Traditional Food Composition D	ata, per 100grams fresh	food (mean) - May 3	3, 2005, Cree data entered April 8,	2005, finalized J	une 16	ith, 2005								
SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
SEA MAMMALS														
SEAL, BEARDED	BLUBBER	RAW	Erignathus barbatus	70305	1	Kuhnlein &Soueida, 1992			14.00					
SEAL, BEARDED	MEAT	BOILED	Erignathus barbatus	70303	2	Kuhnlein et al, 2002	698.00	166.71	63.00	0.60		34.00	0.60	3.00
SEAL, BEARDED	MEAT	BOILED	Erignathus barbatus	70303	2	Kuhnlein &Soueida, 1992	720.00	171.97	64.00	1.10	0.00	35.00	0.60	2.50
SEAL, BEARDED	MEAT	BOILED	Erignathus barbatus	70303	2	Kuhnlein et al, 1991								2.50
SEAL, BEARDED	MEAT	BOILED	Erignathus barbatus	70303	2	Fediuk et al, 2002			62.68	0.64				
SEAL, BEARDED	MEAT	BOILED	Erignathus barbatus	70303	2	Kuhnlein et al, 2005								
SEAL, BEARDED	MEAT	BOILED	Erignathus barbatus	70303	1	Kuhnlein et al, 2005								
SEAL, BEARDED	MEAT	BOILED	Erignathus barbatus	70303	2	Kuhnlein et al, 2005								
SEAL, BEARDED	MEAT	BOILED	Erignathus barbatus	70303	1	Kuhnlein et al, 2002								
WEIGHTED AVERAGE			8			,	709.00	169.34	63.23	0.78	0.00	34.50	0.60	2.67
SEAL, BEARDED	MEAT	RAW	Erignathus barbatus	70304	2	Kuhnlein et al, 1991								1.40
SEAL, BEARDED	MEAT	RAW	Erignathus barbatus	70304		Kuhnlein &Soueida, 1992	505.00	121.00	73.00	0.40	0.00	25.00	0.70	1.40
WEIGHTED AVERAGE			<i>y</i>				505.00	121.00	73.00	0.40			0.70	1.40
SEAL, BEARDED	INTESTINE	BOILED	Erignathus barbatus	70301	2	Kuhnlein et al, 2002	530.00	126.59	74.00	0.60		21.00	3.90	
SEAL, BEARDED	INTESTINE	BOILED	Erignathus barbatus	70301		Kuhnlein &Soueida, 1992	521.00	124.44	73.00		0.00	†		1.90
SEAL, BEARDED	INTESTINE	BOILED	Erignathus barbatus	70301		Kuhnlein et al, 1991								1.90
SEAL, BEARDED	INTESTINE	BOILED	Erignathus barbatus	70301		Fediuk et al, 2002			74.65	0.64				
SEAL, BEARDED	INTESTINE	BOILED	Erignathus barbatus	70301		Kuhnlein et al, 2005			,					
SEAL, BEARDED	INTESTINE	BOILED	Erignathus barbatus	70301		Kuhnlein et al, 2005								
WEIGHTED AVERAGE	II (IESTII (E	DOILLE	Eriginarius carcatus	, 0001			527.00	125.87	74.06	0.62	0.00	22.33	3.90	2.45
SEAL, BEARDED	INTESTINE	RAW	Erignathus barbatus	70302	1	Kuhnlein et al, 1991	327.00	123.07	7 1.00	0.02	0.00	22.33	3.70	2.00
SEAL, BEARDED	INTESTINE	RAW	Erignathus barbatus	70302		Kuhnlein & Soueida, 1992	418.00	100.00	79.00		0.00	19.00		2.00
WEIGHTED AVERAGE	ITTESTITE	TOTAL	Eriginatius carcatas	70302		rammem cesoucida, 1992	418.00	100.00	79.00		0.00	•		2.00
SEAL, HARP	FLESH	BOILED	Phoca groenlandica	70601	1	Kuhnlein et al, 2005	110.00	100.00	77.00		0.00	15.00		2.00
BELUGA	BLUBBER	BOILED	Delphinapterus leucas	70101		Kuhnlein et al, 2002	3430.00	819.24	7.60			1.20		90.00
BELUGA	BLUBBER	BOILED	Delphinapterus leucas	70101		Kuhnlein et al, 2005	3 130.00	019.21	7.00			1.20		70.00
BELUGA	BLUBBER	BOILED	Delphinapterus leucas	70101		Kuhnlein et al, 2005								
BELUGA	BLUBBER	BOILED	Delphinapterus leucas	70101		Kuhnlein et al, 2005								
WEIGHTED AVERAGE	BECBBER	BOILLE	Belpinnapterus lededs	70101		Transient et al, 2005	3430.00	819.24	7.60			1.20		90.00
BELUGA	BLUBBER	RAW	Delphinapterus leucas	70102	9	Kuhnlein et al, 2002	3432.00	819.72	10.00	12.00		9.00	7.80	72.00
BELUGA	BLUBBER	RAW	Delphinapterus leucas	70102		Kuhnlein et al, 2002	3132.00	017.72	10.00	12.00		7.00	7.00	72.00
BELUGA	BLUBBER	RAW	Delphinapterus leucas	70102		Kuhnlein et al, 2002	2679.00	639.87	22.00		0.00	10.00		66.00
BELUGA	BLUBBER	RAW	Delphinapterus leucas	70102		Kuhnlein et al, 1991	2073.00	000107	22.00		0.00	10.00		66.30
BELUGA	BLUBBER	RAW	Delphinapterus leucas	70102		Kuhnlein et al, 2005								00.50
BELUGA	BLUBBER	RAW	Delphinapterus leucas	70102		Kuhnlein et al, 2005								
WEIGHTED AVERAGE	BECBBER	TOTAL	Belpinnapterus lededs	70102	10	Transient et al, 2005	3356.70	801.74	11.20	12.00	0.00	10.00	7.80	70.94
BELUGA	MEAT	DRIED	Delphinapterus leucas	70103	1	Fediuk et al, 2002	2220170	001171	42.03		0.00	10.00	7.00	70.7
BELUGA	MEAT	DRIED	Delphinapterus leucas	70103		Kuhnlein et al, 1991		 	12.03					5.20
BELUGA	MEAT	DRIED	Delphinapterus leucas	70103		Kuhnlein et al, 2005		 	<u> </u>					3.20
BELUGA	MEAT	DRIED	Delphinapterus leucas	70103		Kuhnlein et al, 2005		1	 					
BELUGA	MEAT	DRIED	Delphinapterus leucas	70103		Kuhnlein & Soueida, 1992	1491.00	356.00	22.00		0.00	72.00		5.20
WEIGHTED AVERAGE	1,117,11	DIGILLO	201pinnuptorus reucus	70103	1	rammem coodeida, 1772	1491.00	•	32.02		0.00			5.20
BELUGA	MUKTUK	RAW	Delphinapterus leucas	70105	0	Kuhnlein et al, 2002	647.00					22.00	2.30	

Traditional Food Composition Dat	a, per 100grams fresh	Good (mean) - May 3, 20	d														
SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
SEA MAMMALS				- (-)		- (-)											
SEAL, BEARDED	BLUBBER	RAW															
SEAL, BEARDED	MEAT	BOILED	1.40														
SEAL, BEARDED	MEAT	BOILED	0.77														
SEAL, BEARDED	MEAT	BOILED	1.08														
SEAL, BEARDED	MEAT	BOILED															
SEAL, BEARDED	MEAT	BOILED															
SEAL, BEARDED	MEAT	BOILED															
SEAL, BEARDED	MEAT	BOILED															
SEAL, BEARDED	MEAT	BOILED												0.10			
WEIGHTED AVERAGE	IVILII I I	BOILLE	1.08											0.10			
SEAL, BEARDED	MEAT	RAW	0.41											0.10	0.03		
SEAL, BEARDED	MEAT	RAW	0.41					+	1					0.10	0.03	 	
WEIGHTED AVERAGE	14117// 7.1	20111	0.29											0.10	0.03		
SEAL, BEARDED	INTESTINE	BOILED	2.70											0.10	0.03		
SEAL, BEARDED	INTESTINE	BOILED	2.70					+			1			 	1	 	
SEAL, BEARDED	INTESTINE	BOILED						+						0.20		 	0.10
SEAL, BEARDED	INTESTINE	BOILED							+					0.20	<u> </u>		0.10
SEAL, BEARDED	INTESTINE	BOILED													-		
· ·		BOILED													-		
SEAL, BEARDED	INTESTINE	BUILED	2.70											0.20			0.10
WEIGHTED AVERAGE	INTERCEDIE	DAW	2.70											0.20			0.10
SEAL, BEARDED	INTESTINE	RAW											1	0.10			
SEAL, BEARDED	INTESTINE	RAW												0.40			0.10
WEIGHTED AVERAGE														0.10			0.10
SEAL, HARP	FLESH	BOILED															
BELUGA	BLUBBER	BOILED									ļ				ļ		
BELUGA	BLUBBER	BOILED															
BELUGA	BLUBBER	BOILED															
BELUGA	BLUBBER	BOILED															
WEIGHTED AVERAGE																	
BELUGA	BLUBBER	RAW	14.00														
BELUGA	BLUBBER	RAW															
BELUGA	BLUBBER	RAW															
BELUGA	BLUBBER	RAW								0.50				1.70			0.70
BELUGA	BLUBBER	RAW															
BELUGA	BLUBBER	RAW															
WEIGHTED AVERAGE			14.00							0.50				1.70			0.70
BELUGA	MEAT	DRIED															
BELUGA	MEAT	DRIED												0.10			0.10
BELUGA	MEAT	DRIED															
BELUGA	MEAT	DRIED															
BELUGA	MEAT	DRIED						1									
WEIGHTED AVERAGE														0.10			0.10
BELUGA	MUKTUK	RAW	2.60														

Traditional Food Composition Data,	per 100grams fresh fo	ood (mean) - May 3, 20	d															
SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
SEA MAMMALS						, ,												
SEAL, BEARDED	BLUBBER	RAW																
SEAL, BEARDED	MEAT	BOILED																
SEAL, BEARDED	MEAT	BOILED																
SEAL, BEARDED	MEAT	BOILED																
SEAL, BEARDED	MEAT	BOILED																
SEAL, BEARDED	MEAT	BOILED																
SEAL, BEARDED	MEAT	BOILED																
SEAL, BEARDED	MEAT	BOILED																
SEAL, BEARDED	MEAT	BOILED		0.10				0.10								0.10		
WEIGHTED AVERAGE				0.10				0.10								0.10		
SEAL, BEARDED	MEAT	RAW																
SEAL, BEARDED	MEAT	RAW																
WEIGHTED AVERAGE																		
SEAL, BEARDED	INTESTINE	BOILED																
SEAL, BEARDED	INTESTINE	BOILED									1	1						
SEAL, BEARDED	INTESTINE	BOILED		0.10												0.10		\vdash
SEAL, BEARDED	INTESTINE	BOILED		0.120												0.120		\vdash
SEAL, BEARDED	INTESTINE	BOILED																\vdash
SEAL, BEARDED	INTESTINE	BOILED																\vdash
WEIGHTED AVERAGE				0.10												0.10		
SEAL, BEARDED	INTESTINE	RAW		0.00												0.10		
SEAL, BEARDED	INTESTINE	RAW																
WEIGHTED AVERAGE				0.10												0.10		
SEAL, HARP	FLESH	BOILED																
BELUGA	BLUBBER	BOILED																
BELUGA	BLUBBER	BOILED																
BELUGA	BLUBBER	BOILED																
BELUGA	BLUBBER	BOILED																
WEIGHTED AVERAGE																		
BELUGA	BLUBBER	RAW																
BELUGA	BLUBBER	RAW																
BELUGA	BLUBBER	RAW																
BELUGA	BLUBBER	RAW		1.40				0.60				0.10				0.20		
BELUGA	BLUBBER	RAW																
BELUGA	BLUBBER	RAW																
WEIGHTED AVERAGE				1.40				0.60				0.10				0.20		
BELUGA	MEAT	DRIED																
BELUGA	MEAT	DRIED		0.10												0.06		
BELUGA	MEAT	DRIED														1		
BELUGA	MEAT	DRIED																
BELUGA	MEAT	DRIED																
WEIGHTED AVERAGE				0.10												0.06		
BELUGA	MUKTUK	RAW																

Traditional Food Composition Data	a, per 100grams fresh fo	ood (mean) - May 3, 20	d										<u> </u>			
SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
SEA MAMMALS					Ì											
SEAL, BEARDED	BLUBBER	RAW														
SEAL, BEARDED	MEAT	BOILED														
SEAL, BEARDED	MEAT	BOILED														
SEAL, BEARDED	MEAT	BOILED								0.10	0.01	0.20	0.01			
SEAL, BEARDED	MEAT	BOILED														
SEAL, BEARDED	MEAT	BOILED														
SEAL, BEARDED	MEAT	BOILED														
SEAL, BEARDED	MEAT	BOILED														
SEAL, BEARDED	MEAT	BOILED								0.20		0.90		0.90		0.10
WEIGHTED AVERAGE										0.13		0.43	0.01	0.90		0.10
SEAL, BEARDED	MEAT	RAW								0.10		0.20		0.10	0.03	
SEAL, BEARDED	MEAT	RAW								3.10	0.05	5.20	3.00	3.10	0.05	
WEIGHTED AVERAGE										0.10	0.05	0.20	0.06	0.10	0.03	
SEAL, BEARDED	INTESTINE	BOILED								0.10	0.05	0.20	0.00	0.10	0.03	
SEAL, BEARDED	INTESTINE	BOILED		<u> </u>					 	†			 			<u> </u>
SEAL, BEARDED	INTESTINE	BOILED								0.10		0.20				<u> </u>
SEAL, BEARDED	INTESTINE	BOILED								0.10		0.20				<u> </u>
SEAL, BEARDED	INTESTINE	BOILED														<u> </u>
SEAL, BEARDED	INTESTINE	BOILED														
WEIGHTED AVERAGE	INTESTINE	BOILLD								0.10		0.20				
SEAL, BEARDED	INTESTINE	RAW								0.10		0.10				
SEAL, BEARDED	INTESTINE	RAW										0.10				
WEIGHTED AVERAGE	INTESTINE	KAW										0.10				
SEAL, HARP	FLESH	BOILED										0.10				
BELUGA	BLUBBER	BOILED														
BELUGA	BLUBBER	BOILED														
BELUGA	BLUBBER	BOILED														
BELUGA	BLUBBER	BOILED														
WEIGHTED AVERAGE	DLUDDEK	BUILED														
	DLUDDED	RAW														-
BELUGA	BLUBBER															
BELUGA	BLUBBER	RAW														
BELUGA	BLUBBER	RAW	0.10					1.20		10.70		11.50		4.00		1.00
BELUGA	BLUBBER	RAW	0.10					1.20		12.70		11.50		4.00		1.00
BELUGA	BLUBBER	RAW														
BELUGA	BLUBBER	RAW	0.10					1.20		10.70		11.70		1.00		1.00
WEIGHTED AVERAGE	MEAT	DDIED	0.10					1.20		12.70		11.50		4.00		1.00
BELUGA	MEAT	DRIED							<u> </u>	0.10		4		0		0.10
BELUGA	MEAT	DRIED							<u> </u>	0.40	ļ	1.00		0.60		0.40
BELUGA	MEAT	DRIED								ļ						
BELUGA	MEAT	DRIED														
BELUGA	MEAT	DRIED														
WEIGHTED AVERAGE										0.40		1.00		0.60		0.40
BELUGA	MUKTUK	RAW														1

Traditional Food Composition Da	ta, per 100grams fresh	food (mean) - May 3, 2	00															
SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
SEA MAMMALS																		
SEAL, BEARDED	BLUBBER	RAW																
SEAL, BEARDED	MEAT	BOILED																
SEAL, BEARDED	MEAT	BOILED																
SEAL, BEARDED	MEAT	BOILED											0.20	0.00				
SEAL, BEARDED	MEAT	BOILED																
SEAL, BEARDED	MEAT	BOILED																
SEAL, BEARDED	MEAT	BOILED																
SEAL, BEARDED	MEAT	BOILED																
SEAL, BEARDED	MEAT	BOILED									0.20		0.60		0.20			
WEIGHTED AVERAGE											0.20		0.33	0.00				
SEAL, BEARDED	MEAT	RAW									0.1.0		0.10	0.03				
SEAL, BEARDED	MEAT	RAW									<u>† </u>		5.10	3.00				
WEIGHTED AVERAGE													0.10	0.03				
SEAL, BEARDED	INTESTINE	BOILED											0.10	0.03				
SEAL, BEARDED	INTESTINE	BOILED		1			<u> </u>											
SEAL, BEARDED	INTESTINE	BOILED											0.20		0.10			
SEAL, BEARDED	INTESTINE	BOILED											0.20		0.10			
SEAL, BEARDED	INTESTINE	BOILED																
SEAL, BEARDED	INTESTINE	BOILED																
WEIGHTED AVERAGE	RVIESTRVE	DOILLD											0.20		0.10			
SEAL, BEARDED	INTESTINE	RAW											0.10		0.10			
SEAL, BEARDED	INTESTINE	RAW											0.10		0.10			
WEIGHTED AVERAGE	RVIESTRVE	Tu Ti											0.10		0.10			
SEAL, HARP	FLESH	BOILED											0.10		0.10			
BELUGA	BLUBBER	BOILED																
BELUGA	BLUBBER	BOILED																
BELUGA	BLUBBER	BOILED																
BELUGA	BLUBBER	BOILED																
WEIGHTED AVERAGE	BECBBER	DOILLE																
BELUGA	BLUBBER	RAW																
BELUGA	BLUBBER	RAW																
BELUGA	BLUBBER	RAW																
BELUGA	BLUBBER	RAW									2.80		3.50		0.50			
BELUGA	BLUBBER	RAW									2.00		3.30		0.50			
BELUGA	BLUBBER	RAW																
WEIGHTED AVERAGE	BECBBER	ICI IV									2.80		3.50		0.50			
BELUGA	MEAT	DRIED									2.00		5.50		0.50			
BELUGA	MEAT	DRIED			+			+		 	0.10		0.50		0.20	 	 	
BELUGA	MEAT	DRIED			+		+	+		1	0.10	1	0.50		0.20	 	 	
BELUGA	MEAT	DRIED			+			+		 	+	1	 			 	 	
BELUGA	MEAT	DRIED					1											
WEIGHTED AVERAGE	WILA1	DKILD									0.10		0.50		0.20	_		
BELUGA	MUKTUK	RAW									0.10		0.30		0.20			
DLLUUA	MUKIUK	IXA W				<u> </u>]				l	l				<u> </u>

