

NDB No. 35002

Agutuk, fish with shortening (Alaskan ice cream) (Alaska Native)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	34.00		1	AI	13				
Energy.....kcal	470		0	NC	4				
Energy.....kj	1964		0	NC	4				
Protein (N x 6.25).....g	9.00		1	AI	13				
Total lipid (fat).....g	43.50		1	AI	13				
Ash.....g	3.00		0	NP	4				
Carbohydrate, by difference.....g	10.50		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.20		1	AI	13				
Magnesium, Mg.....mg	16		1	AI	13				
Phosphorus, P.....mg	134		1	AI	13				
Potassium, K.....mg	206		1	AI	13				
Sodium, Na.....mg	24		1	AI	13				
Zinc, Zn.....mg	0.47		1	AI	13				
Copper, Cu.....mg	0.030		1	AI	13				
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.060		1	AI	13				
Riboflavin.....mg	0.060		1	AI	13				
Niacin.....mg	1.430		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	257		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg	4.00		1	AI	13				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.600		1	AI	13				
Fatty acids, total monounsaturated.....g	15.600		1	AI	13				
Fatty acids, total polyunsaturated.....g	17.300		1	AI	13				
18:2 undifferentiated.....g	0.500		1	AI	13				
18:3 undifferentiated.....g	16.100		1	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	26		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 35002

Agutuk, fish with shortening (Alaskan ice cream) (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



NDB No. 35001

Agutuk, fish/berry with seal oil (Alaskan ice cream) (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



NDB No. 35003

Agutuk, meat-caribou (Alaskan ice cream) (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	measures of food		
			of Data	Code	Code	Code	Measure 1	Measure 2
Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35004

Ascidians (tunughnak) (Alaska Native)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.40		1	AI	13				
Energy.....kcal	29		0	NC	4				
Energy.....kj	119		0	NC	4				
Protein (N x 6.25).....g	3.80		1	AI	13				
Total lipid (fat).....g	0.50		1	AI	13				
Ash.....g	3.10		0	NP	4				
Carbohydrate, by difference.....g	2.20		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	47		1	AI	13				
Iron, Fe.....mg	3.30		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	102		1	AI	13				
Sodium, Na.....mg	656		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	AI	13				
Thiamin.....mg	0.000		1	AI	13				
Riboflavin.....mg	0.200		1	AI	13				
Niacin.....mg	0.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.100		1	AI	13				
Fatty acids, total monounsaturated.....g	0.120		1	AI	13				
Fatty acids, total polyunsaturated.....g	0.200		1	AI	13				
18:2 undifferentiated.....g	0.000		1	AI	13				
18:3 undifferentiated.....g	0.000		1	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	7		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 35004

Ascidians (tunughnak) (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



NDB No. 35008

Bear, polar, meat, raw (Alaska Native)

*Ursus maritimus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.30		1	AI	13				
Energy.....kcal	130		0	NC	4				
Energy.....kj	545		0	NC	4				
Protein (N x 6.25).....g	25.60		1	AI	13				
Total lipid (fat).....g	3.10		1	AI	13				
Ash.....g	1.00		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		1	AI	13				
Iron, Fe.....mg	6.10		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	40		1	AI	13				
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.0		1	AI	13				
Thiamin.....mg	0.023		1	AI	13				
Riboflavin.....mg	0.573		1	AI	13				
Niacin.....mg	4.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1400		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.630		1	AI	13				
Fatty acids, total monounsaturated.....g	2.000		1	AI	13				
Fatty acids, total polyunsaturated.....g	0.460		1	AI	13				
18:2 undifferentiated.....g	0.010		1	AI	13				
18:3 undifferentiated.....g	0.080		1	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 35008

Bear, polar, meat, raw (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35015  
 Blackberries, raw (Alaska Native)  
*Rubus spp.*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.00		1	AI	13				
Energy.....kcal	55		0	NC	4				
Energy.....kj	228		0	NC	4				
Protein (N x 5.3).....g	0.50		1	AI	13				
Total lipid (fat).....g	1.00		1	AI	13				
Ash.....g	0.60		0	NP	4				
Carbohydrate, by difference.....g	10.90		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		1	AI	13				
Iron, Fe.....mg	0.20		1	AI	13				
Magnesium, Mg.....mg	4		1	AI	13				
Phosphorus, P.....mg	8		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg	1		1	AI	13				
Zinc, Zn.....mg	0.10		1	AI	13				
Copper, Cu.....mg	0.800		1	AI	13				
Manganese, Mn.....mg	0.330		1	AI	13				
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35017

Blueberries, frozen (Alaska Native)

*Vaccinium alaskanese and Ovalifolium*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	88.70		1	AI	13				
Energy.....kcal	44		0	NC	4				
Energy.....kj	186		0	NC	4				
Protein (N x 5.3).....g	0.70		1	AI	13				
Total lipid (fat).....g	0.00		1	AI	13				
Ash.....g	0.20		0	NP	4				
Carbohydrate, by difference.....g	10.40		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	15		1	AI	13				
Iron, Fe.....mg	1.10		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.2		1	AI	13				
Thiamin.....mg	0.030		1	AI	13				
Riboflavin.....mg	0.100		1	AI	13				
Niacin.....mg	0.400		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	163		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35142

Bread, Indian, fry, made with lard (Navajo)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	31.57	2.012	3	A	1				
Energy.....kcal	330		0	NC	4				
Energy.....kj	1380		0	NC	4				
Protein.....g	6.69	0.048	3	A	1				
Total lipid (fat).....g	12.22	1.766	3	A	1				
Ash.....g	1.25	0.297	3	A	1				
Carbohydrate, by difference.....g	48.26		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	2.03	0.085	3	A	1				
Sucrose.....g	0.17	0.024	3	A	1				
Glucose (dextrose).....g	0.10	0.012	3	A	1				
Fructose.....g	0.00	0.000	3	A	1				
Lactose.....g	0.00	0.000	3	A	1				
Maltose.....g	1.76	0.051	3	A	1				
Galactose.....g	0.00	0.000	3	A	1				
Starch.....g	42.85	0.243	3	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	57	16.459	3	A	1				
Iron, Fe.....mg	4.04	0.285	3	A	1				
Magnesium, Mg.....mg	18	1.717	3	A	1				
Phosphorus, P.....mg	123	20.444	3	A	1				
Potassium, K.....mg	77	4.218	3	A	1				
Sodium, Na.....mg	329	84.143	3	A	1				
Zinc, Zn.....mg	0.35	0.085	3	A	1				
Copper, Cu.....mg	0.091	0.006	3	A	1				
Manganese, Mn.....mg	0.297	0.071	3	A	1				
Selenium, Se.....mcg	18.6	6.600	3	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.430	0.069	3	A	1				
Riboflavin.....mg	0.217	0.048	3	A	1				
Niacin.....mg	4.603	0.381	3	A	1				
Pantothenic acid.....mg	0.164	0.015	3	A	1				
Vitamin B-6.....mg	0.038	0.006	3	A	1				
Folate, total.....mcg	122	12.197	3	A	1				
Folic acid.....mcg	105		1	A	1				
Folate, food.....mcg	17		1	AS	1				
Folate, DFE.....mcg_DFE	196		0	NC	4				
Vitamin B-12.....mcg	0.00	0.000	3	A	1				
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00	0.000	3	A	1				
Tocopherol, beta.....mg	0.00	0.000	3	A	1				
Tocopherol, gamma.....mg	0.54	0.164	3	A	1				
Tocopherol, delta.....mg	0.00	0.000	3	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.8		2	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.621		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1				
10:0.....g	0.000	0.000	3	A	1				
12:0.....g	0.004	0.004	3	A	1				
13:0.....g									
14:0.....g	0.238	0.071	3	A	1				
15:0.....g	0.032	0.017	3	A	1				

NDB No. 35142

Bread, Indian, fry, made with lard (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code						
16:0.....g	2.548	0.298	3	A		1				
17:0.....g	0.101	0.038	3	A		1				
18:0.....g	1.676	0.281	3	A		1				
20:0.....g	0.022	0.002	3	A		1				
22:0.....g	0.000	0.000	3	A		1				
24:0.....g										
Fatty acids, total monounsaturated.....g	4.411		0	NC		4				
14:1.....g	0.032	0.017	3	A		1				
15:1.....g	0.000	0.000	3	A		1				
16:1 undifferentiated.....g	0.234	0.038	3	A		1				
17:1.....g	0.058	0.019	3	A		1				
18:1 undifferentiated.....g	4.024	0.623	3	A		1				
20:1.....g	0.063	0.003	3	A		1				
22:1 undifferentiated.....g										
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	1.055		0	NC		4				
18:2 undifferentiated.....g	0.978	0.042	3	A		1				
18:3 undifferentiated.....g	0.004		3	A		1				
18:3 n-6 c,c,c.....g	0.004	0.004	3	A		1				
18:3i.....g										
18:4.....g										
20:2 n-6 c,c.....g	0.018	0.005	3	A		1				
20:3 undifferentiated.....g	0.000	0.000	3	A		1				
20:3 n-3.....g										
20:3 n-6.....g										
20:4 undifferentiated.....g	0.000	0.000	3	A		1				
20:4 n-3.....g										
20:4 n-6.....g										
20:5 n-3.....g										
21:5.....g										
22:4.....g										
22:5 n-3.....g										
22:6 n-3.....g										
Fatty acids, total trans.....g										
Cholesterol.....mg	7	1.250	3	A		1				
Phytosterols.....mg										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35140  
 Bread, kneel down (Navajo)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	52.96		1	A	1				
Energy.....kcal	195		0	NC	4				
Energy.....kj	816		0	NC	4				
Protein (N x 6.25).....g	4.29		1	A	1				
Total lipid (fat).....g	2.21		1	A	1				
Ash.....g	1.07		1	A	1				
Carbohydrate, by difference.....g	39.47		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	3.74		1	A	1				
Sucrose.....g	2.22		1	A	1				
Glucose (dextrose).....g	0.82		1	A	1				
Fructose.....g	0.70		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	28.25		1	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	5		1	A	1				
Iron, Fe.....mg	1.11		1	A	1				
Magnesium, Mg.....mg	55		1	A	1				
Phosphorus, P.....mg	164		1	A	1				
Potassium, K.....mg	320		1	A	1				
Sodium, Na.....mg	126		1	A	1				
Zinc, Zn.....mg	1.46		1	A	1				
Copper, Cu.....mg	0.095		1	A	1				
Manganese, Mn.....mg	0.303		1	A	1				
Selenium, Se.....mcg	11.9		1	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.120		1	A	1				
Riboflavin.....mg	0.132		1	A	1				
Niacin.....mg	2.490		1	A	1				
Pantothenic acid.....mg	0.354		1	A	1				
Vitamin B-6.....mg									
Folate, total.....mcg	98		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	98		1	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	1.33		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phyloquinone).....mcg	0.3		1	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.353		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.000		1	A	1				
15:0.....g	0.000		1	A	1				

NDB No. 35140  
 Bread, kneel down (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
16:0.....g	0.286		1	A	1			
17:0.....g	0.000		1	A	1			
18:0.....g	0.048		1	A	1			
20:0.....g	0.012		1	A	1			
22:0.....g	0.007		1	A	1			
24:0.....g								
Fatty acids, total monounsaturated.....g	0.603		0	NC	4			
14:1.....g	0.000		1	A	1			
15:1.....g	0.000		1	A	1			
16:1 undifferentiated.....g	0.000		1	A	1			
17:1.....g	0.000		1	A	1			
18:1 undifferentiated.....g	0.595		1	A	1			
20:1.....g	0.008		1	A	1			
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.847		0	NC	4			
18:2 undifferentiated.....g	0.816		1	A	1			
18:3 undifferentiated.....g	0.031		0	A	1			
18:3 n-6 c,c,c.....g	0.000		1	A	1			
18:3i.....g								
18:4.....g								
20:2 n-6 c,c.....g	0.000		1	A	1			
20:3 undifferentiated.....g	0.000		1	A	1			
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		1	A	1			
20:4 n-3.....g								
20:4 n-6.....g								
20:5 n-3.....g								
21:5.....g								
22:4.....g								
22:5 n-3.....g								
22:6 n-3.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



