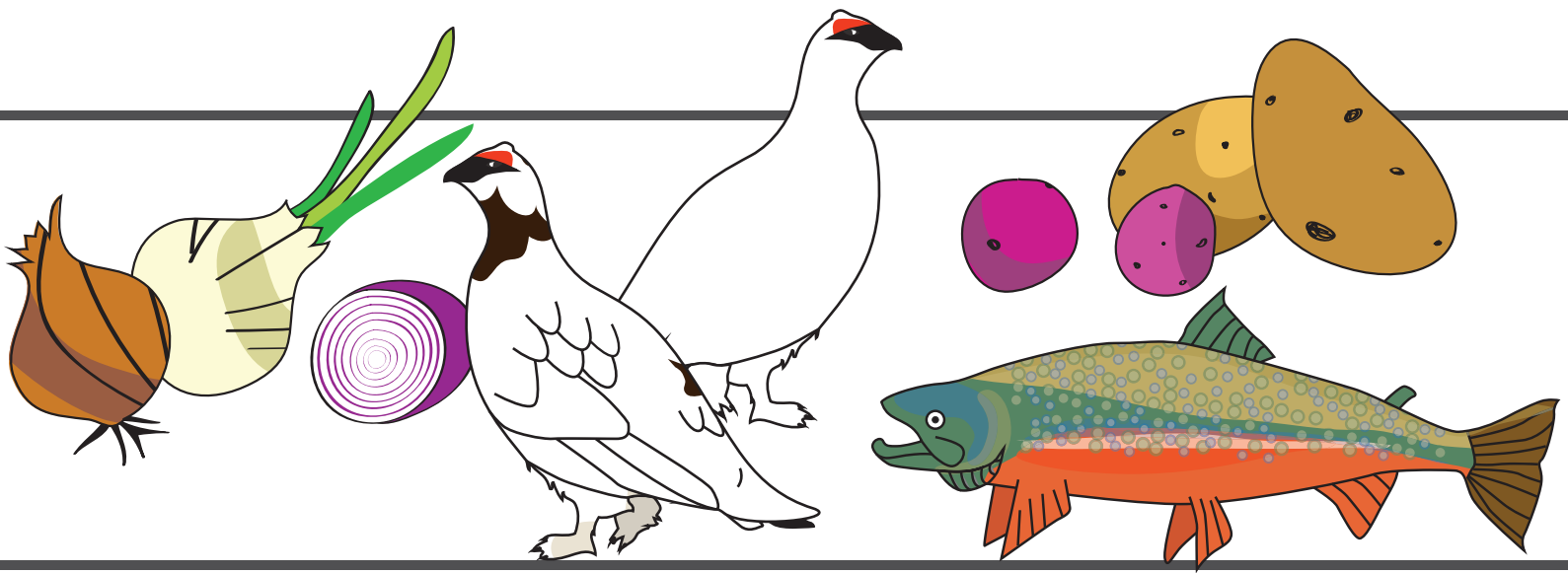
# Nutritional Fact Sheet Series





# Frequently Asked Questions

## NUTRITIONAL FACT SHEET SERIES



These FAQs are intended to provide answers to commonly asked questions about the fact sheets as well as to provide more technical nutrition information for health professionals.

### 1. Why talk about Traditional Foods and Vegetables?

Traditional foods are very healthy foods that provide a significant variety and amount of nutrients. In the past, traditional foods were all people ate and they were very healthy when these foods were plentiful. All parts of an animal were eaten, not only to avoid wasting food but because different parts of the animal provided different nutrients.

In addition, there has been a renewed interest over the last few years in local gardening. Vegetables grown locally taste better and can usually be less expensive than vegetables bought at the store. As with traditional foods, growing vegetables brings people out into the open air, provides physical activities such as walking or harvesting food, and can yield a sense of well-being.

Together, these foods can make people strong, provide all the nutrients needed, and be cheaper than other foods. If eaten instead of junk/processed foods, they give people the chance to stay away from too much sugar, salt and fat. This can also lower the risk of getting many chronic diseases that we see today, such as diabetes, heart and blood circulation diseases, some types of cancers, dental decay, and obesity.

### 2. What are the Food Fact Sheet Series?

The Food Fact Sheet series provides nutritional information about the most commonly eaten traditional foods, as well as the most popular vegetables, in the Northwest Territories.

Table 1 provides a summary of the Fact Sheet Series that can be found on the DHSS website, under Healthy Eating and Nutrition. There are 12 Traditional Food Fact Sheets, 9 Vegetable Fact Sheets, and 2 Wild Harvest Fact Sheets that fit in both categories.

**Table 1: Summary of the Fact Sheet Series**

Traditional Food Fact Sheets	Vegetables/Fruit Fact Sheets
Beaver	Beans
Beluga	Beets
Berries	Berries
Caribou	Broccoli
Duck	Cabbage
Fish	Carrots
Goose	Lettuce
Moose	Onions
Muskox	Peas
Muskrat	Potatoes
Ptarmigan and Grouse	Wild Plants
Rabbit and Hare	
Seal	
Wild Plants	

**3. Who can use the Fact Sheets and what are they used for?**

The fact sheets can be used by anyone interested in nutrition and healthy eating or in providing information/education for others, such as Adult Educators, Teachers, Community Health Representatives, Dietitians, Hunters and Trappers Associations, Band and Hamlet Councils, etc.

**4. Why have these fact sheets been updated?**

The Recommended Dietary Allowances (RDA) for Canadians were updated in 2010, based on the latest scientific information available. These fact sheets have been updated based on the latest Recommended Dietary Allowance and any other available new information.

When an RDA was not available for a nutrient, then Adequate Intakes were used as the reference value. Standard reference intakes are for healthy people and not meant to be applied to those with chronic or acute diseases. Where specific nutrient information was not available, then reference values were based on Health Canada Food Labeling Daily Value Standards.

Source: <http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/index-eng.php>

**5. What are Dietary Reference Intakes?**

The Dietary Reference Intakes (DRIs) are a set of scientifically based nutrient reference values for healthy populations. The DRIs for various groups of nutrients have been developed over a span of time, with reports on all of the nutrients published between 1997 and 2004. Recently, [Dietary Reference Intakes for Calcium and Vitamin D](#) have been re-examined, with an updated report on those two nutrients, released by the IOM on November 30, 2010.

DRIs are used by nutrition practitioners, governments, and non-governmental organizations to assess and plan the nutrient intakes of individuals and population groups.

Source: [http://www.hc-sc.gc.ca/fn-an/nutrition/reference/dri\\_ques-ques\\_anref-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/reference/dri_ques-ques_anref-eng.php)





**6. Why were the Reference Values for a 14-18 year old girl determined for this fact sheets?**

The fact sheet information is based on a reference age group and gender: a 14-18 year old female. This age group is among those with high requirements for nutrients.

Source: [http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref\\_elements\\_tbl-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_elements_tbl-eng.php)

**7. What are Health Canada Food Labeling Daily Values?**

The Daily Values for vitamins and minerals are based on the highest recommended intakes for each age and sex group, so they apply to people aged 2 years and over (they do not include extra needs for pregnancy and breastfeeding).

The Daily Values for vitamins and minerals are based on the 1983 Recommended Intakes for Canadians and can be found in the Food and Drug regulations. The Daily Values for Fat, Carbohydrate and Protein are based on a 2000 calorie reference diet.

**8. How were the ratings for nutrient sources developed?**

The ratings have been extrapolated from the Health Canada Nutrient Content Claims with the goal of aligning the Fact sheet definitions to current food labeling guidelines.

- All Reference Serving Sizes were based on **One Serving** as per Canada’s Food Guide, 2007.
- Excellent Source: “The food provides a very large amount of the nutrient” = 25% or more of the Recommended Dietary Allowance in the Reference Serving Size, except at least 30% of the RDA for vitamin C.
- Good Source: “contains at least 15% of the recommended daily intake” = 15 – 24% of the RDA in the Reference Serving Size.
- Fair Source: “ The food provides a significant amount of the nutrient” = 5 – 14 % of the RDA in the Reference Serving Size.

**9. What were the Health Canada Daily Values Used in Nutrition Labeling for each Nutrient on the Fact Sheets?**

NUTRIENT	DAILY VALUES
Fat	65 g
The sum of saturated and trans fatty acids	20 g
Cholesterol	300 mg
Sodium	2400 mg
Carbohydrate	300 g
Fibre	25 g
Sugars	no DV
Protein	no DV
Vitamin A	1000 RE
Vitamin C	60 mg
Calcium	1100 mg
Iron	14 mg

## 10. Where can I go for more information on nutrient values or other information on nutrition and healthy eating.

Contact your local community health representative or Health and Social Services Authority.

For additional information, please check out the following references and websites:

### Nutrient Specific Information for Traditional Foods

- Health Canada, Canadian Nutrient File, 2010 [webprod3.hc-sc.gc.ca/cnf-fce/index-eng.jsp](http://webprod3.hc-sc.gc.ca/cnf-fce/index-eng.jsp)
- Centre for Indigenous Peoples' Nutrition and Environment (CINE) Arctic Nutrient files, 2005 and prior [www.mcgill.ca/cine/resources/nutrient/](http://www.mcgill.ca/cine/resources/nutrient/)

### Nutrition Claims: nutrient content and health claims

- Health Canada, Labeling: Nutrient Content Claims [www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/claims-reclam/table1-eng.php](http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/claims-reclam/table1-eng.php)

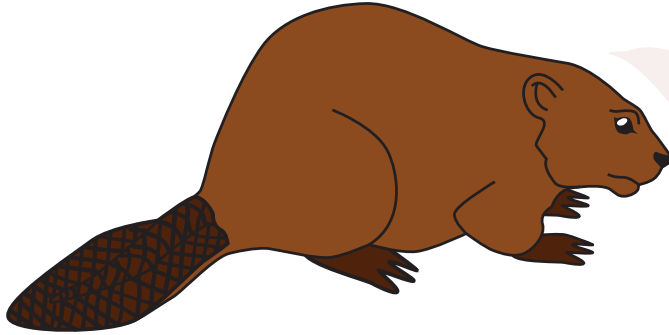
### Nutrient Requirements for Target Audience

- Health Canada, Dietary Reference Intakes, General Information [www.hc-sc.gc.ca/fn-an/nutrition/reference/dri\\_using-util\\_anref-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/reference/dri_using-util_anref-eng.php)
- Health Canada, Summary of Appropriate Uses of DRI [www.hc-sc.gc.ca/fn-an/nutrition/reference/dri\\_using-util\\_anref-table2-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/reference/dri_using-util_anref-table2-eng.php)
- Health Canada, Dietary Reference Intake Tables [www.hc-sc.gc.ca/fn-an/nutrition/reference/table/index-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/index-eng.php)
- Health Canada, Food Labeling Daily Values [www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/dv-vq/info-eng.php#howare](http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/dv-vq/info-eng.php#howare)

If you would like this information in another official language, contact us at 867-920-3367.  
Si vous voulez ces informations dans une autre langue officielle, téléphonez-nous au 867-920-3367.

# BEAVER

## NUTRITIONAL FACT SHEET SERIES



**BEAVER IS GOOD FOR US!**



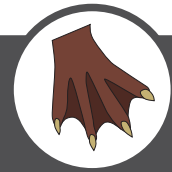
The Beaver is valued because it has the gift of intelligence. “It is the Beaver who taught the Dene how to store and ration food,” said George Blondin in 1991. Beaver provides us with many important nutrients such as protein and iron. The hide and bones are used for footwear, mitts, jackets and traditional tools. The beaver is valued for medicinal purposes and used for bait.

### WHAT DO WE KNOW ABOUT BEAVER?

Beaver meat from the shoulder is very tough because of the large logs the beaver carries. Tails are singed or smoked under dry willows and used for snacks, especially when travelling.

Smoking or drying helps preserve the meat and increases the amount of nutrients due to moisture loss during the drying process.

### NUTRIENTS FOUND IN BEAVER



Nutrients Contents per Serving	Meat, roasted (35g)	Liver, raw (75g)	Tail, roasted (75g)	Feet, roasted (75g)
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day	Protein B Vitamins	Protein Iron Vitamin A		Protein
A <b>good source</b> supplies 15 - 24% of a nutrient per day	Iron		Protein	
A <b>fair source</b> supplies 5 - 14% of a nutrient per day	Potassium			Iron

- Reference Serving Sizes are from Canada’s Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.



# BEAVER

## DID YOU KNOW?

Beaver meat is an excellent source of protein. We need protein to build and repair muscles, skin and blood. Protein keeps us healthy.

Beaver liver is an excellent source of vitamin A. One serving provides all of the vitamin A we need in a day to keep us healthy. Vitamin A is needed for healthy skin, bones and eyes.

Beaver liver is also an excellent source of iron and provides twice as much iron as we need in a day. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

Beaver meat is very low in fat (10%) when compared to beef, pork and chicken (33 – 55% fat) but the feet and tail contain a lot of fat. Traditional fats are healthier for us.

