

# **GLOSSARY OF COMMONLY USED ALASKAN WORDS**

## **AGUTUK**

a whipped Eskimo dessert, the base of which is a mixture of fats in which either seal or fish oil is almost always used and to which either cooked ground caribou meat, cooked flaked whitefish, or berries alone or in combination with cooked sourdock greens, cooked chopped 'mouse nuts' or fresh fish roe is added.

## **BELUGA**

the Eskimo name for the cetacean *Delphinapterus leucas* which inhabits the shallow northern waters of sounds and estuaries.

## **BLUBBER**

the fat layer which lies between the skin and muscular flesh of sea mammals (serves as an insulating layer) and from which oil is obtained.

## **CACHE**

a term applied to the typical wooden storehouse erected on stilts and commonly used by the Eskimos and Indians of Alaska.

## **ESKIMO POTATO, INDIAN POTATO**

*Hedysarum alpinum* L.—the root of a plant commonly called wild sweet pea which often grows in profusion along river banks and on river gravel and sand bars throughout Interior Alaska and more sparingly in alpine situations.

## **FREEZE-UP**

a general term applied to the freezing of rivers, lakes and ground in late fall or early winter.

## **FRY BREAD**

a baking powder biscuit dough or sourdough mixture fried in oil. Occasionally fresh whitefish roe is added to the batter and the bread fried in fresh whitefish oil.

## **BREAK-UP**

a general term applied to the disintegration and disappearance of ice from rivers, lakes, sloughs and tundra in the early spring.

## **KASHIM**

an Eskimo house of assembly, the men's community house.

## **KWAK**

an Eskimo term applied to raw meat or fish when it is eaten frozen.

## **MIKIYUK**

the Eskimo word for a specially prepared soured whale meat product.

## **M'LOOK**

an Eskimo term for fermented raw fish eggs used in the preparation of a special dessert or as a soup thickener.

## **MOUSE NUTS**

bits of edible roots, and other underground parts of tundra plants which rodents collect and bury in underground storage houses for their winter food supply.

## **MUKLUK**

the southwestern Eskimo word for the large bearded seal, *Eriognathus barbatus* (Erxleben); also a term generally used in Alaska for Eskimo boots, the sole of which is made from the tanned skin of the bearded seal,

## **MUKTUK**

the Eskimo term for the outer skin and attached layer of blubber of the baleen and beluga whales—this is a favorite food in all areas where these animals are available.

## **NULLIKITUK**

the Eskimo word for the annual whale feast held in June at Point Hope and Barrow in northern Alaska.

## **PICNIC**

the most common Eskimo word for 'mouse nut'.

## **POKE FISH OR MEAT**

fish or meat which has been partially air-dried, and then completely immersed in seal oil in a seal poke or other suitable container and then stored in the cold.

## **SEAL POKE**

a container made from the skin of the seal. The animal is butchered in such a way that the skin remains intact except that the head and flippers have been removed. The skin as it is slipped off the carcass is turned inside out so that the hair side is now on the inside and the blubber side on the outside. The head and flipper openings are sewed, the skin inflated through the anal opening and tied; then all excess blubber is carefully and completely removed

from the now outer surface and then smeared with seal blood and allowed to dry. The outer surface is now quite impervious and the 'poke' ready to be used as a container for oil, 'poke fish', 'poke meat', berries and cooked greens or raw greens marinated in seal oil.

#### SOURDOUGH

a semi-liquid fermented mixture made of flour, water and either baking soda or yeast starter which is used as a leavening agent in the preparation of breads and hotcakes; also a term designating a long time resident of Alaska.

#### TAYAHUK

the Eskimo name for the aquatic plant *Hippuris vulgaris* L. (common English name: mare's tails) which grows in shallow tundra ponds and ditches. After the ponds freeze in late fall and early winter the Eskimo gathers the leafy flowering stalk which protrudes above the ice, and uses it as a soup ingredient.

#### TINGUGTLUK

a whipped Eskimo dessert made from a mixture of fats in which seal oil or whitefish oil and cooked fresh fish livers (whitefish, pike, ling cod) are essential ingredients.

#### TIPNUK

a putrefied fish product made from either a combination of fish heads, liver, pancreas, and other internal organs or from whole fish (usually salmon). The fresh products are buried in grass lined ground pits and allowed to putrefy for specified periods.

#### TUNDRA

a level or undulating treeless, boggy plain dotted with lakes, ponds, sloughs, rivers and sometimes quaking bogs, a characteristic feature of many parts of the arctic and subarctic regions. The subsoil is permanently frozen; the upper soil, black and mucky, supports a dense growth of mosses, lichens and dwarf shrubs and herbs of various kinds.

#### UGRUK

the Arctic Eskimo term for the bearded seal (*Erignathus barbatus* (Erxleben)).

#### ULU

an Eskimo woman's knife with a crescent-shaped blade.

#### WILLIDULLI

a southwest Eskimo word meaning 'the place of many clams' applied to the slough in front of the tundra village of Kasigluk. A fresh water variety of clams is found in this slough.

## APPENDIX

### LIST OF THE ANIMALS, FISHES AND PLANTS COMMONLY USED AS FOOD BY ALASKAN ESKIMOS AND INDIANS

#### ANIMALS

Beaver	<i>Castor canadensis</i> Kuhl
Bear	<i>Ursus americanus</i> Pallas
black	<i>Ursus maritimus</i> (Phipps)
polar	<i>Rangifer tarandus</i> (Linnaeus)
Caribou	
Hare	<i>Lepus americanus</i> Erxleben
snowshoe	<i>Lepus timidus</i> Linnaeus
arctic	<i>Felis lynx</i> Linnaeus
Lynx	<i>Marmota caligata</i> (Eschscholtz)
Marmot, hoary	<i>Alces alces</i> Linnaeus
Moose	<i>Ondatra zibethicus</i> (Linnaeus)
Muskrat	<i>Mustela vison</i> Schreber
Mink	<i>Erythizon dorsatum</i> (Linnaeus)
Porcupine	
Seal	
bearded (ugruk)	<i>Erignathus barbatus</i> (Erxleben)
(mukluk)	<i>Phoca vitulina</i> Linnaeus
harbor	<i>Histriophoca fasciata</i> (Zimmermann)
ribbon	<i>Pusa hispida</i> (Schreber)
ringed	<i>Citellus undulatus</i> (Pallas)
Squirrel, ground	<i>Odobenus rosmarus divergens</i> Illiger
Walrus, pacific	
Whale	
beluga or white	<i>Delphinapterus leucas</i> Pallas
bowhead or right	<i>Balaena mysticetus</i> Linnaeus

#### FISHES

Blackfish	<i>Dallia pectoralis</i> Bean
Cod (ling) (mudshark)	<i>Lota lota leptura</i> Hubbs & Schultz
Cod, tom	<i>Boreogadus saida</i> (Lepechin) and <i>Eleginops gracilis</i> (Tilesius)
Flounder	<i>Platichthys stellatus</i> (Pallas) and others
Grayling	<i>Thymallus arcticus</i> (Richardson)
Herring	<i>Clupea harengus pallasi</i> Valenciennes
Needlefish, sticklebacks	<i>Pungitius pungitius</i> (Linnaeus)
Pike	<i>Esor lucius</i> Linnaeus
Salmon	
dog or chum	<i>Oncorhynchus keta</i> (Walbaum)
king, chinook, spring	<i>Oncorhynchus tshawytscha</i> (Walbaum)
silver or coho	<i>Oncorhynchus kisutch</i> (Walbaum)
red or sockeye	<i>Oncorhynchus nerka</i> (Walbaum)
pink or humpback	<i>Oncorhynchus gorbuscha</i> (Walbaum)

## FISHES

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Smelts	<i>Hypomesus olidus</i> (Pallas) <i>Osmerus dentex</i> Steindachner <i>Mallotus villosus</i> Müller
Sculpin (devilfish-Nelson Island, bullhead-Shishmaref)	<i>Myoxocephalus</i> spp.
Trout	<i>Megalocottus</i> spp.
Dolly Varden arctic char	<i>Salvelinus malma</i> (Walbaum) <i>Salvelinus alpinus</i> Linnaeus
Whitefish	<i>Coregonus autumnalis</i> (Pallas) <i>Coregonus lavaretus nelsoni</i> Bean <i>Coregonus nasus</i> (Pallas) <i>Coregonus sardinella</i> Valenciennes <i>Stenodus leucichthys</i> (Pallas)
Sheefish, inconnu	