NDB No. 35021

Caribou, bone marrow, raw (Alaska Native)

Rangifer tarandus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.40		1	AI	13				
Energy.....kcal	786		0	NC	4				
Energy.....kj	3290		0	NC	4				
Protein (N x 6.25).....g	6.70		1	AI	13				
Total lipid (fat).....g	84.40		1	AI	13				
Ash.....g	1.50		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	4.50		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	107		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.040		1	AI	13				
Riboflavin.....mg									
Niacin.....mg	0.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	240		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

**NDB No. 35022**  
**Caribou, eye, raw (Alaska Native)**  
*Rangifer tarandus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	57.10		1	AI	13				
Energy.....kcal	326		0	NC	4				
Energy.....kj	1365		0	NC	4				
Protein (N x 6.25).....g	10.80		1	AI	13				
Total lipid (fat).....g	31.40		1	AI	13				
Ash.....g	0.60		0	NP	4				
Carbohydrate, by difference.....g	0.10		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	19		1	AI	13				
Iron, Fe.....mg	4.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	58		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.050		1	AI	13				
Niacin.....mg	0.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	400		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein                      Fat                      Carbohydrate**

**Food Group: 35 Ethnic Foods**

NDB No. 35023

Caribou, liver, raw (Alaska Native)

*Rangifer tarandus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.40		1	AI	13				
Energy.....kcal	122		0	NC	4				
Energy.....kj	512		0	NC	4				
Protein (N x 6.25).....g	15.00		1	AI	13				
Total lipid (fat).....g	3.90		1	AI	13				
Ash.....g	2.90		0	NP	4				
Carbohydrate, by difference.....g	6.80		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4		1	AI	13				
Iron, Fe.....mg	15.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	282		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

**NDB No. 35025**  
**Caribou, tongue, raw (Alaska Native)**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	62.50		1	AI	13				
Energy.....kcal	260		0	NC	4				
Energy.....kj	1088		0	NC	4				
Protein (N x 6.25).....g	13.70		1	AI	13				
Total lipid (fat).....g	22.80		1	AI	13				
Ash.....g	1.00		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		1	AI	13				
Iron, Fe.....mg	2.80		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.120		1	AI	13				
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	190		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein                      Fat                      Carbohydrate**

**Food Group: 35 Ethnic Foods**

NDB No. 35133  
 Chilchen (Red Berry Beverage) (Navajo)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.69		1	A	1				
Energy.....kcal	44		0	NC	4				
Energy.....kj	183		0	NC	4				
Protein (N x 6.25).....g	0.81		1	A	1				
Total lipid (fat).....g	0.63		1	A	1				
Ash.....g	0.20		1	A	1				
Carbohydrate, by difference.....g	8.68		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	2.60		1	A	1				
Sucrose.....g	1.15		1	A	1				
Glucose (dextrose).....g	0.60		1	A	1				
Fructose.....g	0.74		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.11		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	6.33		1	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	7		1	A	1				
Iron, Fe.....mg	0.95		1	A	1				
Magnesium, Mg.....mg	9		1	A	1				
Phosphorus, P.....mg	23		1	A	1				
Potassium, K.....mg	28		1	A	1				
Sodium, Na.....mg	15		1	A	1				
Zinc, Zn.....mg	0.19		1	A	1				
Copper, Cu.....mg	0.019		1	A	1				
Manganese, Mn.....mg	0.074		1	A	1				
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.020		1	A	1				
Riboflavin.....mg	0.015		1	A	1				
Niacin.....mg	0.248		1	A	1				
Pantothenic acid.....mg	0.030		1	A	1				
Vitamin B-6.....mg	0.033		1	A	1				
Folate, total.....mcg	8		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	8		1	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.075		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.000		1	A	1				
15:0.....g	0.000		1	A	1				

**NDB No. 35133**  
**Chilchen (Red Berry Beverage) (Navajo)**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	0.061		1	A	1				
17:0.....g	0.000		1	A	1				
18:0.....g	0.011		1	A	1				
20:0.....g	0.002		1	A	1				
22:0.....g	0.001		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	0.135		0	NC	4				
14:1.....g	0.000		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.002		1	A	1				
17:1.....g	0.000		1	A	1				
18:1 undifferentiated.....g	0.132		1	A	1				
20:1.....g	0.001		1	A	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.151		0	NC	4				
18:2 undifferentiated.....g	0.144		1	A	1				
18:3 undifferentiated.....g	0.007		0	A	1				
18:3 n-6 c,c,c.....g	0.000		1	A	1				
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 35 Ethnic Foods**

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35026

Chiton, leathery, gumboots (Alaska Native)

*Katharina tunicata*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.60		1	AI	13				
Energy.....kcal	83		0	NC	4				
Energy.....kj	346		0	NC	4				
Protein (N x 6.25).....g	17.10		1	AI	13				
Total lipid (fat).....g	1.60		1	AI	13				
Ash.....g	2.70		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	121		1	AI	13				
Iron, Fe.....mg	16.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	AI	13				
Thiamin.....mg	0.050		1	AI	13				
Riboflavin.....mg	0.340		1	AI	13				
Niacin.....mg	4.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1650		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35027

Cloudberry, raw (Alaska Native)

*Rubus chamaemorus L.*

baked apple berry, salmonberry, yellowberry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.00		1	AI	13				
Energy.....kcal	51		0	NC	4				
Energy.....kj	214		0	NC	4				
Protein (N x 5.3).....g	2.40		1	AI	13				
Total lipid (fat).....g	0.80		1	AI	13				
Ash.....g	1.20		0	NP	4				
Carbohydrate, by difference.....g	8.60		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		1	AI	13				
Iron, Fe.....mg	0.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	35		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	158.0		1	AI	13				
Thiamin.....mg	0.050		1	AI	13				
Riboflavin.....mg	0.070		1	AI	13				
Niacin.....mg	0.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	210		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



**NDB No. 35028**  
**Cockles (Alaska Native)**  
*Clinocardium nuttallii*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	78.80		1	AI	13				
Energy.....kcal	79		0	NC	4				
Energy.....kj	331		0	NC	4				
Protein (N x 6.25).....g	13.50		1	AI	13				
Total lipid (fat).....g	0.70		1	AI	13				
Ash.....g	2.30		0	NP	4				
Carbohydrate, by difference.....g	4.70		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		1	AI	13				
Iron, Fe.....mg	16.20		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.200		1	AI	13				
Niacin.....mg	3.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35134  
 Corn, dried (Navajo)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.10		1	A	1				
Energy.....kcal	386		0	NC	4				
Energy.....kj	1616		0	NC	4				
Protein (N x 6.25).....g	9.88		1	A	1				
Total lipid (fat).....g	5.22		1	A	1				
Ash.....g	1.86		1	A	1				
Carbohydrate, by difference.....g	74.93		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	5.38		1	A	1				
Sucrose.....g	3.38		1	A	1				
Glucose (dextrose).....g	1.00		1	A	1				
Fructose.....g	0.99		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	48.18		1	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	15		1	A	1				
Iron, Fe.....mg	1.92		1	A	1				
Magnesium, Mg.....mg	124		1	A	1				
Phosphorus, P.....mg	337		1	A	1				
Potassium, K.....mg	511		1	A	1				
Sodium, Na.....mg	13		1	A	1				
Zinc, Zn.....mg	3.05		1	A	1				
Copper, Cu.....mg	0.195		1	A	1				
Manganese, Mn.....mg	0.848		1	A	1				
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.200		1	A	1				
Riboflavin.....mg	0.068		1	A	1				
Niacin.....mg	3.300		1	A	1				
Pantothenic acid.....mg	0.380		1	A	1				
Vitamin B-6.....mg	0.372		1	A	1				
Folate, total.....mcg	77		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	77		1	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phyloquinone).....mcg	0.9		1	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.820		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.000		1	A	1				
15:0.....g	0.000		1	A	1				

NDB No. 35134  
 Corn, dried (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.655		1	A					
17:0.....g	0.005		1	A					
18:0.....g	0.122		1	A					
20:0.....g	0.028		1	A					
22:0.....g	0.010		1	A					
24:0.....g									
Fatty acids, total monounsaturated.....g	1.483		0	NC					
14:1.....g	0.000		1	A					
15:1.....g	0.000		1	A					
16:1 undifferentiated.....g	0.007		1	A					
17:1.....g	0.000		1	A					
18:1 undifferentiated.....g	1.458		1	A					
20:1.....g	0.018		1	A					
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.900		0	NC					
18:2 undifferentiated.....g	1.831		1	A					
18:3 undifferentiated.....g	0.069		0	A					
18:3 n-6 c,c,c.....g	0.000		1	A					
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A					
20:3 undifferentiated.....g	0.000		1	A					
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A					
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

**NDB No. 35135**  
**Corn, white, steamed (Navajo)**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.09	0.436	3	A	1				
Energy.....kcal	386		0	NC	4				
Energy.....kj	1616		0	NC	4				
Protein.....g	9.72	0.227	3	A	1				
Total lipid (fat).....g	5.18	0.374	3	A	1				
Ash.....g	1.81	0.143	3	A	1				
Carbohydrate, by difference.....g	75.20		0	NC	4				
Fiber, total dietary.....g	16.6	0.948	3	A	1				
Sugars, total.....g	6.47	0.937	3	A	1				
Sucrose.....g	4.35	0.524	3	A	1				
Glucose (dextrose).....g	1.09	0.238	3	A	1				
Fructose.....g	1.04	0.238	3	A	1				
Lactose.....g	0.00	0.000	3	A	1				
Maltose.....g	0.00	0.000	3	A	1				
Galactose.....g	0.00	0.000	3	A	1				
Starch.....g	45.78	2.529	3	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	14	2.770	3	A	1				
Iron, Fe.....mg	2.29	0.167	3	A	1				
Magnesium, Mg.....mg	123	3.480	3	A	1				
Phosphorus, P.....mg	312	22.898	3	A	1				
Potassium, K.....mg	532	39.859	3	A	1				
Sodium, Na.....mg	4	0.000	3	A	1				
Zinc, Zn.....mg	3.15	0.274	3	A	1				
Copper, Cu.....mg	0.231	0.014	3	A	1				
Manganese, Mn.....mg	0.926	0.062	3	A	1				
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.080		1	A	1				
Riboflavin.....mg	0.067		1	A	1				
Niacin.....mg	3.310		1	A	1				
Pantothenic acid.....mg	0.300		1	A	1				
Vitamin B-6.....mg	0.289		1	A	1				
Folate, total.....mcg	100		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	100		1	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.8		1	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.830		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.000		1	A	1				
15:0.....g	0.000		1	A	1				