Traditional Food Composition Dat	a, per 100grams fresh f	ood (mean) - May 3, 20	0													
SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
SEA MAMMALS											_					
SEAL, BEARDED	BLUBBER	RAW							553.00							
SEAL, BEARDED	MEAT	BOILED														
SEAL, BEARDED	MEAT	BOILED							2.00	2.00						
SEAL, BEARDED	MEAT	BOILED														
SEAL, BEARDED	MEAT	BOILED													0.95	0.50
SEAL, BEARDED	MEAT	BOILED							22.40	17.39						
SEAL, BEARDED	MEAT	BOILED									1.80					
SEAL, BEARDED	MEAT	BOILED											0.270	0.212		
SEAL, BEARDED	MEAT	BOILED														
WEIGHTED AVERAGE									12.20	9.70	1.80		0.270	0.21	0.95	0.50
SEAL, BEARDED	MEAT	RAW														
SEAL, BEARDED	MEAT	RAW							14.00	10.00						
WEIGHTED AVERAGE									14.00	10.00						
SEAL, BEARDED	INTESTINE	BOILED														
SEAL, BEARDED	INTESTINE	BOILED	1			1		<u> </u>	19.00				1	<u> </u>		
SEAL, BEARDED	INTESTINE	BOILED							17.00					<u> </u>		
SEAL, BEARDED	INTESTINE	BOILED													6.12	4.90
SEAL, BEARDED	INTESTINE	BOILED							39.10	28.08				<u> </u>	0.12	,0
SEAL, BEARDED	INTESTINE	BOILED							57.10	20.00			1.560	0.016		
WEIGHTED AVERAGE	ITTESTITE	BOILLE							32.40	28.08			1.560	0.02	6.12	4.90
SEAL, BEARDED	INTESTINE	RAW							32.10	20.00			1.500	0.02	0.12	1.50
SEAL, BEARDED	INTESTINE	RAW							6.00					<u> </u>		
WEIGHTED AVERAGE	ITTESTITE	TOTAL							6.00							
SEAL, HARP	FLESH	BOILED							89.50				0.210			
BELUGA	BLUBBER	BOILED							07.50				0.210			
BELUGA	BLUBBER	BOILED							4765.00							
BELUGA	BLUBBER	BOILED						†	1703.00		13.30					
BELUGA	BLUBBER	BOILED							†		13.30		16.890	<u> </u>		
WEIGHTED AVERAGE	BECBBER	BOILLE							4765.00		13.30		16.890			
BELUGA	BLUBBER	RAW							4703.00		13.30		10.070			
BELUGA	BLUBBER	RAW							†					<u> </u>		
BELUGA	BLUBBER	RAW							†					<u> </u>		
BELUGA	BLUBBER	RAW							†					<u> </u>		
BELUGA	BLUBBER	RAW						†	2461.90	1954.41						
BELUGA	BLUBBER	RAW							2401.90	1754.41			5.260	3.680		
WEIGHTED AVERAGE	BECBBER	TO TW							2461.90	1954.41			5.260			
BELUGA	MEAT	DRIED							2401.90	1757.41			5.200	5.00	1.14	
BELUGA	MEAT	DRIED				1							+		1.14	
BELUGA	MEAT	DRIED				1			528.40	175.14			+			
BELUGA	MEAT	DRIED	 						320.40	173.14			0.270	0.130		
BELUGA	MEAT	DRIED	+						1			-	0.270	0.130		
WEIGHTED AVERAGE	IVILE/A I	DKIED							528.40	175.14			0.270	0.130	1.14	
BELUGA	MUKTUK	RAW							320.40	175.14			0.270	0.130	1.14	
DELUGA	MUKIUK	KAW										1		l		

Traditional Food Composition Da	ta, per 100grams fresh	food (mean) - May 3,	200													
SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
SEA MAMMALS																
SEAL, BEARDED	BLUBBER	RAW			4.00		3.60		0.10		0.50		34.00		4.10	
SEAL, BEARDED	MEAT	BOILED			4.00	0.50	22.00	6.80	0.10	0.040	3.00	0.600	171.00	11.00	30.00	0.90
SEAL, BEARDED	MEAT	BOILED			5.00	1.90	25.00	1.50	0.10	0.010	4.00	1.100	200.00	6.00	24.00	0.50
SEAL, BEARDED	MEAT	BOILED														
SEAL, BEARDED	MEAT	BOILED														
SEAL, BEARDED	MEAT	BOILED														
SEAL, BEARDED	MEAT	BOILED														
SEAL, BEARDED	MEAT	BOILED														
SEAL, BEARDED	MEAT	BOILED														
WEIGHTED AVERAGE					4.50	1.20	23.50	4.15	0.10	0.025	3.50	0.850	185.50	8.50	27.00	0.70
SEAL, BEARDED	MEAT	RAW														
SEAL, BEARDED	MEAT	RAW			8.00	4.60	20.00	3.00	0.10	0.010	3.00	0.600	200.00	18.00	24.00	0.90
WEIGHTED AVERAGE					8.00			3.00		0.010			200.00	18.00		
SEAL, BEARDED	INTESTINE	BOILED			58.00	26.00	4.00	1.70	0.20	0.070	3.10	0.120	171.00	2.00	1	
SEAL, BEARDED	INTESTINE	BOILED			23.00		1.60		0.20		3.80		254.00		25.00	
SEAL, BEARDED	INTESTINE	BOILED														
SEAL, BEARDED	INTESTINE	BOILED														
SEAL, BEARDED	INTESTINE	BOILED														
SEAL, BEARDED	INTESTINE	BOILED														
WEIGHTED AVERAGE		-			46.33	26.00	3.20	1.70	0.20	0.070	3.33	0.120	198.67	2.00	27.00	1.30
SEAL, BEARDED	INTESTINE	RAW														
SEAL, BEARDED	INTESTINE	RAW			18.00		1.30		0.20		2.70		245.00		23.00	
WEIGHTED AVERAGE					18.00		1.30		0.20		2.70		245.00		23.00	
SEAL, HARP	FLESH	BOILED														
BELUGA	BLUBBER	BOILED			2.40		1.00		0.01		0.40		20.00		4.60	
BELUGA	BLUBBER	BOILED														
BELUGA	BLUBBER	BOILED														
BELUGA	BLUBBER	BOILED														
WEIGHTED AVERAGE					2.40		1.00		0.01		0.40		20.00		4.60	
BELUGA	BLUBBER	RAW			1.10											
BELUGA	BLUBBER	RAW			1.10	0.75	0.10	0.05	0.02	0.024	0.10	0.100	6.00	3.10	1.00	0.90
BELUGA	BLUBBER	RAW			2.30		0.50				0.20		14.00		1.60	
BELUGA	BLUBBER	RAW														
BELUGA	BLUBBER	RAW														
BELUGA	BLUBBER	RAW														
WEIGHTED AVERAGE					1.18	0.75	0.16	0.05	0.02	0.024	0.11	0.100	7.14	3.10	1.09	0.90
BELUGA	MEAT	DRIED														
BELUGA	MEAT	DRIED					1		İ							
BELUGA	MEAT	DRIED			1		<u> </u>		<u> </u>							
BELUGA	MEAT	DRIED			1											
BELUGA	MEAT	DRIED	1	†	7.30		57.00		0.20		8.90		582.00		68.00	
WEIGHTED AVERAGE					7.30		57.00		0.20		8.90		582.00		68.00	
BELUGA	MUKTUK	RAW			5.00			0.10				0.800	129.00	13.00		

Traditional Food Composition Data, p	er 100grams fresh fo	od (mean) - May 3, 200									
SPECIES	PART		NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
SEA MAMMALS			` /		,		,		· /		
SEAL, BEARDED	BLUBBER	RAW	69.00		0.020						
SEAL, BEARDED	MEAT	BOILED	37.00	1.60	0.010	0.001	282.00	6.00	0.020	0.033	
SEAL, BEARDED	MEAT	BOILED	50.00	19.00	0.010	0.002					
SEAL, BEARDED	MEAT	BOILED		-,,,,,	0.000						
SEAL, BEARDED	MEAT	BOILED									
SEAL, BEARDED	MEAT	BOILED									
SEAL, BEARDED	MEAT	BOILED									
SEAL, BEARDED	MEAT	BOILED									
SEAL, BEARDED	MEAT	BOILED									
WEIGHTED AVERAGE	WILL/YI	DOILLD	43.50	10.30	0.010	0.002	282.00	6.00	0.02	0.033	
SEAL, BEARDED	MEAT	RAW	43.30	10.30	0.010	0.002	202.00	0.00	0.02	0.033	
SEAL, BEARDED	MEAT	RAW	70.00	31.00	0.010	0.000					
WEIGHTED AVERAGE	MILAI	IVA W	70.00		0.010	0.000					
SEAL, BEARDED	INTESTINE	BOILED	107.00	12.00	0.010	0.040	278.00	7.00	0.050	0.021	
SEAL, BEARDED	INTESTINE	BOILED	139.00	12.00	0.050	0.040	270.00	7.00	0.030	0.021	
SEAL, BEARDED	INTESTINE	BOILED	139.00		0.030					 	
SEAL, BEARDED	INTESTINE	BOILED									
SEAL, BEARDED	INTESTINE	BOILED									
SEAL, BEARDED	INTESTINE	BOILED									
	INTESTINE	BUILED	117.67	12.00	0.057	0.040	278.000	7.000	0.050	0.021	
WEIGHTED AVERAGE	INTEGRINE	RAW	117.67	12.00	0.057	0.040	278.000	7.000	0.050	0.021	
SEAL, BEARDED	INTESTINE		170.00		0.020						
SEAL, BEARDED	INTESTINE	RAW	178.00		0.030						
WEIGHTED AVERAGE	FLEGII	DOILED.	178.00		0.030						
SEAL, HARP	FLESH	BOILED	24.00		0.010		47.00		0.020		
BELUGA	BLUBBER	BOILED	24.00		0.010		47.00		0.020		
BELUGA	BLUBBER	BOILED									
BELUGA	BLUBBER	BOILED									
BELUGA	BLUBBER	BOILED	24.00		0.010		47.00		0.020		
WEIGHTED AVERAGE	DI LIDDED	D	24.00		0.010		47.00		0.020		
BELUGA	BLUBBER	RAW						- 00			
BELUGA	BLUBBER	RAW	16.00	5.60	0.001		4.00	6.00	0.000		
BELUGA	BLUBBER	RAW	26.00		0.010						
BELUGA	BLUBBER	RAW								ļ	
BELUGA	BLUBBER	RAW								ļ	
BELUGA	BLUBBER	RAW							_		
WEIGHTED AVERAGE			17.43	5.60	0.002		4.00	6.00	0.00		
BELUGA	MEAT	DRIED									
BELUGA	MEAT	DRIED									
BELUGA	MEAT	DRIED								ļ	
BELUGA	MEAT	DRIED									
BELUGA	MEAT	DRIED	91.00		0.050						
WEIGHTED AVERAGE			91.00		0.050						
BELUGA	MUKTUK	RAW	100.00	17.00	0.003	0.002	325.00	29.00	0.200	0.180	

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
BELUGA	MUKTUK	RAW	Delphinapterus leucas	70105		Kuhnlein &Soueida, 1992	645.00	154.06	68.00		0.80	27.00		4.20
BELUGA	MUKTUK	RAW	Delphinapterus leucas	70105	1	Kuhnlein et al, 2005								
BELUGA	MUKTUK	RAW	Delphinapterus leucas	70105	1	Kuhnlein et al, 1991								4.20
BELUGA	MUKTUK	RAW	Delphinapterus leucas	70105	7	Kuhnlein et al, 2005								
BELUGA	MUKTUK	RAW	Delphinapterus leucas	70105	_	Kuhnlein et al, 2005								
BELUGA	MUKTUK	RAW	Delphinapterus leucas	70105		Fediuk et al, 2002			68.43	2.71				
WEIGHTED AVERAGE			· ·				646.80	154.49	68.72	2.40	0.80	22.50	2.30	5.22
BELUGA	MUKTUK	BOILED	Delphinapterus leucas	70104	2	Kuhnlein et al, 2005								
BELUGA	MUKTUK	BOILED	Delphinapterus leucas	70104	2	Kuhnlein et al, 2005								
BELUGA	MUKTUK	BOILED	Delphinapterus leucas	70104	2	Kuhnlein et al, 2002	849.00	202.78	61.00	5.70		24.00	0.40	10.00
BELUGA	MUKTUK	BOILED	Delphinapterus leucas	70104	1	Kuhnlein et al, 2002								
BELUGA	MUKTUK	BOILED	Delphinapterus leucas	70104		Kuhnlein et al, 2002								
BELUGA	MUKTUK	BOILED	Delphinapterus leucas	70104	_	Fediuk et al, 2002			60.61	13.10				
WEIGHTED AVERAGE				,,,,,			849.00	202.78	60.81	9.40		24.00	0.40	10.00
BELUGA	OIL		Delphinapterus leucas	70108	1	Kuhnlein et al, 2002	3723.00	889.22	0.30	71.10		0.30	0110	98.00
BELUGA	OIL		Delphinapterus leucas	70108		Kuhnlein et al, 2002								
WEIGHTED AVERAGE				,,,,,			3723.00	889.22	0.30			0.30		98.00
BELUGA	OIL	AGED	Delphinapterus leucas	70108	1	Kuhnlein et al, 2005	2723.00	007.22	0.00			0.00		70.00
BELUGA	OIL	AGED	Delphinapterus leucas	70108		Kuhnlein et al, 2005								
WEIGHTED AVERAGE	OIL	Nobb	Despiniapteras reacas	70100		rannon et al, 2003								
NARWHAL	BLUBBER	AGED	Monodon monoceros	70201	1	Kuhnlein et al, 1991								86.60
NARWHAL	BLUBBER	AGED	Monodon monoceros	70201		Kuhnlein & Soueida, 1992	3351.00	801.00	7.70		0.00	4.50		87.00
WEIGHTED AVERAGE	BEUBBER	AGLD	Wonodon monoccios	70201	1	Kullinelli &Soucida, 1772	3351.00	801.00	7.70		0.00	4.50		86.80
NARWHAL	BLUBBER	BOILED	Monodon monoceros	70202	2	Kuhnlein et al, 1991	3331.00	801.00	7.70		0.00	4.50		87.10
NARWHAL	BLUBBER	BOILED	Monodon monoceros	70202	2	Kuhnlein & Soueida, 1992	3341.00	798.00	9.00	2.10	0.00	3.10	0.84	
WEIGHTED AVERAGE	DLUBBEK	DOILED	Wiollodoll Molloceros	70202		Kullillelli &Souelda, 1992	3341.00	798.00	9.00	2.10		3.10		_
NARWHAL	BLUBBER	RAW	Monodon monoceros	70203	1	Kuhnlein et al, 2002	2343.00	559.62	22.00	28.00		13.00	11.00	
NARWHAL	BLUBBER	RAW	Monodon monoceros	70203	2	Kuhnlein & Soueida, 1992	3153.00	753.08	13.00	0.70	-	5.30		_
NARWHAL	BLUBBER	RAW	Monodon monoceros	70203		Kuhnlein et al, 2005	3133.00	733.06	13.00	0.70	0.00	3.30	0.79	81.00
NARWHAL	BLUBBER	RAW	Monodon monoceros	70203	_	Kuhnlein et al, 1991								81.00
NARWHAL	BLUBBER	RAW	Monodon monoceros	70203	_	Kuhnlein et al, 2005								81.00
WEIGHTED AVERAGE	DLUBBER	KAW	Wioliodoli molioceros	70203	0	Kullillelli et al, 2003	2613.00	624.10	19.00	18.90	0.00	10.43	7.60	61.50
NARWHAL, FLIPPERS	MUKTUK	AGED	Monodon monoceros	70208	1	Kuhnlein et al, 1991	2013.00	024.10	19.00	16.90	0.00	10.43	7.00	2.30
NARWHAL, FLIPPERS	MUKTUK	AGED	Monodon monoceros	70208	_	Kuhnlein & Soueida, 1992	571.00	136.00	70.00		0.00	27.00		2.30
WEIGHTED AVERAGE	MUNIUN	AGED	Wiollodoll Illollocelos	70208	1	Kullillelli &Soueida, 1992	571.00	136.00	70.00		0.00	27.00		2.30
NARWHAL	MEAT	DRIED	Monodon monoceros	70204	2	Kuhnlein et al, 1991	371.00	130.00	70.00		0.00	27.00		10.50
	MEAT	DRIED		70204		,	1779.00	425.00	17.00	0.40	0.00	77.00	2.30	-
NARWHAL WEIGHTED AVERAGE	IVIEA I	DKIED	Monodon monoceros	70204		Kuhnlein &Soueida, 1992	1778.00 1778.00		17.00	0.40		77.00 77.00	!	
	MILLETILE	BOILED	Monodon monoceros	70206	2	Vubulain at al. 1001	1778.00	423.00	17.00	0.40	0.00	77.00	2.30	
NARWHAL	MUKTUK			70206		Kuhnlein et al, 1991 Kuhnlein &Soueida, 1992	521.00	125.00	74.00	0.20	0.00	22.00	0.20	3.20
NARWHAL WEIGHTED AVERAGE	MUKTUK	BOILED	Monodon monoceros	70206		Kummem &Sodeida, 1992	521.00	125.00					!	
WEIGHTED AVERAGE	MILLETILL	DAW	Monodon managana-	70207	^	Vulnilain at al. 1001	521.00	125.00	74.00	0.20	0.00	23.00	0.20	
NARWHAL	MUKTUK	RAW	Monodon monoceros	70207		Kuhnlein et al, 1991								3.10
NARWHAL	MUKTUK	RAW	Monodon monoceros	70207		Kuhnlein et al, 2005			71.71	1.00				
NARWHAL	MUKTUK	RAW	Monodon monoceros	70207	6	Fediuk et al, 2002			71.71	1.88				2.10
WEIGHTED AVERAGE									71.71	1.88				3.10

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
BELUGA	MUKTUK	RAW		` /		. ,											
BELUGA	MUKTUK	RAW															
BELUGA	MUKTUK	RAW												0.10	<u> </u>	1	0.10
BELUGA	MUKTUK	RAW														1	
BELUGA	MUKTUK	RAW														+	+
BELUGA	MUKTUK	RAW															+
WEIGHTED AVERAGE	WORTOR	ICI W	2.60											0.10	1		0.10
BELUGA	MUKTUK	BOILED	2.00											0.10	<u> </u>	-	0.10
BELUGA	MUKTUK	BOILED														+	+
BELUGA	MUKTUK	BOILED	6.40													+	+
BELUGA	MUKTUK	BOILED	0.40													+	
			-								1	 	+	0.50		+	+
BELUGA	MUKTUK	BOILED											_	0.50)	+	
BELUGA	MUKTUK	BOILED	5.40											0.70			
WEIGHTED AVERAGE			6.40											0.50)	4	
BELUGA	OIL					ļ							-				
BELUGA	OIL							0.10						5.80	+	0.10	1
WEIGHTED AVERAGE								0.10						5.80		0.10)
BELUGA	OIL	AGED															
BELUGA	OIL	AGED															
WEIGHTED AVERAGE																	
NARWHAL	BLUBBER	AGED						0.20		0.50				1.60)		0.80
NARWHAL	BLUBBER	AGED															
WEIGHTED AVERAGE								0.20		0.50				1.60			0.80
NARWHAL	BLUBBER	BOILED	4.26					0.20	0.01	0.60	0.05	i		1.10	0.02	2	0.40
NARWHAL	BLUBBER	BOILED	3.00														
WEIGHTED AVERAGE			3.63					0.20	0.01	0.60	0.05	5		1.10	0.02	2	0.40
NARWHAL	BLUBBER	RAW	37.00														
NARWHAL	BLUBBER	RAW	1.80														
NARWHAL	BLUBBER	RAW															
NARWHAL	BLUBBER	RAW	2.48					0.20	0.00	0.60	0.02	2		1.30	0.14	1	0.50
NARWHAL	BLUBBER	RAW															
WEIGHTED AVERAGE			19.57					0.20	0.00	0.60	0.02	2		1.30	0.14	ŀ	0.50
NARWHAL, FLIPPERS	MUKTUK	AGED															1
NARWHAL, FLIPPERS	MUKTUK	AGED															
WEIGHTED AVERAGE																	
NARWHAL	MEAT	DRIED	1.85											0.10	0.03	3	
NARWHAL	MEAT	DRIED	1.30									1			1	1	1
WEIGHTED AVERAGE			1.58											0.10	0.03	3	
NARWHAL	MUKTUK	BOILED	0.06											0.10			0.10
NARWHAL	MUKTUK	BOILED	0.04										1	0.10	0.01	 	0.10
WEIGHTED AVERAGE	monton	DOILLED	0.04											0.10	0.01		0.10
NARWHAL	MUKTUK	RAW	2.10											0.10			0.10
NARWHAL	MUKTUK	RAW	2.10			 						+	+	0.10	0.00	+	0.10
			+			-						-	-			+	+
NARWHAL WEIGHTED AVERAGE	MUKTUK	RAW	2.10											0.10	0.00	_	0.10
WEIGHTED AVERAGE			2.10											0.10	0.06	i	