## OTHER SEAFOOD

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Crab king at Point Hope	<i>Paralithodes kamchaticus</i> (Tilesius) <i>Hyas coarctatus alutaceous</i> Brandt
Clams	<i>Clinocardium ciliatum</i> (Fabricius) <i>Hiatella arctica</i> (Linnaeus)
Tunicata	<i>Mya truncata</i> (Linnaeus) <i>Synocium pulmonaria</i> (Ellis & Scholander) <i>Synocium turgens</i> Phipps <i>Styela macrenteron</i> Ritter

## WILDFOWL

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Loons	
arctic	<i>Gavia arctica</i> (Linnaeus)
Yellow-billed	<i>Gavia adamsii</i> (Gray)
red-throated	<i>Gavia stellata</i> (Pontoppidan)
Cormorants	
pelagic	<i>Phalacrocorax pleagicus</i> Pallas
red-faced	<i>Phalacrocorax urile</i> (Gmelin)
Geese *	
Canada goose	<i>Branta canadensis</i> (Linnaeus)
Black brant	<i>Branta nigricans</i> (Lawrence)
Emperor goose	<i>Philacte canagica</i> Selevastinov
Snow goose	<i>Chen hyperborea</i> (Pallas)
Pacific white-fronted goose	<i>Anser albifrons</i> (Scopoli)
Ducks *	
common mallard	<i>Anas platyrhynchos</i> Linnaeus
pintail	<i>Anas acuta</i> Linnaeus
American widgeon	<i>Mareca americana</i> (Gmelin)

## WILDFOWL

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shoveler	<i>Spatula clypeata</i> (Linnaeus)
greater scaup	<i>Anhyta marila</i> (Linnaeus)
common goldeneye	<i>Bucephala clangula</i> (Linnaeus)
old squaw	<i>Clangula hyemalis</i> (Linnaeus)
Steller's eider	<i>Polysticta stelleri</i> (Pallas)
common eider	<i>Somateria mollissima</i> (Linnaeus)
King eider	<i>Somateria spectabilis</i> (Linnaeus)
spectacled eider	<i>Lampronetta fischeri</i> (Brandt)
white-winged scoter	<i>Melanitta deglandi</i> (Bonaparte)
surf scoter	<i>Melanitta perspicillata</i> (Linnaeus)
red-breasted	
merganser	<i>Mergus serrator</i> Linnaeus
Grouse	
spruce grouse	
(spruce hen)	<i>Canachites canadensis</i> (Linnaeus)
willow ptarmigan	<i>Lagopus lagopus</i> (Linnaeus)
rock ptarmigan	<i>Lagopus mutus</i> (Montin)
white-tailed	
ptarmigan	<i>Lagopus leucurus</i> (Richardson)
Crane, sandhill	<i>Grus canadensis</i> (Linnaeus)
Gull *	
glaucous	<i>Larus hyperboreus</i> Gunnerus
glaucous-winged	<i>Larus glaucescens</i> Naumann
herring	<i>Larus argentatus</i> Pontoppidan
Kittiwake, black-legged	<i>Rissa tridactyla</i> (Linnaeus)
Murres * (crowbill)	
common	<i>Uria aalge</i> (Pontoppidan)
thick-billed	<i>Uria lomvia</i> (Linnaeus)
Guillemot	
black	<i>Cephus grylle</i> (Linnaeus)
pigeon	<i>Cephus columba</i> (Pallas)
Auklets	
crested	<i>Aethia cristatella</i> (Pallas)
least	<i>Aethia pusilla</i> (Pallas)
Puffins	
horned	<i>Fratercula corniculata</i> (Naumann)
tufted	<i>Lunda cirrhata</i> (Pallas)
Snowy owl	<i>Nyctea scandiaca</i> (Linnaeus)

\* Eggs used in quantity by some Eskimo groups.

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## PLANTS

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### ROOTS AND UNDERGROUND STEMS

Onion (teeveeteeuk,  
pahtetok) *Allium schoenoprasum* L.  
Spring beauty (keetuk) *Claytonia acutifolia* Pall. ex. Willd.

**PLANTS (cont'd)**

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Tuberous spring beauty (oatkuk)	<i>Claytonia tuberosa</i> Pall. ex. Willd.
Indian potato, <sup>#</sup> Eskimo potato (mashu, muhzut)	<i>Hedysarum alpinum</i> L.
Parry's wallflower	<i>Parrya nudicaulis</i> (L.) Regel.
Wooly lousewort (nahzakmeetak, kooklingwuk)	<i>Pedicularis lanata</i> Cham. & Schlecht.
Silverweed, wild sweet potato	<i>Potentilla pacifica</i> Howell
Water sedge (kalugkat)	<i>Carex aquatilis</i> Wahlenb.
Tall cotton grass, mousenuts (picknuk or picnic)	<i>Eriophorum angustifolium</i> Honckeney
Pink plumes (cahuk)	<i>Polygonum bistorta</i> L. ssp. <i>plumosum</i> (Small).
Stonecrop (ekutuk)	<i>Sedum rosea</i> (L.) Scop.

STEMS, NEW SHOOTS, INNER BARK

Cow parsnip, <sup>#</sup> wild celery (young stems)	<i>Heracleum lanatum</i> Michx.
Mare's tail # (tayahuk) (leafy stem)	<i>Hippuris vulgaris</i> L.
Tall cotton grass (etak) (cheeheetok for new shoots)	<i>Eriophorum angustifolium</i> Honck.
Water sedge (new shoots)	<i>Carex aquatilis</i> Wahlenb.
Felty-leaved willow (keeleeyuk—the inner bark)	<i>Salix alaxensis</i> Cov.

LEAVES

Sea coast angelica, wild celery (ahzeeahluk, egusuk)	<i>Angelica lucida</i> L.
Beach greens # (ahsahluk)	<i>Honckenya peploides</i> (L.) Ehrh.
Marsh marigold (tayahksungwuk)	<i>Caltha palustris</i> L. var. <i>arctica</i> (R. Br.) Huth.
Scurvy grass	<i>Cochlearia officinalis</i> L.
Dwarf fireweed (pahmeyutuk)	<i>Epilobium latifolium</i> L.
Sea lovage (cheechee- kok)	<i>Ligusticum hultenii</i> Fern.
Mountain sorrel # (kungluk)	<i>Oxyria digyna</i> (L.) Hill.
Coltsfoot	<i>Petasites frigidus</i> (L.) Fries.
Wild rhubarb # (kooseemuk)	<i>Polygonum alaskanum</i> (Small) Wight.

## **PLANTS (cont'd)**

Pink Plumes (eevuk)	<i>Polygonum bistorta</i> ssp. <i>plumosum</i> (Small).
Pallas buttercup (kapugachat)	<i>Ranunculus pallasii</i> Schlecht.
Sourdock # (ahlooeguk)	<i>Rumex arcticus</i> Trautv.
Willow leaves # (surah)	<i>Salix pulchra</i> Cham. <i>Salix arctica</i> Pall.
Brook saxifrage (ahzeeahsak)	<i>Saxifraga punctata</i> L.
Stonecrop # (eeveeah-luk) (noneevuk)	<i>Sedum rosea</i> (L.) Scop.

## FRUITS

Alpine bearberry (kuvluk)	<i>Arctostaphylos alpina</i> (L.) Spreng.
Bearberry (kinnikinnick)	<i>Arctostaphylos uva-ursi</i> (L.) Spreng.
Crowberry, # black- berry (panak)	<i>Empetrum nigrum</i> L.
Red currant	<i>Ribes triste</i> Pallas
Wild rose (neechee)	<i>Rosa acicularis</i> Lindl. (most common rose)
Cloudberry # (akpik, ahtchaigpiat)	<i>Rubus chamaemorus</i> L.
Red raspberry	<i>Rubus idaeus</i> L.
Bog cranberry (wingarat)	<i>Vaccinium oxycoccus</i> Langs.
Blueberry # (soquah or sooguk-Eskimo), (chuck-Indian)	<i>Vaccinium uliginosum</i> L. and others
Low bush cranberry, # lingenberry (keep- mik, toomalgleet- Eskimo) (nutlut- Indian)	<i>Vaccinium vitis idaea</i> L.

