NDB No.   35002

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

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
							Amount in edible portion of common measures of food		
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
Lipids:									
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									

Header note: **Amount in 100 grams of edible portion**

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

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

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

food, or similar food.

Common Measures:

Calories Factors: Protein   Fat   Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 35001
Agutuk, fish/berry with seal oil (Alaskan ice cream) (Alaska Native)

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water................................g	47.30		1	AI	13				
Energy................................kcal	353		0	NC	4				
Energy................................kj	1479		0	NC	4				
Protein (N x 6.25)....................g	3.40		1	AI	13				
Total lipid (fat)........................g	31.80		1	AI	13				
Ash................................g	4.10		0	NP	4				
Carbohydrate, by difference...................g	13.40		0	NC	4				
Fiber, total dietary..................g	0.5		1	AI	13				
Sugars, total............................g									
Starch..................................g									
Minerals:									
Calcium, Ca............................mg	8		1	AI	13				
Iron, Fe.................................mg	0.30		1	AI	13				
Magnesium, Mg........................mg	7		1	AI	13				
Phosphorus, P..........................mg	46		1	AI	13				
Potassium, K............................mg	70		1	AI	13				
Sodium, Na..............................mg	21		1	AI	13				
Zinc, Zn..................................mg	0.18		1	AI	13				
Copper, Cu...............................mg	0.030		1	AI	13				
Manganese, Mn..........................mg	0.130		1	AI	13				
Selenium, Se...........................mcg									
Vitamins:									
Vitamin C, total ascorbic acid.................mg	2.9		1	AI	13				
Thiamin.................................mg	0.040		1	AI	13				
Riboflavin...............................mg	0.050		1	AI	13				
Niacin...................................mg	0.550		1	AI	13				
Pantothenic acid........................mg	0.020		1	AI	13				
Vitamin B-6.............................mg	0.010		1	AI	13				
Folate, total.............................mcg	3		1	AI	13				
Folic acid..............................mcg									
Folate, food...........................mcg	3		1	AI	13				
Folate, DFE..........................mcg_DFE									
Vitamin B-12............................mcg									
Vitamin A, IU............................IU	696		1	AI	13				
Vitamin A, RAE........................mcg_RAE									
Retinol..................................mcg									
Vitamin E (alpha-tocopherol)...................mg	2.36		1	AI	13				
Tocopherol, beta........................mg									
Tocopherol, gamma....................mg									
Tocopherol, delta.......................mg									
Vitamin D................................IU									
Vitamin K (phylloquinone).....................mcg									
Lipids:									
Fatty acids, total saturated......................g	7.700		1	AI	13				
Fatty acids, total monounsaturated...........g	14.400		1	AI	13				
Fatty acids, total polyunsaturated.............g	8.400		1	AI	13				
18:2 undifferentiated.........................g	0.530		1	AI	13				
18:3 undifferentiated.........................g	7.100		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	10		1	AI	13				
Phytosterols............................mg									

NDB No.   35001
Agutuk, fish/berry with seal oil (Alaskan ice cream) (Alaska Native)

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

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 17 (2004)

NDB No.   35003
Agutuk, meat-caribou (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
Proximates:									
Water..............................g	55.20		1	AI	13				
Energy............................kcal	258		0	NC	4				
Energy............................kj	1079		0	NC	4				
Protein (N x 6.25)...................g	21.70		1	AI	13				
Total lipid (fat)......................g	18.60		1	AI	13				
Ash................................g	3.60		0	NP	4				
Carbohydrate, by difference..................g	0.90		0	NC	4				
Fiber, total dietary.................g									
Sugars, total.........................g									
Starch.............................g									
Minerals:									
Calcium, Ca...........................mg	16		1	AI	13				
Iron, Fe............................mg	4.55		1	AI	13				
Magnesium, Mg.........................mg	20		1	AI	13				
Phosphorus, P..........................mg	170		1	AI	13				
Potassium, K...........................mg	228		1	AI	13				
Sodium, Na...........................mg	95		1	AI	13				
Zinc, Zn............................mg	3.83		1	AI	13				
Copper, Cu...........................mg	0.190		1	AI	13				
Manganese, Mn.........................mg	0.060		1	AI	13				
Selenium, Se...........................mcg									
Vitamins:									
Vitamin C, total ascorbic acid.................mg	2.2		1	AI	13				
Thiamin...........................mg	0.180		1	AI	13				
Riboflavin...........................mg	0.660		1	AI	13				
Niacin.............................mg	4.260		1	AI	13				
Pantothenic acid......................mg	1.950		1	AI	13				
Vitamin B-6.........................mg	0.230		1	AI	13				
Folate, total.......................mcg	4		1	AI	13				
Folic acid.........................mcg									
Folate, food........................mcg	4		1	AI	13				
Folate, DFE........................mcg_DFE									
Vitamin B-12.........................mcg	4.83		1	AI	13				
Vitamin A, IU........................IU	559		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									
Lipids:									
Fatty acids, total saturated.......................g	5.100		1	AI	13				
Fatty acids, total monounsaturated...........g	8.700		1	AI	13				
Fatty acids, total polyunsaturated.............g	3.600		1	AI	13				
18:2 undifferentiated...........................g	0.310		1	AI	13				
18:3 undifferentiated...........................g	0.510		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	89		1	AI	13				
Phytosterols............................mg									

