

Captain's Open House Serving

Portion sizes & how prepared:

Example of documenting information to help interpret data based on food actually eaten

Serving Type portion example	Portion size	How served	Nutrient estimate/based on studies of raw foods (in this serving size)
Maktak	12.27oz (348 gms)	boiled	~75% of recommended daily protein, high good fats (PUFAs & MUFAS), vitamin A, vitamin C, beta carotene, some carbohydrates
Muscle (Meat)	3.7 oz (105 gms)	boiled	~50% of protein, some fat, some PUFAS and MUFAS, ~1% calcium, many essential elements
Intestine	1.02 oz (29 gms)	boiled	Protein, essential elements
Kidney	2.08 oz (59 gms)	boiled	Fat, protein, small amount carbohydrates, PUFAS, essential elements
Flipper	4.02 oz (114 gms)	raw	(skin) Carbohydrates, vitamin C, beta carotene
Tongue			Very high in fats and PUFAS, protein, vitamin A, some essential elements
Heart			High protein, many essential elements
Stewed fruit	9.62 oz (273 gms)	boiled	
Eskimo donut	1.62 oz (46 gms)	fried	

*Serving Type refers to items in a single meal serving bag offered to all who stop by the at the Captain's house.
All invited!*



Typical serving: Maktak, meat, intestine, kidney, flipper, stewed fruit, donut or roll
Served from the Captain's house the day after the whale is harvested