**NDB No. 35135**  
**Corn, white, steamed (Navajo)**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.650		1	A	1				
17:0.....g	0.005		1	A	1				
18:0.....g	0.132		1	A	1				
20:0.....g	0.032		1	A	1				
22:0.....g	0.011		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	1.483		0	NC	4				
14:1.....g	0.000		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.007		1	A	1				
17:1.....g	0.000		1	A	1				
18:1 undifferentiated.....g	1.458		1	A	1				
20:1.....g	0.018		1	A	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.862		0	NC	4				
18:2 undifferentiated.....g	1.793		1	A	1				
18:3 undifferentiated.....g	0.069		0	A	1				
18:3 n-6 c,c,c.....g	0.000		1	A	1				
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.056		1	A	1				
Threonine.....g	0.305		1	A	1				
Isoleucine.....g	0.354		1	A	1				
Leucine.....g	1.044		1	A	1				
Lysine.....g	0.302		1	A	1				
Methionine.....g	0.231		1	A	1				
Cystine.....g	0.142		1	A	1				
Phenylalanine.....g	0.429		1	A	1				
Tyrosine.....g	0.201		1	A	1				
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 35135**  
**Corn, white, steamed (Navajo)**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35131  
 Cornmeal, blue (Navajo)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.70		2	A	1				
Energy.....kcal	398		0	NC	4				
Energy.....kj	1666		0	NC	4				
Protein.....g	10.40		2	A	1				
Total lipid (fat).....g	5.44		2	A	1				
Ash.....g	1.54		2	A	1				
Carbohydrate, by difference.....g	76.93		0	NC	4				
Fiber, total dietary.....g	8.7		2	A	1				
Sugars, total.....g	1.81		2	A	1				
Sucrose.....g	1.53		2	A	1				
Glucose (dextrose).....g	0.16		2	A	1				
Fructose.....g	0.12		2	A	1				
Lactose.....g	0.00		2	A	1				
Maltose.....g	0.00		2	A	1				
Galactose.....g	0.00		2	A	1				
Starch.....g	63.62		2	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	5		2	A	1				
Iron, Fe.....mg	2.91		2	A	1				
Magnesium, Mg.....mg	133		2	A	1				
Phosphorus, P.....mg	354		2	A	1				
Potassium, K.....mg	393		2	A	1				
Sodium, Na.....mg	7		2	A	1				
Zinc, Zn.....mg	2.91		2	A	1				
Copper, Cu.....mg	0.218		2	A	1				
Manganese, Mn.....mg	0.758		2	A	1				
Selenium, Se.....mcg	11.8		2	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1				
Thiamin.....mg	0.285		2	A	1				
Riboflavin.....mg	0.107		2	A	1				
Niacin.....mg	2.020		2	A	1				
Pantothenic acid.....mg	0.353		2	A	1				
Vitamin B-6.....mg	0.593		2	A	1				
Folate, total.....mcg	58		2	A	1				
Folic acid.....mcg									
Folate, food.....mcg	58		2	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.73		2	A	1				
Tocopherol, beta.....mg	0.00		2	A	1				
Tocopherol, gamma.....mg	3.21		2	A	1				
Tocopherol, delta.....mg	0.37		2	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.886		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1				
10:0.....g	0.000		2	A	1				
12:0.....g	0.000		2	A	1				
13:0.....g									
14:0.....g	0.000		2	A	1				
15:0.....g	0.000		2	A	1				

NDB No. 35131  
 Cornmeal, blue (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	0.713		2	A		1			
17:0.....g	0.000		2	A		1			
18:0.....g	0.132		2	A		1			
20:0.....g	0.025		2	A		1			
22:0.....g	0.016		2	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	1.679		0	NC		4			
14:1.....g	0.000		2	A		1			
15:1.....g	0.000		2	A		1			
16:1 undifferentiated.....g	0.003		2	A		1			
17:1.....g	0.000		2	A		1			
18:1 undifferentiated.....g	1.661		2	A		1			
20:1.....g	0.015		2	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.465		0	NC		4			
18:2 undifferentiated.....g	2.404		2	A		1			
18:3 undifferentiated.....g	0.000		2	A		1			
18:3 n-6 c,c,c.....g	0.000		2	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		2	A		1			
20:3 undifferentiated.....g	0.000		2	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



**NDB No. 35136**  
**Cornmeal, white (Navajo)**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.42		1	A	1				
Energy.....kcal	398		0	NC	4				
Energy.....kj	1665		0	NC	4				
Protein (N x 6.25).....g	10.99		1	A	1				
Total lipid (fat).....g	5.04		1	A	1				
Ash.....g	1.40		1	A	1				
Carbohydrate, by difference.....g	77.14		0	NC	4				
Fiber, total dietary.....g	10.4		1	A	1				
Sugars, total.....g	1.46		1	A	1				
Sucrose.....g	1.16		1	A	1				
Glucose (dextrose).....g	0.18		1	A	1				
Fructose.....g	0.11		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	60.46		1	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	11		1	A	1				
Iron, Fe.....mg	3.79		1	A	1				
Magnesium, Mg.....mg	125		1	A	1				
Phosphorus, P.....mg	280		1	A	1				
Potassium, K.....mg	443		1	A	1				
Sodium, Na.....mg	4		1	A	1				
Zinc, Zn.....mg	3.24		1	A	1				
Copper, Cu.....mg	0.219		1	A	1				
Manganese, Mn.....mg	0.646		1	A	1				
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.310		1	A	1				
Riboflavin.....mg	0.137		1	A	1				
Niacin.....mg	2.800		1	A	1				
Pantothenic acid.....mg	2.490		1	A	1				
Vitamin B-6.....mg	0.583		1	A	1				
Folate, total.....mcg	32		1	A	1				
Folic acid.....mcg	6		1	A	1				
Folate, food.....mcg	26		1	AS	1				
Folate, DFE.....mcg_DFE	36		0	NC	4				
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.37		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	5.06		1	A	1				
Tocopherol, delta.....mg	0.52		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		1	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.853		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.000		1	A	1				
15:0.....g	0.000		1	A	1				

NDB No. 35136  
Cornmeal, white (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.671		1	A	1				
17:0.....g	0.000		1	A	1				
18:0.....g	0.133		1	A	1				
20:0.....g	0.029		1	A	1				
22:0.....g	0.020		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	1.532		0	NC	4				
14:1.....g	0.000		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.000		1	A	1				
17:1.....g	0.000		1	A	1				
18:1 undifferentiated.....g	1.515		1	A	1				
20:1.....g	0.017		1	A	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.078		0	NC	4				
18:2 undifferentiated.....g	2.024		1	A	1				
18:3 undifferentiated.....g	0.054		0	A	1				
18:3 n-6 c,c,c.....g	0.000		1	A	1				
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.070		1	A	1				
Threonine.....g	0.345		1	A	1				
Isoleucine.....g	0.404		1	A	1				
Leucine.....g	1.375		1	A	1				
Lysine.....g	0.319		1	A	1				
Methionine.....g	0.258		1	A	1				
Cystine.....g	0.217		1	A	1				
Phenylalanine.....g	0.543		1	A	1				
Tyrosine.....g	0.412		1	A	1				
Valine.....g	0.554		1	A	1				
Arginine.....g	0.474		1	A	1				
Histidine.....g	0.292		1	A	1				
Alanine.....g	0.836		1	A	1				
Aspartic acid.....g	0.724		1	A	1				
Glutamic acid.....g	2.043		1	A	1				
Glycine.....g	0.399		1	A	1				
Proline.....g	0.906		1	A	1				
Serine.....g	0.510		1	A	1				
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 35136**  
**Cornmeal, white (Navajo)**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

**NDB No. 35137**  
**Cornmeal, yellow (Navajo)**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	10.15		1	A	1				
Energy.....kcal	384		0	NC	4				
Energy.....kj	1606		0	NC	4				
Protein (N x 6.25).....g	9.85		1	A	1				
Total lipid (fat).....g	5.88		1	A	1				
Ash.....g	1.22		1	A	1				
Carbohydrate, by difference.....g	72.90		0	NC	4				
Fiber, total dietary.....g	9.4		1	A	1				
Sugars, total.....g	1.56		1	A	1				
Sucrose.....g	1.20		1	A	1				
Glucose (dextrose).....g	0.22		1	A	1				
Fructose.....g	0.15		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	61.94		1	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	6		1	A	1				
Iron, Fe.....mg	2.99		1	A	1				
Magnesium, Mg.....mg	107		1	A	1				
Phosphorus, P.....mg	225		1	A	1				
Potassium, K.....mg	322		1	A	1				
Sodium, Na.....mg	4		1	A	1				
Zinc, Zn.....mg	3.10		1	A	1				
Copper, Cu.....mg	0.242		1	A	1				
Manganese, Mn.....mg	0.641		1	A	1				
Selenium, Se.....mcg	6.0		1	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.300		1	A	1				
Riboflavin.....mg	0.093		1	A	1				
Niacin.....mg	2.470		1	A	1				
Pantothenic acid.....mg	0.595		1	A	1				
Vitamin B-6.....mg	0.590		1	A	1				
Folate, total.....mcg	34		1	A	1				
Folic acid.....mcg	7		1	A	1				
Folate, food.....mcg	27		1	AS	1				
Folate, DFE.....mcg_DFE	39		0	NC	4				
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.37		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	4.86		1	A	1				
Tocopherol, delta.....mg	0.37		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.043		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.000		1	A	1				
15:0.....g	0.000		1	A	1				

**NDB No. 35137**  
**Cornmeal, yellow (Navajo)**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.778		1	A	1				
17:0.....g	0.000		1	A	1				
18:0.....g	0.219		1	A	1				
20:0.....g	0.033		1	A	1				
22:0.....g	0.013		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	2.143		0	NC	4				
14:1.....g	0.000		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.000		1	A	1				
17:1.....g	0.000		1	A	1				
18:1 undifferentiated.....g	2.126		1	A	1				
20:1.....g	0.017		1	A	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.352		0	NC	4				
18:2 undifferentiated.....g	2.292		1	A	1				
18:3 undifferentiated.....g	0.060		0	A	1				
18:3 n-6 c,c,c.....g	0.000		1	A	1				
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.050		1	A	1				
Threonine.....g	0.307		1	A	1				
Isoleucine.....g	0.370		1	A	1				
Leucine.....g	1.275		1	A	1				
Lysine.....g	0.301		1	A	1				
Methionine.....g	0.230		1	A	1				
Cystine.....g	0.184		1	A	1				
Phenylalanine.....g	0.499		1	A	1				
Tyrosine.....g	0.294		1	A	1				
Valine.....g	0.494		1	A	1				
Arginine.....g	0.421		1	A	1				
Histidine.....g	0.265		1	A	1				
Alanine.....g	0.769		1	A	1				
Aspartic acid.....g	0.662		1	A	1				
Glutamic acid.....g	1.875		1	A	1				
Glycine.....g	0.360		1	A	1				
Proline.....g	0.854		1	A	1				
Serine.....g	0.471		1	A	1				
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 35137**  
**Cornmeal, yellow (Navajo)**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35029

Cranberries, high bush, raw (Alaska Native)

*Viburnum edule*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.00		1	AI	13				
Energy.....kcal	55		0	NC	4				
Energy.....kj	232		0	NC	4				
Protein (N x 5.3).....g	1.10		1	AI	13				
Total lipid (fat).....g	0.20		1	AI	13				
Ash.....g	0.40		0	NP	4				
Carbohydrate, by difference.....g	12.30		0	NC	4				
Fiber, total dietary.....g	6.7		1	AI	13				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20		1	AI	13				
Iron, Fe.....mg	1.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	15		1	AI	13				
Potassium, K.....mg	140		1	AI	13				
Sodium, Na.....mg	26		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	15.0		1	AI	13				
Thiamin.....mg	0.000		1	AI	13				
Riboflavin.....mg	0.010		1	AI	13				
Niacin.....mg	0.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1060		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35030

Cranberry, low bush or lingenberry, raw (Alaska Native)

*Vaccinium vitis-idaea*

lingenberry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.70		1	AI	13				
Energy.....kcal	55		0	NC	4				
Energy.....kj	230		0	NC	4				
Protein (N x 5.3).....g	0.40		1	AI	13				
Total lipid (fat).....g	0.50		1	AI	13				
Ash.....g	0.20		0	NP	4				
Carbohydrate, by difference.....g	12.20		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		1	AI	13				
Iron, Fe.....mg	0.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	21		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	21.0		1	AI	13				
Thiamin.....mg	0.020		1	AI	13				
Riboflavin.....mg	0.080		1	AI	13				
Niacin.....mg	0.400		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	90		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



NDB No. 35080

Deer (venison), sitka, raw (Alaska Native)