# Most common

TABLE 87.—COMPOSITION OF ALASKAN FOODS, 100 GRAMS

Name Common	Scientific Name	Description	Protein, gm	Carbohydrate gm—Total	Carbohydrate gm—Fiber	Protein, gm by Kjeldahl	Protein, gm by Dittmer	As, gm	Calcium, mg	Carcotene Vitamin A, I.U.	Vitamin A, I.U. Vit. A, (1)	Thiamine, mg	Riboflavin, mg	Niacin, mg	Aescorbic Acid, mg	
Bear, Black <i>Ursus americanus</i> (Pallas)	Flesh	71.2	20.1	19.8	8.3	0	0	0.7	162	7.2	5.9	260	0.16	0.68	8.2	
Bear, Polar <i>Thalarctos maritimus</i> (Philips)	Flesh	1	67.4	26.8	4.8	0	0	1.0	265	.....	.....	270	.....	.....	.....	
Beaver <i>Castor canadensis</i> (Fahl)	Flesh	2	72.6	.....	4.8	.....	.....	1.0	16	262	6.9	180	0.05	0.14	1.8	
Beluga <i>Delphinapterus leucas</i> (Pallas)	Flesh, air-dried Eye, incl. adhering muscles, tendons and fat	3	72.5	26.5	0.5	0	0	1.4	7	239	25.9	340	.....	.....	.....	
	Flesh, air-dried Eye, incl. adhering muscles, tendons and fat		23.3	73.1	71.0	2.3	0	0	3.4	28	608	91.7	530	.....	.....	.....
	Flesh, air-dried Eye, incl. adhering muscles, tendons and fat		55.1	19.6	23.3	0.7	0	1.3	187	.....	.....	1,870	.....	.....	.....	.....
	Flipper, excl. skin and bones		57.5	19.0	20.0	21.7	0	0	0.8	11	163	2.8	930	.....	.....	.....
	Liver		74.6	18.4	.....	3.9	2.0	0	1.1	11	230	.....	22,100	0.22	0.08	2.9
	Muktuk: skin and sub-cutaneous fat		52.0	21.8	.....	26.1	0.1	0	1.0	7	143	1.0	2,160	0.22	0.08	2.9
	Oil		.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
	Whole fish		1	81.3	.....	1.5	.....	.....	1.8	236	287	.....	2,310	.....	.....	.....
			2	78.9	16.5	2.0	.....	.....	2.6	.....	4.6	.....	1,420	.....	.....	.....
				70.3	23.9	4.7	0	0	1.1	.....	.....	986	0.01	0.37	1.9	.....
Blackfish <i>Dolich pectoralis</i> (Bean)	Flesh															
Caribou <i>Rangifer tarandus</i> (L.)	Bone Marrow															
	Eye, incl. adhering muscle, tendon and fat															
	Liver															
	Stomach contents (lichens, moss, etc.)															

<i>Myzocelaphus</i> ssp.	Tongue	62.6	13.7	14.1	22.8	0	0	0.6	6	160	2.8	190	0.12	.....
	Flesh	75.6	21.7	21.4	2.1	0	0	0.9	10	220	0.4	1,020	0.09	1.1
<i>Somatia speciale</i>	Young leaves	87.2	3.0	0.8	6.3	0.9	1.6	1.3	89	2.1	6720	0.04	0.86	1.4
<i>L.</i>	Flesh	9.6	70.4	67.8	14.2	0	0	0	0	0	.....	.....	.....	.....
<i>Epilobium latifolium</i>	Flesh, air-dried	.....	.....	.....	.....	.....	1.6	.....	312	5.6	.....	F	0.28	0.46
<i>L.</i>	Flesh	.....	.....	.....	.....	0	0	0	0	0	.....	.....	.....	.....
<i>Pitichya stellata</i>	Flesh	37.6	44.7	46.7	10.6	0	0	0	972	.....	.....	F	0.01	8.6
(Pallas)	Flesh	18.2	.....	44.5	34.6	0	0	2.7	684	.....	1,300	0.01	.....	2.2
<i>Brennia condensis</i>	Flesh, air-dried, pre- served in seal oil	27.3	60.4	.....	6.6	2.8	0	2.9	808	0.6	490	0.15	.....	1.4
(Ridgway)	Roe	1	79.3	.....	0.3	0.3	0.3	0.3	0.6	0.6	.....	F	0.06	0.17
<i>Cluera hirsutus</i>	Flesh	2	79.6	18.1	0.3	0.3	0.3	0.3	1.0	.....	.....	.....	.....	.....
<i>pallidii Valenciennes</i>	.....	3	80.4	17.4	17.0	1.1	1.1	1.5	.....	.....	230	0.09	0.48	.....
<i>Lota lota leptura</i>	Liver	4	79.2	.....	0.7	0.7	0.7	0.7	0.5	0.5	.....	0.13	0.23	.....
(Hubbs & Schultz)	Berries	1	86.7	0.4	0.5	12.2	1.3	0.2	26	21	0.4	90	0.02	0.08
<i>Vaccinium vitis idaea</i>	Roots	67.8	5.8	.....	2.4	22.6	.....	1.5	.....	67	.....	16	0.10	0.07
<i>I.</i>	Flesh	9.6	63.2	64.8	9.2	.....	3.6	.....	821	39.7	.....	F	.....	.....
<i>Hedypnois alpinum</i>	.....	1	.....	0.9	0.9	0.9	0.9	0.6	226	.....	.....	.....	.....	.....
<i>L.</i>	.....	2	.....	2.1	2.1	2.1	2.1	1.6	.....	218	0.7	.....	.....	.....
<i>Mastigella taurica</i>	Flesh, air-dried	72.5	3	73.8	2.4	2.0	1.1	1.1	12	210	5.7	310	0.09	0.18
<i>Schreber</i>	.....	4	72.4	24.5	4.3	.....	.....	.....	429	.....	.....	.....	.....	.....
<i>Alcea alcea L.</i>	Flesh	77.2	3.9	0.1	16.1	2.1	2.2	175	.....	150	0.01	0.04	0.1	16
	Roots	78.0	7.3	1.1	16.3	2.3	17	160	.....	340	0.01	0.14	1.0	8
<i>Eriophorum</i> sp.	Seedlings	1	74.2	.....	6.4	.....	1.2	.....	220	8.6	.....	0.10	0.96	6.2
<i>Ondaria zizanioides L.</i>	Wholefish	2	80.4	9.9	6.2	1.1	0	2.0	605	7.3	624	0.05	1.38	.....
<i>Pungitius pungitius L.</i>	Flesh	11.6	82.6	82.4	2.3	0	0	1.1	1.1	1.1	1,230	0.05	0.26	5.9
<i>Erythronium</i> sp.	Flesh, air-dried	11.6	82.6	82.4	2.3	0	0	3.7	784	40.6	.....	1,310	0.13	0.63

TABLE 87.—COMPOSITION OF ALASKAN FOODS, 100 GRAMS—Continued

Name	Scientific Name	Description	Moisture, gm	Protein, gm by Kjeldahl	Carbohydrate by Difference, gm	Total Fiber, gm	Carbohydrate fiber, gm	Asch, gm	Phosphorus, mg	Iron, mg	Vitamin A, I.U.	Vitamin A, I.U.	Riboflavin, mg	Niacin, mg	Ascorbic Acid, mg
Oesruk "Qopah" ("Obrik") Owl, Horned	<i>Treptes</i>	Oil Whole animal	80.2 11.7	2.2	8.1	2.8	53	19	20.7	1.1	0.0	0.0	0.10	0.0	0.0
Pike	<i>Esox lucius</i> L.	Flesh	71.3 76.3	22.3 1.1	5.0 0	0	1.4	16	21.8	4.8	350	350	0.10	0.0	0.0
Plantain, Willow	<i>Lagopus lagopus</i> (L.)	Flesh, air-dried Breast Muscle	71.6 24.8	2.6 0	0	0	20.4	0.7	20.7	4.4	140	1.1	0.33	12.0	12.0
Buttercup	<i>Ranunculus polystachys</i> (Schlecht.)	Young leaves	89.3 85.5	2.6 4.2	0.6 0.5	0.3	1.3	11	6.7	2.9	860	0.25	1.00	420	420
Rhubarb, wild	<i>Polygonum alatum</i> (Small) Wight	Leaves	71.5 15.3	2.6 37.5	0.6 0.9	0.9	1.3	11	6.7	2.9	4,860	0.04	0.68	1.2	3.8
Salmon, king	<i>Oncorhynchus tshawytscha</i> Witfach (Walbaum)	Flesh, air-dried	84.3 2	12.0 1.5	1.5 0	0	87	0.9	4,480	0.04	0.10	0.13	0.1	0.1	3.3
Salmon, chum	<i>Oncorhynchus keta</i> (Walbaum)	Liver	64.2 84.3	29.2 12.0	12.4 1.5	2.9 0	3.0	28	64.6	2.0	860	0.15	0.82	17.5	17.5
Salmon, silver (coho)	<i>Oncorhynchus kisutch</i> (Walbaum)	Roe	64.2 84.3	1.6 1.1	1.6 0	1.6	41.2	2.6	862	0.15	0.15	0.15	0.15	0.15	0.15
Salmon, "tipnuk"	<i>Oncorhynchus</i> sp.	Flesh	10.7 28.1	51.4 49.6	36.5 19.4	0	390	1.6	600	1.6	1,220	0.19	0.35	4.2	4.2
Clootberry (Salmonberry)	<i>Rubus chamaemorus</i> L.	Flesh, air-dried	68.8 86.7	16.9 2.4	10.6 0.8	2.7 8.6	0	0	670	1.6	780	0.13	0.15	1.9	1.9
Scooter, white-winged	<i>Melanitta deglandi</i> (Bonaparte)	Flesh, air-dried, pre-served in seal oil	78.6 78.6	20.2 20.2	0.4 0	0	0.8	8	144	0.7	210	0.06	0.07	0.9	1.58
Seal, ringed	<i>Pusa hispida</i> (Schreber)	Whole fish or various parts purified in the ground	87.4 74.2	28.4 18.6	3.2 3.3	0	1.0	5	238	10.6	280	1.030	0.14	0.58	0.58
		Berries	1 2	3 3	0	0	1.0	13	279	13.6	11,300	36,800	0.18	8,230	3,010