Grams of fat in beaver parts per serving:

Meat = 1 gram of fat  
Feet = 20 grams of fat  
Tail = 32 grams of fat



## PREPARE FOODS SAFELY

- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD storage.

## STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

## HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Aging, drying, or roasting are healthy ways to cook traditional meats. Beaver tails have a lot of fat in them so they are usually dried and smoked to eat as snacks. Have water to drink with your meal or snack.

### HUNTING AND FISHING FOR A HEALTHY LIFESTYLE



Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

## FOR MORE INFORMATION CONTACT:

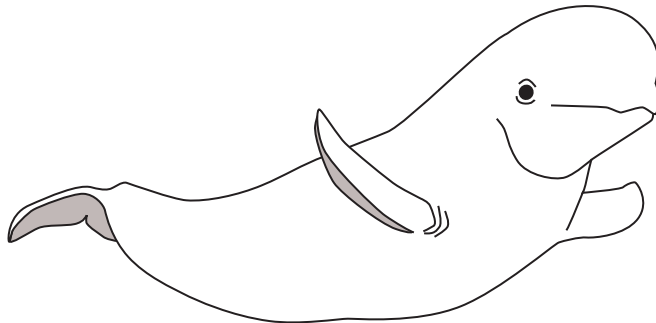
- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services:  
<http://choosenwt.com>



# BELUGA

## NUTRITIONAL FACT SHEET SERIES

**BELUGA IS GOOD FOR US!**



In Northern cultures food is shared. When a whale is killed the community enjoys a bounty of healthy food from a single animal. Beluga meat, blubber and skin are prepared and eaten in many ways. Aging food is a traditional practice used to develop a desirable flavor. In the past, whale skin was used to cover boats and the oil from whale blubber was used for fueling lamps.

### WHAT DO WE KNOW ABOUT BELUGA?

Beluga skin, meat, and blubber are eaten raw, aged, dried, cooked or boiled in soups and stews. Many people like the skin - maktaaq or muktuk - best. The skin can be eaten raw, aged or cooked and is also a favourite, as are the cartilage and bones near the flipper. A large beluga can provide up to 44 pounds of meat, 110 pounds of maktaaq and 66 gallons of oil.

NUTRIENTS IN BELUGA								
	Meat, dried (35g)	Liver, raw (90g)	Skin, raw (90g)	Skin, boiled (75g)	Eyes, raw (90g)	Blubber, raw (100 g)	Blubber, boiled (100g)	Flipper, raw (90g)
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day	Protein Iron	Protein Very high Vitamin A	Protein Vitamin A Vitamin C B Vitamins	Protein Vitamin A Niacin	Protein	Vitamin A Niacin	Vitamin A	Protein
A <b>good source</b> supplies 15 - 24% of a nutrient per day	Vitamin A			Vitamin C		Protein	Niacin	Iron
A <b>fair source</b> supplies 5 - 14% of a nutrient per day	Magnesium		Magnesium Potassium	Iron Potassium			Iron	

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.





# BELUGA

## DID YOU KNOW?

Except for the blubber, beluga is an excellent source of protein. Protein keeps us healthy by building and repairing muscles, skin and blood.

Dried beluga meat is an excellent source of iron, providing all of the iron we need in one day from one serving. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and grow strong. Healthy blood keeps us from getting tired.

Beluga liver, skin and blubber are excellent sources of vitamin A. One serving provides more than seven times the amount our bodies need. Vitamin A keeps our skin, bones and eyes healthy.

We can get important amounts of vitamins A, C, B and protein from the skin of maktaaq.

## PREPARE FOODS SAFELY

- Botulism is a type of food poisoning. If food has botulism germs and is stored at warm temperatures in a container without air, these germs can grow into poison.
- To prevent botulism poisoning, beluga should be aged in a very cool place. Store it in containers which allow air in. If the meat is being aged in oil, stir it often to let the meat contact the air.
- When preparing aged meat, follow the traditional ways to avoid poisoning from botulism.
- Botulism can make people very sick and can cause death in some cases. Botulism is not what creates the desirable flavor of aged food. Botulism bacteria produces no flavor or smell, so meat can be poisoned and you would not be able to tell.
- If you need more information, contact local elders, the local Hunters and Trappers Association or the Health Centre.

## HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt.

## CONTAMINANTS

Mercury and other contaminants may be a concern when consuming certain traditional foods in specified regions. Check the Department of Health and Social Services website for health advisories.

## FOR MORE INFORMATION CONTACT:

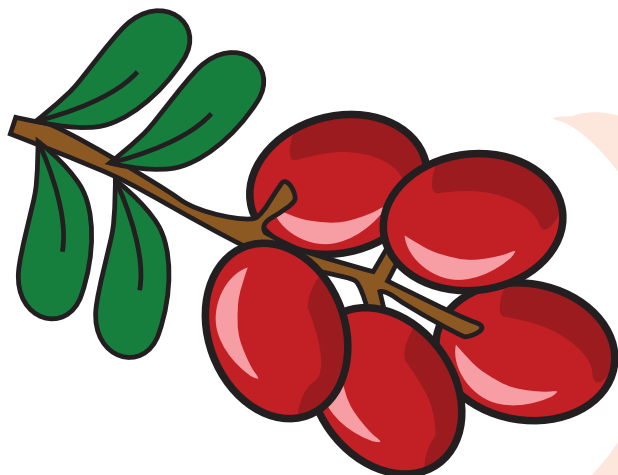
- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>

### HUNTING AND FISHING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

# BERRIES

## NUTRITIONAL FACT SHEET SERIES



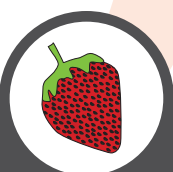
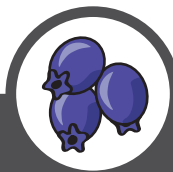
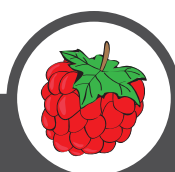
**BERRIES ARE GOOD FOR US!**



Berries provide many nutrients that we need each day to stay healthy, such as fiber, vitamin C, iron and B vitamins. Fiber helps protect us against some diseases such as cancer.

Berries provide us with a source of energy in the form of carbohydrates. Carbohydrates are needed for energy to work and play and should be part of a healthy meal or snack.

### NUTRIENTS IN BERRIES



Nutrients per Serving	Raspberries, wild, raw 125 mL (65g)	Blueberries, wild, raw 125 mL (76g)	Strawberries, wild, raw 125 mL (88g)	Saskatoons, wild, raw 125 mL (75g)	Cranberries, raw, 125 mL (46g)	Cloud Berries, wild, raw 125 mL (63g)
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day		Beta Carotene Riboflavin	Vitamin C	Riboflavin (B vitamin)		Vitamin C
A <b>good source</b> supplies 15 - 24% of a nutrient per day	Fibre Vitamin C	Vitamin C		Fibre		
A <b>fair source</b> supplies 5 - 14% of a nutrient per day	Beta Carotene Niacin Riboflavin, B6	Folate Fibre	Beta Carotene Fibre Folate	Magnesium Iron	Fibre Vitamin C	Niacin Magnesium

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights are individual).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.



# BERRIES

## DID YOU KNOW?

Wild northern berries provide a variety of nutrients and are naturally low in fat and salt.

Wild berries provide vitamin C in different amounts. For example, cloudberry is an excellent source, meaning they provide the most vitamin C whereas blueberries are a good source and cranberries are a fair source.

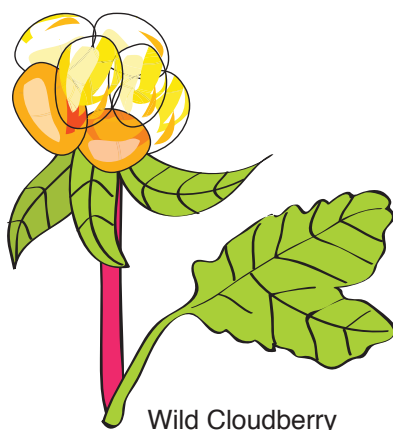
The vitamin C in fresh wild berries is higher than store bought berries. Freezing destroys very little vitamin C so many people freeze berries to use in the winter. Most berries can also be dried.

Blackberries or cloudberry may be eaten in a mixture of seal oil and chewed caribou tallow which had been beaten to be like whipped cream and is often referred to as "ice cream."

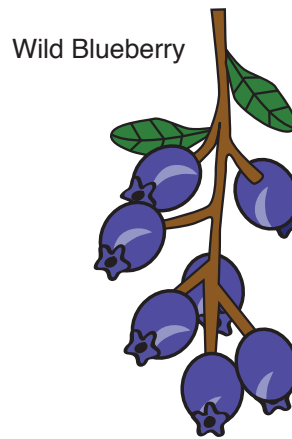
### GATHERING FOR A HEALTHY LIFESTYLE



Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods will help keep us healthy.



Wild Cloudberry



Wild Blueberry

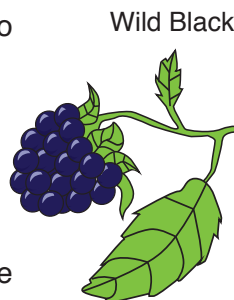
## WHAT DO WE KNOW ABOUT BERRIES?

Picking berries is a great outdoor activity that anyone can enjoy from summer to late fall throughout the north. Our long days produce a wide variety of berries: cranberries, crowberries, blueberries, currants, cloudberry, gooseberry, raspberry, strawberry and Saskatoon.

Berries can be eaten fresh or can be frozen or dried for use all winter. Using berries in baking, bannock, or jam is very tasty. The amount of nutrients in berries varies, as can be seen in the Table (see reverse page).

## HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. There are many ways to enjoy the taste of northern berries. Add berries to bannock or muffins for a great taste and healthy snacks. Mix berries with other fruit as a salad. Top with unsweetened yogurt for a great snack or dessert. Cooked berries make a tasty fruit jam to put on bannock, bread or toast.



Wild Blackberry

## CONTAMINANTS

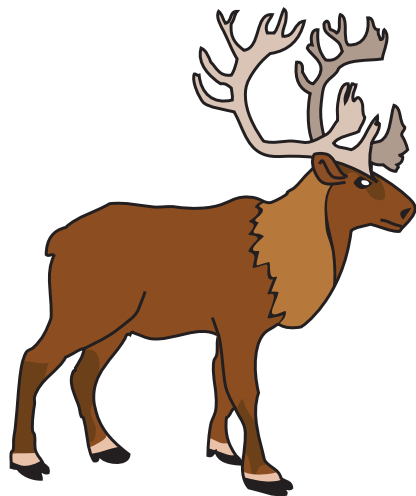
Contaminants may be a concern when consuming certain traditional foods in specified regions. Check the Department of Health and Social Services website for health advisories.

## FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>

# CARIBOU

## NUTRITIONAL FACT SHEET SERIES



CARIBOU IS GOOD FOR US!



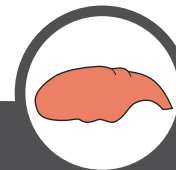
Caribou is an important part of our Northern diet and culture and has been for generations. Most parts of the caribou are eaten, providing us with a rich source of nutrients we need to help build and repair body tissues as well as giving us energy.

A single animal, the caribou, provides a remarkable array of materials used to provide tools, clothing, shelter and crafts, as well as food. There is no waste of the caribou.

In some areas, caribou hunting is managed to help herds continue to recover and increase in size. For that reason, caribou may not be as available to all northerners as in the past. Check with your Local Renewable Resources Offices regarding hunting restrictions in your area.

### WHAT DO WE KNOW ABOUT CARIBOU?

Northerners have traditionally relied on caribou as a major food source. Caribou can be eaten raw, frozen, aged, roasted, dried or made into jerky, sausage, roasts and steaks. Smoking or drying helps preserve the meat and increases the amount of nutrients due to moisture loss during the drying process.



### NUTRIENTS FOUND IN CARIBOU

Most parts of the caribou are eaten, providing us with a rich source of nutrients needed for health.

	Nutrients per Serving	Meat, dried (35 g)	Liver, baked (75g)	Bone Marrow, cooked (75g)	Stomach Contents (75g)
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day		Protein Iron	Protein Iron Vitamin A	Iron	Iron B Vitamins
A <b>good source</b> supplies 15 - 24% of a nutrient per day				Vitamin A	Vitamin A
A <b>fair source</b> supplies 5 - 14% of a nutrient per day			Magnesium Potassium	Protein	Protein Calcium

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

## DID YOU KNOW?

Caribou eaten raw, frozen, boiled or dried, is an excellent source of protein. Protein keeps us healthy by building and repairing muscles, skin and blood.

Caribou liver and stomach contents supply vitamin A. Vitamin A is needed for healthy skin, bones and teeth as well as to help fight sickness.

Most caribou parts are excellent sources of iron. Iron keeps us from getting tired by making healthy blood that flows through our bodies, giving us energy to be active and grow strong.

Elders tell us that caribou kidneys are healthy for us. They may have about the same nutrient values as liver.

Caribou stomach meat is low in fat (14%) compared to store-bought meats, such as beef, pork and chicken (35 – 55%). The types of fats found in traditional animals are also healthier for us as they are usually lower in saturated fat.