*Odocoileus spp*

venison, sitka deer

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.00		1	AI	13				
Energy.....kcal	111		0	NC	4				
Energy.....kj	463		0	NC	4				
Protein (N x 6.25).....g	21.50		1	AI	13				
Total lipid (fat).....g	2.66		1	AI	13				
Ash.....g	0.64		0	NP	4				
Carbohydrate, by difference.....g	0.20		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7		1	AI	13				
Iron, Fe.....mg	2.90		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	AI	13				
Thiamin.....mg	0.200		1	AI	13				
Riboflavin.....mg	0.360		1	AI	13				
Niacin.....mg	6.600		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.630		1	AI	13				
Fatty acids, total monounsaturated.....g	0.340		1	AI	13				
Fatty acids, total polyunsaturated.....g	0.350		1	AI	13				
18:2 undifferentiated.....g	0.050		1	AI	13				
18:3 undifferentiated.....g	0.180		1	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	18		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 35080

Deer (venison), sitka, raw (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

**NDB No. 35038**  
**Fireweed, young leaves, raw (Alaska Native)**  
*Chamerion angustifolium*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	87.20		1	AI	13				
Energy.....kcal	44		0	NC	4				
Energy.....kj	186		0	NC	4				
Protein (N x 5.3).....g	3.00		1	AI	13				
Total lipid (fat).....g	0.80		1	AI	13				
Ash.....g	2.70		0	NP	4				
Carbohydrate, by difference.....g	6.30		0	NC	4				
Fiber, total dietary.....g	6.0		1	AI	13				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13		1	AI	13				
Iron, Fe.....mg	2.10		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	166		1	AI	13				
Potassium, K.....mg	251		1	AI	13				
Sodium, Na.....mg	50		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	99.0		1	AI	13				
Thiamin.....mg	0.040		1	AI	13				
Riboflavin.....mg	0.860		1	AI	13				
Niacin.....mg	1.400		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	5720		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein                      Fat                      Carbohydrate**

**Food Group: 35 Ethnic Foods**

NDB No. 35016

Fish, blackfish, whole (Alaska Native)

*Dallia pectoralis*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.10		1	AI	13				
Energy.....kcal	82		0	NC	4				
Energy.....kj	342		0	NC	4				
Protein (N x 6.25).....g	15.50		1	AI	13				
Total lipid (fat).....g	1.75		1	AI	13				
Ash.....g	1.65		0	NP	4				
Carbohydrate, by difference.....g	1.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	236		1	AI	13				
Iron, Fe.....mg	4.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	287		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.370		1	AI	13				
Niacin.....mg	1.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1202		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35034

Fish, devilfish, meat (Alaska Native)

*Myoxocephalus*

Gray Whale

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.80		1	AI	13				
Energy.....kcal	97		0	NC	4				
Energy.....kj	407		0	NC	4				
Protein (N x 6.25).....g	11.70		1	AI	13				
Total lipid (fat).....g	5.30		1	AI	13				
Ash.....g	1.50		0	NP	4				
Carbohydrate, by difference.....g	0.70		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		1	AI	13				
Iron, Fe.....mg	0.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	3		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.0		1	AI	13				
Thiamin.....mg	0.090		1	AI	13				
Riboflavin.....mg	0.100		1	AI	13				
Niacin.....mg	1.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1020		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35039

**Fish, herring eggs on giant kelp, Pacific (Alaska Native)**

*Clupea harengus pallasi Valenciennes & Macrocystis integrifolia*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.80		1	AI	13				
Energy.....kcal	63		0	NC	4				
Energy.....kj	263		0	NC	4				
Protein (N x 6.25).....g	11.30		1	AI	13				
Total lipid (fat).....g	0.80		1	AI	13				
Ash.....g	3.50		0	NP	4				
Carbohydrate, by difference.....g	2.60		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	161		1	AI	13				
Iron, Fe.....mg	3.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	61		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg	0.130		1	AI	13				
Niacin.....mg	2.700		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	89		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35040

Fish, herring eggs, Pacific, dry (Alaska Native)

*Clupea harengus pallasi Valenciennes*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	27.30		1	AI	13				
Energy.....kcal	312		0	NC	4				
Energy.....kj	1306		0	NC	4				
Protein (N x 6.25).....g	60.40		1	AI	13				
Total lipid (fat).....g	6.60		1	AI	13				
Ash.....g	2.90		0	NP	4				
Carbohydrate, by difference.....g	2.80		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	29		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	808		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.050		1	AI	13				
Riboflavin.....mg	0.170		1	AI	13				
Niacin.....mg	4.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35041

Fish, herring eggs, Pacific, plain (Alaska Native)

*Clupea harengus pallasi Valenciennes*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.20		1	AI	13				
Energy.....kcal	74		0	NC	4				
Energy.....kj	308		0	NC	4				
Protein (N x 6.25).....g	9.60		1	AI	13				
Total lipid (fat).....g	1.93		1	AI	13				
Ash.....g	2.80		0	NP	4				
Carbohydrate, by difference.....g	4.47		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	19		1	AI	13				
Iron, Fe.....mg	2.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	61		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1	AI	13				
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg	0.120		1	AI	13				
Niacin.....mg	1.800		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	57		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.430		1	AI	13				
Fatty acids, total monounsaturated.....g	0.420		1	AI	13				
Fatty acids, total polyunsaturated.....g	0.710		1	AI	13				
18:2 undifferentiated.....g	0.010		1	AI	13				
18:3 undifferentiated.....g	0.030		1	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	40		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same



NDB No. 35041

Fish, herring eggs, Pacific, plain (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35042

Fish, herring, Pacific, meat packed in oil, air-dried (Alaska Native)

*Clupea harengus pallasii Valenciennes*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	18.20		1	AI	13				
Energy.....kcal	489		0	NC	4				
Energy.....kj	2048		0	NC	4				
Protein (N x 6.25).....g	44.50		1	AI	13				
Total lipid (fat).....g	34.60		1	AI	13				
Ash.....g	2.70		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	684		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg									
Niacin.....mg	2.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1300		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35047

Fish, lingcod, liver (Alaska Native)

*Ophiodon elongatus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	45.90		1	AI	13				
Energy.....kcal	424		0	NC	4				
Energy.....kj	1776		0	NC	4				
Protein (N x 6.25).....g	5.60		1	AI	13				
Total lipid (fat).....g	42.00		1	AI	13				
Ash.....g	0.50		0	NP	4				
Carbohydrate, by difference.....g	6.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		1	AI	13				
Iron, Fe.....mg	1.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	123		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	AI	13				
Thiamin.....mg	0.220		1	AI	13				
Riboflavin.....mg									
Niacin.....mg	4.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	9100		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35046

Fish, lingcod, meat, raw (Alaska Native)

*Ophiodon elongatus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.00		1	AI	13				
Energy.....kcal	79		0	NC	4				
Energy.....kj	330		0	NC	4				
Protein (N x 6.25).....g	17.90		1	AI	13				
Total lipid (fat).....g	0.80		1	AI	13				
Ash.....g	1.30		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	433		1	AI	13				
Sodium, Na.....mg	59		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.110		1	AI	13				
Riboflavin.....mg	0.360		1	AI	13				
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	230		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35060

Fish, pike, northern, liver (Alaska Native)

*Esox lucius*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.80		1	AI	13				
Energy.....kcal	156		0	NC	4				
Energy.....kj	651		0	NC	4				
Protein (N x 6.25).....g	16.60		1	AI	13				
Total lipid (fat).....g	8.00		1	AI	13				
Ash.....g	1.30		0	NP	4				
Carbohydrate, by difference.....g	4.30		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	28		1	AI	13				
Iron, Fe.....mg	2.10		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	412		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg	0.700		1	AI	13				
Niacin.....mg	5.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	860		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35065

Fish, salmon, king or chinook, kippered, canned (Alaska Native)

*Oncorhynchus tshawytscha*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	51.20		1	AI	13				
Energy.....kcal	266		0	NC	4				
Energy.....kj	1113		0	NC	4				
Protein (N x 6.25).....g	30.70		1	AI	13				
Total lipid (fat).....g	15.90		1	AI	13				
Ash.....g	2.20		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	38		1	AI	13				
Iron, Fe.....mg	1.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.050		1	AI	13				
Riboflavin.....mg	0.140		1	AI	13				
Niacin.....mg	10.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	50		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35068

Fish, salmon, king or chinook, liver (Alaska Native)

*Oncorhynchus tshawytscha*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.80		1	AI	13				
Energy.....kcal	156		0	NC	4				
Energy.....kj	651		0	NC	4				
Protein (N x 6.25).....g	16.60		1	AI	13				
Total lipid (fat).....g	8.00		1	AI	13				
Ash.....g	1.30		0	NP	4				
Carbohydrate, by difference.....g	4.30		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	28		1	AI	13				
Iron, Fe.....mg	2.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	412		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg	0.700		1	AI	13				
Niacin.....mg	5.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	3140		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35066

Fish, salmon, king or chinook, smoked and canned (Alaska Native)

*Oncorhynchus tshawytscha*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.70		1	AI	13				
Energy.....kcal	150		0	NC	4				
Energy.....kj	627		0	NC	4				
Protein (N x 6.25).....g	23.20		1	AI	13				
Total lipid (fat).....g	5.90		1	AI	13				
Ash.....g	3.20		0	NP	4				
Carbohydrate, by difference.....g	1.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	60		1	AI	13				
Iron, Fe.....mg	1.80		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.100		1	AI	13				
Niacin.....mg	8.500		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	319		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



NDB No. 35067

Fish, salmon, king or chinook, smoked, brined (Alaska Native)

*Oncorhynchus tshawytscha*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	23.60		1	AI	13				
Energy.....kcal	441		0	NC	4				
Energy.....kj	1846		0	NC	4				
Protein (N x 6.25).....g	39.90		1	AI	13				
Total lipid (fat).....g	30.00		1	AI	13				
Ash.....g	3.60		0	NP	4				
Carbohydrate, by difference.....g	2.90		0	NC	4				
Fiber, total dietary.....g	2.0		1	AI	13				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23		1	AI	13				
Iron, Fe.....mg	4.50		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	700		1	AI	13				
Sodium, Na.....mg	693		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.060		1	AI	13				
Riboflavin.....mg	0.280		1	AI	13				
Niacin.....mg	11.800		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	527		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.970		1	AI	13				
Fatty acids, total monounsaturated.....g	16.900		1	AI	13				
Fatty acids, total polyunsaturated.....g	0.350		0	NC	4				
18:2 undifferentiated.....g	0.000		1	AI	13				
18:3 undifferentiated.....g	0.350		1	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	107		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 35067

Fish, salmon, king or chinook, smoked, brined (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	measures of food		
			of Data	Code	Code	Code	Measure 1	Measure 2

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food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35064

Fish, salmon, tipnuk, fermented (Alaska Native)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	68.80		1	AI	13				
Energy.....kcal	170		0	NC	4				
Energy.....kj	710		0	NC	4				
Protein (N x 6.25).....g	15.90		1	AI	13				
Total lipid (fat).....g	10.60		1	AI	13				
Ash.....g	2.00		0	NP	4				
Carbohydrate, by difference.....g	2.70		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	46		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.130		1	AI	13				
Riboflavin.....mg	0.150		1	AI	13				
Niacin.....mg	1.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	780		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35091

Fish, whitefish, broad, head, eyes, cheeks and soft bones (Alaska Native)

*Coregonus nasus*

sheefish

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.30		1	AI	13				
Energy.....kcal	107		0	NC	4				
Energy.....kj	447		0	NC	4				
Protein (N x 6.25).....g	18.60		1	AI	13				
Total lipid (fat).....g	3.60		1	AI	13				
Ash.....g	1.50		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	3.90		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	242		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35088

Fish, whitefish, broad, liver (Alaska Native)