NDB No.   35003
Agutuk, meat-caribou (Alaskan ice cream) (Alaska Native)

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

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 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
Lipids:									
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)

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

food, or similar food.

Common Measures:

Calories Factors: Protein   Fat   Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
Lipids:									
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)

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

food, or similar food.

Common Measures:

Calories Factors: Protein   Fat   Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
Proximates:									
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									
Minerals:									
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 17 (2004)

NDB No.   35017

Blueberries, frozen (Alaska Native)

Vaccinium alaskanese and Ovalifolium

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

NDB No.   35142
Bread, Indian, fry, made with lard (Navajo)

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
							Amount in edible portion of common measures of food		

Amount in 100 grams of edible portion

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
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				
Minerals:									
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				
Vitamins:									
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				
Lipids:									
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 Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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 17 (2004)

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
Proximates:										
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				
Minerals:										
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				
Vitamins:										
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 (phylloquinone)	mcg	0.3		1	A	1				
Lipids:										
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 Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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

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
Proximates:									
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									
Minerals:									
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**

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Proximates:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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				

Minerals:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									

Vitamins:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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				

Lipids:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

NDB No. 35028
Cockles (Alaska Native)
Clinocardium nuttallii

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

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
Proximates:									
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				
Minerals:									
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									
Vitamins:									
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 (phylloquinone).....................mcg	0.9		1	A	1				
Lipids:									
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	1				
17:0................................g	0.005		1	A	1				
18:0................................g	0.122		1	A	1				
20:0................................g	0.028		1	A	1				
22:0................................g	0.010		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	1.900		0	NC	4				
18:2 undifferentiated.........................g	1.831		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									
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

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
Proximates:									
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				
Minerals:									
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									
Vitamins:									
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				
Lipids:									
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				

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
22:5 n-3..g									
22:6 n-3..g									
Fatty acids, total trans.............................g									
Cholesterol..mg									
Phytosterols...mg									
Amino Acids:									
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:

Calories Factors: Protein   Fat   Carbohydrate

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

Refuse: 0%

Nutrients and Units		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
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				
Minerals:										
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				
Vitamins:										
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				
Lipids:										
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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
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**

NDB No.   35136
Cornmeal, white (Navajo)

Refuse: 0%

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

Proximates:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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				

Minerals:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									

Vitamins:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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				

Lipids:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
22:5 n-3..g									
22:6 n-3..g									
Fatty acids, total trans.............................g									
Cholesterol..mg									
Phytosterols..mg									
Amino Acids:									
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:

Calories Factors:

NDB No.   35136
Cornmeal, white (Navajo)

Protein	Fat	Carbohydrate

NDB No. 35137
Cornmeal, yellow (Navajo)

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
							Amount in edible portion of common measures of food		
Proximates:									
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				
Minerals:									
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				
Vitamins:									
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				
Lipids:									
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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
22:5 n-3...g									
22:6 n-3...g									
Fatty acids, total trans............................g									
Cholesterol..mg									
Phytosterols.......................................mg									
Amino Acids:									
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:

Calories Factors:

NDB No.   35137
Cornmeal, yellow (Navajo)

	Protein	**Fat**	**Carbohydrate**

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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

NDB No.   35080

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

Odocoileus spp

venison, sitka deer

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
						Amount in edible portion of common measures of food			
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
Lipids:									
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)

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

food, or similar food.