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
BELUGA	MUKTUK	RAW	55 22.511 5	22.01. 0	55 22.011 5	1110(0)	55 1110	10.2.1	55 10.211 0	10.011 0	55 10.511 0	20.21. 0	55 20.211 0	20.511 0	DD 20.011 0	201.111.0	55 201 111 0	122.2 0
BELUGA	MUKTUK	RAW						†										
BELUGA	MUKTUK	RAW		0.10														
BELUGA	MUKTUK	RAW																
BELUGA	MUKTUK	RAW																
BELUGA	MUKTUK	RAW																
WEIGHTED AVERAGE				0.10														
BELUGA	MUKTUK	BOILED																
BELUGA	MUKTUK	BOILED																
BELUGA	MUKTUK	BOILED																
BELUGA	MUKTUK	BOILED																
BELUGA	MUKTUK	BOILED		0.70				0.10		0.10						0.10		
BELUGA	MUKTUK	BOILED																\vdash
WEIGHTED AVERAGE		-		0.70				0.10		0.10						0.10		
BELUGA	OIL		1					1.10		0.10								
BELUGA	OIL			7.40				0.90		0.40		0.20				0.40		
WEIGHTED AVERAGE				7.40				0.90		0.40		0.20				0.40	.	
BELUGA	OIL	AGED										00						
BELUGA	OIL	AGED						†										
WEIGHTED AVERAGE																		
NARWHAL	BLUBBER	AGED		1.30				0.50				0.10				0.20		
NARWHAL	BLUBBER	AGED																\vdash
WEIGHTED AVERAGE				1.30				0.50				0.10				0.20		
NARWHAL	BLUBBER	BOILED	0.06	0.80	0.09				0.50	0.01		0.10	0.00			0.10	1	
NARWHAL	BLUBBER	BOILED																
WEIGHTED AVERAGE			0.06	0.80	0.09				0.50	0.01		0.10	0.00			0.10	0.01	
NARWHAL	BLUBBER	RAW																
NARWHAL	BLUBBER	RAW																
NARWHAL	BLUBBER	RAW																
NARWHAL	BLUBBER	RAW	0.07	1.00	0.11													
NARWHAL	BLUBBER	RAW																
WEIGHTED AVERAGE			0.07	1.00	0.11													
NARWHAL, FLIPPERS	MUKTUK	AGED																
NARWHAL, FLIPPERS	MUKTUK	AGED																
WEIGHTED AVERAGE																		
NARWHAL	MEAT	DRIED		0.10	0.01													
NARWHAL	MEAT	DRIED																
WEIGHTED AVERAGE				0.10	0.01													
NARWHAL	MUKTUK	BOILED	0.01	0.10	0.02													
NARWHAL	MUKTUK	BOILED																
WEIGHTED AVERAGE			0.01	0.10	0.02													
NARWHAL	MUKTUK	RAW	0.02	0.10	0.04													
NARWHAL	MUKTUK	RAW																
NARWHAL	MUKTUK	RAW																
WEIGHTED AVERAGE			0.02	0.10	0.04													

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
BELUGA	MUKTUK	RAW														
BELUGA	MUKTUK	RAW														
BELUGA	MUKTUK	RAW						0.10		0.60		0.90		0.30		0.10
BELUGA	MUKTUK	RAW														
BELUGA	MUKTUK	RAW														
BELUGA	MUKTUK	RAW														
WEIGHTED AVERAGE								0.10		0.60		0.90		0.30		0.10
BELUGA	MUKTUK	BOILED														
BELUGA	MUKTUK	BOILED														
BELUGA	MUKTUK	BOILED														
BELUGA	MUKTUK	BOILED														
BELUGA	MUKTUK	BOILED						0.40		3.80		3.80		1.50		0.10
BELUGA	MUKTUK	BOILED														
WEIGHTED AVERAGE								0.40		3.80		3.80		1.50		0.10
BELUGA	OIL															
BELUGA	OIL		0.10					0.50		14.70		21.10		13.80		1.80
WEIGHTED AVERAGE			0.10					0.50	t	14.70		21.10		13.80	1	1.80
BELUGA	OIL	AGED														
BELUGA	OIL	AGED														
WEIGHTED AVERAGE																
NARWHAL	BLUBBER	AGED	0.10					1.80		15.30		12.00		6.70		2.00
NARWHAL	BLUBBER	AGED														
WEIGHTED AVERAGE			0.10					1.80		15.30		12.00		6.70		2.00
NARWHAL	BLUBBER	BOILED						1.20				13.10	0.77			
NARWHAL	BLUBBER	BOILED														
WEIGHTED AVERAGE								1.20	0.14	13.60	0.20	13.10	0.77	7 6.60	0.49	1.70
NARWHAL	BLUBBER	RAW														
NARWHAL	BLUBBER	RAW														
NARWHAL	BLUBBER	RAW														
NARWHAL	BLUBBER	RAW						1.20	0.16	13.50	0.61	13.10	0.60	7.20	0.45	1.90
NARWHAL	BLUBBER	RAW														
WEIGHTED AVERAGE								1.20	0.16	13.50	0.61	13.10	0.60	7.20	0.45	1.90
NARWHAL, FLIPPERS	MUKTUK	AGED														
NARWHAL, FLIPPERS	MUKTUK	AGED														
WEIGHTED AVERAGE																
NARWHAL	MEAT	DRIED								0.30	0.16	0.70	0.20	0.40	0.21	0.40
NARWHAL	MEAT	DRIED														
WEIGHTED AVERAGE										0.30	0.16	0.70	0.20	0.40	0.21	0.40
NARWHAL	MUKTUK	BOILED								0.40	0.14	0.50	0.16	6 0.20	0.03	0.10
NARWHAL	MUKTUK	BOILED														
WEIGHTED AVERAGE										0.40	0.14	0.50	0.16	6 0.20	0.03	0.10
NARWHAL	MUKTUK	RAW						0.20	0.08	1.20	0.53	1.00	0.31	0.50	0.17	0.10
NARWHAL	MUKTUK	RAW														
NARWHAL	MUKTUK	RAW														
WEIGHTED AVERAGE								0.20	0.08	1.20	0.53	1.00	0.31	0.50	0.17	0.10

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
BELUGA	MUKTUK	RAW				(2)												
BELUGA	MUKTUK	RAW																
BELUGA	MUKTUK	RAW									0.10		0.30		0.10			
BELUGA	MUKTUK	RAW																
BELUGA	MUKTUK	RAW																
BELUGA	MUKTUK	RAW																
WEIGHTED AVERAGE											0.10		0.30		0.10			
BELUGA	MUKTUK	BOILED																
BELUGA	MUKTUK	BOILED																
BELUGA	MUKTUK	BOILED																
BELUGA	MUKTUK	BOILED																
BELUGA	MUKTUK	BOILED								0.20	1.00		1.10		0.20			
BELUGA	MUKTUK	BOILED																
WEIGHTED AVERAGE										0.20	1.00		1.10		0.20			
BELUGA	OIL																	
BELUGA	OIL			3.00						0.50	5.50		10.70		2.40			
WEIGHTED AVERAGE				3.00						0.50	5.50		10.70		2.40			
BELUGA	OIL	AGED																
BELUGA	OIL	AGED																
WEIGHTED AVERAGE																		
NARWHAL	BLUBBER	AGED									3.70		4.30		0.50			
NARWHAL	BLUBBER	AGED																
WEIGHTED AVERAGE											3.70		4.30		0.50			
NARWHAL	BLUBBER	BOILED	0.07								3.00	0.38	3.70	0.36	0.40	0.01		
NARWHAL	BLUBBER	BOILED																
WEIGHTED AVERAGE			0.07								3.00	0.38	3.70	0.36	0.40	0.01		
NARWHAL	BLUBBER	RAW																
NARWHAL	BLUBBER	RAW																
NARWHAL	BLUBBER	RAW																
NARWHAL	BLUBBER	RAW	0.11								2.90	0.49	3.30	0.26	0.40	0.01		
NARWHAL	BLUBBER	RAW																
WEIGHTED AVERAGE			0.11								2.90	0.49	3.30	0.26	0.40	0.01		
NARWHAL, FLIPPERS	MUKTUK	AGED																
NARWHAL, FLIPPERS	MUKTUK	AGED																
WEIGHTED AVERAGE																		
NARWHAL	MEAT	DRIED	0.14								0.20	0.13	0.50	0.13	0.20	0.00		
NARWHAL	MEAT	DRIED																
WEIGHTED AVERAGE			0.14								0.20	0.13	0.50	0.13	0.20	0.00		
NARWHAL	MUKTUK	BOILED	0.01								0.10	0.03	0.10	0.04	0.10	0.01		
NARWHAL	MUKTUK	BOILED																
WEIGHTED AVERAGE			0.01								0.10	0.03						
NARWHAL	MUKTUK	RAW	0.05								0.30	0.13	0.30	0.14	0.10	0.01		
NARWHAL	MUKTUK	RAW																
NARWHAL	MUKTUK	RAW																
WEIGHTED AVERAGE			0.05								0.30	0.13	0.30	0.14	0.10	0.01		

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
BELUGA	MUKTUK	RAW									\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		(),		. ,	
BELUGA	MUKTUK	RAW									1.80					
BELUGA	MUKTUK	RAW														
BELUGA	MUKTUK	RAW							274.30	87.65						
BELUGA	MUKTUK	RAW											0.940	0.343		
BELUGA	MUKTUK	RAW													36.02	8.73
WEIGHTED AVERAGE									274.30	87.65	1.80		0.940	0.34		8.73
BELUGA	MUKTUK	BOILED							757.20							
BELUGA	MUKTUK	BOILED											3.190	1.976		
BELUGA	MUKTUK	BOILED														
BELUGA	MUKTUK	BOILED														
BELUGA	MUKTUK	BOILED			0.30											
BELUGA	MUKTUK	BOILED			0.00										23.63	4.66
WEIGHTED AVERAGE	Menten	BOILED			0.30				757.20	464.31			3.190	1.976	23.63	4.66
BELUGA	OIL				0.50				737.20	101.51			3.170	1.570	23.03	1.00
BELUGA	OIL				4.70								1			
WEIGHTED AVERAGE	OIL				4.70											
BELUGA	OIL	AGED			4.70				2027.30							
BELUGA	OIL	AGED							2021.30		26.70		29.050			
WEIGHTED AVERAGE	OIL	AGLD							2027.30		26.70		29.050			
NARWHAL	BLUBBER	AGED							2027.30		20.70		27.030			
NARWHAL	BLUBBER	AGED							1000.00							
WEIGHTED AVERAGE	BLUBBLK	AGLD							1000.00							
NARWHAL	BLUBBER	BOILED							1000.00							
NARWHAL	BLUBBER	BOILED							2200.00	225.00						
WEIGHTED AVERAGE	BLUBBLK	DOILLD							2200.00	225.00						
NARWHAL	BLUBBER	RAW							2200.00	223.00						
NARWHAL	BLUBBER	RAW							1700.00	540.00						
NARWHAL	BLUBBER	RAW							1700.00	340.00	10.00					
NARWHAL	BLUBBER	RAW									10.00					
NARWHAL	BLUBBER	RAW							1900.50	1788.53			8.920	11.220		
WEIGHTED AVERAGE	BLUBBLK	KAW							1850.38	1476.40	10.00		8.920	11.220		
NARWHAL, FLIPPERS	MUKTUK	AGED							1650.56	1470.40	10.00		0.720	11,22		
NARWHAL, FLIPPERS	MUKTUK	AGED							185.00							
WEIGHTED AVERAGE	WORTOR	AGLD							185.00							
NARWHAL	MEAT	DRIED							185.00							
NARWHAL	MEAT	DRIED							4.00	1.00						
WEIGHTED AVERAGE	WIEAT	DRIED							4.00							
NARWHAL	MUKTUK	BOILED							4.00	1.00						
NARWHAL	MUKTUK	BOILED	+	 	1				140.00	6.50						
WEIGHTED AVERAGE	MUKIUK	BUILED							140.00							
	MILETILE	DAW							140.00	0.50						
NARWHAL	MUKTUK	RAW RAW		-	-		-		200.20	311.16			1.390	0.396		
NARWHAL	MUKTUK			-	-		-		309.20	311.16			1.390	0.396		6.06
NARWHAL	MUKTUK	RAW							200.20	211.16			1.200	0.200	31.51	6.96
WEIGHTED AVERAGE									309.20	311.16			1.390	0.396	31.51	6.96

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
BELUGA	MUKTUK	RAW			7.40		0.40		0.10		7.40)	202.00		23.00)
BELUGA	MUKTUK	RAW														
BELUGA	MUKTUK	RAW														
BELUGA	MUKTUK	RAW														
BELUGA	MUKTUK	RAW														1
BELUGA	MUKTUK	RAW														1
WEIGHTED AVERAGE					5.24	1.50	0.49	0.10	0.10	0.010	7.40	0.800	136.30	13.00	16.70	1.90
BELUGA	MUKTUK	BOILED														
BELUGA	MUKTUK	BOILED														
BELUGA	MUKTUK	BOILED														
BELUGA	MUKTUK	BOILED			14.50		1.20		0.06		8.00		145.00		23.00)
BELUGA	MUKTUK	BOILED														1
BELUGA	MUKTUK	BOILED														1
WEIGHTED AVERAGE					14.50		1.20		0.06		8.00		145.00		23.00)
BELUGA	OIL				1.30		0.20	1	0.02		0.20		7.10		1.00)
BELUGA	OIL															1
WEIGHTED AVERAGE					1.30		0.20		0.02		0.20		7.10		1.00)
BELUGA	OIL	AGED														
BELUGA	OIL	AGED										1				
WEIGHTED AVERAGE																
NARWHAL	BLUBBER	AGED														†
NARWHAL	BLUBBER	AGED			3.70		1.40				0.70		35.00		3.70)
WEIGHTED AVERAGE					3.70		1.40				0.70		35.00	+	3.70	
NARWHAL	BLUBBER	BOILED														1
NARWHAL	BLUBBER	BOILED			2.30	0.41	0.50	0.05	;		0.20	0.010	15.00	1.90	1.40	0.42
WEIGHTED AVERAGE					2.30		0.50		i		0.20		15.00	+		_
NARWHAL	BLUBBER	RAW			3.00	2.10	0.40	0.20	0.03	0.026	0.40	0.340	22.00	19.00	3.00	3.60
NARWHAL	BLUBBER	RAW			3.00	1.60	0.80	0.18	3		0.20	0.050	20.00	8.80	2.00	_
NARWHAL	BLUBBER	RAW														
NARWHAL	BLUBBER	RAW														
NARWHAL	BLUBBER	RAW														
WEIGHTED AVERAGE					3.00	1.93	0.53	0.19	0.03	0.026	0.33	0.243	21.33	15.60	2.67	7 2.90
NARWHAL, FLIPPERS	MUKTUK	AGED														
NARWHAL, FLIPPERS	MUKTUK	AGED			9.80		0.30		0.10		15.00)	221.00		20.00)
WEIGHTED AVERAGE					9.80		0.30		0.10		15.00)	221.00		20.00)
NARWHAL	MEAT	DRIED														
NARWHAL	MEAT	DRIED			11.00	1.30	70.00	4.20	0.20	0.020	7.00	2.300	700.00	50.00	72.00	2.70
WEIGHTED AVERAGE					11.00	1.30	70.00	4.20	0.20	0.020	7.00	2.300	700.00	50.00	72.00	
NARWHAL	MUKTUK	BOILED														
NARWHAL	MUKTUK	BOILED			4.50	0.82	0.30	0.03	3		7.00	0.900	164.00	0.00	13.00	0.50
WEIGHTED AVERAGE					4.50						7.00			0.00		+
NARWHAL	MUKTUK	RAW														
NARWHAL	MUKTUK	RAW					<u> </u>	†					1			<u> </u>
NARWHAL	MUKTUK	RAW						1					1			†
WEIGHTED AVERAGE																

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
BELUGA	MUKTUK	RAW	119.00		0.010						
BELUGA	MUKTUK	RAW									
BELUGA	MUKTUK	RAW									
BELUGA	MUKTUK	RAW									
BELUGA	MUKTUK	RAW									
BELUGA	MUKTUK	RAW									
WEIGHTED AVERAGE			101.90	17.00	0.004	0.002	325.00	29.00	0.20	0.180	
BELUGA	MUKTUK	BOILED									
BELUGA	MUKTUK	BOILED									
BELUGA	MUKTUK	BOILED									
BELUGA	MUKTUK	BOILED	90.00		0.010		371.00		0.650		
BELUGA	MUKTUK	BOILED									
BELUGA	MUKTUK	BOILED									
WEIGHTED AVERAGE			90.00		0.010		371.00		0.650		
	OIL		17.00		0.010		3.80		0.000		
	OIL										
WEIGHTED AVERAGE			17.00		0.010		3.80		0.000		
BELUGA	OIL	AGED									
BELUGA	OIL	AGED									
WEIGHTED AVERAGE	-	-									
	BLUBBER	AGED									
	BLUBBER	AGED	29.00		0.020						
WEIGHTED AVERAGE			29.00		0.020						
	BLUBBER	BOILED									
	BLUBBER	BOILED	20.00	4.20	0.010	0.000					
WEIGHTED AVERAGE			20.00	4.20	0.010	0.000					
NARWHAL	BLUBBER	RAW	36.00	23.00	0.020	0.037	24.00	12.00	0.010	0.022	
	BLUBBER	RAW	50.00	29.00							
	BLUBBER	RAW									
	BLUBBER	RAW									
	BLUBBER	RAW									
WEIGHTED AVERAGE			40.67	25.00	0.020	0.037	24.00	12.00	0.01	0.022	
NARWHAL, FLIPPERS	MUKTUK	AGED									
NARWHAL, FLIPPERS	MUKTUK	AGED	217.00		0.010						
WEIGHTED AVERAGE			217.00		0.010						
NARWHAL	MEAT	DRIED									
NARWHAL	MEAT	DRIED	160.00	11.00	0.170	0.067					
WEIGHTED AVERAGE			160.00	11.00	0.170	0.067					
NARWHAL	MUKTUK	BOILED									
NARWHAL	MUKTUK	BOILED	76.00	6.30	0.010	0.002					
WEIGHTED AVERAGE			76.00		1	0.020					
NARWHAL	MUKTUK	RAW									
NARWHAL	MUKTUK	RAW									
NARWHAL	MUKTUK	RAW									
WEIGHTED AVERAGE											

