



Aanaaktiq

Benefits of nutrients found in traditional subsistence foods:

- Provide energy and contain many valuable nutrients
- Promote good health
- May convey a greater resistance to diseases, such as diabetes and heart disease
- Help build blood & nerve cells
- Help build and repair the body

Tuttu



You Are What you Eat!

The benefits of eating Alaskan traditional foods are many and are recognized by the state of Alaska's Division of Public Health.

Eating traditional foods, combined with the healthiest of store-bought foods, and participating in traditional hunting, camping and sharing continues to benefit our way of life.

The NSB-DWM continues to monitor the health of subsistence species.

Call for more information:

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North Slope Borough
Department of Wildlife Management

Traditional Foods are Healthy Foods



Niqipiaq
the "real food"
is **SAFE** and
HEALTHY to eat
and is essential to
Iñupiat well-being!



Traditional Foods are Healthy Foods



Agviq

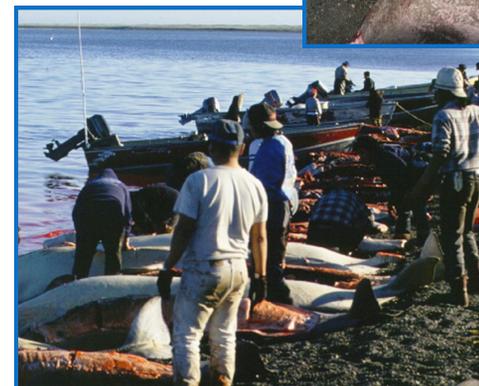
Bowhead Whale is a healthy food high in omega fatty acids (good unsaturated fats), protein, vitamins A, D and E, and some essential minerals. It is highly recommended as part of a healthy, traditional diet!



Ugruk



Aiviq



Sisuaq



Niglingaq

Nigliq

Kanquq

Manniich

Whaling Captain's Healthy Serving



- Bowhead meat *Uuruq*
- Heart *Uumman*
- Kidney *Taqtu*
- Intestine *Ihaluaq*
- Gum *Mamaaq*
- Flipper *Aqikkaq*
- Skin & Blubber *Maktak/Uunaalik*
- Fruit & Roll *Siigñaq & Muqpauraq*



Nutrient Information for Whaling Captain's Serving of Bowhead

Food Served	Serving size	How served	Nutrient estimate/based on studies of raw foods
Maktak	12.27oz (348 g)	boiled	~75% of recommended daily protein, high in good unsaturated fats, vitamins A and C, beta carotene, some carbohydrates
Meat	3.7oz (105 g)	boiled	~50% of protein, some good unsaturated fats, ~1% calcium, many essential elements
Intestine	1.02oz (29 g)	boiled	protein, essential elements
Kidney	2.08oz (59 g)	boiled	protein, small amount carbohydrates, good unsaturated fats, elements
Flipper	4.02oz (114 g)	raw	(skin) carbohydrates, vitamin C, beta carotene
Tongue	-	boiled	very high in good unsaturated fats, protein, vitamin A, some elements
Heart	-	boiled	high protein, many elements
Stewed Fruit	9.62oz (273 g)	boiled	
Eskimo donut	1.62oz (46 g)	fried	

Uunaalik