Common Measures:

Calories Factors: Protein   Fat   Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 35016

Fish, blackfish, whole (Alaska Native)

Dallia pectoralis

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
							Amount in edible portion of common measures of food		
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
Lipids:									
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)

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

food, or similar food.

Common Measures:

Calories Factors: Protein   Fat   Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 35042

Fish, herring, Pacific, meat packed in oil, air-dried (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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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

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

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

NDB No.   35067
Fish, salmon, king or chinook, smoked, brined (Alaska Native)
Oncorhynchus tshawytscha

Refuse: 0%

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

Proximates:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Minerals:									
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									
Vitamins:									
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									
Lipids:									
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)

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

food, or similar food.

Common Measures:

Calories Factors: Protein   Fat   Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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

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
Proximates:										
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									
Minerals:										
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									
Vitamins:										
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
Lipids:									
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)

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

food, or similar food.

Common Measures:

Calories Factors: Protein   Fat   Carbohydrate

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

NDB No. 35132
Melon, banana (Navajo)

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....................g	94.66		1	A	1				
Energy...................kcal	21		0	NC	4				
Energy...................kj	90		0	NC	4				
Protein (N x 6.25)...........g	0.84		1	A	1				
Total lipid (fat)............g	0.20		1	A	1				
Ash.....................g	0.24		1	A	1				
Carbohydrate, by difference...g	4.06		0	NC	4				
Fiber, total dietary........g	0.3		1	A	1				
Sugars, total..............g	3.36		1	A	1				
Sucrose................g	0.00		1	A	1				
Glucose (dextrose)........g	1.30		1	A	1				
Fructose...............g	2.06		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	0.00		1	A	1				
Minerals:									
Calcium, Ca...............mg	13		1	A	1				
Iron, Fe..................mg	0.21		1	A	1				
Magnesium, Mg.............mg	10		1	A	1				
Phosphorus, P.............mg	9		1	A	1				
Potassium, K..............mg	140		1	A	1				
Sodium, Na................mg	11		1	A	1				
Zinc, Zn..................mg	0.14		1	A	1				
Copper, Cu................mg	0.035		1	A	1				
Manganese, Mn.............mg	0.036		1	A	1				
Selenium, Se..............mcg	0.4		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid...mg	8.1		1	A	1				
Thiamin...................mg	0.020		1	A	1				
Riboflavin................mg	0.018		1	A	1				
Niacin....................mg	0.460		1	A	1				
Pantothenic acid..........mg	0.070		1	A	1				
Vitamin B-6...............mg	0.050		1	A	1				
Folate, total.............mcg	20		1	A	1				
Folic acid.............mcg									
Folate, food...........mcg	20		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	4.9		1	A	1				
Amino Acids:									
Tryptophan................g									
Threonine.................g									
Isoleucine................g									
Leucine...................g									
Lysine....................g									
Methionine................g									
Cystine...................g									
Phenylalanine.............g									
Tyrosine..................g									

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

NDB No. 35132
Melon, banana (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
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:

Calories Factors: Protein   Fat   Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 35051
Moose, liver, braised (Alaska Native)
Alces alces

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water...............................g	66.00		1	AI	13				
Energy............................kcal	155		0	NC	4				
Energy............................kj	650		0	NC	4				
Protein (N x 6.25)...................g	24.38		1	AI	13				
Total lipid (fat)......................g	4.89		1	AI	13				
Ash................................g	1.30		0	NP	4				
Carbohydrate, by difference..........g	3.43		0	NC	4				
Fiber, total dietary..................g									
Sugars, total.......................g									
Starch.............................g									
Minerals:									
Calcium, Ca........................mg	7		1	AI	13				
Iron, Fe............................mg	6.77		1	AI	13				
Magnesium, Mg.....................mg	20		1	AI	13				
Phosphorus, P......................mg	129		1	AI	13				
Potassium, K.......................mg	235		1	AI	13				
Sodium, Na.........................mg	70		1	AI	13				
Zinc, Zn............................mg	6.07		1	AI	13				
Copper, Cu.........................mg	2.789		1	AI	13				
Manganese, Mn.....................mg	0.413		1	AI	13				
Selenium, Se.......................mcg									
Vitamins:									
Vitamin C, total ascorbic acid.........mg	22.6		1	AI	13				
Thiamin............................mg	0.196		1	AI	13				
Riboflavin..........................mg	4.100		1	AI	13				
Niacin.............................mg	10.720		1	AI	13				
Pantothenic acid....................mg	4.570		1	AI	13				
Vitamin B-6........................mg	0.910		1	AI	13				
Folate, total........................mcg	217		1	AI	13				
Folic acid.........................mcg									
Folate, food.......................mcg	217		1	AI	13				
Folate, DFE........................mcg_DFE									
Vitamin B-12.......................mcg	71.00		1	AI	13				
Vitamin A, IU.......................IU	96000		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									
Lipids:									
Fatty acids, total saturated............g									
Fatty acids, total monounsaturated......g	0.650		1	AI	13				
Fatty acids, total polyunsaturated.......g	1.070		1	AI	13				
18:2 undifferentiated................g									
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	389		1	AI	13				
Phytosterols.......................mg									