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
NARWHAL	MUKTUK	RAW, NO BLUBBE	Monodon monoceros	70210	7	Kuhnlein et al, 2002	557.00	133.04	71.00	2.10		22.00	3.00	5.00
NARWHAL	MUKTUK	RAW, NO BLUBBE	Monodon monoceros	70210	2	Kuhnlein &Soueida, 1992	544.00	129.93	72.00	0.90	1.10	23.00	0.10	
WEIGHTED AVERAGE							554.11	132.35	71.22	1.83	1.10	22.22	2.36	
NARWHAL	MUKTUK	AGED	Monodon monoceros	70205	2	Fediuk et al, 2002								
NARWHAL	MUKTUK	AGED	Monodon monoceros	70205	1	Fediuk et al, 2002			62.31					
NARWHAL	MUKTUK	AGED	Monodon monoceros	70205	1	Kuhnlein et al, 1991								2.50
NARWHAL	MUKTUK	AGED	Monodon monoceros	70205		Kuhnlein et al, 2005								
NARWHAL	MUKTUK	AGED	Monodon monoceros	70205	1	Kuhnlein &Soueida, 1992	582.00	139.00	69.00		5.80	22.00		2.50
WEIGHTED AVERAGE						,	582.00	139.00	65.66		5.80	22.00		2.50
NARWHAL	OIL	AGED	Monodon monoceros	70209	1	Kuhnlein et al, 2005								
SEAL, RINGED	BLUBBER	RAW	Phoca hispida	70404		Kuhnlein et al, 2002	3402.00	812.55	3.40			1.70		86.00
SEAL, RINGED	BLUBBER	RAW	Phoca hispida	70404		Kuhnlein et al, 2002	3443.00	822.35	5.00	1.60		2.80	0.62	
SEAL, RINGED	BLUBBER	RAW	Phoca hispida	70404		Kuhnlein et al, 2005								
SEAL, RINGED	BLUBBER	RAW	Phoca hispida	70404		Kuhnlein et al, 1991								89.90
SEAL, RINGED	BLUBBER	RAW	Phoca hispida	70404		Kuhnlein et al, 2005								
SEAL, RINGED	BLUBBER		Phoca hispida	70404		Kuhnlein &Soueida, 1992					0.00			
WEIGHTED AVERAGE	BECBBER	Tu Ti	r nocu mspiau	70101	<u>~~~</u>	raminem cesoueraa, 1772	3429.33	819.08	4.47	1.60		2.43	0.62	89.16
SEAL, RINGED	BLUBBER, LIQUID	AGED	Phoca hispida	70402	1	Kuhnlein et al, 1991	3129.33	017.00	1.17	1.00	0.00	2.13	0.02	98.80
SEAL, RINGED	BLUBBER, LIQUID		Phoca hispida	70402		Kuhnlein & Soueida, 1992	3742.00	894.00	0.40		0.00	0.70		99.00
WEIGHTED AVERAGE	BEOBBER, EIQUID	NGED	r nocu mspidu	70402		Rummem ægoueida, 1992	3742.00	894.00	0.40		0.00	0.70		98.90
SEAL, RINGED	BLUBBER, SOLID	AGED	Phoca hispida	70401	1	Kuhnlein et al, 1991	3742.00	074.00	0.40		0.00	0.70		91.80
SEAL, RINGED	BLUBBER, SOLID	AGED	Phoca hispida	70401		Kuhnlein &Soueida, 1992	3507.00	838.00	4.90		0.00	2.50		92.00
WEIGHTED AVERAGE	BEOBBER, SOLID	AGLD	i noca mspida	70401		Kumiem & Soucida, 1992	3507.00	838.00	4.90		0.00	2.50	1	91.90
SEAL, RINGED	BLUBBER	BOILED	Phoca hispida	70403	2	Kuhnlein et al, 1991	3307.00	838.00	4.50		0.00	2.30		89.10
SEAL, RINGED	BLUBBER	BOILED	Phoca hispida	70403	2	Kuhnlein &Soueida, 1992	3420.00	817.00	6.90	0.03	0.00	3.20	0.31	
WEIGHTED AVERAGE	DECODER	DOILED	i noca mspida	70403		Kullilelli &Souelda, 1992	3420.00	817.00	6.90	0.03		3.20		
SEAL, RINGED	LIVER	RAW	Phoca hispida	70407	3	Kuhnlein et al, 2002	506.00	120.86	72.00	1.10	 	22.00	1.50	
SEAL, RINGED	LIVER	RAW	Phoca hispida	70407		Kuhnlein et al, 2002	300.00	120.80	72.00	1.10		22.00	1.50	3.00
SEAL, RINGED	LIVER	RAW	Phoca hispida	70407		Kuhnlein & Soueida, 1992	576.00	137.58	71.00	0.70	0.50	24.00	0.50	3.90
SEAL, RINGED	LIVER	RAW	Phoca hispida	70407		Kuhnlein et al, 2005	370.00	137.38	71.00	0.70	0.50	24.00	0.50	3.90
SEAL, RINGED	LIVER	RAW	Phoca hispida	70407		Kuhnlein et al, 1991								3.90
SEAL, RINGED	LIVER	RAW	Phoca hispida	70407		Kuhnlein et al, 2005								3.90
SEAL, RINGED	LIVER	RAW	Phoca hispida	70407		Fediuk et al, 2002			72.35	0.39				
WEIGHTED AVERAGE	LIVEK	KA W	r noca mspida	70407	3	rediuk et al, 2002	534.00	127.55	71.88	0.39		22.80	1.10	3.51
SEAL, RINGED	MEAT	AGED	Phoca hispida	70408	1	Kuhnlein et al, 1991	334.00	127.33	/1.00	0.73	0.30	22.80	1.10	6.40
SEAL, RINGED	MEAT	AGED	Phoca hispida	70408		Kuhnlein & Soueida. 1992	699.00	167.00	68.00		0.00	26.00		6.40
WEIGHTED AVERAGE	MILAI	TOLD	i noca mspida	70408		rammem essouelua, 1992	699.00	167.00	68.00		0.00	26.00		6.40
SEAL, RINGED	MEAT	BOILED	Phoca hispida	70409	2	Kuhnlein et al, 2002	625.00			0.70		31.00	0.40	
SEAL, RINGED	MEAT		Phoca hispida	70409		Kuhnlein et al, 2002 Kuhnlein et al, 2002	023.00	147.20	05.00	0.70		31.00	0.40	2.30
SEAL, RINGED SEAL, RINGED	MEAT		Phoca hispida	70409		Kuhnlein & Soueida, 1992	752.00	179.61	63.00	0.80	0.00	34.00	0.90	3.70
,	MEAT		Phoca hispida Phoca hispida	70409		Kuhnlein & Soueida, 1992 Kuhnlein et al, 2005	732.00	1/9.01	05.00	0.80	0.00	34.00	0.90	3.70
SEAL, RINGED SEAL, RINGED	MEAT	BOILED BOILED	Phoca hispida Phoca hispida	70409		Kuhnlein et al, 2005 Kuhnlein et al, 1991								3.70
· ·			*			Fediuk et al, 2002			64.00	1	1		-	3.70
SEAL, RINGED	MEAT	BOILED	Phoca hispida	70409	1	rediak et al, 2002	C00 50	164.44	64.92	0.75	0.00	20.50	0.65	2.20
WEIGHTED AVERAGE	MEAT	DAW	Dhoga hignida	70410	_	Kuhnlain at al. 2002	688.50	164.44				32.50	0.65	
SEAL, RINGED	MEAT	RAW	Phoca hispida	70410	5	Kuhnlein et al, 2002	541.00	129.22	69.00	1.80		21.00	12.00	2.00

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
NARWHAL	MUKTUK	RAW, NO BLUBBE	2.20														
NARWHAL	MUKTUK	RAW, NO BLUBBE	1.50														
WEIGHTED AVERAGE			2.04														
NARWHAL	MUKTUK	AGED															
NARWHAL		AGED											1				
NARWHAL		AGED												0.10			
NARWHAL		AGED															
NARWHAL		AGED															
WEIGHTED AVERAGE														0.10			
NARWHAL	OIL	AGED															
SEAL, RINGED		RAW															
SEAL, RINGED		RAW	2.00														
SEAL, RINGED		RAW															
SEAL, RINGED		RAW	2.79					0.20	0.07	1.00	0.05			5.80	0.44	ļ	2.90
SEAL, RINGED		RAW															
SEAL, RINGED		RAW															
WEIGHTED AVERAGE			2.40					0.20	0.07	1.00	0.05			5.80	0.44		2.90
SEAL, RINGED	BLUBBER, LIQUID	AGED						0.20		0.90				4.70		1	3.30
SEAL, RINGED	BLUBBER, LIQUID															+	1
WEIGHTED AVERAGE	, ,							0.20		0.90				4.70			3.30
SEAL, RINGED	BLUBBER, SOLID	AGED						0.20		0.90				4.30		+	3.10
SEAL, RINGED		AGED														+	1
WEIGHTED AVERAGE								0.20		0.90				4.30			3.10
SEAL, RINGED	BLUBBER	BOILED	0.54					0.20		1.00	0.03			5.60		,	2.90
SEAL, RINGED		BOILED	0.40													+	1
WEIGHTED AVERAGE			0.47					0.20	0.06	1.00	0.03			5.60	0.25	,	2.90
SEAL, RINGED	LIVER	RAW	1.20														
SEAL, RINGED		RAW															1
SEAL, RINGED		RAW	0.19														1
SEAL, RINGED		RAW															
SEAL, RINGED		RAW	0.26											0.20	0.02	,	0.10
SEAL, RINGED		RAW														1	1
SEAL, RINGED		RAW														1	
WEIGHTED AVERAGE			0.64											0.20	0.02	1	0.10
SEAL, RINGED	MEAT	AGED								0.10				0.60			0.50
SEAL, RINGED	MEAT	AGED															1
WEIGHTED AVERAGE										0.10				0.60			0.50
SEAL, RINGED	MEAT	BOILED	0.03														
SEAL, RINGED	MEAT	BOILED														1	1
SEAL, RINGED		BOILED	0.02														1
SEAL, RINGED		BOILED														1	1
SEAL, RINGED		BOILED	0.03							İ				0.10	0.00	,	0.10
SEAL, RINGED	_	BOILED						1		1			1			1	1
WEIGHTED AVERAGE			0.03											0.10	0.00		0.10
SEAL, RINGED	MEAT	RAW	1.70													1	

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
NARWHAL		RAW, NO BLUBBE				. ,												
NARWHAL		RAW, NO BLUBBE																
WEIGHTED AVERAGE		,																
NARWHAL	MUKTUK	AGED																
NARWHAL	MUKTUK	AGED																
NARWHAL	MUKTUK	AGED		0.10														
NARWHAL	MUKTUK	AGED						1										
NARWHAL	MUKTUK	AGED																
WEIGHTED AVERAGE	e.ii	11022		0.10														
NARWHAL	OIL	AGED		0.10														
SEAL, RINGED		RAW																
SEAL, RINGED		RAW																\vdash
SEAL, RINGED		RAW																\vdash
SEAL, RINGED		RAW	0.11				 	0.60	0.07			0.10	0.01	0.10	0.00	0.20	0.00	,——
SEAL, RINGED		RAW	0.11					0.00	0.07			0.10	0.01	0.10	0.00	0.20	0.00	+
SEAL, RINGED		RAW																+
WEIGHTED AVERAGE	BLUBBER	KAW	0.11					0.60	0.07			0.10	0.01	0.10	0.00	0.20	0.00	
	DI LIDDED, LIOLUE	ACED	0.11	4.70				0.60	0.07				!	0.10	0.00	0.30		
SEAL, RINGED	BLUBBER, LIQUID			4.70				0.00				0.10		0.10		0.30	'	
SEAL, RINGED	BLUBBER, LIQUID	AGED		4.70				0.60				0.10		0.10		0.20		
WEIGHTED AVERAGE	DI LIDDED, GOLID	4 CED		4.70				0.60				0.10		0.10		0.30	1	0.20
SEAL, RINGED	BLUBBER, SOLID			5.40				0.50				0.70		0.10		0.40	<u> </u>	0.20
SEAL, RINGED	BLUBBER, SOLID	AGED		- 10				0.70				0.50		0.10		0.40		0.00
WEIGHTED AVERAGE			0.44	5.40				0.50				0.70		0.10		0.40		0.20
SEAL, RINGED	BLUBBER	BOILED	0.11	4.50	0.49			0.60	0.09			0.10	0.01	0.10	0.00	0.20	0.01	
SEAL, RINGED	BLUBBER	BOILED																
WEIGHTED AVERAGE			0.11	4.50	0.49			0.60	0.09			0.10	0.01	0.10	0.00	0.20	0.01	
SEAL, RINGED		RAW																
SEAL, RINGED		RAW																
SEAL, RINGED	LIVER	RAW																
SEAL, RINGED	LIVER	RAW																<u> </u>
SEAL, RINGED	LIVER	RAW	0.00	0.10	0.01											0.20	0.01	<u> </u>
SEAL, RINGED	LIVER	RAW																<u> </u>
SEAL, RINGED	LIVER	RAW																<u> </u>
WEIGHTED AVERAGE			0.00	0.10	0.01											0.20	0.01	
SEAL, RINGED	MEAT	AGED		0.80				0.10								0.10)	
SEAL, RINGED	MEAT	AGED																
WEIGHTED AVERAGE				0.80				0.10								0.10		
SEAL, RINGED	MEAT	BOILED																
SEAL, RINGED	MEAT	BOILED																
SEAL, RINGED	MEAT	BOILED																
SEAL, RINGED	MEAT	BOILED																
SEAL, RINGED	MEAT	BOILED	0.04	0.10	0.03											0.10	0.01	
SEAL, RINGED	MEAT	BOILED																
WEIGHTED AVERAGE			0.04	0.10	0.03											0.10	0.01	
SEAL, RINGED	MEAT	RAW																

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
NARWHAL	MUKTUK	RAW, NO BLUBBE														
NARWHAL	MUKTUK	RAW, NO BLUBBE														
WEIGHTED AVERAGE																
NARWHAL	MUKTUK	AGED														
NARWHAL	MUKTUK	AGED														
		AGED						0.10		0.50		0.60		0.30		0.10
		AGED						1								
		AGED														
WEIGHTED AVERAGE								0.10		0.50		0.60		0.30		0.10
	OIL	AGED														
		RAW														
SEAL, RINGED		RAW														
· · · · · · · · · · · · · · · · · · ·		RAW														
· · · · · · · · · · · · · · · · · · ·		RAW	0.20	0.02				1.20	0.29	15.10	0.54	15.00	0.14	6.00	1.70	0.70
		RAW	0.20	5.52				1.20	3.27	12.10	3.51	12.00	3.11	2.00	1.70	3.70
		RAW						1								
WEIGHTED AVERAGE			0.20	0.02				1.20	0.29	15.10	0.54	15.00	0.14	6.00	1.70	0.70
	BLUBBER, LIQUID	AGED	0.20	0.02				0.80		17.10	0.51	17.70	0.11	7.70	1.70	0.90
	BLUBBER, LIQUID		0.20					0.00		17.10		17.70		7.70		0.50
WEIGHTED AVERAGE	BEOBBER, EIQUID	AGLD	0.20					0.80		17.10		17.70		7.70		0.90
	BLUBBER, SOLID	AGED	0.20					0.50		13.40		16.20		8.00		1.00
		AGED						0.50		13.40		10.20		0.00		1.00
WEIGHTED AVERAGE	blobber, solid	AGED						0.50		13.40		16.20		8.00		1.00
	BLUBBER	BOILED						1.10			0.15	14.50	0.34			
		BOILED						1.10	0.23	14.80	0.13	14.50	0.34	0.00	1.00	0.70
WEIGHTED AVERAGE	DECODDER	DOILED						1.10	0.25	14.80	0.15	14.50	0.34	6.00	1.60	0.70
SEAL, RINGED	LIVER	RAW						1.10	0.23	14.80	0.13	14.50	0.34	0.00	1.00	0.70
		RAW														
SEAL, RINGED		RAW														
		RAW														
		RAW								0.20	0.00	0.40	0.10	0.10	0.04	
· · · · · · · · · · · · · · · · · · ·		RAW								0.20	0.00	0.40	0.10	0.10	0.04	
		RAW														
WEIGHTED AVERAGE	LIVEK	KAW								0.20	0.00	0.40	0.10	0.10	0.04	
SEAL, RINGED	MEAT	AGED						0.10		1.60	0.00	2.30		1.30		0.10
		AGED						0.10		1.00		2.30		1.30		0.10
WEIGHTED AVERAGE	WILA I	AGLD						0.10		1.60		2.30		1.30		0.10
	MEAT	BOILED						0.10		1.00		2.30		1.30		0.10
		BOILED						+							 	
		BOILED						+							 	
		BOILED						+							 	
		BOILED						+		0.20	0.04	0.40	0.15	0.20	0.11	
										0.20	0.04	0.40	0.15	0.20	0.11	
	MEAT	BOILED								0.20	0.04	0.40	0.15	0.20	0.11	
WEIGHTED AVERAGE	MEAT	DAW								0.20	0.04	0.40	0.15	0.20	0.11	
SEAL, RINGED	MEAT	RAW							j							

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
NARWHAL		RAW, NO BLUBBE				(-)												
NARWHAL		RAW, NO BLUBBE																
WEIGHTED AVERAGE		,																
NARWHAL	MUKTUK	AGED																
NARWHAL	MUKTUK	AGED																
NARWHAL	MUKTUK	AGED						1	1		0.10		0.20		0.10			
NARWHAL	MUKTUK	AGED						1	1									
NARWHAL	MUKTUK	AGED																
WEIGHTED AVERAGE		11022									0.10		0.20		0.10			
NARWHAL	OIL	AGED									0.10		0.20		0.10			
SEAL, RINGED		RAW																
SEAL, RINGED		RAW						1										
SEAL, RINGED		RAW						1	1									
SEAL, RINGED		RAW	0.41				 		+		2.60	0.54	3.20	0.76	0.40	0.05		
SEAL, RINGED SEAL, RINGED		RAW	0.41				1		+		2.00	0.34	3.20	0.70	0.40	0.03		
																		