Stonecrop	<i>Sedum rosea</i> (L.) Scop.	Young leaves	91.6	1.2	1.0	6.0	0.7	0.3	1	20	0.6	6.250	0.03	0.34	0.8
Smelt	<i>Omerus dentex</i> (Steindachner)	Flesh and small bones	77.6	16.7	16.3	5.1	0	0	1.1	74	205	0.6	460	0.13	1.5
Smelt, rainbow	<i>Hypomesistoides</i> (Pallas)	Flesh, air-dried	18.4	.....	69.3	11.9	0	0	.....	.....	.....	F	0.01	.....	1.0
Squirrel, ground	<i>Citellus undulatus</i> (Pallas)	Flesh	75.4	19.3	20.2	3.8	0	0	0.6	175	4.7	220	.....	.....	.....
Sourdock	<i>Rumex crispus</i> (Traub.)	Flesh, air-dried	24.7	34.2	36.7	33.1	0	0	6.6	404	55	0.8	11,900	0.09	0.54
Tom cod	<i>Eleginor gracilis</i> (Tilesius)	Young leaves	89.7	2.3	0.7	6.5	1.1	0.8	2	55	0.8	1.1	68	.....	.....
Trout, Dolly	<i>Sardinella malma</i> (Walbaum)	Flesh	1	79.2	14.7	0.8	.....	.....	0.4	.....	0.9	0.14	0.13	2.2	.....
Varden	<i>Thymallus articus</i> (Richardson)	Flesh	2	27.2	64.3	2.0	.....	.....	0.9	.....	3.8	11,000	0.06	0.48	6.2
Grayling	<i>Odontesthes regia</i> Günther	Liver	44.2	8.0	45.1	1.9	0	0.7	6	203	3.8	1,160	0.02	0.42	.....
Walrus	<i>Balaena mysticetus</i> L.	Flesh	78.0	15.9	16.3	2.1	0	0	.....	.....	.....	600	0.01	.....	1.3
Whale, Baleen	<i>Balaena mysticetus</i> L.	Flesh & subcutaneous fat	58.9	16.3	16.3	24.1	0	0	0.7	125	9.4	170	0.24	4.8	5
Bowhead, Right	<i>Cetorhinus mas</i> (Pallas)	Flesh, air-dried	38.8	57.0	57.0	2.6	0	0	1.6	415	43.0	410	0.21	0.79	10.1
Whalefish	<i>"Blubber"</i> , subcutaneous fat	Liver	71.5	21.0	3.0	3.5	0	1.0	288	14.4	81,200	0.08	1.91	.....	.....
	"Muktuk", skin and subcutaneous fat	Oil	70.9	26.2	25.8	2.6	0	0	0.7	213	14.1	2,600	0.19	0.79	7.4
	"Blubber", subcutaneous fat	Flesh	2.9	0.4	0.4	96.5	.....	0.1	0	5	0.5	330	0.19	0.79	0.32
	"Muktuk", skin and subcutaneous fat	Oil	32.0	12.6	.....	53.0	1.2	0	0.3	5	87	750	0.08	0.02	0.8
Willow	<i>Corypha latifolia</i> nasonii Beaufort	Young leaves	68.7	6.1	.....	1.6	20.7	1.1	.....	302	1.3	2,810	0.11	0.13	.....
		Young leaves preserved in seal oil	27.6	2.6	.....	61.0	8.1	.....	0.6	56	1.3	540	0.14	0.14	10.3

Footnotes:

(1) Vitamin A—Samples marked 'F' gave distinctly abnormal colors with the Carr-Price reagent.

(2) Ascorbic Acid—All meat samples, including dried meats, gave a value for "ascorbic acid" by the Roe and Kuether method. The dinitrophenylhydrazone thus prepared showed no indication of maximum absorption at 520 $\mu$ .

**SOURCE OF ELEVEN SPECIFIC NUTRIENTS  
IN  
ALASKAN ESKIMO AND INDIAN DIETS  
By Age and Sex**

**TABLE A-1.—SOURCE OF CALORIES: ADULT MALE  
AND FEMALE DIETS \***  
**All Areas and Villages, All Seasons**

Food Groups	All Foods		Local Foods		Imported Food		Mixed Food	
	M	F	M	F	M	F	M	F
Dairy.....	60	61	.....	.....	60	61	.....	.....
Egg.....	13	10	6	6	7	4	.....	.....
Meat.....	428	358	363	300	17	16	48	42
Fish.....	628	511	618	500	1	2	9	9
Fats.....	239	191	153	121	86	70	.....	.....
Fruits.....	96	91	8	7	34	34	54	50
Vegetables.....	28	28	12	11	16	17	.....	.....
Grains.....	868	739	.....	.....	868	739	.....	.....
Sugar.....	228	169	.....	.....	228	169	.....	.....
Miscellaneous.....	10	9	.....	.....	10	9	.....	.....
Mean Daily Intake.....	2598	2167	1160	945	1327	1121	111	101

\* 858 records for males, 1067 for females.

TABLE A-2.—SOURCE OF CALORIES: MALES AND FEMALES 13-19 YEARS OF AGE \*  
All Areas and Villages, All Seasons

Food Groups	All Foods		Local Foods		Imported Food		School Lunch		Mixed Food	
	M	F	M	F	M	F	M	F	M	F
Dairy.....	170	143	.....	.....	128	107	42	36	.....	.....
Egg.....	20	17	9	8	6	5	5	4	.....	.....
Meat.....	285	239	229	191	13	13	3	2	40	33
Fish.....	430	361	420	351	1	2	.....	.....	9	8
Fats.....	167	139	76	63	81	68	10	8	.....	.....
Fruits.....	117	95	8	6	41	34	17	14	51	41
Vegetables.....	55	46	14	12	20	16	21	18	.....	.....
Grains.....	972	812	.....	.....	951	794	21	18	.....	.....
Sugar.....	152	125	.....	.....	152	125	.....	.....	.....	.....
Miscellaneous.....	18	15	.....	.....	11	9	7	6	.....	.....
Mean Daily Intake.....	2386	1992	756	631	1404	1173	126	106	100	82

\* 303 records for males, 208 for females.

TABLE A-3.—SOURCE OF CALORIES: CHILDREN 7-12 YEARS AND 2-6 YEARS \*  
All Areas and Villages, All Seasons

Food Group	All Foods		Local Foods		Imported Food		School Lunch		Mixed Food Preparation	
	7-12	2-6	7-12	2-6	7-12	2-6	7-12	2-6	7-12	2-6
Dairy .....	167	219	.....	5	102	218	65	1	.....	.....
Egg .....	16	8	.....	3	4	5	7	.....	.....	.....
Meat .....	222	203	175	158	12	13	4	.....	31	32
Fish .....	330	249	321	243	2	1	.....	.....	7	5
Fats .....	138	83	58	33	65	50	15	.....	.....	.....
Fruits .....	101	63	8	6	30	30	25	1	38	26
Vegetables .....	60	19	11	7	16	12	33	.....	.....	.....
Grains .....	793	654	.....	.....	761	651	32	3	.....	.....
Sugar .....	121	90	.....	.....	121	90	.....	.....	.....	.....
Miscellaneous .....	18	8	.....	.....	8	8	10	.....	.....	.....
Mean Daily Intake .....	1966	1596	578	450	1121	1078	191	5	76	63

\* 918 records for children 7-12 and 848 for children 2-6 years old.