NDB No.   35051
Moose, liver, braised (Alaska Native)

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

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.   35130
Mush, blue corn with ash (Navajo)

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
							Amount in edible portion of common measures of food		
Proximates:									
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				
Minerals:									
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				
Vitamins:									
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				
Lipids:									
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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
22:5 n-3.................................g									
22:6 n-3.................................g									
Fatty acids, total trans............................g									
Cholesterol....................................mg									
Phytosterols...................................mg									

Amino Acids:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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:

Calories Factors: Protein   **Fat**   **Carbohydrate**

NDB No.   35141
Mutton, cooked, roasted (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
Proximates:									
Water.........................g	54.00		1	A	1				
Energy.........................kcal	234		0	NC	4				
Energy.........................kj	978		0	NC	4				
Protein (N x 6.25).................g	33.43		1	A	1				
Total lipid (fat).................g	11.09		1	A	1				
Ash.........................g	1.41		1	A	1				
Carbohydrate, by difference.........g	0.08		0	NC	4				
Fiber, total dietary.................g									
Sugars, total.........................g									
Starch.........................g									
Minerals:									
Calcium, Ca.........................mg	10		1	A	1				
Iron, Fe.........................mg	4.76		1	A	1				
Magnesium, Mg.........................mg	31		1	A	1				
Phosphorus, P.........................mg	272		1	A	1				
Potassium, K.........................mg	409		1	A	1				
Sodium, Na.........................mg	135		1	A	1				
Zinc, Zn.........................mg	5.93		1	A	1				
Copper, Cu.........................mg	0.062		1	A	1				
Manganese, Mn.........................mg	0.033		1	A	1				
Selenium, Se.........................mcg	38.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.........mg									
Thiamin.........................mg	0.060		1	A	1				
Riboflavin.........................mg	0.300		1	A	1				
Niacin.........................mg	6.520		1	A	1				
Pantothenic acid.........................mg	0.897		1	A	1				
Vitamin B-6.........................mg	0.377		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	4.44		1	A	1				
Vitamin A, IU.........................IU									
Vitamin A, RAE.........................mcg_RAE									
Retinol.........................mcg									
Vitamin E (alpha-tocopherol).........mg	0.80		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									
Lipids:									
Fatty acids, total saturated.........g	5.142		0	NC	4				
4:0.........................g									
6:0.........................g									
8:0.........................g	0.000		1	A	1				
10:0.........................g	0.012		1	A	1				
12:0.........................g	0.010		1	A	1				
13:0.........................g									
14:0.........................g	0.258		1	A	1				
15:0.........................g	0.063		1	A	1				
16:0.........................g	2.474		1	A	1				
17:0.........................g	0.158		1	A	1				
18:0.........................g	2.145		1	A	1				
20:0.........................g	0.022		1	A	1				
22:0.........................g	0.000		1	A	1				
24:0.........................g									

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
22:5 n-3...............g									
22:6 n-3...............g									
Fatty acids, total trans...............g									
Cholesterol...............mg	109		1	A	1				
Phytosterols...............mg									
Amino Acids:									
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	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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
Lipids:									
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. 35057

Oil, bearded seal, (oogruk oil) (Alaska Native)

Erignathus barbatus

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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	5020		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									
Lipids:									
Fatty acids, total saturated......................g	15.870		1	AI	13				
Fatty acids, total monounsaturated...........g	57.100		1	AI	13				
Fatty acids, total polyunsaturated............g	26.790		1	AI	13				
18:2 undifferentiated.........................g	0.630		1	AI	13				
18:3 undifferentiated.........................g	1.000		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									
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.   35057
Oil, bearded seal, (oogruk oil) (Alaska Native)

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

food, or similar food.