SEAL, RINGED	BLUBBER	RAW	0.41								2.60	0.54	2.20	0.76	0.40	0.05		
WEIGHTED AVERAGE	DI LIDDED I IOLUE	A CED	0.41								2.60	0.54	3.20	0.76	 	1		
SEAL, RINGED	BLUBBER, LIQUID							1			0.80		5.60		0.60			
SEAL, RINGED	BLUBBER, LIQUID	AGED													0.00			<u> </u>
WEIGHTED AVERAGE											0.80		5.60		0.60			
SEAL, RINGED	BLUBBER, SOLID										2.80		5.70		0.80			
SEAL, RINGED	BLUBBER, SOLID	AGED																
WEIGHTED AVERAGE											2.80		5.70		0.80			
SEAL, RINGED	BLUBBER	BOILED	0.35								2.60	0.44	3.30	0.67	0.40	0.04		<u> </u>
SEAL, RINGED	BLUBBER	BOILED																<u> </u>
WEIGHTED AVERAGE			0.35								2.60	0.44	3.30	0.67	0.40	0.04		
SEAL, RINGED		RAW																
SEAL, RINGED	LIVER	RAW																<u> </u>
SEAL, RINGED	LIVER	RAW																<u> </u>
SEAL, RINGED	LIVER	RAW																
SEAL, RINGED	LIVER	RAW											0.30	0.01	0.40	0.04		
SEAL, RINGED	LIVER	RAW																
SEAL, RINGED	LIVER	RAW																
WEIGHTED AVERAGE													0.30	0.01	0.40	0.04		
SEAL, RINGED	MEAT	AGED									0.40		1.00		0.20			
SEAL, RINGED	MEAT	AGED																
WEIGHTED AVERAGE											0.40		1.00		0.20			
SEAL, RINGED	MEAT	BOILED																
SEAL, RINGED	MEAT	BOILED																
SEAL, RINGED	MEAT	BOILED																
SEAL, RINGED	MEAT	BOILED						1										
SEAL, RINGED	MEAT	BOILED									0.10	0.02	0.30	0.05	0.10	0.03		
SEAL, RINGED	MEAT	BOILED	1						1		1	1				1		
WEIGHTED AVERAGE											0.10	0.02	0.30	0.05	0.10	0.03		
SEAL, RINGED	MEAT	RAW									3.10	5.52	3.50	3.00	0.10	3.02		

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
NARWHAL	MUKTUK	RAW, NO BLUBBE														
NARWHAL	MUKTUK	RAW, NO BLUBBE							220.00	80.00						
WEIGHTED AVERAGE									220.00	80.00						
NARWHAL	MUKTUK	AGED													20.68	4.15
NARWHAL	MUKTUK	AGED														
NARWHAL	MUKTUK	AGED														
NARWHAL	MUKTUK	AGED							680.00				2.500			
NARWHAL	MUKTUK	AGED							244.00							
WEIGHTED AVERAGE									462.00				2.500		20.68	
NARWHAL	OIL	AGED									4.00					
SEAL, RINGED	BLUBBER	RAW														
SEAL, RINGED	BLUBBER	RAW														
SEAL, RINGED	BLUBBER	RAW							124.70							
SEAL, RINGED	BLUBBER	RAW														
SEAL, RINGED	BLUBBER	RAW									1.60		0.700			
SEAL, RINGED	BLUBBER	RAW							700.00	340.00						
WEIGHTED AVERAGE									508.23	340.00	1.60		0.700			
SEAL, RINGED	BLUBBER, LIQUID	AGED														
SEAL, RINGED	BLUBBER, LIQUID	AGED							0.00							
WEIGHTED AVERAGE									0.00							
SEAL, RINGED	BLUBBER, SOLID	AGED														
SEAL, RINGED	BLUBBER, SOLID	AGED							150.00							
WEIGHTED AVERAGE									150.00							
SEAL, RINGED	BLUBBER	BOILED														
SEAL, RINGED	BLUBBER	BOILED							400.00	260.00						
WEIGHTED AVERAGE									400.00	260.00						
SEAL, RINGED	LIVER	RAW														
SEAL, RINGED	LIVER	RAW														
SEAL, RINGED	LIVER	RAW							15000.00	1400.00						
SEAL, RINGED	LIVER	RAW							3710.00	3043.85			0.380	0.160		
SEAL, RINGED	LIVER	RAW														
SEAL, RINGED	LIVER	RAW									10.70	4.47				
SEAL, RINGED	LIVER	RAW													23.80	3.82
WEIGHTED AVERAGE									8226.00	2386.31	10.70	4.47	0.380	0.160	23.80	3.82
SEAL, RINGED	MEAT	AGED														
SEAL, RINGED	MEAT	AGED							62.00							
WEIGHTED AVERAGE									62.00							
SEAL, RINGED	MEAT	BOILED														
SEAL, RINGED	MEAT	BOILED														
SEAL, RINGED	MEAT	BOILED							5.00							
SEAL, RINGED	MEAT	BOILED							13.30	10.76			0.270	0.065	5	
SEAL, RINGED	MEAT	BOILED														
SEAL, RINGED	MEAT	BOILED													1.19	
WEIGHTED AVERAGE									9.15	5.88			0.270	0.065	1.19	
SEAL, RINGED	MEAT	RAW														

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG) S	D P	MG (MG)	SD Mg
NARWHAL	MUKTUK	RAW, NO BLUBBE			6.00	1.90	0.30	0.04	0.04	0.001	8.00	1.500	155.00	15.0	16.00	1.70
NARWHAL	MUKTUK	RAW, NO BLUBBE			5.00	1.10	0.30	0.09	0.20	0.100	7.50	0.500	170.00	16.0	14.00	1.20
WEIGHTED AVERAGE					5.78	1.72	0.30	0.05	0.08	0.023	7.89	1.278	158.33	15.2	2 15.56	1.59
NARWHAL	MUKTUK	AGED														
NARWHAL	MUKTUK	AGED														
NARWHAL	MUKTUK	AGED														
NARWHAL	MUKTUK	AGED														
NARWHAL	MUKTUK	AGED			6.90		0.70		0.10		6.40		182.00		16.00	,
WEIGHTED AVERAGE					6.90		0.70		0.10		6.40		182.00		16.00)
NARWHAL	OIL	AGED														
SEAL, RINGED	BLUBBER	RAW														
SEAL, RINGED	BLUBBER	RAW														
SEAL, RINGED	BLUBBER	RAW														
SEAL, RINGED	BLUBBER	RAW													1	\vdash
SEAL, RINGED	BLUBBER	RAW														
SEAL, RINGED	BLUBBER	RAW			1.30	0.58	2.00	1.20			0.30	0.080	16.00	8.8	1.00	0.50
WEIGHTED AVERAGE					1.30	0.58	2.00	1.20			0.30	0.080	16.00	8.8	_	
SEAL, RINGED	BLUBBER, LIQU	JID AGED														
SEAL, RINGED	BLUBBER, LIQU						0.40									+
WEIGHTED AVERAGE							0.40									
SEAL, RINGED	BLUBBER, SOLI	D AGED					0.10									
SEAL, RINGED	BLUBBER, SOLI				0.90		0.60				0.20		12.00		1.00	,
WEIGHTED AVERAGE	BECBBER, SOEI	D NOED			0.90		0.60				0.20		12.00		1.00	
SEAL, RINGED	BLUBBER	BOILED			0.50		0.00				0.20		12.00		1.00	
SEAL, RINGED	BLUBBER	BOILED			0.90		0.60	0.25			0.20	0.030	20.00	7.5	1.90	,
WEIGHTED AVERAGE	BECBBER	BOILLD			0.90		0.60	0.25			0.20	0.030	20.00	7.5		
SEAL, RINGED	LIVER	RAW			0.50		0.00	0.23			0.20	0.030	20.00	7.5	1.50	
SEAL, RINGED	LIVER	RAW			4.10	0.85	48.00	60.00	1.10	0.370	3.70	0.620	270.00	14.0	23.00	2.80
SEAL, RINGED	LIVER	RAW			10.00	6.50	50.00	19.00	1.40	0.770	4.00	0.010	320.00	7.0	_	
SEAL, RINGED	LIVER	RAW			10.00	0.50	50.00	17.00	1.10	0.770	1.00	0.010	320.00	7.0	21.00	1.50
SEAL, RINGED	LIVER	RAW													1	
SEAL, RINGED	LIVER	RAW													†	
SEAL, RINGED	LIVER	RAW													†	+
WEIGHTED AVERAGE	ELVER	10111			5.79	2.46	48.57	48.29	1.19	0.484	3.79	0.446	284.29	12.0	23.29	2.37
SEAL, RINGED	MEAT	AGED			5.77	2110	10.07	.0.2)	1117	0.101	5.77	01110	20 1127	12.0	23.23	2.57
SEAL, RINGED	MEAT	AGED			11.00		18.00		0.20		2.60		235.00		25.00	,
WEIGHTED AVERAGE					11.00		18.00		0.20		2.60		235.00		25.00	
SEAL, RINGED	MEAT	BOILED			11.30		10.00		3.20		2.00				25.00	
SEAL, RINGED	MEAT	BOILED			2.50		28.00		0.10		3.10		187.00		32.00	,
SEAL, RINGED	MEAT	BOILED			14.00	8.70	27.00	5.80					293.00	0.0	+	
SEAL, RINGED	MEAT	BOILED			150	0.70	27.30	2.30	5.20	3.510	00	0.000	_,,,,,,	0.0	21.00	0.50
SEAL, RINGED	MEAT	BOILED			+											
SEAL, RINGED	MEAT	BOILED			-								+		†	+
WEIGHTED AVERAGE	1.11.// 11	2 SILLED			10.17	8.70	27.33	5.80	0.17	0.040	3.70	0.500	257.67	0.0	31.33	0.30
SEAL, RINGED	MEAT	RAW			10.17	0.70	21.33	3.00	0.17	0.040	3.70	0.500	237.07	0.0	31.33	0.50
SEAL, KINGED	WIEAT	IXA W	L													

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
NARWHAL	MUKTUK	RAW, NO BLUBBE	102.00	31.00	0.002	0.001	369.00	30.00	0.400	0.260	
NARWHAL	MUKTUK	RAW, NO BLUBBE	100.00	10.00	0.010	0.000					
WEIGHTED AVERAGE			101.56	26.33	0.004	0.001	369.00	30.00	0.40	0.260	
NARWHAL	MUKTUK	AGED									
NARWHAL	MUKTUK	AGED									
NARWHAL	MUKTUK	AGED									
NARWHAL	MUKTUK	AGED									
NARWHAL	MUKTUK	AGED	130.00		0.010						
WEIGHTED AVERAGE			130.00		0.010						
NARWHAL	OIL	AGED									
SEAL, RINGED	BLUBBER	RAW									
SEAL, RINGED	BLUBBER	RAW									
SEAL, RINGED	BLUBBER	RAW									
SEAL, RINGED	BLUBBER	RAW									
SEAL, RINGED	BLUBBER	RAW									
SEAL, RINGED	BLUBBER	RAW	20.00	17.00	0.010	0.000					
WEIGHTED AVERAGE	SECSELIK		20.00	17.00	0.010	0.000					
SEAL, RINGED	BLUBBER, LIQUID	AGED	20.00	17.00	0.010	0.000					
SEAL, RINGED	BLUBBER, LIQUID										
WEIGHTED AVERAGE	BECBBER, EIQUIE	TIGED									
SEAL, RINGED	BLUBBER, SOLID	AGED									
SEAL, RINGED	BLUBBER, SOLID		8.70								
WEIGHTED AVERAGE	DECEDER, SOCIE	NGED	8.70								
SEAL, RINGED	BLUBBER	BOILED	0.70								
SEAL, RINGED	BLUBBER	BOILED	15.00	5.20	†						
WEIGHTED AVERAGE	BECBBER	DOILLE	15.00	5.20							
SEAL, RINGED	LIVER	RAW	10.00	5.20							
SEAL, RINGED	LIVER	RAW	85.00	4.90	0.410	0.060	281.00	131.00	0.100	0.100	
SEAL, RINGED	LIVER	RAW	110.00	22.00	0.310	0.080	201.00	101100	0.100	0.100	
SEAL, RINGED	LIVER	RAW	110.00	22.00	0.510	0.000					
SEAL, RINGED	LIVER	RAW									
SEAL, RINGED	LIVER	RAW									
SEAL, RINGED	LIVER	RAW									
WEIGHTED AVERAGE	ZI I ZIC	24211	92.14	9.79	0.381	0.066	281.00	131.00	0.10	0.100	
SEAL, RINGED	MEAT	AGED	72.14	7.17	0.501	0.000	201.00	151.00	0.10	0.100	
SEAL, RINGED	MEAT	AGED	93.00		0.040						
WEIGHTED AVERAGE	7112/11	.1322	93.00		0.040						
SEAL, RINGED	MEAT	BOILED	75.00		0.040						
SEAL, RINGED	MEAT	BOILED	35.00		0.010		303.00		0.030		
SEAL, RINGED	MEAT	BOILED	140.00	58.00	0.020	0.013	303.00		0.030		
SEAL, RINGED	MEAT	BOILED	170.00	36.00	0.020	0.013					
SEAL, RINGED	MEAT	BOILED									
SEAL, RINGED	MEAT	BOILED									
WEIGHTED AVERAGE	WILAI	DOILLD	105.00	58.00	0.017	0.013	303.00		0.03		
SEAL, RINGED	MEAT	RAW	105.00	36.00	0.017	0.013	303.00		0.03		
SEAL, KINGED	WEAT	NA W			l						

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
SEAL, RINGED	MEAT	RAW	Phoca hispida	70410	2	Kuhnlein &Soueida, 1992	515.00	123.01	73.00	-		25.00	1.60	1.70
SEAL, RINGED	MEAT	RAW	Phoca hispida	70410		Kuhnlein et al, 2005								
SEAL, RINGED	MEAT	RAW	Phoca hispida	70410		Kuhnlein et al, 1991								1.70
SEAL, RINGED	MEAT	RAW	Phoca hispida	70410		Fediuk et al, 2002			70.33	1.64				
SEAL, RINGED	MEAT	RAW	Phoca hispida	70410	8	Kuhnlein et al, 2002								
WEIGHTED AVERAGE			•				533.57	127.44	70.20	1.61		22.14	9.03	1.87
SEAL, RINGED	HEART	RAW	Phoca hispida	70411	2	Kuhnlein et al, 1991								1.90
SEAL, RINGED	HEART	RAW	Phoca hispida	70411		Kuhnlein &Soueida, 1992	472.00	113.00	76.00	2.20	00	23.00	2.30	
WEIGHTED AVERAGE			•				472.00	113.00	76.00	2.20	1	23.00	2.30	
SEAL, RINGED	BRAIN	RAW	Phoca hispida	70405	4	Fediuk et al, 2002			77.54	0.10				
SEAL, RINGED	BRAIN	RAW	Phoca hispida	70405	2	Kuhnlein et al, 1991								9.90
SEAL, RINGED	BRAIN	RAW	Phoca hispida	70405	3	Kuhnlein et al, 2005								
SEAL, RINGED	BRAIN	RAW	Phoca hispida	70405	2	Kuhnlein et al, 2005								
SEAL, RINGED	BRAIN	RAW	Phoca hispida	70405	2	Kuhnlein &Soueida, 1992	628.00	150.00	75.00	0.60	0.00	14.00	0.10	9.90
WEIGHTED AVERAGE			i			,	628.00	150.00	76.69	0.27		14.00	0.10	
SEAL, RINGED	BRAIN	BOILED	Phoca hispida	70412	1	Kuhnlein et al, 2005								
SEAL, RINGED	EYES	RAW	Phoca hispida	70406		Fediuk et al, 2002			85.70	1.84				
SEAL, RINGED	EYES	RAW	Phoca hispida	70406		Kuhnlein et al, 1991								2.30
SEAL, RINGED	EYES	RAW	Phoca hispida	70406		Kuhnlein et al, 2005								
SEAL, RINGED	EYES	RAW	Phoca hispida	70406		Kuhnlein et al, 2005								
SEAL, RINGED	EYES	RAW	Phoca hispida	70406		Kuhnlein &Soueida, 1992	291.00	70.00	85.00	0.20	0.50	11.00	1.40	2.30
WEIGHTED AVERAGE						,	291.00	70.00	85.42	1.18		-	1.40	_
SEAL, RINGED	BLOOD	RAW	Phoca hispida	70413	6	Fediuk et al, 2002	_,	7 0 1 0 0	70.44	4.50		22100	2110	
SEAL, RINGED	BLOOD	RAW	Phoca hispida	70413	6	Kuhnlein et al, 2005								
WEIGHTED AVERAGE			· ·						70.44	4.50				
SEAL, RINGED, PUP	MEAT	RAW	Phoca hispida	70410	1	Kuhnlein et al, 1991								2.80
SEAL, RINGED, PUP	MEAT	RAW	Phoca hispida	70410	1	Kuhnlein &Soueida, 1992	482.00	115.00	75.00		0.00	21.00		2.80
WEIGHTED AVERAGE			1			,	482.00	115.00	75.00		0.00	21.00		2.80
SEAL, RINGED, PUP	MEAT	BOILED	Phoca hispida	70409	1	Kuhnlein et al, 1991								9.80
SEAL, RINGED, PUP	MEAT	BOILED	Phoca hispida	70409	1	Kuhnlein &Soueida, 1992	886.00	212.00	60.00		0.90	28.00		9.80
WEIGHTED AVERAGE			•				886.00	212.00	60.00		0.90	28.00		9.80
WALRUS	BLUBBER	AGED	Odobenus rosmarus	70501	1	Kuhnlein et al, 2002	2344.00	559.85	32.00			2.80		58.00
WALRUS	BLUBBER	AGED	Odobenus rosmarus	70501	2	Kuhnlein &Soueida, 1992	2695.00	643.69	23.00	7.00	0.00	8.00	3.20	68.00
WALRUS	BLUBBER	AGED	Odobenus rosmarus	70501	2	Kuhnlein et al, 2005								
WALRUS	BLUBBER	AGED	Odobenus rosmarus	70501	2	Kuhnlein et al, 1991								67.50
WEIGHTED AVERAGE							2578.00	615.74	26.00	7.00	0.00	6.27	3.20	64.67
WALRUS	BLUBBER	BOILED	Odobenus rosmarus	70502	1	Kuhnlein et al, 1991								72.80
WALRUS	BLUBBER	BOILED	Odobenus rosmarus	70502	1	Kuhnlein &Soueida, 1992	2884.00	689.00	19.00		0.00	7.60		73.00
WEIGHTED AVERAGE							2884.00	689.00	19.00		0.00	7.60		72.90
WALRUS	BLUBBER	RAW	Odobenus rosmarus	70503	2	Kuhnlein et al, 1991								79.90
WALRUS	BLUBBER	RAW	Odobenus rosmarus	70503	4	Kuhnlein et al, 2005								
WALRUS	BLUBBER	RAW	Odobenus rosmarus	70503	2	Kuhnlein &Soueida, 1992	3120.00	746.00	13.00	2.40	0.00	5.90	0.28	80.00
WEIGHTED AVERAGE							3120.00	746.00	13.00	2.40		1		
WALRUS	LIVER	RAW	Odobenus rosmarus	70509	1	Kuhnlein et al, 2005								
WALRUS	MEAT	AGED	Odobenus rosmarus	70504	2	Kuhnlein et al, 2002								

