

Healthy Harvest



Life's Better Outdoors

**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.**

What am I?



Black Bear

(ADFG)

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

**It has about the same amount of
cholesterol as chicken.**

What am I?



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.

What am I?



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.**

What am I?



Wild Alaska Blueberries

(McLeod 2008)

**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.**

What am I?



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.

What am I?



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%

**_____ 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.

**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.

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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)

Photo by Meghan Nedwick



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