Caribou an excellent source of B vitamins, which help our bodies use the energy from foods. B vitamins are also important for healthy skin, hair, nerves, muscles and healthy growth and development.

## PREPARE FOODS SAFELY

Brucellosis is a naturally occurring disease found in caribou. Infected animals may show signs of swollen joints or body parts. The chances of getting Brucellosis are low, but it does happen. If you are handling an infected animal, be sure to follow these steps:

- wear gloves - do not touch diseased parts
- wash hands well with soap and water after handling
- boil knives and other tools after butchering
- do not eat diseased parts
- make sure meat is well cooked, dried or aged
- do not feed diseased parts to dogs
- use clean containers made only for FOOD or meat storage
- meat eaten raw should be harvested by an experienced hunter

### HUNTING AND FISHING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

## STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

## HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Aging, drying, or roasting are healthy ways to prepare meat. Try roasted caribou with potatoes, peas and fruit for desert (frozen or canned when fresh are not in season). Have water to drink.

## CONTAMINANTS

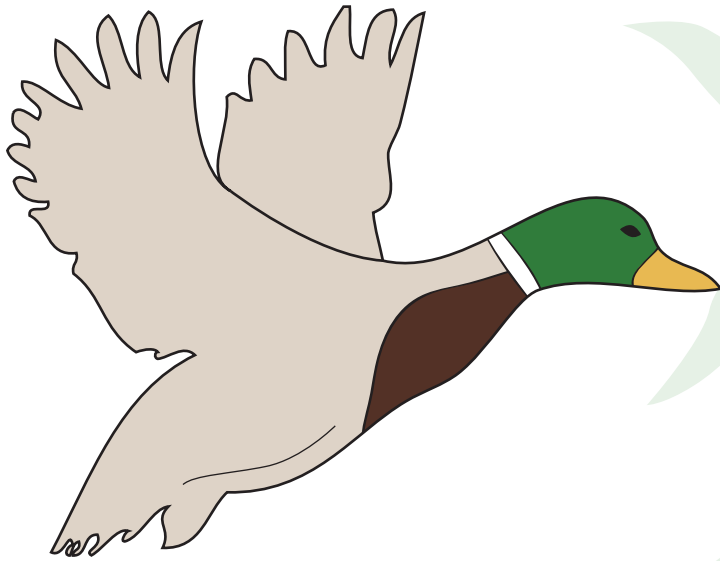
Cadmium and other contaminants may be a concern when consuming certain traditional foods in specified regions. Check the Department of Health and Social Services website for health advisories.

## FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Offices and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>
- Environmental Health Officers

# DUCK

## NUTRITIONAL FACT SHEET SERIES



### DUCK IS GOOD FOR US!

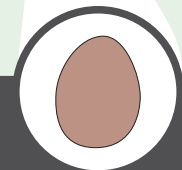


The duck is a migratory bird found in the North from about May to September. Duck meat and eggs are an important food source and provide important nutrients for health and growth. Common eiders are year round residents in some arctic locations but most ducks are only available from spring to fall. Northerners freeze ducks for use during the winter months.

### WHAT DO WE KNOW ABOUT DUCK?

Duck meat is eaten raw, cooked or dried and is lower in fat (23%) compared to store bought chicken (40%). People enjoy duck meat for its juicy texture and taste. The liver, gizzard, heart and eggs are also eaten.

### NUTRIENTS IN DUCK



Nutrients Contents per Serving	Meat, cooked (75 g)	Egg, uncooked (1 egg)
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day	Protein Iron Omega-3 fat	B Vitamins
A <b>good source</b> supplies 15 - 24% of a nutrient per day	Omega-6 fats	Protein, Iron Vitamin A Folate Niacin, B6
A <b>fair source</b> supplies 5 - 14% of a nutrient per day	Magnesium	Omega-3 fat Vitamin D

- The leg and skin have higher amounts of fat. The breast meat has less fat.
- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g)
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.



# DUCK

## DID YOU KNOW?

Duck meat is an excellent source of protein. Protein keeps us healthy by building and repairing our muscles, skin and blood.

Duck meat is an excellent source of iron, providing 50% of the iron we need in a day. Iron helps make healthy blood that flows through our bodies, giving us energy and making us grow. Healthy blood keeps us from getting tired.

Duck eggs are an excellent source of B vitamins such as riboflavin and B12. These B vitamins are important for growth and healthy hair, skin, nerves and muscles.

Duck eggs are a good source of other important nutrients such as protein, iron, vitamin A, and folate. They are fair sources of vitamin D and omega-3 fats.

### HUNTING AND FISHING FOR A HEALTHY LIFESTYLE



Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

## PREPARE FOODS SAFELY

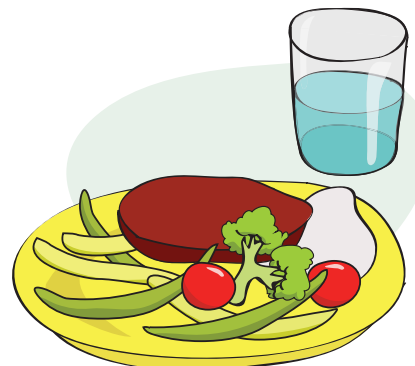
- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD storage.

## STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

## HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Try roasted duck with rice, green beans and fruit (frozen or canned when fresh is not in season) for a healthy meal. Have water with your meals.



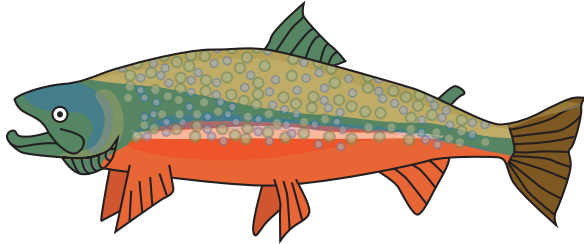
## FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Offices and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>



# FISH

## NUTRITIONAL FACT SHEET SERIES



**FISH ARE GOOD FOR US!**



Fish are important and commonly eaten traditional food sources in the north. Many kinds of fish are available in our waters. Fish parts are used for decorative craft designs and medicinal purposes.

Northern fish include Walleye, Pickerel, Cisco, Tullibee, Loche, Burbot, Pike, Jackfish, Whitefish, Lake Trout, Inconnu, Grayling, Suckers, Coni, Cod, Herring, Sculpin, and Arctic Char.

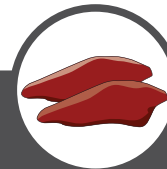
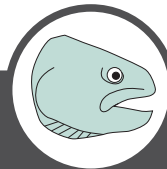
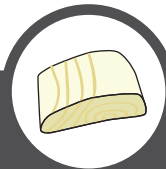
Although there are slight differences in the nutrients found in fish, they all add important nutrients to our diet. They are excellent sources of protein, calcium and B Vitamins. Fish such as Trout and Arctic Char provide omega-3 fats.

### WHAT DO WE KNOW ABOUT FISH?

Northerners eat most parts of fish, including the flesh, heads, eggs, liver, stomach and bones. Fish eggs are enjoyed fresh and many say “they are eating a million fish”.

Fish eggs can be added to bannock. The flesh can be eaten raw, frozen, boiled, roasted and dried. Smoking or drying helps preserve fish and increases the amount of nutrients due to moisture loss during the drying process. It’s great to take for a snack.

### NUTRIENTS FOUND IN FISH



Nutrient Content per Serving	Flesh, baked (75g)	Fish eggs, baked (75g)	Whitefish head, baked (75g)	Pike Liver, raw (90g)	Arctic Char, cooked (75g)
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day	Protein Omega-3 fat B Vitamins Vitamin D	Protein	Protein Calcium Omega-3 fat	Protein Vitamin A B Vitamins (nicotin, riboflavin)	Protein Omega-3 fat
A <b>good source</b> supplies 15 - 24% of a nutrient per day			Iron		Vitamin D
A <b>fair source</b> supplies 5 - 14% of a nutrient per day	Iron Magnesium Potassium	Iron Magnesium		Iron	Vitamin A

- The table shows the nutrients found in most northern fish. Nutrients found in most northern fish are quite similar.
- The nutrient values for trout have been used as the reference fish.
- Reference Serving Sizes are from Canada’s Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

## DID YOU KNOW?

Fish meat, heads, eggs, and liver are excellent sources of protein. Protein builds and repairs muscles, skin and blood, helping to keep us healthy.

Fish oils are excellent sources of healthy fats called omega-3 Fats which can help prevent heart disease and cancer. Arctic Char and Trout are excellent sources of omega-3 Fats.

Fish heads and bones are excellent sources of calcium. We need calcium for strong bones and teeth.

Fish liver is an excellent source of vitamin A. Vitamin A is needed for healthy skin, bones and eyes, keeping our bodies healthy.

Fish eggs are fair sources of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

Arctic Char is a good source of vitamin D. Vitamin D helps us have healthy bones and teeth, keeping us strong and healthy and to help prevent diseases such as rickets and diabetes.

## PREPARE FOODS SAFELY

- Use safe food handling practices – wash your hands and equipment.
- Eat fish only when properly handled, cooked, dried, or aged.
- To store, use only clean containers or bags made for FOOD storage.

### HUNTING AND FISHING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

## STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

## HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Boil fish heads in broth and add rice, onions, carrots, and peas for a tasty chowder. For a healthy meal, serve with bannock and fruit (frozen or canned when fresh is not in season). Have water with your meal.

## CONTAMINANTS

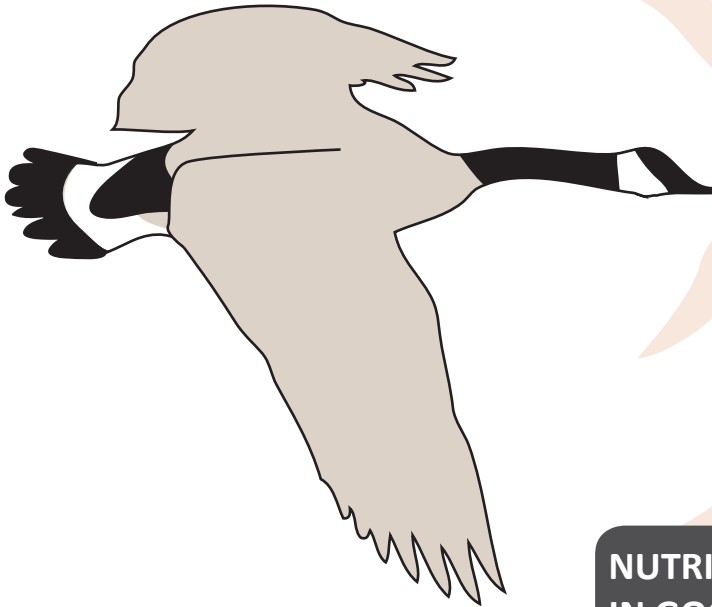
Mercury and other contaminants may be a concern when consuming certain traditional foods such as fish in specified regions. Check the Department of Health and Social Services website for health advisories.

## FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>
- Environmental Health Officers

# GOOSE

## NUTRITIONAL FACT SHEET SERIES



**GOOSE IS  
GOOD FOR US!**

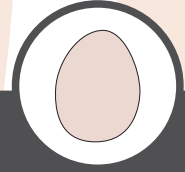


In early May geese arrive from the south with plenty of meat and fat on them and northerners enjoy going out on the land to hunt geese. Northerners freeze geese for year round use. They also collect goose fat and oil to use on dry skin. The fat's healing quality makes it an ideal salve for sores.

### WHAT DO WE KNOW ABOUT GOOSE?

Northerners enjoy eating goose because it means the arrival of spring. They like the taste and juicy texture of goose meat, usually eaten boiled or roasted.

### NUTRIENTS IN GOOSE



Nutrients Contents per Serving	Meat, cooked (75 g)	Egg, uncooked (1 egg)
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day	Protein, Iron Omega-3 fat B Vitamins	Protein, Iron Omega-3 fat Vitamin A B Vitamins Folate
A <b>good source</b> supplies 15 - 24% of a nutrient per day		Vitamin D
A <b>fair source</b> supplies 5 - 14% of a nutrient per day	Omega-6 fats Magnesium Potassium	Calcium

- The leg and skin have higher amounts of fat. The breast meat has less fat.
- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g)
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

# GOOSE

## DID YOU KNOW?

Goose meat is an excellent source of protein. Protein keeps us healthy by building and repairing our muscles, skin and blood.

Goose meat is an excellent source of riboflavin and vitamin B-6. These vitamins help our bodies use energy from foods. B vitamins are important for growth and healthy skin, hair, nerves and muscles.

Goose meat is an excellent source of iron - more than beef, pork or chicken. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

Goose eggs are excellent sources of many nutrients such as protein, iron, omega-3 fats and vitamins A, B and folate, good sources of vitamin D and fair sources of calcium.

### HUNTING AND FISHING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

## PREPARE FOODS SAFELY

- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD storage.

## STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

## HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. The legs and skin of geese have higher amounts of fat; however, traditional fats are healthier for us. Aging, drying, or roasting are healthy ways to prepare goose.

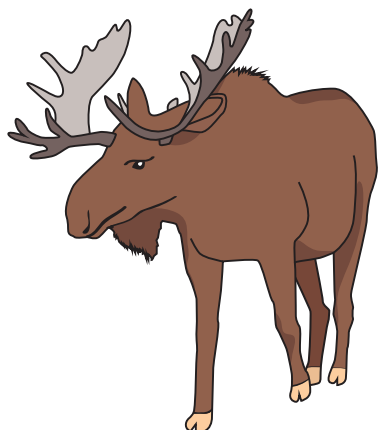
Have roasted goose for a meal with wild or brown rice, beans and fruit (frozen or canned when fresh is not in season). Or, eat with bannock and dried fruit for a healthy snack when travelling out on the land. Have water to drink with your meals and snacks.

## FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>

# MOOSE

## NUTRITIONAL FACT SHEET SERIES



**MOOSE IS GOOD FOR US!**



Moose is an important food source in northern diets. Moose provides many nutrients which help build and repair body tissues in order to keep us healthy. The moose provides materials for clothing and crafts. With a single animal yielding as much as 300 kg of meat, moose continues to be a staple food source for many families.

### WHAT DO WE KNOW ABOUT MOOSE?

Moose hair tufting is a traditional craft that is unique and highly valued. Moose hide tanning is the traditional way to prepare hides. Many people work together to complete the process. Brains and dahsha are important ingredients to successfully tan a moose hide.

Tanned moose hide is used to make footwear and clothing. Smoking or drying helps to preserve the animal parts and increases the nutrient content due to moisture loss during the drying process. Smoked or dried meat is great to take travelling and for snacks.

### NUTRIENTS FOUND IN MOOSE



Nutrients per Serving	Meat, dried (35 g)	Meat, roasted (75 g)	Liver, raw (90 g)	Kidney, raw (90 g)	Bone Marrow, cooked (100g)	Blood, raw (90 g)
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day	Protein Iron	Protein, Iron B Vitamins (B12 & Niacin)	Protein Iron Vitamin A Folate B Vitamins	Protein Iron		Protein Iron
A <b>good source</b> supplies 15 - 24% of a nutrient per day					Iron	
A <b>fair source</b> supplies 5 - 14% of a nutrient per day			Most parts of the moose are eaten, providing us with a rich source of nutrients needed for health.			

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.



# MOOSE

## DID YOU KNOW?

Moose meat has the least amount of fat of all our local animals. The amount of fat in moose meat is low (1%) when compared to 35 - 55% for beef, pork or poultry.

Roasted moose meat is an excellent source of B vitamins, such as niacin and riboflavin. These vitamins help our bodies use energy from foods and are important for healthy skin, hair, nerves and muscles as well as healthy growth and development.

Roasted moose is also an excellent source of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

### HUNTING AND FISHING FOR A HEALTHY LIFESTYLE



Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

## PREPARE FOODS SAFELY



- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD storage.

## STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

## HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Aging, drying, or roasting are healthy ways to prepare meat. Try roasted moose with potatoes, carrots and fruit (frozen or canned when fresh are not season). Have water to drink.

## CONTAMINANTS

Cadmium and other contaminants may be a concern when consuming certain traditional foods in specified regions. Check the Department of Health and Social Services website for health advisories.

## FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Offices and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>

# MUSKOX

## NUTRITIONAL FACT SHEET SERIES

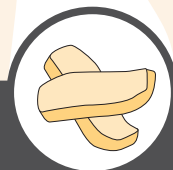


**MUSKOX IS GOOD FOR US!**

Muskox are found on Arctic coasts and islands with sightings in the Sahtu and Mackenzie Delta regions. Muskox are harvested by a quota system to protect the number of animals. People hunt muskox for food and use the thick hides for blankets and rugs. The inner wool or qiviut of the muskox is used for weaving and knitting. These woven goods bring high prices because the wool is very soft and warm.

### WHAT DO WE KNOW ABOUT MUSKOX?

Muskox is an important food source for communities who rely on this traditional food. Muskox provides important nutrients for health, such as protein and iron. The parts of the muskox eaten most are the meat, fat, bone marrow, tongue and heart.



NUTRIENTS FOUND IN MUSKOX		
Nutrients Contents per Serving	Meat, raw (90 g)	Fat, raw (90 g)
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day	Protein Iron B Vitamins	
A <b>good source</b> supplies 15 - 24% of a nutrient per day	Vitamin A	Vitamin D
A <b>fair source</b> supplies 5 - 14% of a nutrient per day		Vitamin A

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

# MUSKOX

## DID YOU KNOW?

### MUSKOX MEAT...

...is an excellent source of protein. Protein keeps us healthy by building and repairing our muscles, skin and blood.

...is an excellent source of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and grow strong. Healthy blood keeps us from getting tired.

...is an excellent source of B vitamins. B vitamins are important for growth and healthy skin, hair, nerves and muscles.

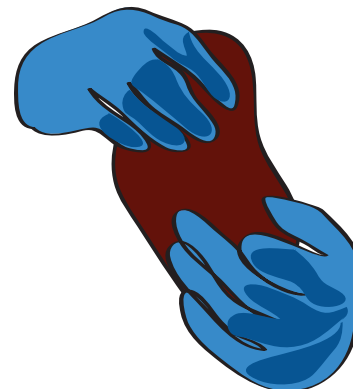
Muskox meat is low in fat (17%) compared to beef, pork or chicken (35 - 55%). Traditional animal fats are healthier for us.

Muskox fat is a good source of vitamin D. Vitamin D helps keep our bones and teeth healthy.

## PREPARE FOODS SAFELY

Brucellosis is a naturally occurring disease caused by bacteria. It is found in caribou, muskox and reindeer. Infected animals may show signs of swollen joints or body parts. The chances of getting brucellosis from an infected animal are low, but can occur. Follow these steps if you are handling a muskox that might be infected with brucellosis:

- wear gloves
- do not touch diseased parts
- wash your hands with soap and water after handling the animal
- boil your knife and other tools after butchering
- do not eat any diseased parts of the muskox
- make sure the meat is well cooked
- do not feed diseased parts to dogs



### HUNTING AND FISHING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

## HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Ground muskox meat makes great burgers and sausage. Try a meal of muskox, potatoes, cabbage, fruit (frozen or canned when fresh is not in season) and a glass of water.

## FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>
- Environmental Health Officers



# MUSKRAT

## NUTRITIONAL FACT SHEET SERIES



MUSKRAT IS GOOD FOR US!



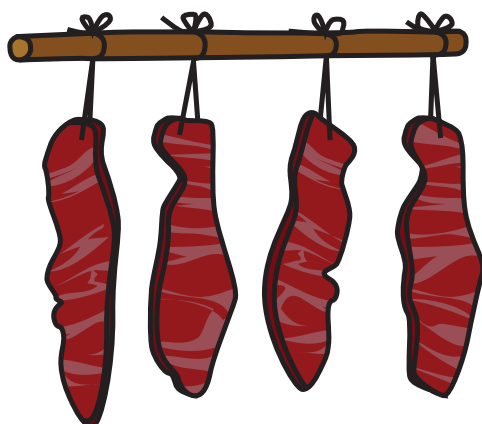
The muskrat is appreciated as an animal that restores the land after a flood and keeps the rivers and lakes flowing. It is important to pass down knowledge and skills needed to hunt, trap and cook muskrat. The hide is used for clothing and the fur trim for slippers and mitts.

The muskrat provides many important nutrients, such as B vitamins. The muskrat has a lot of body fat so it can keep warm during the cold winter months.

### WHAT DO WE KNOW ABOUT MUSKRAT?

Muskrat can be boiled, baked, roasted or smoked. Muskrat tail is smoked to singe off the outer skin. The tender meat found inside is considered a delicacy.

Smoking or drying helps preserve meat and increases the amount of nutrients due to moisture loss during the drying process. Smoked or dried meat is good to take travelling and for snacks.



### NUTRIENTS FOUND IN MUSKRAT



Nutrient Content per Serving	Meat, roasted (75 g)
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day	Protein Iron Very high in B Vitamins
A <b>good source</b> supplies 15 - 24% of a nutrient per day	
A <b>fair source</b> supplies 5 - 14% of a nutrient per day	Vitamin C

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

# MUSKRAT

## DID YOU KNOW?

Muskrat meat is an excellent source of B vitamins. B vitamins, such as niacin, riboflavin and thiamine, help our bodies use energy from foods. B vitamins are important for growth and healthy skin, hair, nerves, and muscles.

Muskrat meat is an excellent source of protein. We need protein to build and repair our muscles, skin and blood. Protein keeps us healthy.

Muskrat is an excellent source of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and grow strong. Healthy blood keeps us from getting tired.

Muskrat is a fair source of vitamin C, which keeps our gums, teeth and skin healthy.

The total amount of fat in muskrat meat is low (17%) compared to beef, pork and chicken (35 – 55%). Traditional animal fats are healthier for us.

### HUNTING AND FISHING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

## PREPARE FOODS SAFELY



- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD storage.

## STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

## HEALTHY EATING

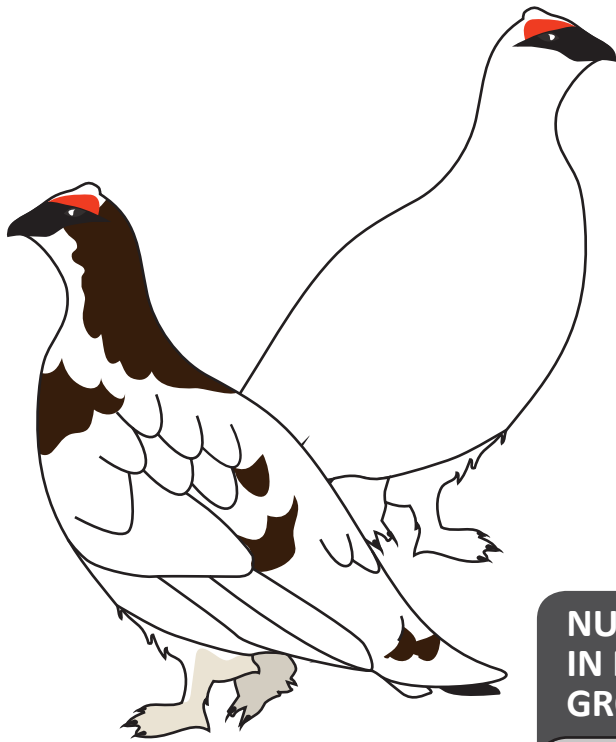
Prepare foods in traditional ways to avoid too much added sugar, store-bought fats and salt. Muskrat can be eaten many ways but is usually boiled to remove some of the fat. The tail is considered a treat and can be eaten as a snack. Muskrat is made into stews and in ground meat dishes. As a meal, have with potatoes, corn and fruit (frozen or canned when fresh is not in season). Have a glass of water to drink.

## FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>

# PTARMIGAN AND GROUSE

## NUTRITIONAL FACT SHEET SERIES



**PTARMIGAN AND GROUSE ARE GOOD FOR US!**



Ptarmigan live year round in the North. Their feathers change with the season – white when there is snow and darker in the summer. Ptarmigan are generally an easy bird to hunt and provide nutrient-rich meat. Northerners like to store them in the freezer for year round use.

### WHAT DO WE KNOW ABOUT PTARMIGAN AND GROUSE?

Ptarmigan meat is rich and dark and has much more iron than chicken meat. Ptarmigan is usually eaten baked, fried, boiled, or in soups. The parts of the ptarmigan that are eaten most are the meat, heart, gizzards and liver.

### NUTRIENTS FOUND IN PTARMIGAN AND GROUSE



Nutrients Contents per Serving	Ptarmigan meat, cooked (75 g)	Grouse meat, cooked (75 g)
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day	Protein Very high Iron Niacin	Protein
A <b>good source</b> supplies 15 - 24% of a nutrient per day		Iron
A <b>fair source</b> supplies 5 - 14% of a nutrient per day	Omega-6 fats Vitamin A	

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

# PTARMIGAN AND GROUSE

## DID YOU KNOW?

Ptarmigan and grouse meat are excellent sources of protein. Protein keeps us healthy by building and repairing our muscles, skin and blood as well as helping us fight sickness.

Ptarmigan meat is an excellent source of iron. One serving provides 50% of the iron we need in a day. Grouse meat has less iron than ptarmigan but is still a good source. Iron helps make healthy blood that flows through our bodies giving us energy and making us grow and keeps us from getting tired.

Ptarmigan meat is fair source of vitamin A. Vitamin A is needed for healthy skin, bones and eyes. It also helps keeps our bodies healthy.