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
SEAL, RINGED	MEAT	RAW	0.07			- (-)											
SEAL, RINGED	MEAT	RAW															
SEAL, RINGED	MEAT	RAW	0.10											0.10	0.01		
SEAL, RINGED	MEAT	RAW															
SEAL, RINGED	MEAT	RAW															
WEIGHTED AVERAGE	17123.11	11111	0.98											0.10	0.01		
SEAL, RINGED	HEART	RAW	0.46											0.20			
SEAL, RINGED	HEART	RAW	0.33											0.20	0.02		
WEIGHTED AVERAGE	112.11(1		0.40											0.20	0.03		
SEAL, RINGED	BRAIN	RAW	0.10											0.20	0.02		
SEAL, RINGED	BRAIN	RAW	0.40														0.10
SEAL, RINGED	BRAIN	RAW	0.40					+									0.10
SEAL, RINGED	BRAIN	RAW						+									
SEAL, RINGED	BRAIN	RAW	0.28														
WEIGHTED AVERAGE	DRAIN	KAW	0.34														0.10
SEAL, RINGED	BRAIN	BOILED	0.34														0.10
SEAL, RINGED	EYES	RAW															
SEAL, RINGED	EYES	RAW	1.01					_	1					0.20	0.11		0.10
SEAL, RINGED		RAW	1.01											0.20	0.11		0.10
	EYES EYES	RAW															
SEAL, RINGED			0.72														
SEAL, RINGED	EYES	RAW	0.72											0.20	0.11		0.10
WEIGHTED AVERAGE	DY COD	D 4 777	0.87											0.20	0.11		0.10
SEAL, RINGED	BLOOD	RAW															
SEAL, RINGED	BLOOD	RAW															
WEIGHTED AVERAGE																	0.10
SEAL, RINGED, PUP	MEAT	RAW												0.10)		0.10
SEAL, RINGED, PUP	MEAT	RAW															
WEIGHTED AVERAGE														0.10			0.10
SEAL, RINGED, PUP	MEAT	BOILED												0.20)		0.20
SEAL, RINGED, PUP	MEAT	BOILED															
WEIGHTED AVERAGE														0.20)		0.20
WALRUS	BLUBBER	AGED															
WALRUS	BLUBBER	AGED	11.00														
WALRUS	BLUBBER	AGED															
WALRUS	BLUBBER	AGED	15.22					0.10	0.03	0.90				1.80	0.46		2.60
WEIGHTED AVERAGE			13.11					0.10	0.03	0.90	0.27	7		1.80	0.46		2.60
WALRUS	BLUBBER	BOILED						0.20)	0.90				1.20			2.70
WALRUS	BLUBBER	BOILED															
WEIGHTED AVERAGE								0.20		0.90				1.20			2.70
WALRUS	BLUBBER	RAW	4.56					0.20	0.01	0.90	0.18	3		2.00	0.65		2.60
WALRUS	BLUBBER	RAW															
WALRUS	BLUBBER	RAW	3.20														
WEIGHTED AVERAGE			3.88					0.20	0.01	0.90	0.18	3		2.00	0.65		2.60
WALRUS	LIVER	RAW															
WALRUS	MEAT	AGED															

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
SEAL, RINGED	MEAT	RAW				` '					1							
SEAL, RINGED	MEAT	RAW									1							
SEAL, RINGED	MEAT	RAW		0.10	0.01						1							
SEAL, RINGED	MEAT	RAW									1							
SEAL, RINGED	MEAT	RAW									1							
WEIGHTED AVERAGE				0.10	0.01													
SEAL, RINGED	HEART	RAW		0.10	0.03											0.10	0.09	,
SEAL, RINGED	HEART	RAW									1							
WEIGHTED AVERAGE				0.10	0.03											0.10	0.09	
SEAL, RINGED	BRAIN	RAW																
SEAL, RINGED	BRAIN	RAW	0.01	0.40	0.04						1					0.20	0.01	
SEAL, RINGED	BRAIN	RAW									1							
SEAL, RINGED	BRAIN	RAW									1							
SEAL, RINGED	BRAIN	RAW									1							
WEIGHTED AVERAGE			0.01	0.40	0.04											0.20	0.01	
SEAL, RINGED	BRAIN	BOILED																
SEAL, RINGED	EYES	RAW																
SEAL, RINGED	EYES	RAW	0.03	0.10	0.08													
SEAL, RINGED	EYES	RAW																
SEAL, RINGED	EYES	RAW																
SEAL, RINGED	EYES	RAW									1							
WEIGHTED AVERAGE			0.03	0.10	0.08													
SEAL, RINGED	BLOOD	RAW																
SEAL, RINGED	BLOOD	RAW																
WEIGHTED AVERAGE																		
SEAL, RINGED, PUP	MEAT	RAW		0.10												0.10		
SEAL, RINGED, PUP	MEAT	RAW																
WEIGHTED AVERAGE				0.10												0.10		
SEAL, RINGED, PUP	MEAT	BOILED		0.20												0.10		
SEAL, RINGED, PUP	MEAT	BOILED																
WEIGHTED AVERAGE				0.20												0.10		
WALRUS	BLUBBER	AGED																
WALRUS	BLUBBER	AGED																
WALRUS	BLUBBER	AGED																
WALRUS	BLUBBER	AGED	0.59	3.40	0.64			0.60	0.02			0.30	0.18	0.10	0.02	0.20	0.05	
WEIGHTED AVERAGE			0.59	3.40	0.64			0.60	0.02			0.30	0.18	0.10	0.02	0.20	0.05	
WALRUS	BLUBBER	BOILED		3.40				0.70				0.30		0.10		0.20		0.30
WALRUS	BLUBBER	BOILED																
WEIGHTED AVERAGE			0.59	3.40				0.70				0.30		0.10		0.20		0.30
WALRUS	BLUBBER	RAW	0.36	3.70	0.91			0.60	0.04			0.30	0.11	0.10	0.02	0.20	0.04	
WALRUS	BLUBBER	RAW																
WALRUS	BLUBBER	RAW																
WEIGHTED AVERAGE			0.36	3.70	0.91			0.60	0.04			0.30	0.11	0.10	0.02	0.20	0.04	
WALRUS	LIVER	RAW																
WALRUS	MEAT	AGED																

and prices	.RT I	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
SEAL, RINGED ME	EAT I	RAW														
SEAL, RINGED ME.	EAT I	RAW														
SEAL, RINGED ME	EAT I	RAW								0.20	0.00	0.30	0.08	0.10	0.08	
SEAL, RINGED ME	EAT I	RAW														
SEAL, RINGED ME	EAT I	RAW														
WEIGHTED AVERAGE										0.20	0.00	0.30	0.08	0.10	0.08	
SEAL, RINGED HEA	EART I	RAW								0.20	0.10	0.30	0.18	0.10	0.08	
SEAL, RINGED HEA	EART I	RAW														
WEIGHTED AVERAGE										0.20	0.10	0.30	0.18	0.10	0.08	
SEAL, RINGED BRA	RAIN	RAW														
SEAL, RINGED BRA	RAIN	RAW	0.10	0.00						0.10	0.02	0.70	0.02	0.10	0.01	
	RAIN	RAW														
		RAW														
		RAW														
WEIGHTED AVERAGE			0.10	0.00						0.10	0.02	0.70	0.02	0.10	0.01	
	RAIN I	BOILED														
SEAL, RINGED EYI		RAW														
SEAL, RINGED EYI		RAW								0.60	0.28	0.60	0.21	0.10	0.03	
SEAL, RINGED EYI		RAW														
SEAL, RINGED EYI		RAW														
SEAL, RINGED EYI		RAW														
WEIGHTED AVERAGE										0.60	0.28	0.60	0.21	0.10	0.03	
	OOD I	RAW									0.20	3133		0.20	0.00	
		RAW														
WEIGHTED AVERAGE																
	EAT I	RAW								0.20		0.40		0.10		
		RAW														
WEIGHTED AVERAGE										0.20		0.40		0.10		
	EAT I	BOILED								1.00		1.30		0.30		
		BOILED														
WEIGHTED AVERAGE										1.00		1.30		0.30		
	UBBER /	AGED														
		AGED														
		AGED														
		AGED	0.30	0.17				0.50	0.07	7.10	0.38	10.90	0.44	4.50	1.13	0.40
WEIGHTED AVERAGE			0.30	0.17				0.50	0.07	7.10		10.90	0.44		•	0.40
WALRUS BLU	UBBER I	BOILED						0.50		7.10		13.40		6.50		0.60
		BOILED														
WEIGHTED AVERAGE								0.50		7.10		13.40		6.50		0.60
	UBBER I	RAW	0.30	0.13				0.50				11.60	0.81			0.60
		RAW														
		RAW														
WEIGHTED AVERAGE			0.30	0.13				0.50	0.00	7.00	1.00	11.60	0.81	4.90	0.70	0.60
	VER I	RAW														
		AGED														

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
SEAL, RINGED	MEAT	RAW																
SEAL, RINGED	MEAT	RAW																
SEAL, RINGED	MEAT	RAW											0.20	0.01	0.10	0.02		
SEAL, RINGED	MEAT	RAW																
SEAL, RINGED	MEAT	RAW																
WEIGHTED AVERAGE													0.20	0.01	0.10	0.02		
SEAL, RINGED	HEART	RAW											0.20		0.20	0.01		
SEAL, RINGED	HEART	RAW																
WEIGHTED AVERAGE													0.20	0.06	0.20	0.01		
SEAL, RINGED	BRAIN	RAW																
SEAL, RINGED	BRAIN	RAW											0.70	0.05	0.70	0.04		
SEAL, RINGED	BRAIN	RAW																
SEAL, RINGED	BRAIN	RAW																
SEAL, RINGED	BRAIN	RAW			1	1		1	1		1	1		1				
WEIGHTED AVERAGE													0.70	0.05	0.70	0.04		
SEAL, RINGED	BRAIN	BOILED																
SEAL, RINGED	EYES	RAW																
SEAL, RINGED	EYES	RAW									0.10	0.03	0.20	0.01				
SEAL, RINGED	EYES	RAW									0.20		0.20					
SEAL, RINGED	EYES	RAW																
SEAL, RINGED	EYES	RAW																
WEIGHTED AVERAGE											0.10	0.03	0.20	0.01				
SEAL, RINGED	BLOOD	RAW									0.20		0.20	0.00				
SEAL, RINGED	BLOOD	RAW																
WEIGHTED AVERAGE																		
SEAL, RINGED, PUP	MEAT	RAW									0.10		0.30		0.10			
SEAL, RINGED, PUP	MEAT	RAW											0.00			1		
WEIGHTED AVERAGE											0.10		0.30		0.10			
SEAL, RINGED, PUP	MEAT	BOILED									0.30		1.00		0.30			
SEAL, RINGED, PUP	MEAT	BOILED																
WEIGHTED AVERAGE											0.30		1.00		0.30			
WALRUS	BLUBBER	AGED																
WALRUS	BLUBBER	AGED																
WALRUS	BLUBBER	AGED																
WALRUS	BLUBBER	AGED	0.24								1.70	0.13	3.70	1.27	0.60	0.20		
WEIGHTED AVERAGE			0.24								1.70					_		
WALRUS	BLUBBER	BOILED									1.80		3.50		0.60			
WALRUS	BLUBBER	BOILED			1	1		1	1		1	1		1				
WEIGHTED AVERAGE											1.80		3.50		0.60			
WALRUS	BLUBBER	RAW	0.03								1.90							
WALRUS	BLUBBER	RAW	1						1					107				
WALRUS	BLUBBER	RAW			†	<u> </u>		†	1					<u> </u>	1	1		
WEIGHTED AVERAGE	-		0.03								1.90	0.15	4.00	1.09	0.60	0.11		
WALRUS	LIVER	RAW																
WALRUS	MEAT	AGED																
		1		I	1	I	I	1	ı	1	1	I	I	I	1	I	1	<u>.</u>

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
SEAL, RINGED	MEAT	RAW							29.00	3.00						
SEAL, RINGED	MEAT	RAW							115.40	187.57			0.090	0.057		
SEAL, RINGED	MEAT	RAW														
SEAL, RINGED	MEAT	RAW													1.55	0.50
SEAL, RINGED	MEAT	RAW														
WEIGHTED AVERAGE									90.71	134.84			0.090	0.06	1.55	0.50
SEAL, RINGED	HEART	RAW														
SEAL, RINGED	HEART	RAW							6.00	0.00						
WEIGHTED AVERAGE									6.00							
SEAL, RINGED	BRAIN	RAW													14.86	2.60
SEAL, RINGED	BRAIN	RAW														
SEAL, RINGED	BRAIN	RAW							15.00	4.56			0.330	0.052		
SEAL, RINGED	BRAIN	RAW									1.50	1.04				
SEAL, RINGED	BRAIN	RAW							5.00	5.00						
WEIGHTED AVERAGE									11.00	4.74		1.04	0.330	0.052	14.86	2.60
SEAL, RINGED	BRAIN	BOILED							39.90				0.040			
SEAL, RINGED	EYES	RAW													3.17	0.68
SEAL, RINGED	EYES	RAW														
SEAL, RINGED	EYES	RAW							44.50	20.28			0.260	0.143		
SEAL, RINGED	EYES	RAW									2.60	1.68				
SEAL, RINGED	EYES	RAW							300.00	290.00						
WEIGHTED AVERAGE									146.70	128.17	2.60	1.68	0.260	0.143	3.17	0.68
SEAL, RINGED	BLOOD	RAW							1.0.70	120117	2.00	1.00	0.200	01113	0.04	0.06
SEAL, RINGED	BLOOD	RAW							74.10	138.29			0.060	0.144		0.00
WEIGHTED AVERAGE	BEGGE								74.10				0.060		0.04	0.06
SEAL, RINGED, PUP	MEAT	RAW							,	150.25			0.000	01211	0.0.1	0.00
SEAL, RINGED, PUP	MEAT	RAW														
WEIGHTED AVERAGE																
SEAL, RINGED, PUP	MEAT	BOILED														
SEAL, RINGED, PUP	MEAT	BOILED														
WEIGHTED AVERAGE																
WALRUS	BLUBBER	AGED														
WALRUS	BLUBBER	AGED							600.00	330.00						
WALRUS	BLUBBER	AGED							220.70	48.11			0.300	0.420		
WALRUS	BLUBBER	AGED														
WEIGHTED AVERAGE									410.35	189.06			0.300	0.42		
WALRUS	BLUBBER	BOILED														
WALRUS	BLUBBER	BOILED							199.00							
WEIGHTED AVERAGE									199.00							
WALRUS	BLUBBER	RAW							2,7,00							
WALRUS	BLUBBER	RAW							104.30	31.42			5.890	11.786		
WALRUS	BLUBBER	RAW							1000.00				2.070	11.700		
WEIGHTED AVERAGE									402.87				5.890	11.786		
WALRUS	LIVER	RAW							4283.40				5.670	11.700		
WALRUS	MEAT	AGED							1203.40							
WALKUS	IVIEA I	AGED]]		1			l .				1	<u> </u>	

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
SEAL, RINGED	MEAT	RAW			10.00	6.20	20.00	4.60	0.20	0.040	3.00	0.200	225.00	4.00	24.00)
SEAL, RINGED	MEAT	RAW														
SEAL, RINGED	MEAT	RAW														
SEAL, RINGED	MEAT	RAW														
SEAL, RINGED	MEAT	RAW			23.00	59.00	19.00	12.00	0.20	0.160	2.00	1.100	161.00	90.00	23.00	14.00
WEIGHTED AVERAGE					20.40	48.44	19.20		0.20	0.136	2.20		173.80	72.80	23.20	14.00
SEAL, RINGED	HEART	RAW														
SEAL, RINGED	HEART	RAW			8.00	4.00	12.00	0.00	0.40	0.010	2.70	0.150	195.00	7.00	19.00	0.50
WEIGHTED AVERAGE					8.00		12.00	0.00	0.40	0.010	2.70		195.00	7.00	19.00	0.50
SEAL, RINGED	BRAIN	RAW														
SEAL, RINGED	BRAIN	RAW														
SEAL, RINGED	BRAIN	RAW														
SEAL, RINGED	BRAIN	RAW														
SEAL, RINGED	BRAIN	RAW			8.00	1.80	10.00	0.70	0.70	0.110	1.40	0.190	350.00	24.00	15.00	1.40
WEIGHTED AVERAGE	,				8.00		10.00				1.40		350.00	24.00		+
SEAL, RINGED	BRAIN	BOILED			0.00	1.00	10.00	0.70	0170	0.110	11.0	0.170	220.00	2.1.00	12.00	11.10
SEAL, RINGED	EYES	RAW														
SEAL, RINGED	EYES	RAW														
SEAL, RINGED	EYES	RAW														
SEAL, RINGED	EYES	RAW														
SEAL, RINGED	EYES	RAW			20.00	5.00	6.00	1.40	1.00	0.900	30.00	21.000	33.00	3.80	4.00	1.50
WEIGHTED AVERAGE	ETES	KAW			20.00	5.00	6.00				30.00		33.00		+	+
SEAL, RINGED	BLOOD	RAW			20.00	3.00	0.00	1.40	1.00	0.900	30.00	21.000	33.00	3.00	4.00	1.30
SEAL, RINGED	BLOOD	RAW														
WEIGHTED AVERAGE	BLOOD	KAW														
SEAL, RINGED, PUP	MEAT	RAW														
SEAL, RINGED, PUP	MEAT	RAW			15.00		11.00		0.20		3.40		128.00		14.00	\
WEIGHTED AVERAGE	WIEAT	KAW			15.00		11.00		0.20		3.40		128.00		14.00	
SEAL, RINGED, PUP	MEAT	BOILED			13.00		11.00		0.20		3.40		120.00		14.00	,
SEAL, RINGED, PUP	MEAT	BOILED			18.00		18.00		0.20		6.20		154.00		15.00	
WEIGHTED AVERAGE	WIEAT	BOILED			18.00		18.00		0.20		6.20		154.00		15.00	
WALRUS	BLUBBER	AGED			18.00		16.00		0.20		0.20		134.00		13.00	,
WALRUS	BLUBBER	AGED			5.00	1.50	3.00	1.60	0.60		0.60	0.150	50.00	17.00	4.00	2.30
WALRUS	BLUBBER	AGED			3.00	1.50	3.00	1.00	0.00		0.00	0.130	30.00	17.00	4.00	2.30
WALRUS	BLUBBER	AGED														
WEIGHTED AVERAGE	BLUBBER	AGED			5.00	1.50	3.00	1.60	0.60		0.60	0.150	50.00	17.00	4.00	2.30
	DLUDDED	DOILED			3.00	1.50	3.00	1.00	0.00		0.00	0.130	30.00	17.00	4.00	2.30
WALRUS WALRUS	BLUBBER BLUBBER	BOILED BOILED		1	3.20		0.70	 			0.40	1	26.00	-	2.40	
WEIGHTED AVERAGE	DLUBBEK	DOILED			3.20		0.70				0.40		26.00		2.40	
WALRUS	BLUBBER	RAW			3.20		0.70				0.40		20.00		2.40	
	BLUBBER			-												
WALRUS		RAW		-	2.00	0.27	0.00	0.00			0.20	0.070	16.00	1.7/	1.00	0.70
WALRUS	BLUBBER	RAW			2.80		0.80				0.30		16.00			
WEIGHTED AVERAGE	I II III D	DAW			2.80	0.27	0.80	0.08			0.30	0.070	16.00	1.70	1.80	0.70
WALRUS	LIVER	RAW				0.01	40.00	1.00	0.10	0.0-0		0.510	150.00	40.00	22.00	
WALRUS	MEAT	AGED			5.30	0.91	19.00	4.00	0.10	0.060	5.10	0.510	150.00	10.00	23.00	5.20

