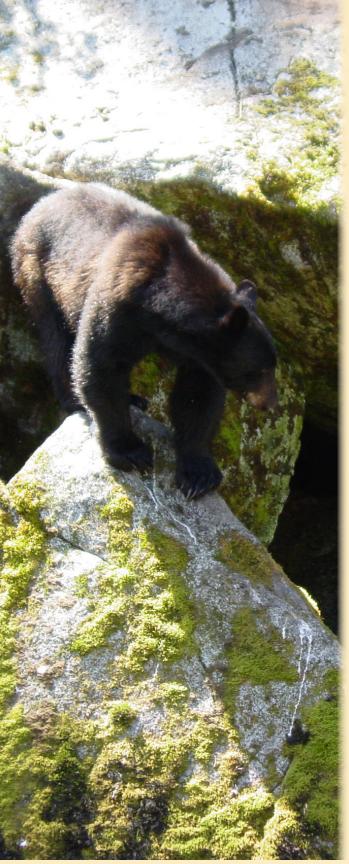


My meat contains about 20% protein and 8% fat.

It has fewer calories than USDA choice beef.

It must be cooked very well because it may contain trichinosis.



Black Bear

(ADFG)

My meat contains about 23% protein and 3% fat.

It has about the same amount of cholesterol as chicken.



Caribou

(ADFG)

In addition to saturated fat, my meat contains mono-unsaturated and polyunsaturated fatty acids, which may lower your blood cholesterol levels and help prevent heart disease and stroke.



Sitka Black-tailed Deer

(USDA)

I have 10 times more antioxidants than cultivated versions of myself from the lower 48 and I deliver as much antioxidant power as five servings of other fruits and vegetables.



Wild Alaska Blueberries

You can use my shoots and leaves to make salads. My blossoms are used to make scones, honey and jelly. I am a good source of vitamins C and A.



Fireweed

(Dinstel, Shalcross 2011)

Because I am rich in heart healthy nutrients like Omega-3 fatty acids, the American Heart Association recommends adults eat two servings of me each week to help prevent heart disease.



Fish

(American Heart Association 2010)

Moose, caribou and venison are excellent sources of protein and are higher in _____ than store bought beef.



Iron

Iron carries oxygen to muscles and body parts and provides the body with energy.

3 oz serving	Daily Value of Iron
Seal	100%
Moose	20%
Ptarmigan	20%
Lean beef	15%
Chicken	10%

(USDA)

____ is a simple method for preserving the delicious quality of food for enjoyment at a later time.



Canning

(Dinstel 2010)

Many traditional foods such as salmonberries, willow leaves, sourdock, blueberries and lowbush cranberries are a good source of vitamin ____.



C

Vitamin C helps to keep teeth and gums healthy, keep skin elastic, fight infection, and heal wounds.

(USDA)

An _____ lifestyle gives a person delicious food, exercise, fresh air, a chance to be with family members, and memories to share.



outdoor

McLeod, A. 2008. Alaska wild blueberries state economic development.

Dinstel, R.R.2010. Food preservation, back to basics. University of Alaska Fairbanks Cooperative Extension Service.

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American Heart Association. 2010. Fish and omega-3 fatty acids. http://www.heart.org/HEARTORG/Getting-Healthy/NutritionCenter/HealthyDietGoals/Fish-and-Omega-3-Fatty-Acids_UCM_303248_Article.jsp (Accessed October 2012).

USDA (United States Department of Agriculture). n/d. Traditional Foods in Alaska's Head Starts. http://healthymeals.nal.usda.gov/hsmrs/Alaska/HSSection_3B.pdf. (Accessed October 2012)