*Coregonus nasus*

sheefish

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.10		1	AI	13				
Energy.....kcal	104		0	NC	4				
Energy.....kj	435		0	NC	4				
Protein (N x 6.25).....g	11.00		1	AI	13				
Total lipid (fat).....g	4.40		1	AI	13				
Ash.....g	3.40		0	NP	4				
Carbohydrate, by difference.....g	5.10		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	53		1	AI	13				
Iron, Fe.....mg	8.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	297		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.180		1	AI	13				
Riboflavin.....mg	0.540		1	AI	13				
Niacin.....mg	2.700		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1510		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35090

Fish, whitefish, broad, roe (Alaska Native)

*Coregonus nasus*

sheefish

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	83.80		1	AI	13				
Energy.....kcal	87		0	NC	4				
Energy.....kj	362		0	NC	4				
Protein (N x 6.25).....g	8.00		1	AI	13				
Total lipid (fat).....g	5.00		1	AI	13				
Ash.....g	0.80		0	NP	4				
Carbohydrate, by difference.....g	2.40		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		1	AI	13				
Iron, Fe.....mg	0.90		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	312		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.150		1	AI	13				
Riboflavin.....mg									
Niacin.....mg	1.400		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	490		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35089

Fish, whitefish, mixed species, raw (Alaska Native)

*Coregonus spp.*

sheefish

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.80		1	AI	13				
Energy.....kcal	131		0	NC	4				
Energy.....kj	546		0	NC	4				
Protein (N x 6.25).....g	18.90		1	AI	13				
Total lipid (fat).....g	6.10		1	AI	13				
Ash.....g	2.20		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.29		1	AI	13				
Magnesium, Mg.....mg	33		1	AI	13				
Phosphorus, P.....mg	280		1	AI	13				
Potassium, K.....mg	317		1	AI	13				
Sodium, Na.....mg	51		1	AI	13				
Zinc, Zn.....mg	0.99		1	AI	13				
Copper, Cu.....mg	0.072		1	AI	13				
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.130		1	AI	13				
Riboflavin.....mg	0.130		1	AI	13				
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	540		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.370		1	AI	13				
Fatty acids, total monounsaturated.....g	2.560		1	AI	13				
Fatty acids, total polyunsaturated.....g	1.820		1	AI	13				
18:2 undifferentiated.....g	0.290		1	AI	13				
18:3 undifferentiated.....g	0.240		1	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	55		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 35089

Fish, whitefish, mixed species, raw (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



**NDB No. 35043**  
**Huckleberries, raw (Alaska Native)**  
*Vaccinium alaskaense*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	90.70		1	AI	13				
Energy.....kcal	37		0	NC	4				
Energy.....kj	156		0	NC	4				
Protein (N x 5.3).....g	0.40		1	AI	13				
Total lipid (fat).....g	0.10		1	AI	13				
Ash.....g	0.10		0	NP	4				
Carbohydrate, by difference.....g	8.70		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	15		1	AI	13				
Iron, Fe.....mg	0.30		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	10		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.8		1	AI	13				
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.030		1	AI	13				
Niacin.....mg	0.300		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	79		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

**NDB No. 35050**  
**Mashu roots, raw (Alaska Native)**  
*Hedysarum alpinum*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	67.80		1	AI	13				
Energy.....kcal	135		0	NC	4				
Energy.....kj	566		0	NC	4				
Protein (N x 5.3).....g	5.80		1	AI	13				
Total lipid (fat).....g	2.40		1	AI	13				
Ash.....g	1.40		0	NP	4				
Carbohydrate, by difference.....g	22.60		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	67		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	11.0		1	AI	13				
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg	0.070		1	AI	13				
Niacin.....mg	1.300		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	16		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



NDB No. 35132  
 Melon, banana (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points	Code	Code	Code			
Valine.....									
Arginine.....									
Histidine.....									
Alanine.....									
Aspartic acid.....									
Glutamic acid.....									
Glycine.....									
Proline.....									
Serine.....									
Hydroxyproline.....									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



NDB No. 35051

Moose, liver, braised (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	measures of food		
			of Data	Code	Code	Measure 1	Measure 2	Measure 3
		Points	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35130

Mush, blue corn with ash (Navajo)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	86.67		1	A	1				
Energy.....kcal	54		0	NC	4				
Energy.....kj	226		0	NC	4				
Protein.....g	0.66		2	A	1				
Total lipid (fat).....g	0.49		2	A	1				
Ash.....g	0.44		2	A	1				
Carbohydrate, by difference.....g	11.74		0	NC	4				
Fiber, total dietary.....g	1.1		2	A	1				
Sugars, total.....g	0.19		1	A	1				
Sucrose.....g	0.19		1	A	1				
Glucose (dextrose).....g	0.00		1	A	1				
Fructose.....g	0.00		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	8.08		2	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	96		2	A	1				
Iron, Fe.....mg	2.92		2	A	1				
Magnesium, Mg.....mg	20		2	A	1				
Phosphorus, P.....mg	39		2	A	1				
Potassium, K.....mg	58		2	A	1				
Sodium, Na.....mg	8		2	A	1				
Zinc, Zn.....mg	0.76		2	A	1				
Copper, Cu.....mg	0.048		2	A	1				
Manganese, Mn.....mg	0.305		2	A	1				
Selenium, Se.....mcg	0.9		1	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.020		1	A	1				
Riboflavin.....mg	0.015		1	A	1				
Niacin.....mg	0.283		1	A	1				
Pantothenic acid.....mg	0.078		1	A	1				
Vitamin B-6.....mg	0.049		1	A	1				
Folate, total.....mcg	4		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	4		1	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.074		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.000		1	A	1				
15:0.....g	0.000		1	A	1				

NDB No. 35130

Mush, blue corn with ash (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.056		1	A	1				
17:0.....g	0.000		1	A	1				
18:0.....g	0.014		1	A	1				
20:0.....g	0.002		1	A	1				
22:0.....g	0.002		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	0.109		0	NC	4				
14:1.....g	0.000		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.000		1	A	1				
17:1.....g	0.000		1	A	1				
18:1 undifferentiated.....g	0.108		1	A	1				
20:1.....g	0.001		1	A	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.208		0	NC	4				
18:2 undifferentiated.....g	0.202		1	A	1				
18:3 undifferentiated.....g	0.006		0	A	1				
18:3 n-6 c,c,c.....g	0.000		1	A	1				
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**



**NDB No. 35130**

**Mush, blue corn with ash (Navajo)**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



NDB No. 35141

Mutton, cooked, roasted (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	4.459		0	NC	4				
14:1.....g	0.012		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.206		1	A	1				
17:1.....g	0.085		1	A	1				
18:1 undifferentiated.....g	4.149		1	A	1				
20:1.....g	0.007		1	A	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.814		0	NC	4				
18:2 undifferentiated.....g	0.396		1	A	1				
18:3 undifferentiated.....g	0.172		0	A	1				
18:3 n-6 c,c,c.....g	0.025		1	A	1				
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.074		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	109		1	A	1				
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.257		1	A	1				
Threonine.....g	1.403		1	A	1				
Isoleucine.....g	1.588		1	A	1				
Leucine.....g	2.764		1	A	1				
Lysine.....g	2.999		1	A	1				
Methionine.....g	0.918		1	A	1				
Cystine.....g	0.348		1	A	1				
Phenylalanine.....g	1.399		1	A	1				
Tyrosine.....g	1.162		1	A	1				
Valine.....g	1.678		1	A	1				
Arginine.....g	2.178		1	A	1				
Histidine.....g	0.975		1	A	1				
Alanine.....g	1.964		1	A	1				
Aspartic acid.....g	3.122		1	A	1				
Glutamic acid.....g	5.167		1	A	1				
Glycine.....g	1.651		1	A	1				
Proline.....g	1.411		1	A	1				
Serine.....g	1.332		1	A	1				
Hydroxyproline.....g	0.244		1	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

**NDB No. 35054**  
**Octopus (Alaska Native)**  
*Octopus dofleini*

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.00		1	AI	13				
Energy.....kcal	62		0	NC	4				
Energy.....kj	259		0	NC	4				
Protein (N x 6.25).....g	12.30		1	AI	13				
Total lipid (fat).....g	0.80		1	AI	13				
Ash.....g	1.50		0	NP	4				
Carbohydrate, by difference.....g	1.40		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		1	AI	13				
Iron, Fe.....mg	4.90		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	158		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg	1.43		1	AI	13				
Copper, Cu.....mg	0.370		1	AI	13				
Manganese, Mn.....mg	0.021		1	AI	13				
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	AI	13				
Thiamin.....mg	0.030		1	AI	13				
Riboflavin.....mg	0.040		1	AI	13				
Niacin.....mg	2.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.200		1	AI	13				
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g	0.200		1	AI	13				
Fatty acids, total trans.....g									
Cholesterol.....mg	41		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein                      Fat                      Carbohydrate**

**NDB No. 35054**  
**Octopus (Alaska Native)**

**Food Group:** 35 Ethnic Foods  
USDA National Nutrient Database for Standard Reference, Release 18 (2005)

**NDB No. 35084**  
**Oil, walrus (Alaska Native)**  
*Odohenus rosmarus*

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.00		1	AI	13				
Energy.....kcal	900		0	NC	4				
Energy.....kj	3766		0	NC	4				
Protein (N x 6.25).....g	0.00		1	AI	13				
Total lipid (fat).....g	100.00		1	AI	13				
Ash.....g	0.00		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.000		1	AI	13				
Riboflavin.....mg	0.000		1	AI	13				
Niacin.....mg	0.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	2600		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	120		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein                      Fat                      Carbohydrate**

**NDB No. 35084**  
**Oil, walrus (Alaska Native)**

**Food Group:** 35 Ethnic Foods  
USDA National Nutrient Database for Standard Reference, Release 18 (2005)

**NDB No. 35014**  
**Oil, whale, beluga (Alaska Native)**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.00		1	AI	13				
Energy.....kcal	900		0	NC	4				
Energy.....kj	3766		0	NC	4				
Protein (N x 6.25).....g	0.00		1	AI	13				
Total lipid (fat).....g	100.00		1	AI	13				
Ash.....g	0.00		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1	AI	13				
Iron, Fe.....mg	0.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.000		1	AI	13				
Riboflavin.....mg	0.000		1	AI	13				
Niacin.....mg	0.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	2310		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



NDB No. 35087

Oil, whale, bowhead (Alaska Native)

*Balaena mysticetus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.00		1	AI	13				
Energy.....kcal	900		0	NC	4				
Energy.....kj	3766		0	NC	4				
Protein (N x 6.25).....g	0.00		1	AI	13				
Total lipid (fat).....g	100.00		1	AI	13				
Ash.....g	0.00		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1	AI	13				
Iron, Fe.....mg	0.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.000		1	AI	13				
Riboflavin.....mg	0.000		1	AI	13				
Niacin.....mg	0.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	2810		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35058

Oopah, whole animal (Alaska Native)

Tunicata

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.20		1	AI	13				
Energy.....kcal	79		0	NC	4				
Energy.....kj	331		0	NC	4				
Protein (N x 6.25).....g	11.70		1	AI	13				
Total lipid (fat).....g	2.20		1	AI	13				
Ash.....g	2.80		0	NP	4				
Carbohydrate, by difference.....g	3.10		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	53		1	AI	13				
Iron, Fe.....mg	20.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	103		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg									
Riboflavin.....mg	0.100		1	AI	13				
Niacin.....mg	0.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35059

Owl, horned, meat (Alaska Native)

Bubo virginianus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.30		1	AI	13				
Energy.....kcal	136		0	NC	4				
Energy.....kj	568		0	NC	4				
Protein (N x 6.25).....g	22.70		1	AI	13				
Total lipid (fat).....g	5.00		1	AI	13				
Ash.....g	1.00		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		1	AI	13				
Iron, Fe.....mg	4.80		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	218		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35063