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
SEAL, RINGED	MEAT	RAW	110.00	46.00	0.020	0.000					
SEAL, RINGED	MEAT	RAW									
SEAL, RINGED	MEAT	RAW									
SEAL, RINGED	MEAT	RAW									
SEAL, RINGED	MEAT	RAW	32.00	11.00	0.010	0.009	288.00	198.00	0.020	0.009	
WEIGHTED AVERAGE			47.60	18.00	0.012	0.000	288.00	198.00	0.02	0.009	
SEAL, RINGED	HEART	RAW									
SEAL, RINGED	HEART	RAW	149.00	28.00	0.040	0.005					
WEIGHTED AVERAGE			149.00	28.00	0.040	0.005					
SEAL, RINGED	BRAIN	RAW									
SEAL, RINGED	BRAIN	RAW									
SEAL, RINGED	BRAIN	RAW									
SEAL, RINGED	BRAIN	RAW									
SEAL, RINGED	BRAIN	RAW	190.00	14.00	0.030	0.002				1	
WEIGHTED AVERAGE			190.00	14.00	0.030	0.002					
SEAL, RINGED	BRAIN	BOILED									
SEAL, RINGED	EYES	RAW									
SEAL, RINGED	EYES	RAW									
SEAL, RINGED	EYES	RAW									
SEAL, RINGED	EYES	RAW									
SEAL, RINGED	EYES	RAW	230.00	160.00	0.010	0.004					
WEIGHTED AVERAGE			230.00	160.00	0.010	0.004					
SEAL, RINGED	BLOOD	RAW									
SEAL, RINGED	BLOOD	RAW									
WEIGHTED AVERAGE											
SEAL, RINGED, PUP	MEAT	RAW									
SEAL, RINGED, PUP	MEAT	RAW	139.00		0.020						
WEIGHTED AVERAGE			139.00		0.020						
SEAL, RINGED, PUP	MEAT	BOILED									
SEAL, RINGED, PUP	MEAT	BOILED	92.00		0.030						
WEIGHTED AVERAGE			92.00		0.030						
WALRUS	BLUBBER	AGED									
WALRUS	BLUBBER	AGED	90.00	31.00	0.020	0.010					
WALRUS	BLUBBER	AGED									
WALRUS	BLUBBER	AGED									
WEIGHTED AVERAGE			90.00	31.00	0.020	0.010					
WALRUS	BLUBBER	BOILED									
WALRUS	BLUBBER	BOILED	50.00								
WEIGHTED AVERAGE			50.00								
WALRUS	BLUBBER	RAW									
WALRUS	BLUBBER	RAW									
WALRUS	BLUBBER	RAW	60.00	12.00	0.010	0.000					
WEIGHTED AVERAGE			60.00		0.010	0.000					
WALRUS	LIVER	RAW									
WALRUS	MEAT	AGED	67.00	1.00	0.030	0.020	232.00	126.00	0.100	0.100	

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
WALRUS	MEAT	AGED	Odobenus rosmarus	70504		Kuhnlein &Soueida, 1992	643.00	153.58	69.00	1.50				
WALRUS	MEAT	AGED	Odobenus rosmarus	70504	1	Kuhnlein et al, 2002	854.00	203.97	64.00			24.00		11.00
WALRUS	MEAT	AGED	Odobenus rosmarus	70504	2	Kuhnlein et al, 1991								4.90
WALRUS	MEAT	AGED	Odobenus rosmarus	70504	1	Fediuk et al, 2002			64.05					
WALRUS	MEAT	AGED	Odobenus rosmarus	70504	1	Kuhnlein et al, 2005								
WEIGHTED AVERAGE							713.33	170.38	66.51	1.50	0.00	25.33	0.50	6.16
WALRUS	MEAT	BOILED	Odobenus rosmarus	70505	2	Kuhnlein et al, 1991								2.90
WALRUS	MEAT	BOILED	Odobenus rosmarus	70505	2	Kuhnlein &Soueida, 1992	797.00	191.00	59.00	0.50	0.00	38.00	0.30	2.90
WEIGHTED AVERAGE							797.00	191.00	59.00	0.50	0.00	38.00	0.30	2.90
WALRUS	MEAT	RAW	Odobenus rosmarus	70506	1	Kuhnlein et al, 2002	466.00	111.30	73.00			23.00		1.60
WALRUS	MEAT	RAW	Odobenus rosmarus	70506	2	Kuhnlein &Soueida, 1992	499.00	119.18	74.00	0.10	0.00	24.00	0.30	
WALRUS	MEAT	RAW	Odobenus rosmarus	70506	2	Kuhnlein et al, 2005								
WALRUS	MEAT	RAW	Odobenus rosmarus	70506		Kuhnlein et al, 1991								1.90
WALRUS	MEAT	RAW	Odobenus rosmarus	70506	3	Kuhnlein et al, 2002								
WALRUS	MEAT	RAW	Odobenus rosmarus	70506	1	Fediuk et al, 2002			73.10					
WEIGHTED AVERAGE							488.00	116.56	73.53	0.10	0.00	23.67	0.30	1.84
WALRUS	MEAT AND FAT	RAW	Odobenus rosmarus	70510	1	Kuhnlein et al, 2005								
WALRUS	MUKTUK	AGED	Odobenus rosmarus	70507		Kuhnlein et al, 1991								3.40
WALRUS	MUKTUK	AGED	Odobenus rosmarus	70507	2	Kuhnlein &Soueida, 1992	678.00	162.00	62.00	4.00	0.50	30.00	0.40	+
WEIGHTED AVERAGE						,	678.00	162.00	62.00	4.00	0.50	30.00	0.40	
WALRUS	MUKTUK	RAW	Odobenus rosmarus	70508	1	Fediuk et al, 2002			64.40					
WALRUS	MUKTUK	RAW	Odobenus rosmarus	70508	2	Kuhnlein et al, 1991								3.20
WALRUS	MUKTUK	RAW	Odobenus rosmarus	70508		Kuhnlein et al. 2005								
WALRUS	MUKTUK	RAW	Odobenus rosmarus	70508	2	Kuhnlein &Soueida, 1992	716.00	171.00	64.00	1.40	0.00	33.00	2.00	3.00
WEIGHTED AVERAGE						,	716.00	171.00	64.13	1.40	0.00	33.00	2.00	
LAND ANIMALS														
BEAR	MEAT	RAW	Ursus americanus	40201	1	Kuhnlein et al, 1994	535.00	127.78	73.00			22.00		4.00
BEAR	MEAT	RAW	Ursus americanus	40201	1	Morrison&Kuhnlein,1993								
BEAR	MEAT	RAW	Ursus americanus	40201	1	Appavoo et al, 1991								4.00
WEIGHTED AVERAGE							535.00	127.78	73.00			22.00		4.00
BEAR	MEAT	SMOKED	Ursus americanus	40202	1	Kuhnlein et al, 1994	954.00	227.86	55.00			32.00		10.00
BEAR	MEAT	SMOKED	Ursus americanus	40202	1	Morrison&Kuhnlein,1993								
BEAR	MEAT	SMOKED	Ursus americanus	40202	1	Appavoo et al, 1991								10.10
WEIGHTED AVERAGE							954.00	227.86	55.00			32.00		10.05
BEAVER	MEAT	RAW	Castor canadensis	40305	2	Kuhnlein et al, 1994	513.00	122.53	75.00	1.50	0.00	19.00	1.50	
BEAVER	MEAT	RAW	Castor canadensis	40305	2	Appavoo et al, 1991					1			4.80
WEIGHTED AVERAGE							513.00	122.53	75.00	1.50	0.00	19.00	1.50	4.90
BEAVER	MEAT	BAKED	Castor canadensis	40303	2	Kuhnlein et al, 1994	533.00	127.30	70.00	3.60	0.00	27.00	2.50	1.50
BEAVER	MEAT	BAKED	Castor canadensis	40303		Appavoo et al, 1991								1.50
WEIGHTED AVERAGE							533.00	127.30	70.00	3.60	0.00	27.00	2.50	1.50
BEAVER	MEAT	DRIED	Castor canadensis	40304	2	Kuhnlein et al, 1994	1201.00	286.85	36.00	1.40	0.00	53.00	3.50	
BEAVER	MEAT	DRIED	Castor canadensis	40304	1	Appavoo et al, 1991								7.50
WEIGHTED AVERAGE							1201.00	286.85	36.00	1.40	0.00	53.00	3.50	
BEAVER	FEET	BAKED	Castor canadensis	40301	1	Kuhnlein et al, 1994	1378.00	329.13	51.00			21.00		27.00
BEAVER	FEET	BAKED	Castor canadensis	40301	1	Appavoo et al, 1991								26.60

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
WALRUS	MEAT	AGED	1.50		55 110111	1 11 0 (0)	55 1115	10.011 0	52 10.511 5	101.111.0	55 10	20.511 5	55 20.511 5	20.011 0	55 20.011 5	22.01.0	22.011 0
WALRUS	MEAT	AGED	1														1
WALRUS	MEAT	AGED	2.13							0.10	0.06			0.20	0.13		0.10
WALRUS	MEAT	AGED								0.11							-
WALRUS	MEAT	AGED															
WEIGHTED AVERAGE	1,12,11	HOLD	1.82							0.10	0.06			0.20	0.13		0.10
WALRUS	MEAT	BOILED	0.10							0.10	0.06			0.20	0.09		0.10
WALRUS	MEAT	BOILED	0.07							0.10	0.00			0.20	0.05		0.10
WEIGHTED AVERAGE	1123.11	DOLLLE	0.09							0.10	0.06			0.20	0.09		0.10
WALRUS	MEAT	RAW	0.07							0.10	0.00			0.20	0.00		0.10
WALRUS	MEAT	RAW	0.34														
WALRUS	MEAT	RAW	0.51												<u> </u>		
WALRUS	MEAT	RAW	0.48											0.10	0.06		0.10
WALRUS	MEAT	RAW	0.10											0.10	0.00		0.10
WALRUS	MEAT	RAW															
WEIGHTED AVERAGE	IVILA VI	KITW	0.41											0.10	0.06		0.10
WALRUS	MEAT AND FAT	RAW	0.41											0.10	0.00		0.10
WALRUS	MUKTUK	AGED	0.00							0.10	0.01			0.20	0.07		0.20
WALRUS	MUKTUK	AGED	0.00							0.10	0.01			0.20	0.07		0.20
WEIGHTED AVERAGE	WORTOR	AGLD	0.00							0.10	0.01			0.20	0.07		0.20
WALRUS	MUKTUK	RAW	0.00							0.10	0.01			0.20	0.07		0.20
WALRUS	MUKTUK	RAW	1.61											0.10	0.03		0.10
WALRUS	MUKTUK	RAW	1.01											0.10	0.03		0.10
WALRUS	MUKTUK	RAW	1.10														
WEIGHTED AVERAGE	WORTOR	KITW	1.36											0.10	0.03		0.10
LAND ANIMALS			1.50											0.10	0.03		0.10
BEAR	MEAT	RAW															
BEAR	MEAT	RAW															
BEAR	MEAT	RAW															
WEIGHTED AVERAGE																	
BEAR	MEAT	SMOKED															
BEAR	MEAT	SMOKED															1
BEAR	MEAT	SMOKED						0.10									
WEIGHTED AVERAGE								0.10									
BEAVER	MEAT	RAW	3.20														
BEAVER	MEAT	RAW	4.52					0.10	0.06								1
WEIGHTED AVERAGE			3.86					0.10									
BEAVER	MEAT	BAKED	0.14														
BEAVER	MEAT	BAKED	0.20					0.10	0.04								
WEIGHTED AVERAGE			0.09					0.10									
BEAVER	MEAT	DRIED	0.72														
BEAVER	MEAT	DRIED						0.80									
WEIGHTED AVERAGE			0.72					0.80									
BEAVER	FEET	BAKED															
BEAVER	FEET	BAKED	1					1.40								1	1

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
WALRUS	MEAT	AGED	55 22.311 3	22.011 3	5D 22.011 5	1110(0)	SD TH 0	10.211 0	DD 10.211 0	10.511 0	5510.511 0	20.211 0	DD 20.2H 0	20.511 0	BD 20.5H 0	20.111 0	5D 20. III 0	22.211 0
WALRUS	MEAT	AGED																\vdash
WALRUS	MEAT	AGED	0.07	0.20	0.14													\vdash
WALRUS	MEAT	AGED	0.07	0.20	0.11								†					+
WALRUS	MEAT	AGED											†					+
WEIGHTED AVERAGE	IVILII I	NGLD	0.07	0.20	0.14													
WALRUS	MEAT	BOILED	0.07	0.20	0.14											0.10	0.02	,
WALRUS	MEAT	BOILED	0.07	0.20	0.11		 	+				1	1			0.10	0.02	
WEIGHTED AVERAGE	WILAT	DOILLED	0.07	0.20	0.11											0.10	0.02	,
WALRUS	MEAT	RAW	0.07	0.20	0.11											0.10	0.02	
WALRUS	MEAT	RAW																
WALRUS	MEAT	RAW																
	MEAT		0.01	0.10	0.04		 	+	-		1	1	+					
WALRUS WALRUS	MEAT MEAT	RAW RAW	0.01	0.10	0.04		+	+	-	-	+	+	+	1		1		
											-		1					
WALRUS	MEAT	RAW	0.01	0.10	0.04													
WEIGHTED AVERAGE	1 (F + F + 1) F + F + F	D . ***	0.01	0.10	0.04													
WALRUS		RAW	0.05	0.20	0.05													
WALRUS	MUKTUK	AGED	0.06	0.30	0.05								1					 '
WALRUS	MUKTUK	AGED																
WEIGHTED AVERAGE			0.06	0.30	0.05													
WALRUS	MUKTUK	RAW																 '
WALRUS	MUKTUK	RAW	0.03	0.10	0.05													<u> </u>
WALRUS	MUKTUK	RAW																<u> </u>
WALRUS	MUKTUK	RAW																
WEIGHTED AVERAGE			0.03	0.10	0.05													
LAND ANIMALS																		<u> </u>
BEAR	MEAT	RAW																<u> </u>
BEAR	MEAT	RAW																<u> </u>
BEAR	MEAT	RAW						0.10										
WEIGHTED AVERAGE								0.10										
BEAR	MEAT	SMOKED																
BEAR	MEAT	SMOKED																
BEAR	MEAT	SMOKED						0.20								0.10		
WEIGHTED AVERAGE								0.20								0.10		
BEAVER	MEAT	RAW																
BEAVER	MEAT	RAW						0.40	0.19							0.10	0.01	
WEIGHTED AVERAGE								0.40	0.19							0.10	0.01	
BEAVER	MEAT	BAKED																
BEAVER	MEAT	BAKED						0.30	0.06							0.10	0.00	,
WEIGHTED AVERAGE								0.30	0.06							0.10	0.00	,
BEAVER	MEAT	DRIED																
BEAVER	MEAT	DRIED		1			1	1.30	1			1				0.10		1
WEIGHTED AVERAGE								1.30								0.10		
BEAVER	FEET	BAKED																
BEAVER	FEET	BAKED						1.70								0.10		

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
WALRUS	MEAT	AGED														
WALRUS	MEAT	AGED														
WALRUS	MEAT	AGED								0.40	0.25	0.60	0.39	0.20	0.14	
WALRUS	MEAT	AGED														
WALRUS	MEAT	AGED														
WEIGHTED AVERAGE										0.40	0.25	0.60	0.39	0.20	0.14	
WALRUS	MEAT	BOILED								0.40		0.70				
WALRUS	MEAT	BOILED										0110		0.20		
WEIGHTED AVERAGE	1,12,11	DOILLE								0.40	0.22	0.70	0.23	0.20	0.07	
WALRUS	MEAT	RAW								00	0.22	0.70	0.20	0.20	0.07	
WALRUS	MEAT	RAW														
WALRUS	MEAT	RAW						†								
WALRUS	MEAT	RAW						†		0.30	0.01	0.40	0.04	0.10	0.04	
WALRUS	MEAT	RAW		†				†		0.30	0.01	0.40	0.04	0.10	0.04	
WALRUS	MEAT	RAW		†				†								
WEIGHTED AVERAGE	IVIEZ 11	10.111								0.30	0.01	0.40	0.04	0.10	0.04	
WALRUS	MEAT AND FAT	RAW								0.50	0.01	0.40	0.04	0.10	0.04	
WALRUS	MUKTUK	AGED								0.70	0.20	0.80	0.05	0.20	0.08	
WALRUS	MUKTUK	AGED						1		0.70	0.20	0.00	0.03	0.20	0.00	
WEIGHTED AVERAGE	MORTOR	AGED								0.70	0.20	0.80	0.05	0.20	0.08	
WALRUS	MUKTUK	RAW								0.70	0.20	0.80	0.03	0.20	0.08	
WALRUS	MUKTUK	RAW						1		0.40	0.12	0.70	0.06	0.20	0.02	
WALRUS	MUKTUK	RAW								0.40	0.12	0.70	0.00	0.20	0.02	
WALRUS	MUKTUK	RAW						1								
WEIGHTED AVERAGE	MORTOR	KAW								0.40	0.12	0.70	0.06	0.20	0.02	
LAND ANIMALS										0.40	0.12	0.70	0.00	0.20	0.02	
BEAR	MEAT	RAW						1								
BEAR	MEAT	RAW														
BEAR	MEAT	RAW								0.10		1.40				
WEIGHTED AVERAGE	WILAT	KAW								0.10		1.40				
BEAR	MEAT	SMOKED								0.10		1.40				
BEAR	MEAT	SMOKED														
BEAR	MEAT	SMOKED								0.30		3.10				
WEIGHTED AVERAGE	IVIEZ CI	SWOKED								0.30		3.10				
BEAVER	MEAT	RAW								0.50		5.10				
BEAVER	MEAT	RAW	1	 				+	1		1	0.20	0.16		1	
WEIGHTED AVERAGE	1/11/11	10177										0.20				
BEAVER	MEAT	BAKED										0.20	0.10			
BEAVER	MEAT	BAKED	1	 	+			+	1	+	1	0.20	0.12		1	
WEIGHTED AVERAGE	WILAI	DAKED										0.20				
BEAVER	MEAT	DRIED										0.20	0.12			
BEAVER	MEAT	DRIED	1	 	+			+	1	0.20	1	2.40			1	
WEIGHTED AVERAGE	MILAI	DRILD								0.20		2.40	4			
BEAVER	FEET	BAKED								0.20		2.40				
BEAVER	FEET	BAKED						0.10	1	1.10		2.90		0.20		
DEAVER	FEE I	DAKED						0.10	<u>'</u>	1.10		2.90		0.20		