TABLE B-1.—PERCENT CALORIES FROM PROTEIN: MALES AND FEMALES 17-70 YEARS OF AGE  
All Seasons, By Village

Village	Percent Calories From Protein											
	17 Yrs.		20 Yrs.		30 Yrs.		40 Yrs.		50 Yrs.		60 Yrs.	
	M	F	M	F	M	F	M	F	M	F	M	F
<i>N. Central Athapaskan</i>												
Allakaket.....	29	22	21	28	31	28	35	31	30	25	33	38
Huslia.....	22	17	24	24	27	23	25	25	21	19	20	27
<i>Northern Eskimo</i>												
Noatak.....	36	29	28	33	35	36	32	38	32	28	31	37
Point Hope.....	24	21	24	29	22	25	26	23	20	23	23	25
Shishmaref.....	38	28	32	29	28	32	33	29	39	38	31	27
Shungnak.....	46	22	42	39	38	37	44	46	45	32	28	35
<i>Southwestern Eskimo</i>												
Akiak.....	28	23	27	26	24	27	26	33	28	30	39	39
Hooper Bay.....	34	24	31	29	32	32	31	27	28	34	32	35
Napaskiak.....	41	26	26	28	28	29	30	35	35	31	26	34
Newtok.....	30	28	29	28	30	32	28	31	29	31	29	35
Kasigluk.....	18	51	40	38	39	42	39	40	50	... ... ... ...	43	65
All Areas, Villages Combined.....	32	26	29	30	31	30	32	32	29	31	31	32
												33

**TABLE B-2.—SOURCE OF PROTEIN: ADULT MALES  
AND FEMALES \***  
**All Areas and Villages, All Seasons**  
**In Grams**

Food Group	All Foods		Local Foods		Imported Food		Mixed Food Preparations	
	M	F	M	F	M	F	M	F
Dairy.....	3.0	3.1	.....	.....	3.0	3.1	.....	.....
Egg.....	0.8	0.7	0.3	0.4	0.5	0.3	.....	.....
Meat.....	72.1	62.6	65.9	56.5	0.7	0.9	5.5	5.2
Fish.....	104.7	86.7	103.3	85.3	.....	.....	1.4	1.4
Fats.....	0.4	0.5	.....	.....	0.4	0.5	.....	.....
Fruits.....	0.8	0.7	0.2	0.1	0.3	0.3	0.3	0.3
Vegetables.....	1.2	1.0	0.3	0.3	0.9	0.7	.....	.....
Grains.....	15.7	14.0	.....	.....	15.7	14.0	.....	.....
Miscellaneous.....	0.4	0.3	.....	.....	0.4	0.3	.....	.....
Mean Daily Intake.....	199.1	169.6	170.0	142.6	21.9	20.1	7.2	6.9

\* 858 records for males, 1067 for females.

TABLE B-3.—SOURCE OF PROTEIN: MALES AND FEMALES 13-19 YEARS OF AGE\*  
All Areas and Villages, All Seasons  
In Grams

Food Group	All Foods		Local Food		Imported Food		School Lunch		Mixed Food Preparation	
	M		F		M		F		M	
	M	F	M	F	M	F	M	F	M	F
Dairy.....	11.5	9.7	.....	.....	7.0	5.9	4.5	3.8	.....	.....
Egg.....	1.5	1.2	0.7	0.6	0.3	0.2	0.5	0.4	.....	.....
Meat.....	51.0	43.0	44.3	37.4	1.0	0.8	0.5	0.4	5.2	4.4
Fish.....	71.9	60.4	70.4	59.1	0.1	0.1	.....	.....	1.4	1.2
Fats.....	0.6	0.5	.....	.....	0.4	0.3	0.2	0.2	.....	.....
Fruits.....	1.1	1.0	0.2	0.2	0.3	0.3	0.2	0.2	0.4	0.3
Vegetables.....	3.7	3.1	0.4	0.4	0.9	0.7	2.4	2.0	.....	.....
Grains.....	19.4	16.3	.....	.....	18.6	15.6	0.8	0.7	.....	.....
Sugar.....	0.2	0.1	.....	.....	0.2	0.1	.....	.....	.....	.....
Miscellaneous.....	1.0	0.8	.....	.....	0.5	0.4	0.5	0.4	.....	.....
Mean Daily Intake.....	161.9	136.1	116.0	97.7	29.3	24.4	9.6	8.1	7.0	5.9

\* 808 records for males, 288 for females.

TABLE B-4.—SOURCE OF PROTEIN: CHILDREN 7-12 AND 2-6 YEARS OF AGE\*  
 All Areas and Villages, All Seasons  
 In Grams

Food Group	All Foods		Local Foods		Imported Foods		School Lunch		Mixed Preparations	
	7-12	2-6	7-12	2-6	7-12	2-6	7-12	2-6	7-12	2-6
Dairy.....	8.5	10.8	.....	.....	5.0	10.8	3.5	.....	.....	.....
Egg.....	1.1	0.5	0.5	0.3	0.2	0.2	0.4	.....	3.9	3.9
Meat.....	37.9	30.5	32.8	25.8	0.8	0.8	0.4	.....	1.1	0.9
Fish.....	53.4	39.0	52.1	38.0	0.2	0.1	.....	.....	.....	.....
Fats.....	0.5	0.2	.....	.....	0.4	0.2	0.1	.....	.....	.....
Fruits.....	0.8	0.5	0.2	0.1	0.2	0.3	0.2	0.2	0.2	0.1
Vegetables.....	2.8	0.7	0.3	0.2	0.6	0.5	1.9	.....	.....	.....
Grains.....	14.4	11.8	.....	.....	13.7	11.8	0.7	.....	.....	.....
Sugars.....	0.1	0.2	.....	.....	0.1	0.2	.....	.....	.....	.....
Miscellaneous.....	0.7	0.3	.....	.....	0.4	0.3	0.3	.....	.....	.....
Mean Daily Intake.....	120.2	94.5	85.9	64.4	21.6	25.2	7.5	.....	5.2	4.9

\* 916 records for 7-12 and 848 for 2-6 year olds.

TABLE C-1.—PERCENT CALORIES FROM FAT: MALES AND FEMALES  
17-70 Years of Age, All Seasons  
By Village

Village and Area	Percent Calories From Fat													
	17 Yrs.		20 Yrs.		30 Yrs.		40 Yrs.		50 Yrs.		60 Yrs.		70 Yrs.	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
<i>N. Central Athapaskan</i>														
Allakaket .....	26	30	31	32	27	28	24	24	37	33	26	26	29	29
Huslia .....	34	34	30	32	29	30	32	30	31	29	52	25	32	29
<i>Northern Eskimo</i>														
Nootak .....	28	35	37	35	34	33	36	32	38	37	35	32	34	34
Point Hope .....	34	40	41	43	35	41	36	42	38	37	40	30	30	34
Shishmaref .....	30	37	38	39	39	39	33	33	38	43	40	47	47	37
Shungnak .....	31	42	29	32	33	36	31	32	32	39	40	35	35	43
<i>Southwestern Eskimo</i>														
Akink .....	39	44	45	41	40	47	45	41	44	42	44	41	41	30
Hooper Bay .....	38	42	39	39	37	37	36	37	45	39	47	32	32	39
Napaskiak .....	29	39	38	37	37	42	36	35	34	43	37	35	35	46
Newtok .....	48	49	47	48	49	49	47	50	47	44	41	35	35	20
Kasigluk .....	48	27	31	33	31	29	31	34	30	28	28	35	35	20
All Villages Combined .....	34	38	37	38	36	37	36	35	36	38	39	34	35	34

TABLE C-2.—SOURCE OF FAT:  
ADULT MALES AND FEMALES \*  
All Areas and Villages, All Seasons  
In Grams

Food Group	All Foods		Local Foods		Imported Food		Mixed Food Preparations	
	M	F	M	F	M	F	M	F
Dairy.....	3.4	3.3	.....	.....	3.4	3.3	.....	.....
Egg.....	1.0	0.9	0.4	0.5	0.6	0.4	.....	.....
Meat.....	12.8	10.4	10.0	8.0	1.2	1.1	1.6	1.3
Fish.....	19.4	15.7	19.2	15.4	.....	0.1	0.2	0.2
Fats.....	26.8	21.2	17.2	13.6	9.6	7.6	.....	.....
Fruits.....	4.9	4.7	0.1	0.1	.....	0.2	4.8	4.4
Vegetables.....	0.9	0.9	0.4	0.5	0.5	0.4	.....	.....
Grains.....	38.6	32.3	.....	.....	38.6	32.3	.....	.....
Sugar.....	0.1	0.2	.....	.....	0.1	0.2	.....	.....
Miscellaneous.....	0.2	0.1	.....	.....	0.2	0.1	.....	.....
Mean Daily Intake.....	108.1	89.7	47.3	38.1	54.2	45.7	6.6	5.9

\* 858 records for males, 1067 for females.