Rhubarb, wild, leaves (Alaska Native)

*Polygonum alaskanum*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	83.50		1	AI	13				
Energy.....kcal	61		0	NC	4				
Energy.....kj	255		0	NC	4				
Protein (N x 5.3).....g	4.20		1	AI	13				
Total lipid (fat).....g	0.50		1	AI	13				
Ash.....g	1.90		0	NP	4				
Carbohydrate, by difference.....g	9.90		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	9		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	33.0		1	AI	13				
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg									
Niacin.....mg	0.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	4480		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35070

Sea cucumber, yane (Alaska Native)

*Stichopus californicus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.70		1	AI	13				
Energy.....kcal	68		0	NC	4				
Energy.....kj	285		0	NC	4				
Protein (N x 6.25).....g	13.00		1	AI	13				
Total lipid (fat).....g	0.40		1	AI	13				
Ash.....g	2.80		0	NP	4				
Carbohydrate, by difference.....g	3.10		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		1	AI	13				
Iron, Fe.....mg	0.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.050		1	AI	13				
Riboflavin.....mg	0.940		1	AI	13				
Niacin.....mg	3.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	310		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35055

Seal, bearded (oogruk), meat, air-dried (Alaska Native)

*Erignathus barbatus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	11.60		1	AI	13				
Energy.....kcal	351		0	NC	4				
Energy.....kj	1469		0	NC	4				
Protein (N x 6.25).....g	82.60		1	AI	13				
Total lipid (fat).....g	2.30		1	AI	13				
Ash.....g	3.50		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	49.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	784		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.130		1	AI	13				
Riboflavin.....mg	0.630		1	AI	13				
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1310		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		1	AI	13				
Fatty acids, total monounsaturated.....g	1.330		1	AI	13				
Fatty acids, total polyunsaturated.....g	0.370		1	AI	13				
18:2 undifferentiated.....g	0.020		1	AI	13				
18:3 undifferentiated.....g	0.030		1	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 35055

Seal, bearded (oogruk), meat, air-dried (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)





**NDB No. 35056**

**Seal, bearded (oogruk), meat, raw (Alaska Native)**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35072

Seal, ringed, liver, (Alaska Native)

*Pusa hispida*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.20		1	AI	13				
Energy.....kcal	116		0	NC	4				
Energy.....kj	484		0	NC	4				
Protein (N x 6.25).....g	18.60		1	AI	13				
Total lipid (fat).....g	3.30		1	AI	13				
Ash.....g	1.00		0	NP	4				
Carbohydrate, by difference.....g	2.90		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13		1	AI	13				
Iron, Fe.....mg	13.50		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	3		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.180		1	AI	13				
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	36600		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.170		1	AI	13				
Fatty acids, total monounsaturated.....g	1.100		1	AI	13				
Fatty acids, total polyunsaturated.....g	1.030		1	AI	13				
18:2 undifferentiated.....g	0.010		1	AI	13				
18:3 undifferentiated.....g	0.060		1	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 35072

Seal, ringed, liver, (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35071

Seal, ringed, meat (Alaska Native)

*Pusa hispida*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	67.40		1	AI	13				
Energy.....kcal	142		0	NC	4				
Energy.....kj	596		0	NC	4				
Protein (N x 6.25).....g	28.40		1	AI	13				
Total lipid (fat).....g	3.20		1	AI	13				
Ash.....g	1.00		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		1	AI	13				
Iron, Fe.....mg	19.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	238		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg	11		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.140		1	AI	13				
Riboflavin.....mg	0.530		1	AI	13				
Niacin.....mg									
Pantothenic acid.....mg	0.650		1	AI	13				
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1050		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.820		1	AI	13				
Fatty acids, total monounsaturated.....g	1.720		1	AI	13				
Fatty acids, total polyunsaturated.....g	0.060		0	NC	4				
18:2 undifferentiated.....g	0.010		1	AI	13				
18:3 undifferentiated.....g	0.050		1	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	90		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 35071

Seal, ringed, meat (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35073

Soup, fish, homemade (Alaska Native)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.00		1	AI	13				
Energy.....kcal	72		0	NC	4				
Energy.....kj	300		0	NC	4				
Protein (N x 6.25).....g	7.40		1	AI	13				
Total lipid (fat).....g	2.20		1	AI	13				
Ash.....g	0.80		0	NP	4				
Carbohydrate, by difference.....g	5.60		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		1	AI	13				
Iron, Fe.....mg	0.50		1	AI	13				
Magnesium, Mg.....mg	1		1	AI	13				
Phosphorus, P.....mg	112		1	AI	13				
Potassium, K.....mg	128		1	AI	13				
Sodium, Na.....mg	30		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg	0.010		1	AI	13				
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		1	AI	13				
Thiamin.....mg	0.070		1	AI	13				
Riboflavin.....mg	0.020		1	AI	13				
Niacin.....mg	2.640		1	AI	13				
Pantothenic acid.....mg	0.010		1	AI	13				
Vitamin B-6.....mg	0.010		1	AI	13				
Folate, total.....mcg	1		1	AI	13				
Folic acid.....mcg									
Folate, food.....mcg	1		1	AI	13				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	40		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		1	AI	13				
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 35073**

**Soup, fish, homemade (Alaska Native)**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

**NDB No. 35074**  
**Sourdock, young leaves (Alaska Native)**  
*Rumex articus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	89.70		1	AI	13				
Energy.....kcal	42		0	NC	4				
Energy.....kj	174		0	NC	4				
Protein (N x 6.25).....g	2.30		1	AI	13				
Total lipid (fat).....g	0.70		1	AI	13				
Ash.....g	0.80		0	NP	4				
Carbohydrate, by difference.....g	6.50		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2		1	AI	13				
Iron, Fe.....mg	0.80		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	55		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	68.0		1	AI	13				
Thiamin.....mg	0.090		1	AI	13				
Riboflavin.....mg	0.540		1	AI	13				
Niacin.....mg	1.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	11900		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein                      Fat                      Carbohydrate**

**Food Group: 35 Ethnic Foods**



NDB No. 35139

Squash, Indian, cooked, boiled (Navajo)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	96.21		1	A					
Energy.....kcal	16		0	NC					
Energy.....kj	65		0	NC					
Protein (N x 6.25).....g	0.31		1	A					
Total lipid (fat).....g	0.15		1	A					
Ash.....g	0.10		1	A					
Carbohydrate, by difference.....g	3.22		0	NC					
Fiber, total dietary.....g	1.5		1	A					
Sugars, total.....g	2.02		1	A					
Sucrose.....g	0.44		1	A					
Glucose (dextrose).....g	0.69		1	A					
Fructose.....g	0.89		1	A					
Lactose.....g	0.00		1	A					
Maltose.....g	0.00		1	A					
Galactose.....g	0.00		1	A					
Starch.....g	0.00		1	A					
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	A					
Riboflavin.....mg	0.015		1	A					
Niacin.....mg	0.102		1	A					
Pantothenic acid.....mg	0.060		1	A					
Vitamin B-6.....mg	0.033		1	A					
Folate, total.....mcg	7		1	A					
Folic acid.....mcg									
Folate, food.....mcg	7		1	A					
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



**NDB No. 35138**  
**Squash, Indian, raw (Navajo)**

**Food Group:** 35 Ethnic Foods  
USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35075

Squirrel, ground, meat (Alaska Native)

Citellus undulatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.40		1	AI	13				
Energy.....kcal	111		0	NC	4				
Energy.....kj	466		0	NC	4				
Protein (N x 5.3).....g	19.30		1	AI	13				
Total lipid (fat).....g	3.80		1	AI	13				
Ash.....g	1.50		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	4.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	175		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35144

Stew, dumpling with mutton (Navajo)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.21		2	A	1				
Energy.....kcal	101		0	NC	4				
Energy.....kj	422		0	NC	4				
Protein.....g	8.71		2	A	1				
Total lipid (fat).....g	3.78		2	A	1				
Ash.....g	0.27		2	A	1				
Carbohydrate, by difference.....g	8.03		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	0.21		2	A	1				
Sucrose.....g	0.00		2	A	1				
Glucose (dextrose).....g	0.00		2	A	1				
Fructose.....g	0.00		2	A	1				
Lactose.....g	0.00		2	A	1				
Maltose.....g	0.21		2	A	1				
Galactose.....g	0.00		2	A	1				
Starch.....g	7.77		2	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	14		2	A	1				
Iron, Fe.....mg	1.79		2	A	1				
Magnesium, Mg.....mg	8		2	A	1				
Phosphorus, P.....mg	63		2	A	1				
Potassium, K.....mg	82		2	A	1				
Sodium, Na.....mg	46		2	A	1				
Zinc, Zn.....mg	1.85		2	A	1				
Copper, Cu.....mg	0.053		2	A	1				
Manganese, Mn.....mg	0.064		2	A	1				
Selenium, Se.....mcg	10.2		2	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1				
Thiamin.....mg	0.065		2	A	1				
Riboflavin.....mg	0.091		2	A	1				
Niacin.....mg	2.005		2	A	1				
Pantothenic acid.....mg	0.162		2	A	1				
Vitamin B-6.....mg	0.041		2	A	1				
Folate, total.....mcg	41		2	A	1				
Folic acid.....mcg									
Folate, food.....mcg	41		2	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.82		2	A	1				
Vitamin A, IU.....IU	0		2	AS	1				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		2	A	1				
Vitamin E (alpha-tocopherol).....mg	0.37		2	A	1				
Tocopherol, beta.....mg	0.00		2	A	1				
Tocopherol, gamma.....mg	0.00		2	A	1				
Tocopherol, delta.....mg	0.00		2	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		1	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.709		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1				
10:0.....g	0.000		2	A	1				
12:0.....g	0.000		2	A	1				
13:0.....g									
14:0.....g	0.082		2	A	1				
15:0.....g	0.021		2	A	1				

NDB No. 35144

Stew, dumpling with mutton (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.808		2	A		1			
17:0.....g	0.056		2	A		1			
18:0.....g	0.736		2	A		1			
20:0.....g	0.006		2	A		1			
22:0.....g	0.000		2	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	1.533		0	NC		4			
14:1.....g	0.000		2	A		1			
15:1.....g	0.000		2	A		1			
16:1 undifferentiated.....g	0.061		2	A		1			
17:1.....g	0.027		2	A		1			
18:1 undifferentiated.....g	1.438		2	A		1			
20:1.....g	0.007		2	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.274		0	NC		4			
18:2 undifferentiated.....g	0.193		2	A		1			
18:3 undifferentiated.....g	0.007		0	A		1			
18:3 n-6 c,c,c.....g	0.007		2	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.002		2	A		1			
20:3 undifferentiated.....g	0.000		2	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.013		2	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	28		2	A		1			
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35145  
 Stew, hominy with mutton (Navajo)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.58		1	A	1				
Energy.....kcal	83		0	NC	4				
Energy.....kj	347		0	NC	4				
Protein (N x 6.25).....g	6.71		1	A	1				
Total lipid (fat).....g	2.06		1	A	1				
Ash.....g	0.26		1	A	1				
Carbohydrate, by difference.....g	9.38		0	NC	4				
Fiber, total dietary.....g	2.0		1	A	1				
Sugars, total.....g	0.11		1	A	1				
Sucrose.....g	0.11		1	A	1				
Glucose (dextrose).....g	0.00		1	A	1				
Fructose.....g	0.00		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	6.15		1	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	8		1	A	1				
Iron, Fe.....mg	0.81		1	A	1				
Magnesium, Mg.....mg	20		1	A	1				
Phosphorus, P.....mg	82		1	A	1				
Potassium, K.....mg	118		1	A	1				
Sodium, Na.....mg	45		1	A	1				
Zinc, Zn.....mg	1.19		1	A	1				
Copper, Cu.....mg	0.047		1	A	1				
Manganese, Mn.....mg	0.089		1	A	1				
Selenium, Se.....mcg	4.1		1	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.030		1	A	1				
Riboflavin.....mg	0.070		1	A	1				
Niacin.....mg	1.500		1	A	1				
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.091		1	A	1				
Folate, total.....mcg	0		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	0		1	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.64		1	A	1				
Vitamin A, IU.....IU	0		0	AS	1				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		1	A	1				
Vitamin E (alpha-tocopherol).....mg	0.37		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.76		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		1	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.733		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.034		1	A	1				
15:0.....g	0.008		1	A	1				