### HUNTING AND FISHING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

## PREPARE FOODS SAFELY

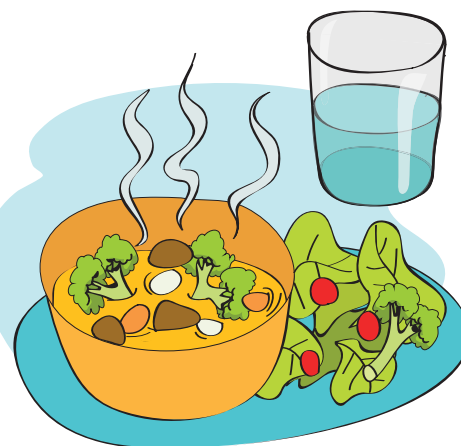
- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD storage.
- To prevent the spread of bacteria such as Salmonella, wash hands after working with raw meat and before handling cooked meat. The bacteria Salmonella is often found in birds.

## STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

## HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Aging, drying, or roasting are healthy ways to prepare wild birds. For a healthy meal, try ptarmigan soup with rice and carrots. Have fruit (frozen or canned when fresh is not in season) and water with your meal.

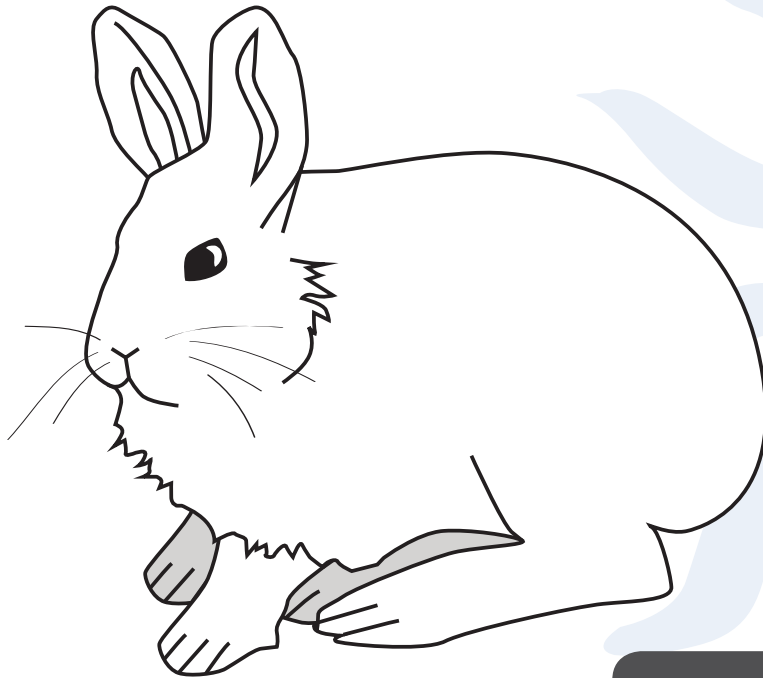


## FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>

# RABBIT AND HARE

## NUTRITIONAL FACT SHEET SERIES



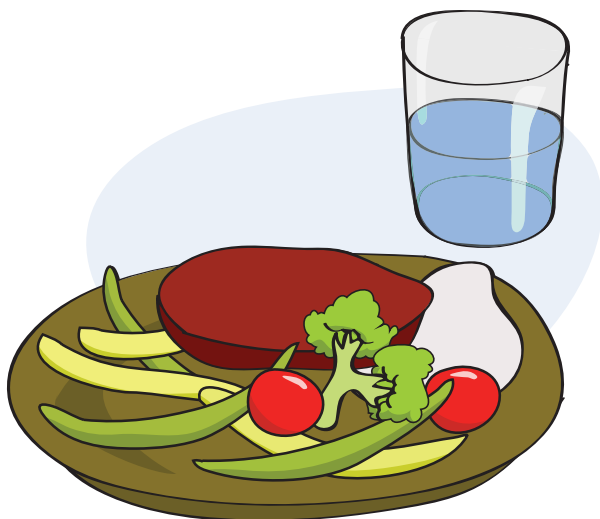
**RABBITS AND HARES ARE GOOD FOR US!**



Rabbit is an important traditional food that can be hunted all year round. Numbers of rabbits change over a ten year cycle. People snare and freeze rabbits when there are many available. Rabbit/hare is usually baked, boiled or cooked in stews. The fur is used for clothing, trim for moccasins, mitts and for crafts.

### WHAT DO WE KNOW ABOUT RABBIT AND HARE?

These animals provide a good source of meat. Rabbit/hare is usually baked, boiled or cooked in stews.



### NUTRIENTS FOUND IN RABBIT AND HARE



Nutrients Contents per Serving	Meat, cooked (75 g)
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day	Protein Iron B Vitamins
A <b>good source</b> supplies 15 - 24% of a nutrient per day	
A <b>fair source</b> supplies 5 - 14% of a nutrient per day	Omega-3 fats

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

# RABBIT AND HARE

## DID YOU KNOW?

Rabbit and hare meat are excellent sources of protein. Protein also keeps us healthy by building and repairing our muscles, skin and blood.

Rabbit and hare meat are excellent sources of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

Rabbit and hare meat are excellent sources of the B vitamins B12 and niacin. These vitamins help our bodies use energy from food, and are important for growth, healthy skin, hair, nerves, and muscles.

### HUNTING AND FISHING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.



## PREPARE FOODS SAFELY

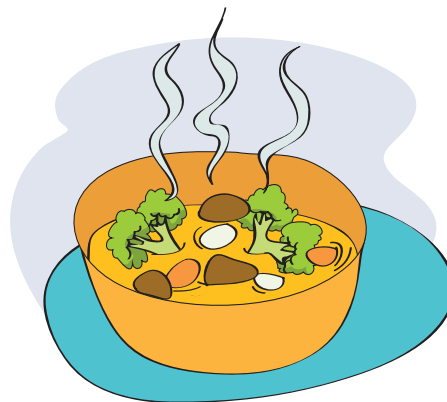
- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD.

## STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

## HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Try rabbit or hare stew with carrots, onions and potatoes for a tasty meal. Add fresh fruit (frozen or canned when fresh is not in season). Have water to drink.

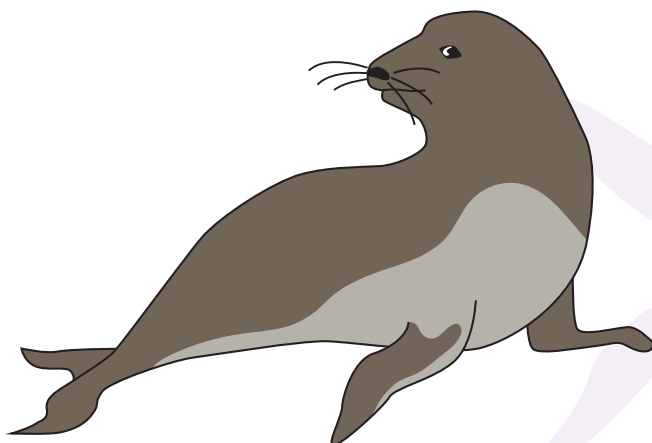


## FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services:  
<http://choosenwt.com>

# SEAL

## NUTRITIONAL FACT SHEET SERIES











SEAL IS GOOD FOR US!



Seal is a major food source of Arctic peoples. Hunting seal is part of a healthy, traditional way of life. Seal oil can be used as a medicine for wounds or other infected areas. The skin and other parts are used to make clothing and footwear such as kamiks. Traditionally, parts of the seal are also used for crafts and fuel oil.

### WHAT DO WE KNOW ABOUT SEAL?

Inuit and Inuvialuit Elders tell us that the seal is a “special food” because seal keeps us healthy and warm. Almost all seal parts are eaten such as the liver, flippers, blubber, meat and eyes. These parts are eaten raw, frozen, boiled, dried, aged or fermented.

NUTRIENTS IN SEAL								
	Ringed & Bearded Seal Meat, boiled (75g)	Bearded Seal Intestine, boiled (75 g)	Ringed Seal Heart, raw (90g)	Ringed Seal Liver, raw (90g)	Ringed Seal Brains, raw (90g)	Ringed Seal Eyes, raw (90g)	Ringed Seal Blubber, boiled (100g)	Ringed Seal Flipper, aged (75g)
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day	Protein Very high Iron	Protein B Vitamins	Protein Iron	Protein Iron Vitamin A B Vitamins Folate Vitamin D	Protein Iron B Vitamins	Iron	Vitamin A Riboflavin	Protein
A <b>good source</b> supplies 15 - 24% of a nutrient per day	B Vitamins	Iron				Protein Vitamin D		Iron
A <b>fair source</b> supplies 5 - 14% of a nutrient per day	Vitamin D	Folate Vitamin C		Vitamin C	Vitamin D	Vitamin A	Protein	

- Reference Serving Sizes are from Canada’s Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

# SEAL

## DID YOU KNOW?

Most parts of the seal are excellent sources of protein. Protein keeps us healthy by building and repairing our muscles, skin and blood.

Seal meat, liver, brains and eyes provide vitamin D although the amounts vary. Vitamin D helps us have healthy bones and teeth, keeps us strong and healthy and for the prevention of diseases such as rickets and diabetes.

Seal liver provides a variety of nutrients in high quantity and is considered a very valuable food source. Seal liver provides us with five times the vitamin A, two times the iron and folate, and half of the vitamin D we need daily.

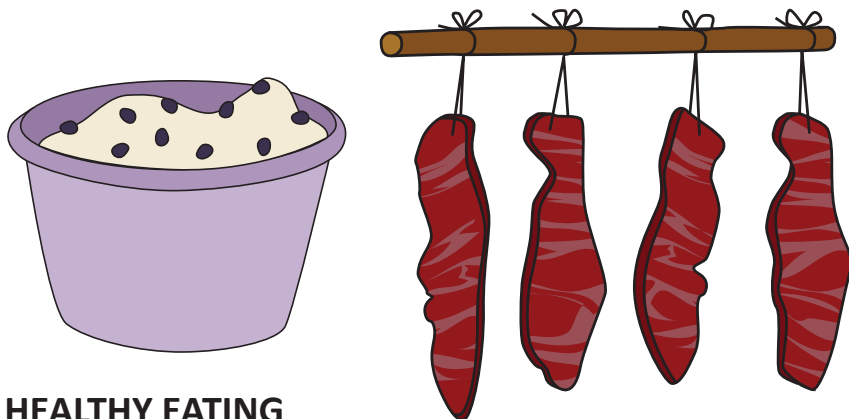
Seal intestines and liver are fair sources of vitamin C, which keeps our gums, teeth and skin healthy.

### HUNTING AND FISHING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

## PREPARE FOODS SAFELY

- Botulism is a type of food poisoning. If a food with botulism germs is stored at warm temperatures in a container without air, these germs can grow into poison.
- To prevent botulism poisoning, seal should be prepared in traditional ways and aged in a very cool place that allows air in. If aged in oil, stir often to let the meat contact the air.
- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly handled, cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD storage only.
- Note that botulism bacteria produce no flavor or smell, so meat can be poisoned and you would not be able to tell.



## HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Seal oil or fat can be used as a dip with seaweed, fish or dried meat. Seal fat can be mixed with berries to make “ice cream” and can also be a way to preserve the berries.

## CONTAMINANTS

Mercury and other contaminants may be a concern when consuming certain traditional foods in specified regions. Check the Department of Health and Social Services website for health advisories.

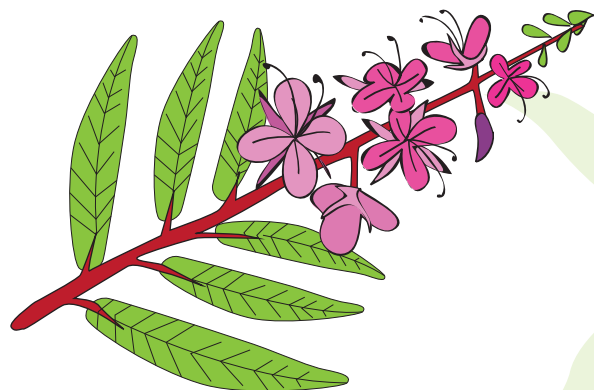
## FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>
- Environmental Health Officers



# WILD PLANTS

## NUTRITIONAL FACT SHEET SERIES



**WILD PLANTS ARE GOOD FOR US!**



Wild greens are gathered during the warm months of the year. Greens from the willow, mountain sorrel and fireweed provide nutrients such as vitamin A, iron, calcium, magnesium and fiber. These nutrients are important for healthy skin, bones, teeth and blood as well as to prevent infection.

### WHAT DO WE KNOW ABOUT WILD PLANTS?

Wild plant greens are eaten raw, cooked, or added to soups. Some leaves and flowering stems are used in soups as potherbs.

When Mountain Sorrel is boiled, it adds a tart flavour to cooking. When eaten raw, Sorrel leaves have a refreshing flavour and are eaten either rolled into a ball or as a salad.