TABLE C-3.—SOURCE OF FAT: MALES AND FEMALES 13-19 YEARS OF AGE \*  
 All Areas and Villages, All Seasons  
 In Grams

Food Group	All Foods		Local Foods		Imported Foods		School Lunch		Mixed Foods	
			M	F	M	F	M	F	M	F
Dairy.....	10.2	8.9	.....	.....	6.4	5.7	3.8	3.2	.....	.....
Egg.....	1.6	1.4	0.6	0.6	0.4	0.3	0.6	0.5	.....	.....
Meat.....	8.1	7.2	5.8	5.2	1.0	0.9	0.3	0.2	1.0	0.9
Fish.....	12.3	11.0	12.0	10.8	0.1	.....	.....	0.2	0.2	0.2
Fats.....	17.5	15.6	7.4	6.7	8.3	7.4	1.8	1.5	.....	.....
Fruits.....	4.2	3.8	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
Vegetables.....	1.2	1.1	0.5	0.4	0.4	0.4	0.3	0.3	.....	.....
Grains.....	39.2	34.9	.....	.....	38.2	34.1	1.0	0.8	.....	.....
Sugar.....	0.4	0.4	.....	.....	0.4	0.4	.....	.....	.....	.....
Miscellaneous.....	0.6	0.5	.....	.....	0.4	0.4	0.2	0.2	0.3	0.3
Mean Daily Intake.....	95.3	84.8	20.4	23.8	55.7	49.5	8.1	6.9	5.1	4.6

\* 808 records for males, 298 for females.

TABLE C-4.—SOURCE OF FAT: CHILDREN 7 TO 12 AND 2 TO 6 YEARS OF AGE \*  
 All Areas and Villages, All Seasons  
 In Grams

Food Group	All Foods		Local Food		Imported Food		School Lunch		Mixed Food Preparations	
	7-12	2-6	7-12	2-6	7-12	2-6	7-12	2-6	7-12	2-6
Dairy.....	8.8	11.5	.....	.....	5.5	11.5	3.3	0.03	.....	.....
Egg.....	1.4	0.5	0.5	0.2	0.3	0.3	0.6	.....	.....	.....
Meat.....	6.9	7.2	4.9	5.4	0.9	0.8	0.3	.....	0.8	1.0
Fish.....	10.6	7.7	10.3	7.6	0.1	.....	.....	.....	0.2	0.1
Fats.....	15.0	8.7	6.4	3.5	7.1	5.2	1.5	0.01	.....	.....
Fruits.....	3.5	2.4	0.1	0.1	0.1	0.1	0.1	.....	3.3	2.2
Vegetables.....	1.1	0.6	0.4	0.2	0.4	0.3	0.3	.....	.....	.....
Grains.....	33.3	27.2	.....	.....	32.5	27.1	0.8	0.06	.....	.....
Sugar.....	0.4	0.5	.....	.....	0.4	0.5	.....	.....	.....	.....
Miscellaneous.....	0.4	0.3	.....	.....	0.2	0.3	0.2	.....	.....	.....
Mean Daily Intake.....	81.4	66.5	22.6	17.0	47.4	46.1	7.1	0.1	4.3	3.3

\* 916 records for 7-12 and 848 for 2-6 year olds.

TABLE D-1.—PERCENT CALORIES FROM CARBOHYDRATE: MALES AND FEMALES 17-70 YEARS OF AGE  
All Seasons, By Village

Village and Area	Percent Calories From Carbohydrate													
	17 Yrs.		20 Yrs.		30 Yrs.		40 Yrs.		50 Yrs.		60 Yrs.		70 Yrs.	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F
<i>N. Central Athapascans</i>														
Alibakkaket.....	45	48	40	42	44	41	45	46	38	42	41	36	42	
Huslia.....	44	49	46	44	47	43	45	48	52	30	48	47	48	
<i>Northern Eskimos</i>														
Noatak.....	36	36	35	32	31	32	30	30	35	34	31	29	31	
Point Hope.....	42	39	35	28	43	34	38	35	42	40	37	45	51	
Shishmaref.....	32	35	30	32	33	29	34	38	23	19	29	26	34	
Shungnak.....	23	36	29	29	27	25	22	23	29	32	30	24	27	
<i>Southwestern Eskimos</i>														
Akiak.....	33	33	28	33	36	26	29	26	28	28	17	34	32	
Hooper Bay.....	28	34	30	32	31	31	33	36	27	27	21	33	31	
Napaskiak.....	30	35	36	35	35	29	34	30	30	35	31	29	30	
Newtok.....	22	23	24	24	21	21	22	22	27	27	27	27	28	
Kasigluk.....	34	22	29	30	29	30	26	20	20	29	28	28	15	
All Villages Combined.....	34	36	34	32	33	33	32	33	32	33	30	35	33	

TABLE D-2.—SOURCE OF CARBOHYDRATE: ADULT  
 MALES AND FEMALES \*  
 All Areas and Villages, All Seasons  
 In Grams

Food Group	All Foods		Local Food		Imported Food		Mixed Food Preparations	
	M	F	M	F	M	F	M	F
Dairy.....	4.5	4.4	.....	.....	4.5	4.4	.....	.....
Egg.....	.....	.....	.....	.....	.....	.....	.....	.....
Meat.....	2.8	2.7	0.2	0.2	0.6	0.6	2.0	1.9
Fish.....	1.0	0.8	0.3	0.2	0.1	0.1	0.6	0.5
Fats.....	0.2	0.2	.....	.....	0.2	0.2	.....	.....
Fruits.....	13.9	13.0	2.1	1.5	9.1	9.0	2.7	2.5
Vegetables.....	4.3	3.7	1.3	1.2	3.0	2.5	.....	.....
Grains.....	117.4	99.7	.....	.....	117.4	99.7	.....	.....
Sugar.....	58.9	43.3	.....	.....	58.9	43.3	.....	.....
Miscellaneous.....	1.6	1.4	.....	.....	1.6	1.4	.....	.....
Mean Daily Intake.....	204.6	169.2	3.9	3.1	195.4	161.2	5.3	4.9

\* 858 records for males and 1067 for females.

TABLE D-3.—SOURCE OF CARBOHYDRATES: MALES AND FEMALES 13-19 YEARS OF AGE  
All Areas and Villages, All Seasons  
In Grams

Food Group	All Foods		Local Food		Imported Food		School Lunch		Mixed Food Preparations	
	M	F	M	F	M	F	M	F	M	F
Dairy.....	15.2	11.7	.....	.....	9.5	7.5	5.7	4.2	.....	.....
Egg.....	0.2	0.2	0.1	0.1	0.1	0.1	0.1	0.1	1.6	1.2
Meat.....	2.0	1.6	0.1	0.1	0.3	0.3	.....	.....	0.4	0.3
Fish.....	0.7	0.5	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1
Fats.....	0.2	0.2	.....	.....	0.1	0.1	0.1	0.1	0.1	0.1
Fruits.....	22.3	17.2	1.4	1.0	10.6	8.0	7.8	5.7	2.5	2.5
Vegetables.....	11.6	9.0	1.6	1.2	3.2	2.8	6.8	5.0	.....	.....
Grains.....	130.3	101.0	.....	.....	123.6	96.2	6.7	4.8	.....	.....
Sugar.....	36.5	28.1	.....	.....	36.5	28.1	.....	.....	.....	.....
Miscellaneous.....	3.8	2.9	.....	.....	1.7	1.3	2.1	1.6	.....	.....
Mean Daily Intake.....	222.8	172.4	3.3	2.5	185.7	144.5	29.3	21.4	4.5	4.0

\* 303 records for males and 298 for females.