NDB No. 35145

Stew, hominy with mutton (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	0.392		1	A	1				
17:0.....g	0.024		1	A	1				
18:0.....g	0.271		1	A	1				
20:0.....g	0.004		1	A	1				
22:0.....g	0.000		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	0.897		0	NC	4				
14:1.....g	0.003		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.038		1	A	1				
17:1.....g	0.016		1	A	1				
18:1 undifferentiated.....g	0.835		1	A	1				
20:1.....g	0.004		1	A	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.287		0	NC	4				
18:2 undifferentiated.....g	0.232		1	A	1				
18:3 undifferentiated.....g	0.023		0	A	1				
18:3 n-6 c,c,c.....g	0.002		1	A	1				
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.008		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1	A	1				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.043		1	A	1				
Threonine.....g	0.238		1	A	1				
Isoleucine.....g	0.252		1	A	1				
Leucine.....g	0.536		1	A	1				
Lysine.....g	0.435		1	A	1				
Methionine.....g	0.157		1	A	1				
Cystine.....g	0.074		1	A	1				
Phenylalanine.....g	0.257		1	A	1				
Tyrosine.....g	0.183		1	A	1				
Valine.....g	0.294		1	A	1				
Arginine.....g	0.390		1	A	1				
Histidine.....g	0.164		1	A	1				
Alanine.....g	0.423		1	A	1				
Aspartic acid.....g	0.526		1	A	1				
Glutamic acid.....g	0.986		1	A	1				
Glycine.....g	0.447		1	A	1				
Proline.....g	0.385		1	A	1				
Serine.....g	0.251		1	A	1				
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**



**NDB No. 35145**

**Stew, hominy with mutton (Navajo)**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



NDB No. 35048  
Stew, moose (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35146

Stew, mutton corn squash (Navajo)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.13		1	A	1				
Energy.....kcal	103		0	NC	4				
Energy.....kj	430		0	NC	4				
Protein (N x 6.25).....g	8.62		1	A	1				
Total lipid (fat).....g	4.34		1	A	1				
Ash.....g	3.63		1	A	1				
Carbohydrate, by difference.....g	7.27		0	NC	4				
Fiber, total dietary.....g	1.7		1	A	1				
Sugars, total.....g	0.61		1	A	1				
Sucrose.....g	0.25		1	A	1				
Glucose (dextrose).....g	0.18		1	A	1				
Fructose.....g	0.18		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	6.15		0	T	4				
<b>Minerals:</b>									
Calcium, Ca.....mg	38		1	A	1				
Iron, Fe.....mg	1.21		1	A	1				
Magnesium, Mg.....mg	21		1	A	1				
Phosphorus, P.....mg	111		1	A	1				
Potassium, K.....mg	199		1	A	1				
Sodium, Na.....mg	49		1	A	1				
Zinc, Zn.....mg	1.87		1	A	1				
Copper, Cu.....mg	0.063		1	A	1				
Manganese, Mn.....mg	0.087		1	A	1				
Selenium, Se.....mcg	8.4		1	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.030		1	A	1				
Riboflavin.....mg	0.110		1	A	1				
Niacin.....mg	2.000		1	A	1				
Pantothenic acid.....mg	0.270		1	A	1				
Vitamin B-6.....mg	0.108		1	A	1				
Folate, total.....mcg	18		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	18		1	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.16		1	A	1				
Vitamin A, IU.....IU	0		0	AS	1				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		1	A	1				
Vitamin E (alpha-tocopherol).....mg	0.37		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.8		1	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.735		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.083		1	A	1				
15:0.....g	0.017		1	A	1				

NDB No. 35146

Stew, mutton corn squash (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.869		1	A	1				
17:0.....g	0.059		1	A	1				
18:0.....g	0.694		1	A	1				
20:0.....g	0.007		1	A	1				
22:0.....g	0.006		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	1.748		0	NC	4				
14:1.....g	0.000		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.068		1	A	1				
17:1.....g	0.029		1	A	1				
18:1 undifferentiated.....g	1.640		1	A	1				
20:1.....g	0.011		1	A	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.445		0	NC	4				
18:2 undifferentiated.....g	0.310		1	A	1				
18:3 undifferentiated.....g	0.062		0	A	1				
18:3 n-6 c,c,c.....g	0.008		1	A	1				
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.011		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	43		1	A	1				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.057		1	A	1				
Threonine.....g	0.306		1	A	1				
Isoleucine.....g	0.336		1	A	1				
Leucine.....g	0.678		1	A	1				
Lysine.....g	0.560		1	A	1				
Methionine.....g	0.211		1	A	1				
Cystine.....g	0.090		1	A	1				
Phenylalanine.....g	0.330		1	A	1				
Tyrosine.....g	0.233		1	A	1				
Valine.....g	0.385		1	A	1				
Arginine.....g	0.470		1	A	1				
Histidine.....g	0.217		1	A	1				
Alanine.....g	0.550		1	A	1				
Aspartic acid.....g	0.679		1	A	1				
Glutamic acid.....g	1.241		1	A	1				
Glycine.....g	0.553		1	A	1				
Proline.....g	0.474		1	A	1				
Serine.....g	0.314		1	A	1				
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 35146**

**Stew, mutton corn squash (Navajo)**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35148  
 Stew, steamed corn (Navajo)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.03		2	A					
Energy.....kcal	112		0	NC					
Energy.....kj	470		0	NC					
Protein.....g	8.82		2	A					
Total lipid (fat).....g	3.75		2	A					
Ash.....g	0.60		2	A					
Carbohydrate, by difference.....g	10.80		0	NC					
Fiber, total dietary.....g	2.3		2	A					
Sugars, total.....g	0.51		2	A					
Sucrose.....g	0.34		2	A					
Glucose (dextrose).....g	0.09		2	A					
Fructose.....g	0.07		2	A					
Lactose.....g	0.00		2	A					
Maltose.....g	0.00		2	A					
Galactose.....g	0.00		2	A					
Starch.....g	6.55		2	A					
<b>Minerals:</b>									
Calcium, Ca.....mg	22		2	A					
Iron, Fe.....mg	1.10		2	A					
Magnesium, Mg.....mg	24		2	A					
Phosphorus, P.....mg	107		2	A					
Potassium, K.....mg	177		2	A					
Sodium, Na.....mg	104		2	A					
Zinc, Zn.....mg	1.55		2	A					
Copper, Cu.....mg	0.075		2	A					
Manganese, Mn.....mg	0.102		2	A					
Selenium, Se.....mcg	5.0		1	A					
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A					
Thiamin.....mg	0.030		1	A					
Riboflavin.....mg	0.110		1	A					
Niacin.....mg	3.020		1	A					
Pantothenic acid.....mg	0.400		1	A					
Vitamin B-6.....mg	0.120		1	A					
Folate, total.....mcg	9		1	A					
Folic acid.....mcg									
Folate, food.....mcg	9		1	A					
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	A					
Tocopherol, beta.....mg	0.00		1	A					
Tocopherol, gamma.....mg	0.00		1	A					
Tocopherol, delta.....mg	0.00		1	A					
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		1	A					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.603		0	NC					
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					
10:0.....g	0.000		1	A					
12:0.....g	0.000		1	A					
13:0.....g									
14:0.....g	0.083		1	A					
15:0.....g	0.021		1	A					

NDB No. 35148  
 Stew, steamed corn (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.834		1	A					
17:0.....g	0.048		1	A					
18:0.....g	0.609		1	A					
20:0.....g	0.007		1	A					
22:0.....g	0.000		1	A					
24:0.....g									
Fatty acids, total monounsaturated.....g	1.497		0	NC					4
14:1.....g	0.004		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.069		1	A					1
17:1.....g	0.025		1	A					1
18:1 undifferentiated.....g	1.391		1	A					1
20:1.....g	0.008		1	A					1
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.392		0	NC					4
18:2 undifferentiated.....g	0.272		1	A					1
18:3 undifferentiated.....g	0.052		0	A					1
18:3 n-6 c,c,c.....g	0.007		1	A					1
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A					1
20:3 undifferentiated.....g	0.000		1	A					1
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.015		1	A					1
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)





NDB No. 35024

Stew/soup, caribou (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	measures of food		
			of Data	Code	Code	Code	Measure 1	Measure 2
		Points	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35147  
Tamales (Navajo)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	68.10		1	A	1				
Energy.....kcal	153		0	NC	4				
Energy.....kj	639		0	NC	4				
Protein (N x 6.25).....g	6.28		1	A	1				
Total lipid (fat).....g	6.12		1	A	1				
Ash.....g	1.37		1	A	1				
Carbohydrate, by difference.....g	18.12		0	NC	4				
Fiber, total dietary.....g	3.1		1	A	1				
Sugars, total.....g	0.99		1	A	1				
Sucrose.....g	0.40		1	A	1				
Glucose (dextrose).....g	0.21		1	A	1				
Fructose.....g	0.17		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.22		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	12.27		1	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	29		1	A	1				
Iron, Fe.....mg	1.22		1	A	1				
Magnesium, Mg.....mg	22		1	A	1				
Phosphorus, P.....mg	99		1	A	1				
Potassium, K.....mg	131		1	A	1				
Sodium, Na.....mg	427		1	A	1				
Zinc, Zn.....mg	1.48		1	A	1				
Copper, Cu.....mg	0.063		1	A	1				
Manganese, Mn.....mg	0.174		1	A	1				
Selenium, Se.....mcg	6.0		1	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.7		1	A	1				
Thiamin.....mg	0.050		1	A	1				
Riboflavin.....mg	0.080		1	A	1				
Niacin.....mg	1.590		1	A	1				
Pantothenic acid.....mg	0.205		1	A	1				
Vitamin B-6.....mg	0.143		1	A	1				
Folate, total.....mcg	15		1	A	1				
Folic acid.....mcg									
Folate, food.....mcg	15		1	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.54		1	A	1				
Vitamin A, IU.....IU	0		0	AS	1				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		1	A	1				
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.396		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.165		1	A	1				
15:0.....g	0.024		1	A	1				

NDB No. 35147  
Tamales (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	1.395		1	A	1				
17:0.....g	0.059		1	A	1				
18:0.....g	0.743		1	A	1				
20:0.....g	0.010		1	A	1				
22:0.....g	0.000		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	2.739		0	NC	4				
14:1.....g	0.039		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.188		1	A	1				
17:1.....g	0.046		1	A	1				
18:1 undifferentiated.....g	2.439		1	A	1				
20:1.....g	0.027		1	A	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.688		0	NC	4				
18:2 undifferentiated.....g	0.646		1	A	1				
18:3 undifferentiated.....g	0.029		0	A	1				
18:3 n-6 c,c,c.....g	0.000		1	A	1				
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.013		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	17		1	A	1				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.052		1	A	1				
Threonine.....g	0.239		1	A	1				
Isoleucine.....g	0.271		1	A	1				
Leucine.....g	0.568		1	A	1				
Lysine.....g	0.427		1	A	1				
Methionine.....g	0.150		1	A	1				
Cystine.....g	0.083		1	A	1				
Phenylalanine.....g	0.275		1	A	1				
Tyrosine.....g	0.204		1	A	1				
Valine.....g	0.318		1	A	1				
Arginine.....g	0.391		1	A	1				
Histidine.....g	0.196		1	A	1				
Alanine.....g	0.422		1	A	1				
Aspartic acid.....g	0.556		1	A	1				
Glutamic acid.....g	1.029		1	A	1				
Glycine.....g	0.384		1	A	1				
Proline.....g	0.382		1	A	1				
Serine.....g	0.273		1	A	1				
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 35147**  
**Tamales (Navajo)**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