### NUTRIENTS IN WILD PLANTS



Nutrients per Serving	Arctic Willow Leaves, raw 250 mL	Mountain Sorrel Leaves, raw 250 mL	Netted Willow Leaves, raw 250 mL	Fireweed Leaves, raw 250 mL
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day	Vitamin C			Vitamin C (young leaves)
A <b>good source</b> supplies 15 - 24% of a nutrient per day		Vitamin C		
A <b>fair source</b> supplies 5 - 14% of a nutrient per day	B Vitamins Magnesium	Iron Magnesium	Iron Calcium Magnesium	Fibre, Calcium Magnesium, Folate Vitamin A B Vitamins

- Reference Serving Sizes are from Canada's Food Guide (raw, 250ml = 24.3g = about 1 plant)
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

# WILD PLANTS

## DID YOU KNOW?

Wild plant greens are excellent sources of vitamin C. This vitamin keeps our gums, teeth and skin healthy. They also help wounds heal and help our bodies fight sickness.

Young, raw Fireweed leaves provide more vitamin C and vitamin A than the amounts in more mature plants.

Vitamin C is lost when heated or soaked in water. Eat wild greens fresh, steam them or cook them in small amounts of water to get as much vitamin C as possible.

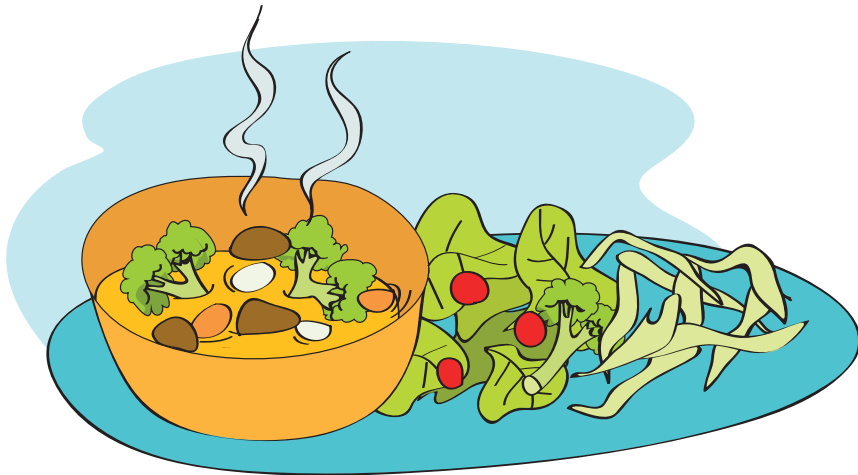
### GATHERING FOR A HEALTHY LIFESTYLE



Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods will help keep us healthy.

## EATING A VARIETY OF WILD PLANTS

- Fireweed leaves are often eaten raw with seal blubber or cooked and eaten like spinach. The flowers can also be eaten raw.
- Seabeach Sandwort is added to boiling seal meat. Because of its high salt content, it adds flavor to boiled meat.
- Plants, such as Labrador Tea, are brewed and steeped for tea and provide a source of vitamins.
- Purple Saxifrage flowers are eaten where berries are not available.



## HEALTHY EATING

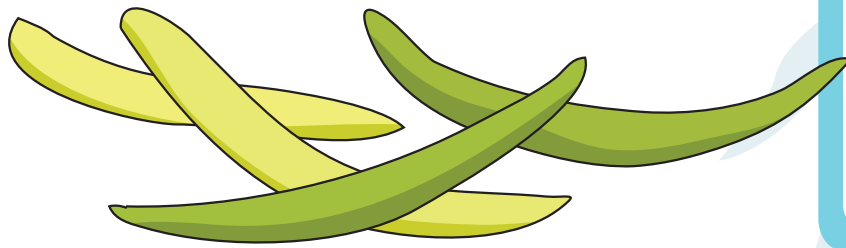
Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Pick young green leaves of willows or fireweed and eat them raw or add them to a salad. They also taste great cooked as a vegetable or added to soups and stews.

## FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Offices and Local Elders
- Territorial Nutritionist, Department of Health and Social Services:  
<http://choosenwt.com>

# BEANS

## NUTRITIONAL FACT SHEET SERIES



**BEANS ARE  
GOOD FOR US!**



Beans are seeds that grow in the pods of viney-looking bean plants above the ground. They come in many different shapes and colors and are excellent sources of fiber and folate. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.

### NUTRIENTS IN BEANS

Nutrient Content per Serving	Green or Yellow Beans, 125 mL (32g)
<b>Excellent Source</b> supplies 25% or more of a nutrient per day	Fibre Folate
<b>Good Source</b> supplies 15 - 24% of a nutrient per day	Thiamin Magnesium
<b>Fair Source</b> supplies 5 - 14% of a nutrient per day	Iron, Potassium Niacin, Riboflavin B6, Protein

### WHAT DO WE KNOW ABOUT BEANS?

Beans have been eaten for thousands of years and come in many different varieties. Depending on the variety, the pods of the bean plant are eaten with the seeds.

Green and yellow beans are commonly grown in the north. They can also be bought fresh, frozen, and canned. If choosing canned beans, buy the varieties with the least amount of added salt.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

# BEANS

## DID YOU KNOW?

Green and yellow beans are very healthy vegetables! They provide:

.....  
An excellent source of fiber, which keeps our bowels healthy, our blood sugar levels even and helps prevent diseases such as cancer.

.....  
An excellent source of folate and a good source of other B vitamins, like thiamin and niacin. These vitamins help our bodies use the energy from food and are important for growth, healthy skin, hair, nerves and muscles.

.....  
A fair source of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and grow strong. Healthy blood keeps us from getting tired.

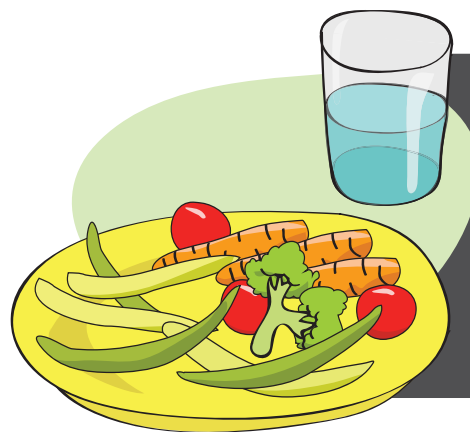
### GROWING FOOD AS PART OF A HEALTHY LIFESTYLE



Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

## HOW TO STORE, PREPARE AND EAT BEANS

- Once picked, store beans in the fridge.
- Long green and yellow beans can be eaten raw, steamed, boiled or baked.
- Try a different color of bean every week to introduce them to children. Mix them with other colored favorite vegetables to help children to try new beans (green beans with orange carrots, yellow beans with green peas).



### HEALTHY EATING

Serve fresh, raw green and yellow beans with other favorite vegetables as a crunchy snack. Have water to drink.

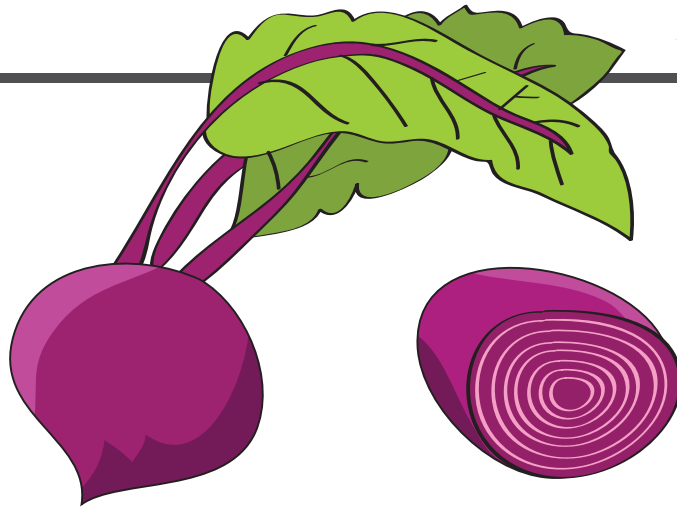
## FOR MORE INFORMATION CONTACT:

- Registered Dietitians
- Community Gardens
- Local gardeners and the Territorial Farmers' Association
- Territorial Nutritionist, Department of Health and Social Services: <http://chosenwt.com/>
- Department of Industry, Tourism and Investment website: <http://www.iti.gov.nt.ca/fursagriculturefisheries/agriculture.shtml>

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# BEETS

## NUTRITIONAL FACT SHEET SERIES



**BEETS ARE  
GOOD FOR US!**



Beets are sweet tasting dark purple root vegetables grown in the ground. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.

### NUTRIENTS IN BEETS

Nutrient Content per Serving	Beets, raw 125 mL (72 g)
<b>Excellent Source</b> supplies 25% or more of a nutrient per day	
<b>Good Source</b> supplies 15 - 24% of a nutrient per day	Beta Carotene Folate
<b>Fair Source</b> supplies 5 -14% of a nutrient per day	Vitamin C Potassium

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

### WHAT DO WE KNOW ABOUT BEETS?

Beets have been grown for thousands of years in many parts of the world and are grown by our local northern gardeners as well. The green and red leaves and stems taste great in salads. If you are buying beets, look for ones that are hard and round.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?



# BEETS

## DID YOU KNOW?

Beets are a good source of beta carotene (vitamin A) which is needed for healthy skin, bones, and eyes.

Beets are a good source of folate, which is needed for healthy cells and to help babies grow properly during pregnancy in order to prevent neural tube defects. Folate is needed by people of all ages to make healthy blood that keeps us from being tired.

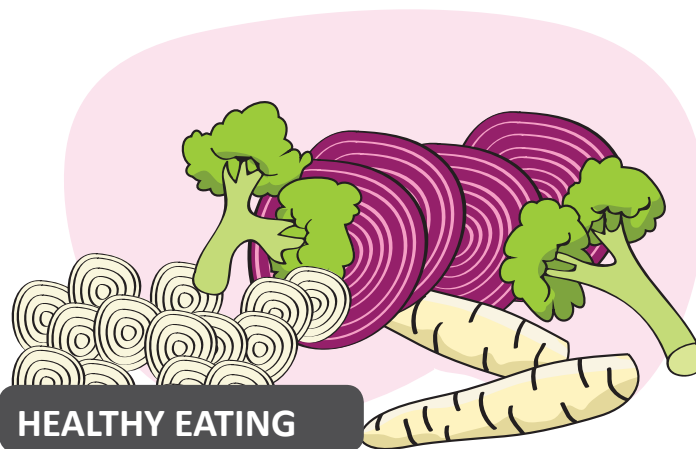
**GROWING FOOD  
AS PART OF A  
HEALTHY LIFESTYLE**



Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

## HOW TO STORE, PREPARE AND EAT BEETS

- Store beets in a cool, dark and dry place.
- Lightly steam beets first and the skin comes off easily.
- Beets can be eaten raw, steamed, boiled, baked or pickled.
- Try adding beets and beet greens to salads for colour, variety and taste.



Try adding cooked, sliced beets to other cooked vegetables for extra color at meals, for example, purple beets, white parsnips and green broccoli.

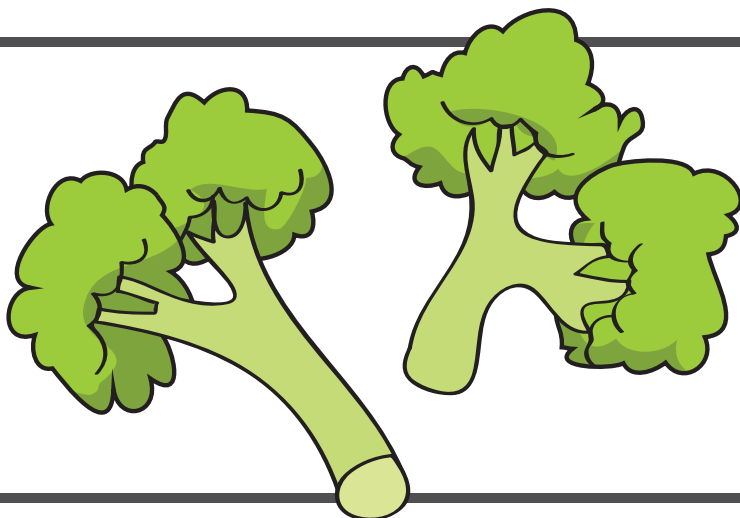
## FOR MORE INFORMATION CONTACT:

- Registered Dietitians
- Community Gardens
- Local gardeners and the Territorial Farmers' Association
- Territorial Nutritionist, Department of Health and Social Services: <http://chosenwt.com/>
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# BROCCOLI

## NUTRITIONAL FACT SHEET SERIES



**BROCCOLI IS GOOD FOR US!**



Broccoli is a dark green vegetable, often called *trees*, that are low in calories but high in nutrients that help us keep our blood and digestive systems healthy and helps lower the risk of heart disease, stroke and certain types of cancer. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.

### NUTRIENTS IN BROCCOLI

Nutrient Content per Serving	Broccoli 125 mL (46g)
<b>Excellent Source</b> supplies 25% or more of a nutrient per day	Vitamin C Beta Carotene
<b>Good Source</b> supplies 15 - 24% of a nutrient per day	
<b>Fair Source</b> supplies 5 - 14% of a nutrient per day	Folate Riboflavin B6

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

### WHAT DO WE KNOW ABOUT BROCCOLI?

Broccoli was first grown in Italy over 2,000 years ago. It is also grown in northern gardens. Broccoli from stores usually makes a long trip from California. If buying fresh broccoli, look for firm bunches with dark green florets. Broccoli is often bought frozen to reduce costs.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?