TABLE D-4.—SOURCE OF CARBOHYDRATES: CHILDREN 7-12 AND 2-6 YEARS OF AGE\*  
All Areas and Villages, All Seasons  
In Grams

Food Group	All Foods		Local Foods		Imported Food		School Lunch		Mixed Foods	
	7-12	2-6	7-12	2-6	7-12	2-6	7-12	2-6	7-12	2-6
IMPROVED FOODS INCLUDED UNDER INCLOUDED FOODS										
Dairy.....	13.2	16.2	.....	.....	8.1	16.2	5.1	.....	.....	.....
Egg.....	0.2	.....	.....	.....	0.1	0.2	0.6	.....	.....	.....
Meat.....	1.7	2.2	0.1	0.1	0.1	0.1	0.1	0.1	1.4	1.5
Fish.....	0.6	0.5	0.1	0.1	0.1	0.1	0.1	0.1	0.4	0.3
Fats.....	0.2	0.1	.....	.....	0.1	0.1	0.1	0.1	.....	.....
Fruits.....	19.4	11.0	1.1	1.4	9.4	8.2	6.9	.....	2.0	1.4
Vegetables.....	10.1	2.8	1.3	0.8	2.8	2.0	6.0	.....	.....	.....
Grains.....	113.6	90.1	.....	.....	107.7	90.1	5.9	.....	.....	.....
Sugar.....	31.7	22.4	.....	.....	31.7	22.4	.....	.....	.....	.....
Miscellaneous.....	3.2	1.1	.....	.....	1.4	1.1	1.9	.....	.....	.....
Mean Daily Intake.....	193.9	146.4	2.6	2.4	161.5	140.8	26.0	.....	3.8	3.2

\* 916 records for children 7-12 and 848 for 2-6 year olds.

TABLE E-1.—CALCIUM INTAKES OF ESKIMO AND INDIAN CHILDREN 2-5 YEARS OF AGE  
By Area and Age Level

Geographic Area	2 Years of Age			3-5 Years of Age				
	No. of Records	Mean Daily Intake (mg)	Intake Range (mg)	Percent Under NRC	No. of Records	Mean Daily Intake (mg)	Intake Range (mg)	
Southwestern Eskimo . . . . .	89	694	146-1478	81	258	577	82-2247	89
Northern Eskimo . . . . .	42	739	183-1482	76	155	637	171-1616	89
Northcentral Athapascen . . . . .	18	853	558-1471	61	84	643	204-1407	78
All Areas Combined . . . . .	149	726	146-1482	75	497	603	82-2247	87

TABLE E-2.—COMPARISON: SOURCE OF CALCIUM:  
368 ADULT FEMALE DIETS  
At Hooper Bay and Point Hope, All Seasons  
In Milligrams

Village	Number of Records	Mean Calcium Intakes by Source			
		All Food Sources	Local Foods	Import Food	Mixed Foods
Hooper Bay (Southwest Eskimo).....	265	500	142	353	5
Point Hope (Northern Eskimo).....	103	481	49	428	4

TABLE E-3.—SOURCE OF CALCIUM: ADULT MALE  
AND FEMALE DIETS \*  
All Areas and Villages, All Seasons  
In Milligrams

Food Group	All Foods		Local Foods		Imported Food		Mixed Foods	
	M	F	M	F	M	F	M	F
Dairy.....	108	107	.....	.....	108	107	.....	.....
Egg.....	3	3	2	2	1	1	.....	.....
Meat.....	31	27	27	23	.....	.....	1	4
Fish.....	140	105	135	100	3	3	2	2
Fats.....	2	2	.....	.....	2	2	.....	.....
Fruits.....	10	9	3	2	5	5	2	2
Vegetables.....	7	8	1	1	6	7	.....	.....
Grain Products.....	252	215	.....	.....	252	215	.....	.....
Sugar Products.....	3	3	.....	.....	3	3	.....	.....
Miscellaneous.....	0	2	.....	.....	0	2	.....	.....
Mean Daily Intake.....	556	481	168	128	380	346	8	7

\* 858 records for males and 1067 for females.

TABLE E-4.—SOURCE OF CALCIUM: MALES AND FEMALES 13–19 YEARS OF AGE \*  
 All Areas and Villages, All Seasons  
 In Milligrams

Food Group	All Foods		Local Foods		Imported Foods		School Lunch		Mixed Foods	
	M	F	M	F	M	F	M	F	M	F
Dairy . . . . .	310	273	.....	.....	187	166	123	107	.....	.....
Egg . . . . .	6	5	2	2	1	1	3	2	.....	.....
Meat . . . . .	18	14	14	12	1	1	.....	.....	3	2
Fish . . . . .	59	54	55	51	2	2	.....	.....	2	1
Fats . . . . .	2	3	.....	.....	2	2	.....	.....	1	.....
Fruits . . . . .	12	10	2	1	5	5	4	3	.....	1
Vegetables . . . . .	17	15	1	1	5	4	11	10	.....	.....
Grains . . . . .	226	198	.....	.....	221	193	5	5	.....	.....
Sugar . . . . .	5	4	.....	.....	5	4	.....	.....	.....	.....
Miscellaneous . . . . .	5	4	.....	.....	2	2	3	2	.....	.....
Mean Daily Intake . . . . .	660	580	74	67	431	379	149	130	6	4

\* 803 records for males and 298 for females.

TABLE E-5.—SOURCE OF CALCIUM: CHILDREN 7-12 AND 2-6 YEARS OF AGE\*  
 All Areas and Villages, All Seasons  
 In Milligrams

Food Group	All Foods		Local Foods		Imported Food		School Lunch		Mixed Food Preparations	
	7-12	2-6	7-12	2-6	7-12	2-6	7-12	2-6	7-12	2-6
Dairy.....	321	384	.....	.....	192	384	129	3	.....	.....
Egg.....	7	3	3	1	1	2	3	.....	.....	.....
Meat.....	18	15	14	14	1	.....	.....	.....	3	1
Fish.....	61	37	57	33	3	.....	.....	.....	1	4
Fats.....	2	1	.....	.....	2	1	.....	.....	.....	.....
Fruits.....	12	7	2	1	5	6	4	.....	1	.....
Vegetables.....	18	4	1	1	5	3	12	.....	.....	.....
Grains.....	235	185	.....	.....	229	185	6	.....	.....	.....
Sugar.....	8	4	.....	.....	5	4	3	.....	.....	.....
Miscellaneous.....	2	1	.....	.....	2	1	.....	.....	.....	.....
Mean Daily Intake.....	684	641	77	50	445	586	157	5	5	5

\* 916 records for 7-12 and 843 for 2-6 year olds.

TABLE F-1.—SOURCE OF IRON: ADULT MALE  
AND FEMALE DIETS \*  
All Areas and Villages, All Seasons  
In Milligrams

Food Group	All Foods		Local Foods		Imported Food		Mixed Foods	
	M	F	M	F	M	F	M	F
Dairy.....	0.1	0.1	.....	.....	0.1	0.1	.....	.....
Egg.....	0.1	0.2	0.1	0.1	.....	0.1	.....	.....
Meat.....	16.8	20.9	15.6	19.8	0.3	0.1	0.9	1.0
Fish.....	2.5	3.0	2.4	3.0	.....	.....	0.1	.....
Fats.....	.....	0.1	.....	.....	.....	0.1	.....	.....
Fruits.....	0.3	0.4	0.1	0.1	0.2	0.3	.....	.....
Vegetables.....	0.3	0.3	0.1	0.1	0.2	0.2	.....	.....
Grains.....	3.7	4.9	.....	.....	3.7	4.9	.....	.....
Sugar.....	0.2	0.2	.....	.....	0.2	0.2	.....	.....
Miscellaneous.....	0.1	0.6	.....	.....	0.1	0.6**	.....	.....
Mean Daily Intake.....	24.1	30.7	18.3	23.1	4.8	6.6	1.0	1.0

\* 858 records for males and 1067 for females.

\*\* Includes 0.5 mg. iron from multiple vitamin preparations.