Common Measures:

Calories Factors: Protein   Fat   Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
							Amount in edible portion of common measures of food		

Proximates:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									

Minerals:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									

Vitamins:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									

Lipids:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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**

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

NDB No.   35059
Owl, horned, meat (Alaska Native)
Bubo virgimianus

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
Proximates:									
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									
Minerals:									
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 17 (2004)

NDB No.   35063
Rhubarb, wild, leaves (Alaska Native)
Polygenum 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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
Vitamin C, total ascorbic acid.................mg	33.0		1	AI	13				
Thiamin....................................mg	0.100		1	AI	13				
Riboflavin................................mg	13.000		1	AI	13				
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

NDB No. 35070

Sea cucumber, yane (Alaska Native)

Stichopus californicus

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
Lipids:									
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)

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

food, or similar food.

Common Measures:

Calories Factors: Protein   Fat   Carbohydrate

NDB No. 35056
Seal, bearded (oogruk), meat, raw (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
Proximates:									
Water...g	69.60		1	AI	13				
Energy...kcal	110		0	NC	4				
Energy...kj	462		0	NC	4				
Protein (N x 6.25)...................................g	26.70		1	AI	13				
Total lipid (fat)..g	0.40		1	AI	13				
Ash...g	3.30		0	NP	4				
Carbohydrate, by difference...................g	0.00		0	NC	4				
Fiber, total dietary...................................g									
Sugars, total...g									
Starch...g									
Minerals:									
Calcium, Ca...mg	10		1	AI	13				
Iron, Fe...mg	12.90		1	AI	13				
Magnesium, Mg...mg									
Phosphorus, P...mg	198		1	AI	13				
Potassium, K...mg									
Sodium, Na...mg									
Zinc, Zn...mg									
Copper, Cu...mg									
Manganese, Mn...mg									
Selenium, Se...mcg									
Vitamins:									
Vitamin C, total ascorbic acid.................mg									
Thiamin...mg	0.200		1	AI	13				
Riboflavin...mg	0.260		1	AI	13				
Niacin...mg	5.900		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	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									
Lipids:									
Fatty acids, total saturated......................g									
Fatty acids, total monounsaturated...........g									
Fatty acids, total polyunsaturated............g									
Fatty acids, total trans.............................g									
Cholesterol...mg	100		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.   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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
Lipids:									
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)

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

food, or similar food.

Common Measures:

Calories Factors: Protein   Fat   Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No.   35071
Seal, ringed, meat (Alaska Native)
Pusa hispida

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
Lipids:									
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)

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

food, or similar food.

Common Measures:

Calories Factors: Protein   Fat   Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
Lipids:									
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

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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

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
Proximates:									
Water..g	96.21		1	A	1				
Energy...kcal	16		0	NC	4				
Energy...kj	65		0	NC	4				
Protein (N x 6.25)...................................g	0.31		1	A	1				
Total lipid (fat)..g	0.15		1	A	1				
Ash..g	0.10		1	A	1				
Carbohydrate, by difference...................g	3.22		0	NC	4				
Fiber, total dietary..................................g	1.5		1	A	1				
Sugars, total..g	2.02		1	A	1				
Sucrose..g	0.44		1	A	1				
Glucose (dextrose)............................g	0.69		1	A	1				
Fructose...g	0.89		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	0.00		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.................mg									
Thiamin..mg	0.010		1	A	1				
Riboflavin...mg	0.015		1	A	1				
Niacin..mg	0.102		1	A	1				
Pantothenic acid....................................mg	0.060		1	A	1				
Vitamin B-6...mg	0.033		1	A	1				
Folate, total...mcg	7		1	A	1				
Folic acid...mcg									
Folate, food..mcg	7		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									
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 17 (2004)