# BROCCOLI

## DID YOU KNOW?

Broccoli is an excellent source of beta carotene (vitamin A), which is needed for healthy skin, bones, and eyes.

Broccoli is an excellent source of vitamin C, providing 70% of the vitamin C we need in a day to keep our gums, teeth and skin healthy.

Broccoli is a fair source of folate, riboflavin and B6, which are all B vitamins. They help our bodies use the energy from foods and are important for growth, healthy skin, hair, nerves and muscles.

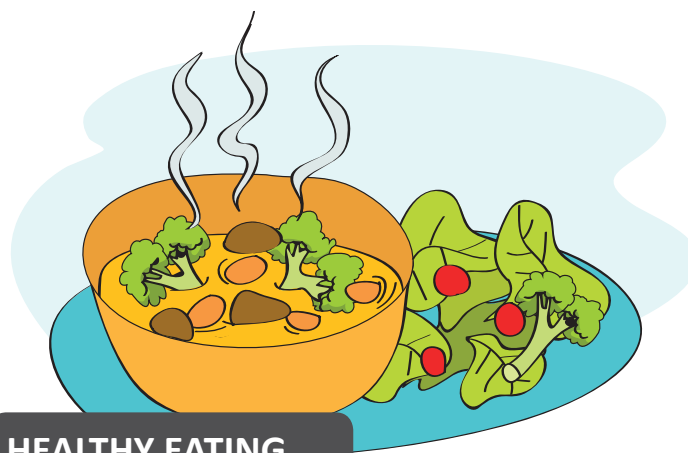
**GROWING FOOD  
AS PART OF A  
HEALTHY LIFESTYLE**



Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

## HOW TO STORE, PREPARE AND EAT BROCCOLI

- Store broccoli in the fridge.
- The stems of broccoli can be eaten but peel the hard layers off first.
- Broccoli is healthiest when eaten raw or lightly steamed.
- Try adding broccoli to salads, soups and stews.
- Chop up broccoli into smaller pieces and take as a snack.



### HEALTHY EATING

Broccoli can be eaten raw, cooked with meals, or as a snack.

## FOR MORE INFORMATION CONTACT:

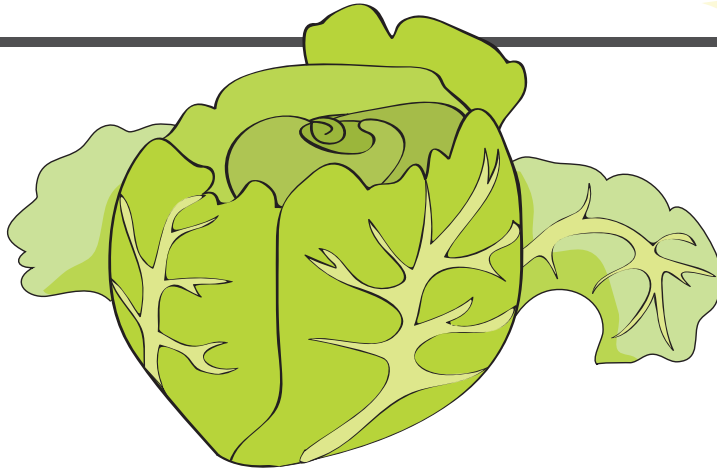
- Registered Dietitians
- Community Gardens
- Local gardeners and the Territorial Farmers' Association
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com/>
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# CABBAGE

## NUTRITIONAL FACT SHEET SERIES



**CABBAGE IS GOOD FOR US!**



Cabbage is a large leafy green vegetable that grows above the ground and is shaped like a head. Cabbage provides many nutrients. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.

### NUTRIENTS IN CABBAGE

Nutrient Content per Serving	Cabbage 250 mL (74g)
<b>Excellent Source</b> supplies 25% or more of a nutrient per day	Vitamin C Beta Carotene
<b>Good Source</b> supplies 15 - 24% of a nutrient per day	
<b>Fair Source</b> supplies 5 - 14% of a nutrient per day	Folate B6

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

### WHAT DO WE KNOW ABOUT CABBAGE?

Cabbage has been eaten for nearly 2,000 years and is a common vegetable grown in the north. Green and purple cabbage are available in stores year-round and is usually a less expensive vegetable. When buying cabbage, look for heads that are firm and heavy and do not have brown spots.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?



# CABBAGE

## DID YOU KNOW?

Cabbage is an excellent source of beta carotene (vitamin A), which is needed for healthy skin, bones, and eyes.

Cabbage is an excellent source of vitamin C which keeps our gums, teeth and skin healthy.

Cabbage is a fair source of B vitamins, such as folate and vitamin B6. Folate is needed for healthy cells and to help babies grow during pregnancy. Folate is needed at any age to make healthy blood to keep us from getting tired.

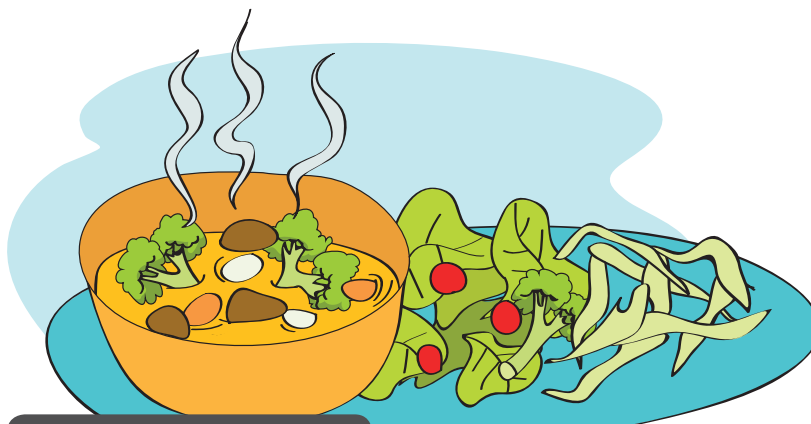
**GROWING FOOD  
AS PART OF A  
HEALTHY LIFESTYLE**



Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

## HOW TO STORE, PREPARE AND EAT CABBAGE

- Store cabbage in a cool, dry, dark place.
- Cabbage has a hard stem that can be eaten; most people remove the stem as it can be bitter tasting.
- Cabbage can be eaten raw, steamed, boiled, baked, or pickled.
- Try adding chopped cabbage to salads, soups and stews or to make cabbage rolls.



### HEALTHY EATING

Shred raw cabbage to make coleslaw or add to salads, soups and stews for extra crunch and flavor.

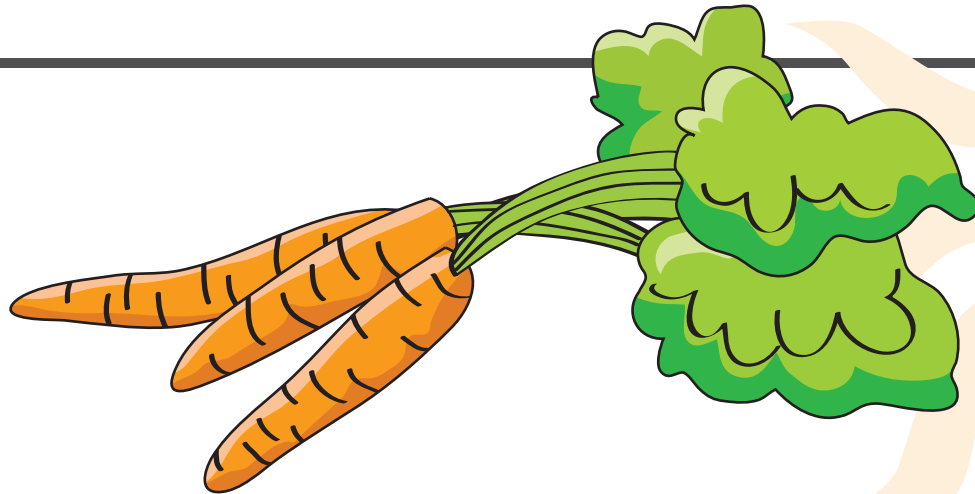
## FOR MORE INFORMATION CONTACT:

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# CARROTS

## NUTRITIONAL FACT SHEET SERIES



**CARROTS ARE GOOD FOR US!**



Carrots are sweet tasting vegetables grown in the ground. They help our eyes, hair, and skin stay healthy and strong.

### NUTRIENTS IN CARROTS

Nutrient Content per Serving	Carrots, raw 125 mL (67.5g)
<b>Excellent Source</b> supplies 25% or more of a nutrient per day	Very high Beta Carotene
<b>Good Source</b> supplies 15 - 24% of a nutrient per day	
<b>Fair Source</b> supplies 5 - 14% of a nutrient per day	Vitamin C Niacin B6

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

### WHAT DO WE KNOW ABOUT CARROTS?

Carrots were first grown about 5,000 years ago in Asia and have become a favourite vegetable for many northern gardeners. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.

Originally carrots were white. Now they can be orange, purple, red, white and yellow. If you are buying fresh carrots, look for the ones with a deep orange or other colour. Carrots can also be bought frozen or canned.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?



# CARROTS

## DID YOU KNOW?

Carrots are second only to sweet potatoes as an excellent source of beta carotene (vitamin A). Vitamin A is needed for healthy skin, bones and teeth as well as to fight sickness.

Carrots are a fair source of B vitamins, like niacin and B6, which help our bodies use energy from foods. B vitamins are important for growth and healthy skin, hair, nerves and muscles.

Carrots are also a fair source of vitamin C, which keeps our gums, teeth and skin healthy.

### GROWING FOOD AS PART OF A HEALTHY LIFESTYLE



Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

## HOW TO STORE, PREPARE AND EAT CARROTS

- Store carrots in a cool, dry place.
- The skin of carrots is good for us and can be eaten raw when washed well.
- Carrots are healthiest when eaten raw or lightly steamed. Carrots can also be eaten boiled, baked or pickled.



## HEALTHY EATING

Have children help grow carrots and wash fresh ones for a healthy snack. Children eat more vegetables when they have grown them and know where they come from. The sweet taste of fresh vegetables right out of the garden encourages children to eat their vegetables!

## FOR MORE INFORMATION CONTACT:

- Registered Dietitians
- Community Gardens
- Local gardeners and the Territorial Farmers' Association
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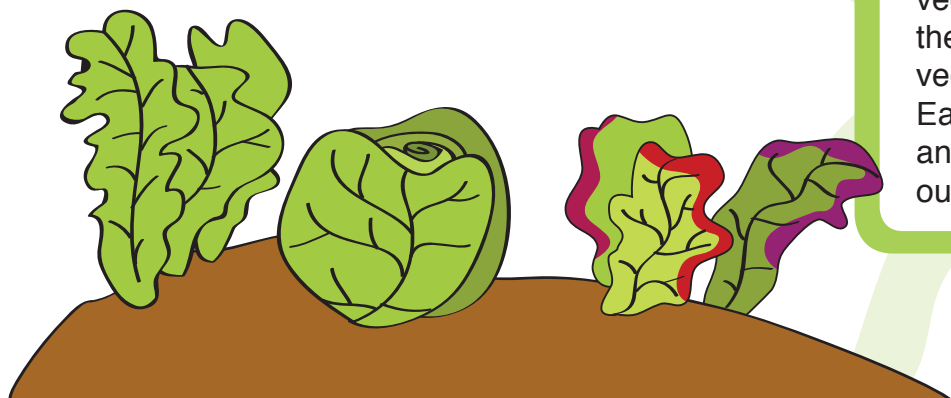
# LETTUCE

## NUTRITIONAL FACT SHEET SERIES

**LETTUCE IS GOOD FOR US!**



Lettuce is a leafy green vegetable that grows above the ground and is a popular vegetable grown in the north. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.



### NUTRIENTS IN LETTUCE

Nutrient Content per Serving	Lettuce, iceberg 250 mL (76g)
<b>Excellent Source</b> supplies 25% or more of a nutrient per day	Beta Carotene
<b>Good Source</b> supplies 15 - 24% of a nutrient per day	
<b>Fair Source</b> supplies 5 - 14% of a nutrient per day	Folate

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

### WHAT DO WE KNOW ABOUT LETTUCE?

Lettuce has been eaten for over 4,500 years. There are many different kinds of lettuce that grow well in the NWT and that can be eaten all summer.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?



# LETTUCE

## DID YOU KNOW?

Lettuce is an excellent source of beta carotene (vitamin A) which is needed for healthy skin, bones, and eyes.

Lettuce is a fair source of folate, which is needed for healthy cells and the healthy growth of babies during pregnancy in order to prevent neural tube defects. Folate helps make healthy blood that keeps us from being tired.

Romaine lettuce has much higher amounts of vitamin C and beta carotene than Iceberg or Butterhead lettuce. Vitamin C helps to keep our gums, teeth, and skin healthy.