TABLE F-2.—SOURCE OF IRON: MALES AND FEMALES 13-19 YEARS OF AGE\*  
 All Areas and Villages, All Seasons  
 In Milligrams

Food Groups	All Foods		Local Foods		Imported Food		School Lunch		Mixed Foods	
			M	F	M	F	M	F	M	F
	M	F	M	F	M	F	M	F	M	F
Dairy.....	0.4	0.3	.....	.....	0.2	0.2	0.2	0.1	.....	.....
Egg.....	0.3	0.2	0.2	0.1	0.1	0.1	0.1	0.1	.....	.....
Meat.....	16.1	13.4	14.9	12.4	0.5	0.5	0.2	0.1	0.6	0.8
Fish.....	2.5	2.0	2.3	1.9	0.2	0.1	.....	.....	.....	.....
Fats.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Fruits.....	0.8	0.7	0.1	0.1	0.4	0.3	0.3	0.2	.....	0.1
Vegetables.....	1.3	1.1	0.1	0.1	0.3	0.2	0.9	0.8	.....	.....
Grains.....	6.9	5.7	.....	.....	6.7	5.5	0.2	0.2	.....	.....
Sugar.....	0.4	0.4	.....	.....	0.3	0.3	0.1	0.1	.....	.....
Miscellaneous.....	0.7	0.6	.....	.....	0.1	0.1	0.6**	0.5**	.....	.....
Mean Daily Intake.....	29.4	24.4	17.6	14.6	8.7	7.0	2.5	1.9	0.6	0.9

\* 308 records for males and 298 for females.

\*\* Includes 0.5 mg. from multiple vitamin preparations.

TABLE F-3.—SOURCE OF IRON: CHILDREN 7-12 AND 2-6 YEARS OF AGE \*  
All Areas and Villages, All Seasons  
In Milligrams

Food Group	All Foods		Local Foods		Imported Food		School Lunch		Mixed Food	
	7-12	2-6	7-12	2-6	7-12	2-6	7-12	2-6***	7-12	2-6
Dairy.....	0.3	0.4	.....	.....	0.2	0.4	0.1	.....	.....	.....
Egg.....	0.2	0.1	0.1	0.1	0.1	0.2	0.1	0.1	0.8	0.8
Meat.....	11.9	8.6	10.9	7.7	0.2	0.1	0.1	0.1	0.8	0.8
Fish.....	1.8	1.2	1.7	0.9	0.1	0.1	0.3	0.3	.....	.....
Fats.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Fruits.....	0.6	0.3	0.1	0.1	0.2	0.2	0.2	0.2	0.3	0.1
Vegetables.....	1.0	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.8	0.8
Grains.....	5.1	4.2	.....	.....	4.9	4.2	0.2	0.2	.....	.....
Sugar.....	0.3	0.3	.....	.....	0.3	0.3	0.3	0.3	.....	.....
Miscellaneous.....	0.5	0.2	.....	.....	0.1	0.2**	0.4**	0.4**	.....	.....
Mean Daily Intake.....	21.7	15.5	12.9	8.8	6.1	5.8	1.9	1.9	0.8	0.9

\* 916 records for 7-12 and 843 for 2-6 year olds.

\*\* Includes iron from multiple vitamin preparations.

\*\*\* Included under imported foods.

TABLE G-1.—SEASONAL FLUCTUATIONS IN MEAN DAILY  
VITAMIN A INTAKES  
All Areas and Villages, By Age and Sex  
In International Units

Age-Sex Category	Number of Records	Mean Daily Vitamin A Intake			
		Fall	Winter	Spring	Summer
Males 20+ Yrs.....	858	7590	6599	7346	4981
Females 20+ Yrs.....	1067	5439	6219	7527	3999
Males 13-19 Yrs.....	303	5631	8620	6445	3679
Females 13-19 Yrs.....	298	5450	8453	4879	2967
School Child 7-12 Yrs...	916	5323	7821	4934	2950
Preschool Child 2-6 Yrs..	843	4006	3882	4147	2799
Total Number Records ..	4285	933	2330	624	398
Percent Under NRC(4) ..	47.7	50.4	40.9	52.5	73.7

TABLE G-2.—VITAMIN A INTAKES: ALASKAN ESKIMO AND INDIAN CHILDREN 2-6 YEARS OF AGE  
All Seasons, By Area and Age Level

Area	2-3 Years			4-5 Years			6 Years		
	No. of Records	Mean Daily Intake I.U.	Percent Under NRC	No. of Records	Mean Daily Intake I.U.	Percent Under NRC	No. of Records	Mean Daily Intake I.U.	Percent Under NRC
Northcentral Athapaskan . . . . .	44	3331	25	58	3075	45	31	3408	28
Northern Eskimo . . . . .	86	3859	29	111	3475	39	48	7266	21
Southwestern Eskimo . . . . .	187	1941	58	160	3636	57	118	4790	37

TABLE G-3.—SOURCE OF VITAMIN A: ADULT MALE  
AND FEMALE DIETS \*  
All Areas and Villages, All Seasons  
In International Units

Food Group	All Foods		Local Foods		Imported Food		Mixed Foods	
	M	F	M	F	M	F	M	F
Dairy.....	162	163	.....	.....	162	163	.....	.....
Egg.....	88	78	43	46	45	32	.....	.....
Meat.....	2074	1734	1939	1615	30	36	105	83
Fish.....	2196	1770	2156	1725	1	5	39	40
Fats.....	966	760	716	578	250	182	.....	.....
Fruits.....	385	380	27	28	239	240	119	112
Vegetables.....	649	758	506	618	143	140	.....	.....
Grains.....	40	36	.....	.....	40	36	.....	.....
Sugar.....	.....	.....	.....	.....	.....	.....	.....	.....
Miscellaneous.....	196	338	.....	.....	196**	338**	.....	.....
Mean Daily Intake. ....	6756	6017	5387	4610	1106	1172	263***	235***

\* 858 records for males and 1067 for females.

\*\* More than 2/3 from pharmaceutical preparations.

\*\*\* Mostly from local foods.

TABLE G-4.—SOURCE OF VITAMIN A: MALES AND FEMALES 13 TO 19 YEARS OF AGE\*  
All Areas and Villages, All Seasons  
In International Units

Food Group	All Foods		Local Foods		Imported Food		School Lunch		Mixed Foods	
	M	F	M	F	M	F	M	F	M	F
Dairy.....	469	433	.....	.....	329	283	140	150	.....	.....
Egg.....	11.5	10.6	53	53	29	23	33	30	.....	.....
Meat.....	1067	984	931	941	25	21	.....	.....	111	22
Fish.....	1125	1037	1077	1027	1	1	.....	.....	47	9
Fats.....	555	512	276	276	222	184	57	52	.....	.....
Fruits.....	505	465	21	21	278	307	78	112	128	25
Vegetables.....	1002	922	379	379	142	116	481	427	.....	.....
Grains.....	58	53	.....	.....	52	48	6	5	.....	.....
Miscellaneous.....	2307	2075	.....	.....	185**	120**	2122***	1955***	.....	.....
Mean Daily Intake.....	7203	6587	2737	2697	1263	1103	2917	2731	286	56

\* 308 records for males and 298 for females.

\*\* Mostly from Vitamin preparations given at home.

\*\*\* Mostly from Vitamin preparations given at the school lunch.

TABLE G-5.—SOURCE OF VITAMIN A: CHILDREN 7 TO 12 AND 2 TO 6 YEARS OF AGE \*  
 All Areas and Villages, All Seasons  
 In International Units

Food Group	All Foods		Local Food		Imported Food		School Lunch		Mixed Food Preparations	
	7-12	2-6	7-12	2-6	7-12	2-6	7-12	2-6	7-12	2-6
Dairy . . . . .	423	630	51	28	273	627	150	3	.....	.....
Eggs . . . . .	106	53	.....	.....	25	25	30	.....	.....	.....
Meat . . . . .	960	757	862	645	21	38	.....	.....	77	74
Fish . . . . .	1015	814	981	789	1	1	.....	.....	83	24
Fats . . . . .	500	332	264	175	183	156	53	1	.....	.....
Fruits . . . . .	451	282	20	22	231	189	111	7	89	64
Vegetables . . . . .	905	452	364	308	118	137	423	7	.....	.....
Grain . . . . .	48	34	.....	.....	43	34	5	.....	.....	.....
Sugar . . . . .	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Miscellaneous . . . . .	2055	417	.....	.....	116**	374**	1939**	43**	.....	.....
Mean Daily Intake . . . . .	6463	3771	2542	1967	1011	1581	2711	61	199	162

\*916 records for 7-12 and 848 for 2-6 year olds.

\*\* Mostly from pharmaceutical preparations.