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

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.......................................g	93.35		1	A	1				
Energy....................................kcal	26		0	NC	4				
Energy....................................kj	111		0	NC	4				
Protein (N x 6.25)...................g	0.52		1	A	1				
Total lipid (fat)......................g	0.20		1	A	1				
Ash...g	0.29		1	A	1				
Carbohydrate, by difference...................g	5.64		0	NC	4				
Fiber, total dietary...................g									
Sugars, total...........................g	3.54		0	NC	4				
Sucrose...............................g	0.77		0	O	4				
Glucose (dextrose).............g	1.21		0	O	4				
Fructose...............................g	1.56		0	O	4				
Lactose................................g	0.00		1	A	1				
Maltose................................g	0.00		1	A	1				
Galactose............................g	0.00		1	A	1				
Starch.....................................g	0.00		1	A	1				
Minerals:									
Calcium, Ca..........................mg	9		1	A	1				
Iron, Fe..................................mg	0.17		1	A	1				
Magnesium, Mg.....................mg	10		1	A	1				
Phosphorus, P........................mg	12		1	A	1				
Potassium, K..........................mg	205		1	A	1				
Sodium, Na............................mg	20		1	A	1				
Zinc, Zn.................................mg	0.07		1	A	1				
Copper, Cu.............................mg	0.017		1	A	1				
Manganese, Mn......................mg	0.027		1	A	1				
Selenium, Se..........................mcg									
Vitamins:									
Vitamin C, total ascorbic acid.................mg	4.5		1	A	1				
Thiamin..................................mg	0.020		1	A	1				
Riboflavin..............................mg	0.020		1	A	1				
Niacin....................................mg	0.170		1	A	1				
Pantothenic acid....................mg	0.110		1	A	1				
Vitamin B-6...........................mg	0.058		1	A	1				
Folate, total...........................mcg	22		1	A	1				
Folic acid............................mcg									
Folate, food........................mcg	22		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									

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.   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
Proximates:									
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									
Minerals:									
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 17 (2004)

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
Proximates:									
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				
Minerals:									
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				
Vitamins:									
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				
Lipids:									
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				

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	0.808		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									
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 17 (2004)

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

Refuse: 0%

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

Proximates:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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				

Minerals:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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				

Vitamins:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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				

Lipids:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
22:5 n-3..g									
22:6 n-3..g									
Fatty acids, total trans............................g									
Cholesterol..mg	13		1	A	1				
Phytosterols...mg									
Amino Acids:									
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:

Calories Factors:

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

	Protein	**Fat**	**Carbohydrate**

NDB No.   35048
Stew, moose (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
Proximates:									
Water..g	86.10		1	AI	13				
Energy..kcal	55		0	NC	4				
Energy..kj	230		0	NC	4				
Protein (N x 6.25)....................................g	6.60		1	AI	13				
Total lipid (fat)..g	0.50		1	AI	13				
Ash..g	0.80		0	NP	4				
Carbohydrate, by difference....................g	6.00		0	NC	4				
Fiber, total dietary...................................g	0.5		1	AI	13				
Sugars, total..g									
Starch..g									
Minerals:									
Calcium, Ca..mg	12		1	AI	13				
Iron, Fe..mg	1.52		1	AI	13				
Magnesium, Mg.......................................mg	6		1	AI	13				
Phosphorus, P...mg	16		1	AI	13				
Potassium, K..mg	100		1	AI	13				
Sodium, Na..mg	222		1	AI	13				
Zinc, Zn..mg	0.12		1	AI	13				
Copper, Cu..mg	0.020		1	AI	13				
Manganese, Mn.......................................mg	0.090		1	AI	13				
Selenium, Se..mcg									
Vitamins:									
Vitamin C, total ascorbic acid..................mg	1.0		1	AI	13				
Thiamin..mg	0.060		1	AI	13				
Riboflavin..mg	0.080		1	AI	13				
Niacin..mg	1.500		1	AI	13				
Pantothenic acid......................................mg	0.040		1	AI	13				
Vitamin B-6..mg	0.030		1	AI	13				
Folate, total..mcg	5		1	AI	13				
Folic acid..mcg									
Folate, food..mcg	5		1	AI	13				
Folate, DFE..mcg_DFE									
Vitamin B-12..mcg									
Vitamin A, IU..IU	1043		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									
Lipids:									
Fatty acids, total saturated.......................g	0.010		1	AI	13				
Fatty acids, total monounsaturated...........g	0.010		1	AI	13				
Fatty acids, total polyunsaturated.............g	0.020		1	AI	13				
18:2 undifferentiated..........................g	0.010		1	AI	13				
18:3 undifferentiated..........................g	0.020		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									