NDB No. 35078

Tea, tundra, herb and laborador combination (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35143

Tortilla, includes plain and from mutton sandwich (Navajo)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	39.96		2	A					
Energy.....kcal	237		0	NC					
Energy.....kj	993		0	NC					
Protein.....g	7.28		2	A					
Total lipid (fat).....g	0.95		2	A					
Ash.....g	1.87		2	A					
Carbohydrate, by difference.....g	49.94		0	NC					
Fiber, total dietary.....g	2.4		2	A					
Sugars, total.....g	2.75		2	A					
Sucrose.....g	0.22		2	A					
Glucose (dextrose).....g	0.15		2	A					
Fructose.....g	0.00		2	A					
Lactose.....g	0.00		2	A					
Maltose.....g	2.37		2	A					
Galactose.....g	0.00		2	A					
Starch.....g	43.02		2	A					
<b>Minerals:</b>									
Calcium, Ca.....mg	70		2	A					
Iron, Fe.....mg	3.81		2	A					
Magnesium, Mg.....mg	19		2	A					
Phosphorus, P.....mg	146		2	A					
Potassium, K.....mg	105		2	A					
Sodium, Na.....mg	482		2	A					
Zinc, Zn.....mg	0.32		2	A					
Copper, Cu.....mg	0.102		2	A					
Manganese, Mn.....mg	0.268		2	A					
Selenium, Se.....mcg	16.6		1	A					
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A					
Thiamin.....mg	0.370		2	A					
Riboflavin.....mg	0.114		2	A					
Niacin.....mg	4.125		2	A					
Pantothenic acid.....mg	0.170		1	A					
Vitamin B-6.....mg	0.060		2	A					
Folate, total.....mcg	98		1	A					
Folic acid.....mcg	87		1	A					
Folate, food.....mcg	11		1	AS					
Folate, DFE.....mcg_DFE	159		0	NC					
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.19		2	A					
Tocopherol, beta.....mg	0.00		2	A					
Tocopherol, gamma.....mg	0.00		2	A					
Tocopherol, delta.....mg	0.00		2	A					
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		2	A					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.296		0	NC					
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A					
10:0.....g	0.000		2	A					
12:0.....g	0.000		2	A					
13:0.....g									
14:0.....g	0.008		2	A					
15:0.....g	0.002		2	A					



NDB No. 35143

Tortilla, includes plain and from mutton sandwich (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.211		2	A	1				
17:0.....g	0.005		2	A	1				
18:0.....g	0.066		2	A	1				
20:0.....g	0.002		2	A	1				
22:0.....g	0.004		2	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	0.185		0	NC	4				
14:1.....g	0.000		2	A	1				
15:1.....g	0.000		2	A	1				
16:1 undifferentiated.....g	0.004		2	A	1				
17:1.....g	0.002		2	A	1				
18:1 undifferentiated.....g	0.175		2	A	1				
20:1.....g	0.004		2	A	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.391		0	NC	4				
18:2 undifferentiated.....g	0.372		2	A	1				
18:3 undifferentiated.....g	0.000		0	A	1				
18:3 n-6 c,c,c.....g	0.000		2	A	1				
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		2	A	1				
20:3 undifferentiated.....g	0.000		2	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.060		1	A	1				
Threonine.....g	0.182		1	A	1				
Isoleucine.....g	0.286		1	A	1				
Leucine.....g	0.530		1	A	1				
Lysine.....g	0.157		1	A	1				
Methionine.....g	0.122		1	A	1				
Cystine.....g	0.166		1	A	1				
Phenylalanine.....g	0.375		1	A	1				
Tyrosine.....g	0.204		1	A	1				
Valine.....g	0.326		1	A	1				
Arginine.....g	0.283		1	A	1				
Histidine.....g	0.165		1	A	1				
Alanine.....g	0.227		1	A	1				
Aspartic acid.....g	0.296		1	A	1				
Glutamic acid.....g	2.613		1	A	1				
Glycine.....g	0.268		1	A	1				
Proline.....g	0.878		1	A	1				
Serine.....g	0.351		1	A	1				
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 35143**

**Tortilla, includes plain and from mutton sandwich (Navajo)**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35083  
 Walrus, liver, raw (Alaska Native)  
*Odobenus rosmarus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.50		1	AI	13				
Energy.....kcal	125		0	NC	4				
Energy.....kj	523		0	NC	4				
Protein (N x 6.25).....g	21.00		1	AI	13				
Total lipid (fat).....g	3.00		1	AI	13				
Ash.....g	1.00		0	NP	4				
Carbohydrate, by difference.....g	3.50		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	14.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	208		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.080		1	AI	13				
Riboflavin.....mg	1.910		1	AI	13				
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	81200		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35082

Walrus, meat and subcutaneous fat (Alaska Native)

*Odohenus rosmarus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	58.90		1	AI	13				
Energy.....kcal	282		0	NC	4				
Energy.....kj	1180		0	NC	4				
Protein (N x 6.25).....g	16.30		1	AI	13				
Total lipid (fat).....g	24.10		1	AI	13				
Ash.....g	0.70		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	9.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	125		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.080		1	AI	13				
Riboflavin.....mg	0.320		1	AI	13				
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	550		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

**NDB No. 35079**  
**Walrus, meat, dry (Alaska Native)**  
*Odobenus rosmarus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	38.80		1	AI	13				
Energy.....kcal	251		0	NC	4				
Energy.....kj	1052		0	NC	4				
Protein (N x 6.25).....g	57.00		1	AI	13				
Total lipid (fat).....g	2.60		1	AI	13				
Ash.....g	1.60		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	43.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	415		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.210		1	AI	13				
Riboflavin.....mg	0.790		1	AI	13				
Niacin.....mg	10.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	410		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

**NDB No. 35081**  
**Walrus, meat, raw (Alaska Native)**  
*Odobenus rosmarus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	65.10		1	AI	13				
Energy.....kcal	199		0	NC	4				
Energy.....kj	833		0	NC	4				
Protein (N x 6.25).....g	19.20		1	AI	13				
Total lipid (fat).....g	13.60		1	AI	13				
Ash.....g	2.10		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		1	AI	13				
Iron, Fe.....mg	9.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	122		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.180		1	AI	13				
Riboflavin.....mg	0.240		1	AI	13				
Niacin.....mg	4.800		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	170		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.570		1	AI	13				
Fatty acids, total monounsaturated.....g	8.420		1	AI	13				
Fatty acids, total polyunsaturated.....g	2.600		1	AI	13				
18:2 undifferentiated.....g	0.050		1	AI	13				
18:3 undifferentiated.....g	0.100		1	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 35081

Walrus, meat, raw (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u> <u>measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				

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food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35010

Whale, beluga, eyes, raw (Alaska Native)

*Delphinapterus leucas*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	55.10		1	AI	13				
Energy.....kcal	291		0	NC	4				
Energy.....kj	1217		0	NC	4				
Protein (N x 6.25).....g	19.60		1	AI	13				
Total lipid (fat).....g	23.30		1	AI	13				
Ash.....g	1.30		0	NP	4				
Carbohydrate, by difference.....g	0.70		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	187		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



NDB No. 35012

Whale, beluga, flipper, raw (Alaska Native)

*Delphinapterus leucas*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	57.50		1	AI	13				
Energy.....kcal	271		0	NC	4				
Energy.....kj	1135		0	NC	4				
Protein (N x 6.25).....g	19.00		1	AI	13				
Total lipid (fat).....g	21.70		1	AI	13				
Ash.....g	1.80		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		1	AI	13				
Iron, Fe.....mg	2.80		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	153		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg	57.500		1	AI	13				
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg	930.00		1	AI	13				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35013

Whale, beluga, liver, raw (Alaska Native)

*Delphinapterus leucas*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.60		1	AI	13				
Energy.....kcal	117		0	NC	4				
Energy.....kj	488		0	NC	4				
Protein (N x 6.25).....g	18.40		1	AI	13				
Total lipid (fat).....g	3.90		1	AI	13				
Ash.....g	1.10		0	NP	4				
Carbohydrate, by difference.....g	2.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	230		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35009

Whale, beluga, meat, air-dried, raw (Alaska Native)

*Delphinapterus leucas*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	23.30		1	AI	13				
Energy.....kcal	313		0	NC	4				
Energy.....kj	1310		0	NC	4				
Protein (N x 6.25).....g	73.10		1	AI	13				
Total lipid (fat).....g	2.30		1	AI	13				
Ash.....g	1.30		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	28		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	608		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35011

Whale, beluga, meat, raw (Alaska Native)

*Delphinapterus leucas*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.50		1	AI	13				
Energy.....kcal	111		0	NC	4				
Energy.....kj	462		0	NC	4				
Protein (N x 6.25).....g	26.50		1	AI	13				
Total lipid (fat).....g	0.50		1	AI	13				
Ash.....g	0.50		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7		1	AI	13				
Iron, Fe.....mg	25.90		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	239		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35086

Whale, bowhead, skin and subcutaneous fat (muktuk) (Alaska Native)

*Balaena mysticetus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	40.00		1	AI	13				
Energy.....kcal	470		0	NC	4				
Energy.....kj	1967		0	NC	4				
Protein (N x 6.25).....g	12.60		1	AI	13				
Total lipid (fat).....g	46.10		1	AI	13				
Ash.....g	0.10		0	NP	4				
Carbohydrate, by difference.....g	1.20		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	87		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.080		1	AI	13				
Riboflavin.....mg	0.020		1	AI	13				
Niacin.....mg	0.800		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	750		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.560		1	AI	13				
Fatty acids, total monounsaturated.....g	28.120		1	AI	13				
Fatty acids, total polyunsaturated.....g	7.970		1	AI	13				
18:2 undifferentiated.....g	0.120		1	AI	13				
18:3 undifferentiated.....g	0.450		1	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	54		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 35086

Whale, bowhead, skin and subcutaneous fat (muktuk) (Alaska Native)

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	measures of food		
			of Data	Code	Code	Measure 1	Measure 2	Measure 3
		Points	Code	Code	Code			

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food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35085

Whale, bowhead, subcutaneous fat (blubber) (Alaska Native)

*Balaena mysticetus*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.90		1	AI	13				
Energy.....kcal	870		0	NC	4				
Energy.....kj	3640		0	NC	4				
Protein (N x 6.25).....g	0.40		1	AI	13				
Total lipid (fat).....g	96.50		1	AI	13				
Ash.....g	0.20		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.50		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	5		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	150		1	AI	13				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 35092

Willow, leaves in oil (Alaska Native)

*Salix pulchra* Cham.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	28.00		1	AI	13				
Energy.....kcal	592		0	NC	4				
Energy.....kj	2476		0	NC	4				
Protein (N x 6.25).....g	2.60		1	AI	13				
Total lipid (fat).....g	61.00		1	AI	13				
Ash.....g	0.30		0	NP	4				
Carbohydrate, by difference.....g	8.10		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.30		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	58		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)



NDB No. 35093

Willow, young leaves, chopped (Alaska Native)

Salix pulchra Cham.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	68.70		1	AI	13				
Energy.....kcal	122		0	NC	4				
Energy.....kj	509		0	NC	4				
Protein (N x 5.3).....g	6.10		1	AI	13				
Total lipid (fat).....g	1.60		1	AI	13				
Ash.....g	2.90		0	NP	4				
Carbohydrate, by difference.....g	20.70		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	130		1	AI	13				
Iron, Fe.....mg	2.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	126		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	190.0		1	AI	13				
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg	2.300		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	18700		1	AI	13				
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 18 (2005)