**GROWING FOOD  
AS PART OF A  
HEALTHY LIFESTYLE**



Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

## HOW TO STORE, PREPARE AND EAT LETTUCE

- Store lettuce in the fridge.
- Wash lettuce leaves before eating.
- Lettuce is usually eaten raw in salads and sandwiches.



## HEALTHY EATING

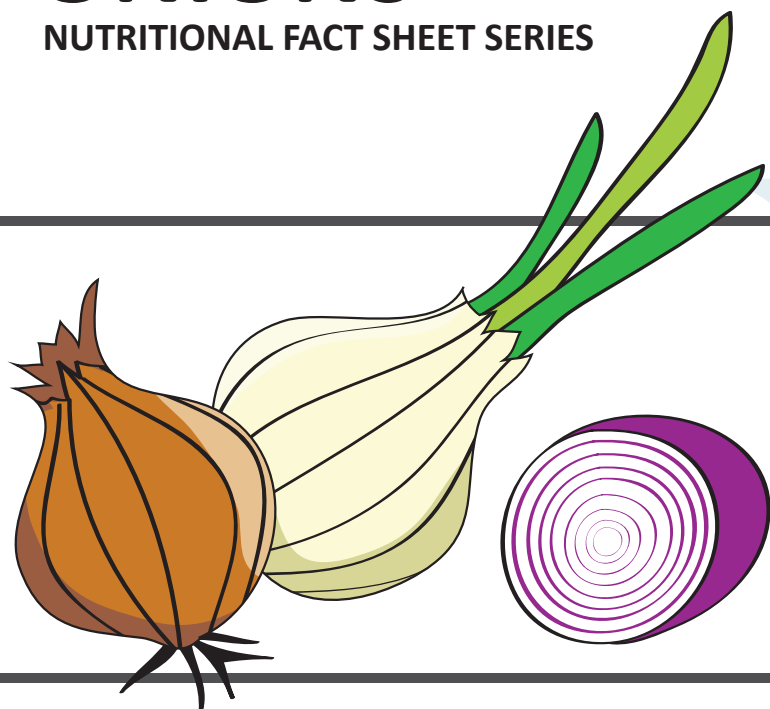
Try several varieties of lettuce to make salads and sandwiches colorful and interesting. Mix your own dressings with fresh herbs which can also be grown locally, or just use oil and vinegar. This is a way to cut down on high calorie dressings and reduce your salt intake.

## FOR MORE INFORMATION CONTACT:

- Registered Dietitians
- Community Gardens
- Local gardeners and the Territorial Farmers' Association
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com/>
- Department of Industry, Tourism and Investment website: <http://www.iti.gov.nt.ca/fursagriculturefisheries/agriculture.shtml>

# ONIONS

## NUTRITIONAL FACT SHEET SERIES



**ONIONS ARE  
GOOD FOR US!**



Onions are vegetables grown in the ground. Onions can have a strong smell and taste before they are cooked. They add a lot of flavor to traditional recipes and other foods.

### NUTRIENTS IN ONIONS

Nutrient Content per Serving	Onion, raw 125 mL (85g)
<b>Excellent Source</b> supplies 25% or more of a nutrient per day	
<b>Good Source</b> supplies 15 - 24% of a nutrient per day	
<b>Fair Source</b> supplies 5 - 14% of a nutrient per day	Vitamin C B6

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

### WHAT DO WE KNOW ABOUT ONIONS?

Green, white, yellow and red onions are common vegetables in northern gardens today because they grow well in our climate. They can also be bought from the store. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.

If buying onions, look for ones that are round, firm and do not have any green mould, soft spots or wilting. Look for onions that have deep green stems.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?



# ONIONS

## DID YOU KNOW?

Onions are a fair source of vitamin C which keeps our gums, teeth and skin healthy.

Onions are a fair source of B vitamins, like B6, which are important for growth and healthy skin, hair, nerves and muscles.

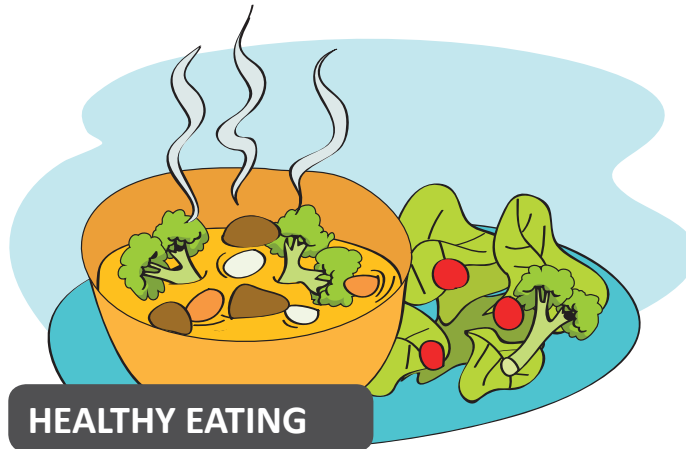
**GROWING FOOD  
AS PART OF A  
HEALTHY LIFESTYLE**



Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

## HOW TO STORE, PREPARE AND EAT ONIONS

- Store whole onions in a cool, dark and dry place.
- Leave the skins on and do not wash onions before you store them.
- Peel the skin off of onions before eating or preparing.
- Onions can be eaten raw, baked or pickled.
- Chopped onions can be added to soups and stews.
- Chopped raw onions can be added to salads.
- Cutting up onions usually makes your eyes water.
- This is normal and is not a problem. Avoid touching your eyes after cutting up onions.
- Cut up onions can be stored in the freezer and used later in soups and stews.



**HEALTHY EATING**

Onions are used to add flavor to meats, soups, stews, casseroles and salads.

## FOR MORE INFORMATION CONTACT:

- Registered Dietitians
- Community Gardens
- Local gardeners and the Territorial Farmers' Association
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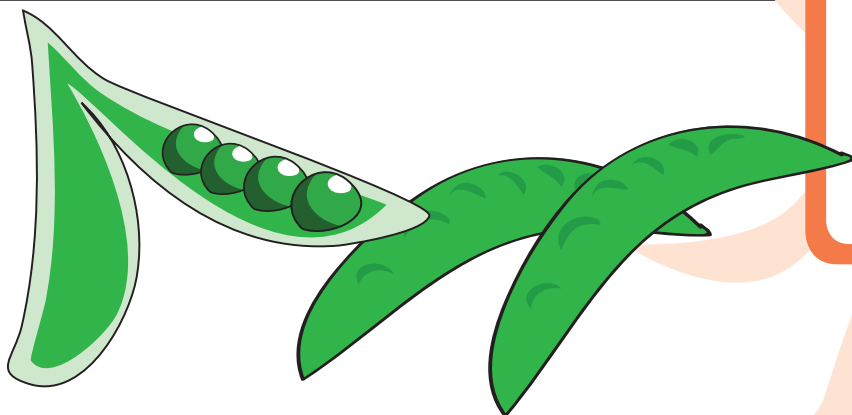
# PEAS

## NUTRITIONAL FACT SHEET SERIES

PEAS ARE  
GOOD FOR US!



Peas are small round seeds that grow in pods above the ground on viney-looking pea plants. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.



### NUTRIENTS IN PEAS

Nutrient Content per Serving	Peas 125 mL (77g)
<b>Excellent Source</b> supplies 25% or more of a nutrient per day	Vitamin C Beta Carotene
<b>Good Source</b> supplies 15 - 24% of a nutrient per day	Thiamin Niacin
<b>Fair Source</b> supplies 5 - 14% of a nutrient per day	Protein, Fibre Iron, Folate Riboflavin, B6 Magnesium

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

### WHAT DO WE KNOW ABOUT PEAS?

Peas are sweet, green and easy to prepare. They provide us with many nutrients that help us stay healthy and strong.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?





# PEAS

## DID YOU KNOW?

Peas provide an excellent source of beta carotene (vitamin A), which is needed for healthy skin, bones, and eyes.

Peas provide an excellent source of vitamin C which keeps our gums, teeth and skin healthy.

Peas are a good source of thiamin and niacin. These B vitamins help our bodies use the energy from foods and are important for growth, healthy skin, hair, nerves and muscles.

Peas provide a fair source of fiber, which keeps our bowels healthy, our blood sugar levels even and helps to prevent diseases such as cancer.

**GROWING FOOD  
AS PART OF A  
HEALTHY LIFESTYLE**



Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

## HOW TO STORE, PREPARE AND EAT PEAS

- Store fresh peas in a cool, dry place once they are picked (fridge works well).
- Peas can be eaten raw, steamed or boiled lightly.
- Most fresh peas need to be removed from their pods before they are eaten, but the pods of some varieties can be eaten also, such as Snap Peas and Sugar Peas.
- Peas can be dried to use in split pea soups.



### HEALTHY EATING

Children can help grow and shell fresh peas for a snack or meal. Children eat more vegetables when they grow them, know where they come from and when they help prepare them. The great taste of fresh vegetables encourages children to eat them.

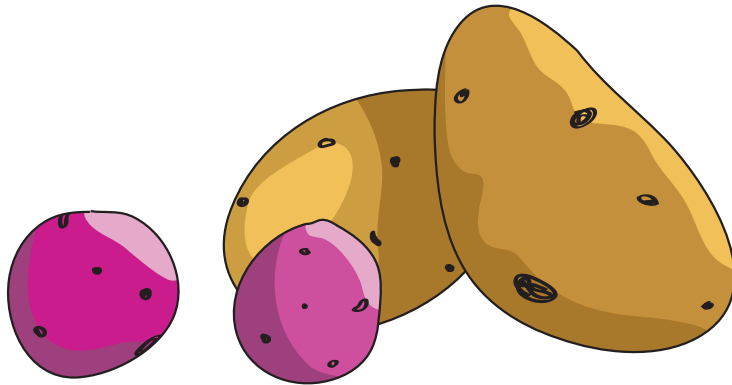
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# POTATOES

## NUTRITIONAL FACT SHEET SERIES



**POTATOES ARE GOOD FOR US!**



Potatoes are vegetables grown in the ground. They come in many different shapes, colours and sizes. Eating locally grown vegetables and traditional foods helps keep our bodies healthy.

### NUTRIENTS IN POTATOES

Nutrient Content per Serving	Potatoes, raw with skin on 125 mL (79 g)	Sweet Potatoes 125 mL (70 g)
<b>Excellent Source</b> supplies 25% or more of a nutrient per day		Beta Carotene
<b>Good Source</b> supplies 15 - 24% of a nutrient per day	Vitamin C	
<b>Fair Source</b> supplies 5 - 14% of a nutrient per day	Potassium Beta Carotene Niacin Thiamin B6	Fibre Magnesium Potassium Thiamin B6

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights vary).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, Good and Fair sources of nutrients have been standardized for any type of food source.

### WHAT DO WE KNOW ABOUT POTATOES?

Potatoes have been grown for over 7,000 years in many parts of the world. Potatoes are a popular vegetable grown by northern gardeners. Potatoes keep well for several months so they are economical vegetables that can be stored and eaten all year long.

Many northern communities have one or more community, backyard, indoor garden or greenhouse. What is your community growing this year?



# POTATOES

## DID YOU KNOW?

Potatoes are a good source of vitamin C, which keeps our gums, teeth and skin healthy.

Potatoes are a fair source of B vitamins like niacin, thiamin, and B6. These vitamins help our bodies use the energy from foods and are important for growth, healthy skin, hair, nerves and muscles.

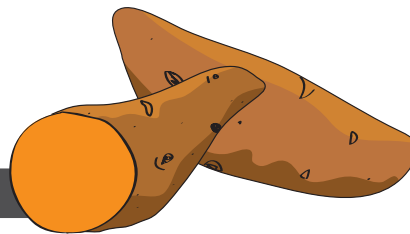
Potatoes also provide carbohydrates. Carbohydrates are needed for energy to work and play and can be part of a healthy meal. The calories in a serving of potatoes are about the same as a slice or two of bread.

**GROWING FOOD  
AS PART OF A  
HEALTHY LIFESTYLE**



Getting outside to garden is a great way to be active. Growing, gathering, and eating garden foods will help keep us healthy.

## SWEET POTATOES



Sweet potatoes are one of the healthiest vegetables because of their high nutritional value. Sweet potatoes provide the most beta carotene (vitamin A) of any vegetable. The amount is much higher than white or red potatoes.

Vitamin A is needed for healthy skin, bones and eyes. It also helps keep our bodies healthy. Sweet potatoes are also a fair source of fibre.

## HOW TO STORE, PREPARE AND EAT POTATOES

- Store potatoes in a cool, dark, and dry place.
- The skin of potatoes is healthy and can be eaten, but needs to be washed first and any green colour removed.
- Potatoes are best eaten baked, boiled, or steamed. Frying adds a lot of fat.

## HEALTHY EATING

Try adding potatoes to stews, soups, or casseroles. Use different colors of potatoes (red, white, orange) to make meals look interesting. Mix mashed sweet and white potatoes together as topping for Shepherd's pie for a tasty meal. Add water to drink.

## FOR MORE INFORMATION CONTACT:

- Registered Dietitians
- Community Gardens
- Local gardeners and the Territorial Farmers' Association
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