NDB No. 35048
Stew, moose (Alaska Native)

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

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 17 (2004)

NDB No.   35146
Stew, mutton corn squash (Navajo)

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
							Amount in edible portion of common measures of food		
Proximates:									
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				
Minerals:									
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				
Vitamins:									
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				
Lipids:									
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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
22:5 n-3.......................................g									
22:6 n-3.......................................g									
Fatty acids, total trans...........................g									
Cholesterol....................................mg	43		1	A	1				
Phytosterols..................................mg									
Amino Acids:									
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:

Calories Factors:

NDB No.   35146
Stew, mutton corn squash (Navajo)

	Protein	**Fat**	**Carbohydrate**

NDB No.   35148
Stew, steamed corn (Navajo)

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
						Amount in edible portion of common measures of food			

Amount in 100 grams of edible portion

Proximates:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code
Water.................g	76.03		2	A	1
Energy.................kcal	112		0	NC	4
Energy.................kj	470		0	NC	4
Protein.................g	8.82		2	A	1
Total lipid (fat).................g	3.75		2	A	1
Ash.................g	0.60		2	A	1
Carbohydrate, by difference.................g	10.80		0	NC	4
Fiber, total dietary.................g	2.3		2	A	1
Sugars, total.................g	0.51		2	A	1
Sucrose.................g	0.34		2	A	1
Glucose (dextrose).................g	0.09		2	A	1
Fructose.................g	0.07		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	6.55		2	A	1

Minerals:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code
Calcium, Ca.................mg	22		2	A	1
Iron, Fe.................mg	1.10		2	A	1
Magnesium, Mg.................mg	24		2	A	1
Phosphorus, P.................mg	107		2	A	1
Potassium, K.................mg	177		2	A	1
Sodium, Na.................mg	104		2	A	1
Zinc, Zn.................mg	1.55		2	A	1
Copper, Cu.................mg	0.075		2	A	1
Manganese, Mn.................mg	0.102		2	A	1
Selenium, Se.................mcg	5.0		1	A	1

Vitamins:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code
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	3.020		1	A	1
Pantothenic acid.................mg	0.400		1	A	1
Vitamin B-6.................mg	0.120		1	A	1
Folate, total.................mcg	9		1	A	1
Folic acid.................mcg					
Folate, food.................mcg	9		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	0.7		1	A	1

Lipids:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code
Fatty acids, total saturated.................g	1.603		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	0.021		1	A	1

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0..g	0.834		1	A	1				
17:0..g	0.048		1	A	1				
18:0..g	0.609		1	A	1				
20:0..g	0.007		1	A	1				
22:0..g	0.000		1	A	1				
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									
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 17 (2004)

NDB No.   35024
Stew/soup, caribou (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
Proximates:									
Water..g	90.00		1	AI	13				
Energy...kcal	41		0	NC	4				
Energy...kj	170		0	NC	4				
Protein (N x 6.25)....................................g	3.80		1	AI	13				
Total lipid (fat)..g	0.70		1	AI	13				
Ash...g	0.70		0	NP	4				
Carbohydrate, by difference....................g	4.80		0	NC	4				
Fiber, total dietary...................................g	0.1		1	AI	13				
Sugars, total...g									
Starch...g									
Minerals:									
Calcium, Ca...mg	7		1	AI	13				
Iron, Fe...mg	0.20		1	AI	13				
Magnesium, Mg...mg	5		1	AI	13				
Phosphorus, P...mg	12		1	AI	13				
Potassium, K...mg	84		1	AI	13				
Sodium, Na...mg	72		1	AI	13				
Zinc, Zn...mg	0.10		1	AI	13				
Copper, Cu...mg	0.030		1	AI	13				
Manganese, Mn...mg	0.080		1	AI	13				
Selenium, Se...mcg									
Vitamins:									
Vitamin C, total ascorbic acid..................mg	1.5		1	AI	13				
Thiamin...mg	0.020		1	AI	13				
Riboflavin...mg	0.010		1	AI	13				
Niacin...mg	0.270		1	AI	13				
Pantothenic acid.....................................mg	0.100		1	AI	13				
Vitamin B-6...mg	0.060		1	AI	13				
Folate, total...mcg	3		1	AI	13				
Folic acid...mcg									
Folate, food...mcg	3		1	AI	13				
Folate, DFE...mcg_DFE									
Vitamin B-12...mcg									
Vitamin A, IU...IU	1607		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									
Lipids:									
Fatty acids, total saturated.......................g	0.010		1	AI	13				
Fatty acids, total monounsaturated...........g									
Fatty acids, total polyunsaturated.............g	0.020		1	AI	13				
18:2 undifferentiated...........................g									
18:3 undifferentiated...........................g	0.020		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									

NDB No.   35024
Stew/soup, caribou (Alaska Native)

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

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 17 (2004)

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
Proximates:									
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				
Minerals:									
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				
Vitamins:									
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									
Lipids:									
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	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									
22:5 n-3...g									
22:6 n-3...g									
Fatty acids, total trans............................g									
Cholesterol.......................................mg	17		1	A	1				
Phytosterols.....................................mg									
Amino Acids:									
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:

Calories Factors:

NDB No.   35147
Tamales (Navajo)

| **Protein** | **Fat** | **Carbohydrate** |

NDB No.   35078
Tea, tundra, herb and laborador combination (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

Proximates:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Water...g	99.70		1	AI	13				
Energy...kcal	1		0	NC	4				
Energy...kj	3		0	NC	4				
Protein (N x 6.25)....................................g	0.00		1	AI	13				
Total lipid (fat)..g	0.00		1	AI	13				
Ash...g	0.10		0	NP	4				
Carbohydrate, by difference....................g	0.20		1	AI	13				
Fiber, total dietary....................................g									
Sugars, total..g									
Starch..g									

Minerals:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Calcium, Ca..mg	2		1	AI	13				
Iron, Fe...mg	0.08		1	AI	13				
Magnesium, Mg....................................mg	1		1	AI	13				
Phosphorus, P..mg	0		1	AI	13				
Potassium, K...mg	9		1	AI	13				
Sodium, Na..mg	132		1	AI	13				
Zinc, Zn...mg	0.04		1	AI	13				
Copper, Cu...mg	0.020		1	AI	13				
Manganese, Mn......................................mg	0.040		1	AI	13				
Selenium, Se..mcg									

Vitamins:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin C, total ascorbic acid.................mg	0.3		1	AI	13				
Thiamin...mg	0.010		1	AI	13				
Riboflavin..mg	0.000		1	AI	13				
Niacin...mg	0.000		1	AI	13				
Pantothenic acid.....................................mg	0.010		1	AI	13				
Vitamin B-6...mg	0.000		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	0.00		1	AI	13				
Vitamin A, IU..IU	0		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									

Lipids:

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.......................g	0.000		1	AI	13				
Fatty acids, total monounsaturated...........g	0.000		1	AI	13				
Fatty acids, total polyunsaturated.............g	0.000		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	0		1	AI	13				
Phytosterols...mg									

NDB No.   35078

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

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

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 17 (2004)

NDB No.   35143
Tortilla, includes plain and from mutton sandwich (Navajo)

Refuse: 0%

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

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									
22:5 n-3................................g									
22:6 n-3................................g									
Fatty acids, total trans.............................g									
Cholesterol................................mg									
Phytosterols................................mg									
Amino Acids:									
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:

Calories Factors:

NDB No.   35143
Tortilla, includes plain and from mutton sandwich (Navajo)

	Protein	**Fat**	**Carbohydrate**

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

Refuse: 0%

| | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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

NDB No.   35079
Walrus, meat, dry (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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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 17 (2004)

NDB No. 35081
Walrus, meat, raw (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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
Lipids:									
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)

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

food, or similar food.

Common Measures:

Calories Factors: Protein   Fat   Carbohydrate

Food Group: 35 Ethnic Foods

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
Proximates:									
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									
Minerals:									
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

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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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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

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
Proximates:									
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									
Minerals:									
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Lipids:									
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

NDB No. 35086

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

Balaena mysticetus

Refuse: 0%

Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
							Amount in edible portion of common measures of food		
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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									
Lipids:									
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									

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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)

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

food, or similar food.

Common Measures:

Calories Factors: Protein   Fat   Carbohydrate

Food Group: 35 Ethnic Foods

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Lipids:									
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

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
Proximates:									
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									
Minerals:									
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 17 (2004)

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
Proximates:									
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									
Minerals:									
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									
Vitamins:									
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