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
WALRUS	MEAT	AGED	55 22.1		00 2	1 5111 (0)	55 1 5111	5111010	51111010	51111210	51111110	55 1	511110.0	52 10.0	511110.0	55 10.0	51112010	55 20.0
WALRUS	MEAT	AGED																
WALRUS	MEAT	AGED									0.10	0.08	0.40	0.23	0.10	0.03		
WALRUS	MEAT	AGED									0.10	0.00	0.10	0.20	0.10	0.02		
WALRUS	MEAT	AGED																
WEIGHTED AVERAGE	1,12,11	HOLL									0.10	0.08	0.40	0.23	0.10	0.03		
WALRUS	MEAT	BOILED									0.10	0.08						
WALRUS	MEAT	BOILED									0.10	0.00	0.50	0.23	0.10	0.01		
WEIGHTED AVERAGE	1,12,11	BULLE									0.10	0.08	0.50	0.25	0.10	0.04		
WALRUS	MEAT	RAW									0.10	0.00	0.00	0.20	0.10	0.01		
WALRUS	MEAT	RAW																
WALRUS	MEAT	RAW																+
WALRUS	MEAT	RAW									0.10	0.01	0.30	0.05	0.10	0.01		+
WALRUS	MEAT	RAW									0.10	0.01	0.50	0.03	0.10	0.01		
WALRUS	MEAT	RAW																
WEIGHTED AVERAGE	IVIEN II	Tu T TT									0.10	0.01	0.30	0.05	0.10	0.01		
WALRUS	MEAT AND FAT	RAW									0.10	0.01	0.50	0.03	0.10	0.01		
WALRUS	MUKTUK	AGED									0.10	0.01	0.20	0.06				
WALRUS	MUKTUK	AGED									0.10	0.01	0.20	0.00				
WEIGHTED AVERAGE	WORTOK	NGED									0.10	0.01	0.20	0.06				
WALRUS	MUKTUK	RAW									0.10	0.01	0.20	0.00				
WALRUS	MUKTUK	RAW									0.10	0.02	0.20	0.05				
WALRUS	MUKTUK	RAW									0.10	0.02	0.20	0.03				
WALRUS	MUKTUK	RAW																
WEIGHTED AVERAGE	MORTOR	KAW									0.10	0.02	0.20	0.05				
LAND ANIMALS											0.10	0.02	0.20	0.03				
BEAR	MEAT	RAW																
BEAR	MEAT	RAW																
BEAR	MEAT	RAW											0.80		0.90			
WEIGHTED AVERAGE	IVILZ I I	KITW											0.80		0.90	1		
BEAR	MEAT	SMOKED											0.00		0.50			
BEAR	MEAT	SMOKED																
BEAR	MEAT	SMOKED											1.70		0.40			
WEIGHTED AVERAGE	IVILZ I I	SWOKED											1.70	1	0.40			
BEAVER	MEAT	RAW											1.70		0.40			
BEAVER	MEAT	RAW	+		1					 	+	 	0.20	0.13	0.10	0.10	1	+
WEIGHTED AVERAGE	1711.// 1.1	10111											0.20					
BEAVER	MEAT	BAKED											0.20	0.13	0.10	0.10		
BEAVER	MEAT	BAKED		+	1				 	1	+	 	0.30	0.08	0.10	0.04	1	+
WEIGHTED AVERAGE	WILAI	DAKED									_	_	0.30			1		
BEAVER	MEAT	DRIED											0.50	0.00	0.10	0.04		
BEAVER	MEAT	DRIED	+		1					 	0.10	 	1.60	 	0.60	 	1	+
WEIGHTED AVERAGE	WILKI	DRILD									0.10		1.60		0.60			
BEAVER	FEET	BAKED									0.10		1.00		0.00			
BEAVER	FEET	BAKED		1							0.10		0.80	 	0.10			+
DEAVER	PEET	DAKED		<u> </u>	<u> </u>		<u> </u>		1		0.10	<u> </u>	0.80	<u> </u>	0.10	<u> </u>	<u> </u>	

WALRUS MEAT AGED 20.00 12.00	0.85 0.85 1.00 1.00	
WALRUS MEAT AGED	0.85	
WALRUS MEAT AGED	0.85	
WALRUS MEAT AGED 44.40 0.160 WEIGHTED AVERAGE 28.13 12.00 0.160 WALRUS MEAT BOILED 28.13 12.00 0.160 WALRUS MEAT BOILED 6.00 6.00 6.00 0.00 WEIGHTED AVERAGE 6.00 6.00 6.00 0.00 0.00 0.00 WALRUS MEAT RAW 15.00 11.00 0.00	0.85	
WEIGHTED AVERAGE MEAT BOILED	1.00	
WEIGHTED AVERAGE BOILED 0.160 WALRUS MEAT BOILED BOILED WALRUS MEAT BOILED BOILED WEIGHTED AVERAGE BOILED BOILED BOILED WALRUS MEAT RAW BOILED BOILED WALRUS MEAT RAW BOILED BOI	1.00	
WALRUS MEAT BOILED 6.00	1.00	
WEIGHTED AVERAGE 6.00		
WEIGHTED AVERAGE 6.00		
WALRUS MEAT RAW 15.00 11.00 1		
WALRUS MEAT RAW 15.00 11.00 1		
WALRUS MEAT RAW 138.90 177.39		
WALRUS MEAT RAW Image: RAW of the control of the con		
WALRUS MEAT RAW SALRUS MEAT RAW SALRUS SALRU		
WALRUS MEAT RAW		
WEIGHTED AVERAGE 76.95 94.20	1.00	
WALRUS MEAT AND FAT RAW 572.70 29.770		
WALRUS MUKTUK AGED		
WALRUS MUKTUK AGED 64.00 70.00		
WEIGHTED AVERAGE 64.00 70.00		
WALRUS MUKTUK RAW	0.70	
WALRUS MUKTUK RAW		
WALRUS MUKTUK RAW 285.90 280.27 12.170 14.	175	
WALRUS MUKTUK RAW 100.00 61.00		
WEIGHTED AVERAGE 192.95 170.64 12.170 14.	175 0.70	
LAND ANIMALS		
BEAR MEAT RAW		
BEAR MEAT RAW 18.00		
BEAR MEAT RAW		
WEIGHTED AVERAGE 18.00		
BEAR MEAT SMOKED		
BEAR MEAT SMOKED 12.00	 	
BEAR MEAT SMOKED	 	
WEIGHTED AVERAGE 12.00		
BEAVER MEAT RAW		
BEAVER MEAT RAW	 	
WEIGHTED AVERAGE		
BEAVER MEAT BAKED		
BEAVER MEAT BAKED		
WEIGHTED AVERAGE		
BEAVER MEAT DRIED		
BEAVER MEAT DRIED	 	
WEIGHTED AVERAGE		
BEAVER FEET BAKED		
BEAVER FEET BAKED		

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
WALRUS	MEAT	AGED	, ,		6.30	0.01	20.00	6.20	` ,	0.010		1.100	240.00	48.00	` ′	5.30
WALRUS	MEAT	AGED														
WALRUS	MEAT	AGED														
WALRUS	MEAT	AGED														
WALRUS	MEAT	AGED														
WEIGHTED AVERAGE					5.80	0.46	19.50	5.10	0.10	0.035	5.55	0.805	195.00	29.00	24.50	5.25
WALRUS	MEAT	BOILED														
WALRUS	MEAT	BOILED			4.00	0.50	26.00	0.10	0.10	0.030	7.60	0.080	190.00	32.00	20.00	3.30
WEIGHTED AVERAGE					4.00	0.50	26.00	0.10	0.10	0.030	7.60	0.080	190.00	32.00	20.00	3.30
WALRUS	MEAT	RAW														
WALRUS	MEAT	RAW			4.00	0.24	19.00	0.50	0.10	0.040	4.20	0.280	185.00	5.00	20.00	0.60
WALRUS	MEAT	RAW														
WALRUS	MEAT	RAW														
WALRUS	MEAT	RAW			6.00	1.70	17.00	3.00	0.10	0.070	4.70	0.480	146.00	12.00	20.00	3.10
WALRUS	MEAT	RAW														
WEIGHTED AVERAGE					5.20	1.12	17.80	2.00	0.10	0.058	4.50	2.000	161.60	9.20	20.00	2.10
WALRUS	MEAT AND FAT	RAW														
WALRUS	MUKTUK	AGED														
WALRUS	MUKTUK	AGED			9.00	1.30	1.30	0.06	0.30	0.210	0.50	0.060	56.00	3.60	5.00	0.60
WEIGHTED AVERAGE					9.00	1.30	1.30	0.06			0.50	0.060	56.00	3.60		
WALRUS	MUKTUK	RAW														
WALRUS	MUKTUK	RAW														
WALRUS	MUKTUK	RAW														
WALRUS	MUKTUK	RAW			8.10	0.30	1.30	0.43	0.20	0.110	0.40	0.060	28.00	6.40	4.00	0.60
WEIGHTED AVERAGE					8.10	0.30	1.30	0.43		0.110	0.40	0.060	28.00	6.40	1	
LAND ANIMALS																
BEAR	MEAT	RAW			4.90		1.90		0.06		3.10		102.00		11.00	
BEAR	MEAT	RAW														
BEAR	MEAT	RAW														
WEIGHTED AVERAGE					4.90		1.90		0.06		3.10		102.00		11.00	
BEAR	MEAT	SMOKED			7.20		8.40		0.22		6.70		327.00		34.00	
BEAR	MEAT	SMOKED														
BEAR	MEAT	SMOKED														
WEIGHTED AVERAGE					7.20		8.40		0.22		6.70		327.00		34.00	
BEAVER	MEAT	RAW			9.00	1.40	3.80	0.22	0.10	0.002	3.10	0.140	170.00	17.00	22.00	1.90
BEAVER	MEAT	RAW														
WEIGHTED AVERAGE					9.00	1.40	3.80	0.22	0.10	0.002	3.10	0.140	170.00	17.00	22.00	1.90
BEAVER	MEAT	BAKED			9.00	2.50	4.80	0.12	0.13	0.011	4.40	0.550	180.00	28.00	23.00	3.30
BEAVER	MEAT	BAKED														
WEIGHTED AVERAGE					9.00	2.50	4.80	0.12	0.13	0.011	4.40	0.550	180.00	28.00	23.00	3.30
BEAVER	MEAT	DRIED			17.00	0.90	12.00	0.20	0.30	0.080	8.70	0.160	350.00	62.00	40.00	7.80
BEAVER	MEAT	DRIED														
WEIGHTED AVERAGE					17.00	0.90	12.00	0.20	0.30	0.080	8.70	0.160	350.00	62.00	40.00	7.80
BEAVER	FEET	BAKED			9.20		1.50		0.09		0.90		50.00		5.80	
BEAVER	FEET	BAKED														

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
WALRUS	MEAT	AGED	116.00				, ,		,		
WALRUS	MEAT	AGED									
WALRUS	MEAT	AGED									
WALRUS	MEAT	AGED									
WALRUS	MEAT	AGED									
WEIGHTED AVERAGE			91.50	1.50	0.020	0.012	232.00	126.00	0.10	0.100	
WALRUS	MEAT	BOILED	7 2.00		0.000	0.0.1				31233	
WALRUS	MEAT	BOILED	51.00	0.00	0.020	0.003					
WEIGHTED AVERAGE	1,12,11	DULLE	51.00	0.00	0.020	0.003					
WALRUS	MEAT	RAW	21.00	0.00	0.020	0.002					
WALRUS	MEAT	RAW	80.00	11.00	0.020	0.006					
WALRUS	MEAT	RAW	00.00	11.00	0.020	0.000					
WALRUS	MEAT	RAW									
WALRUS	MEAT	RAW	63.00	6.30	0.010	0.009	205.00	148.00	0.090	0.030	
WALRUS	MEAT	RAW	03.00	0.30	0.010	0.009	203.00	140.00	0.090	0.030	
WEIGHTED AVERAGE	IVIL:/A I	IVA W	69.80	8.18	0.014	0.007	205.00	148.00	0.090	0.030	
WALRUS	MEAT AND FAT	RAW	09.80	0.10	0.014	0.007	203.00	148.00	0.090	0.030	
WALRUS	MUKTUK	AGED									
WALRUS		AGED	170.00	27.00	0.020	0.010					
	MUKTUK	AGED	_	27.00							
WEIGHTED AVERAGE	MILIZELIZ	DAW	170.00	27.00	0.020	0.010					
WALRUS	MUKTUK	RAW									
WALRUS	MUKTUK	RAW									
WALRUS	MUKTUK	RAW									
WALRUS	MUKTUK	RAW	200.00	12.00	0.020	0.000					
WEIGHTED AVERAGE			200.00	12.00	0.020	0.000					
LAND ANIMALS			+								
BEAR	MEAT	RAW	60.00		0.010		188.00				
BEAR	MEAT	RAW									
BEAR	MEAT	RAW									
WEIGHTED AVERAGE			60.00		0.010		188.00				
BEAR	MEAT	SMOKED	127.00		0.050		533.00				
BEAR	MEAT	SMOKED									
BEAR	MEAT	SMOKED									
WEIGHTED AVERAGE			127.00		0.050		533.00				
BEAVER	MEAT	RAW	100.00	13.00	0.120	0.077	320.00	31.00			
BEAVER	MEAT	RAW									
WEIGHTED AVERAGE			100.00	13.00	0.120	0.077	320.00	31.00			
BEAVER	MEAT	BAKED	90.00	11.00	0.070	0.047	340.00	37.00			
BEAVER	MEAT	BAKED									
WEIGHTED AVERAGE			90.00	11.00	0.070	0.047	340.00	37.00			
BEAVER	MEAT	DRIED	210.00	110.00	0.200	0.083	620.00	80.00			
BEAVER	MEAT	DRIED									
WEIGHTED AVERAGE			210.00	110.00	0.200	0.083	620.00	80.00			
BEAVER	FEET	BAKED	175.00		0.010		87.00				
BEAVER	FEET	BAKED									

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
WEIGHTED AVERAGE							1378.00	329.13	51.00			21.00		26.80
BEAVER	TAIL	BAKED	Castor canadensis	40306	1	Kuhnlein et al, 1994	1828.00	436.61	45.00			11.00		43.00
BEAVER	TAIL	BAKED	Castor canadensis	40306		Morrison&Kuhnlein,1993								
BEAVER	TAIL	BAKED	Castor canadensis	40306	1	Appavoo et al, 1991								43.10
WEIGHTED AVERAGE							1828.00	436.61	45.00			11.00		43.05
BEAVER	LIVER	RAW	Castor canadensis	40302	1	Kuhnlein et al, 1994	509.00	121.57	72.00		4.80	19.00		2.20
BEAVER	LIVER	RAW	Castor canadensis	40302	1	Morrison&Kuhnlein,1993								
BEAVER	LIVER	RAW	Castor canadensis	40302		Appavoo et al, 1991								2.20
WEIGHTED AVERAGE						,	509.00	121.57	72.00		4.80	19.00		2.20
BARRENLAND CARIBOU	MEAT	RAW	Rangifer tarandus	40104	6	Kuhnlein et al. 1994	476.00	113.69	73.00	2.30			1.40	
BARRENLAND CARIBOU	MEAT	RAW	Rangifer tarandus	40104	6	Morrison&Kuhnlein,1993								
BARRENLAND CARIBOU	MEAT	RAW	Rangifer tarandus	40104	5	Appavoo et al, 1991								1.90
WEIGHTED AVERAGE			8				476.00	113.69	73.00	2.30	0.00	23.00	1.40	1
BARRENLAND CARIBOU	MEAT	BAKED	Rangifer tarandus	40103	2	Kuhnlein et al, 1994	573.00	136.86	68.00	0.40				
BARRENLAND CARIBOU	MEAT	BAKED	Rangifer tarandus	40103	2	Appavoo et al, 1991								2.10
WEIGHTED AVERAGE			8				573.00	136.86	68.00	0.40	0.00	28.00	0.10	
BARRENLAND CARIBOU	LIVER	RAW	Rangifer tarandus	40102	2.	Kuhnlein et al. 1994	522.00	124.68	72.00	1.30			0.80	
BARRENLAND CARIBOU	LIVER	RAW	Rangifer tarandus	40102		Morrison&Kuhnlein,1993	522.00	1200	72.00	1.50	1.20	20.00	0.00	2.10
BARRENLAND CARIBOU	LIVER	RAW	Rangifer tarandus	40102		Appavoo et al, 1991								2.40
WEIGHTED AVERAGE	Erver	TO TO	Tungirer turundus	10102		rippavoo et ai, 1991	522.00	124.68	72.00	1.30	4.50	20.00	0.80	
BARRENLAND CARIBOU	LIVER	BAKED	Rangifer tarandus	40101	2	Kuhnlein et al, 1994	609.00	145.46	67.00	0.10	5.70			-
BARRENLAND CARIBOU	LIVER	BAKED	Rangifer tarandus	40101		Morrison&Kuhnlein,1993	007.00	113.10	07.00	0.10	5.70	21.00	1.50	2.50
BARRENLAND CARIBOU	LIVER	BAKED	Rangifer tarandus	40101		Appavoo et al, 1991								2.50
WEIGHTED AVERAGE	LIVER	BAKED	Rangifer tarandus	40101		Appavoo et al, 1991	609.00	145.46	67.00	0.10	5.70	24.00	1.90	
BARRENLAND CARIBOU	STOMACH	RAW	Rangifer tarandus	40105	1	Appavoo et al, 1991	007.00	143.40	07.00	0.10	3.70	24.00	1.70	1.70
CARIBOU	BRAIN	BOILED	Rangifer tarandus	40406	_	Kuhnlein et al, 1991								13.30
CARIBOU	BRAIN	BOILED	Rangifer tarandus	40406		Kuhnlein & Soueida, 1992	736.00	176.00	73.00		0.00	13.00		13.00
WEIGHTED AVERAGE	DICAIIV	BOILLD	Rangifer tarandus	40400	1	Kullinelli &Soucida, 1772	736.00	176.00	73.00		0.00			13.15
CARIBOU	BRAIN	RAW	Rangifer tarandus	40407	1	Kuhnlein et al, 1991	730.00	170.00	73.00		0.00	13.00		9.80
CARIBOU	BRAIN	RAW	Rangifer tarandus	40407	1	Kuhnlein & Soueida, 1992	575.00	137.00	78.00		0.00	12.00		9.80
WEIGHTED AVERAGE	Dictilit	KI W	rangirei tarandas	40407	-	Rummem essoueida, 1992	575.00	137.00	78.00		0.00	12.00		9.80
CARIBOU	BRAIN	ROASTED	Rangifer tarandus	40423	2	Kuhnlein et al, 2005	373.00	137.00	70.00		0.00	12.00		7.00
CARIBOU	BONE MARROW	COOKED	Rangifer tarandus	40404		Kuhnlein et al, 2002	1709.00	408.19	49.00			8.90		41.00
CARIBOU	BONE MARROW	COOKED	Rangifer tarandus	40404		Kuhnlein et al, 2005	1707.00	100.17	17.00			0.70		11.00
WEIGHTED AVERAGE	BOTTE WE HATO W	COOKED	Tungirer turundus	10101	•	realisticity of all, 2005	1709.00	408.19	49.00			8.90		41.00
CARIBOU	BONE MARROW	AGED	Rangifer tarandus	40424	2	Kuhnlein et al, 2005	1707.00	100.17	17.00			0.70		11.00
CARIBOU	BONE MARROW	RAW	Rangifer tarandus	40405		Kuhnlein et al, 1991								83.40
CARIBOU		RAW	Rangifer tarandus	40405		Kuhnlein et al, 2005								05.10
CARIBOU		RAW	Rangifer tarandus Rangifer tarandus	40405	_	Kuhnlein & Soueida, 1992			9.10	 	 			+
WEIGHTED AVERAGE	20112 III IIIIOW	1111	- migiror minimus	40403	1	Tamioni coodeida, 1772			9.10					83.40
CARIBOU	FAT	RAW	Rangifer tarandus	40408	1	Kuhnlein et al, 2002	3507.00	837.63	4.60			3.10		92.00
CARIBOU	FAT	RAW	Rangifer tarandus Rangifer tarandus	40408		Kuhnlein & Soueida, 1992	3446.00	823.06	4.80	0.84	0.00			
CARIBOU	FAT	RAW	Rangifer tarandus Rangifer tarandus	40408		Kuhnlein et al, 1991	3440.00	023.00	7.00	0.04	0.00	2.70	0.67	90.00
CARIBOU	FAT	RAW	Rangifer tarandus Rangifer tarandus	40408		Kuhnlein et al, 2005								70.00
WEIGHTED AVERAGE	1111	10.177	rangirer arandas	40400	- 1	Training of all, 2005	3466.33	827.92	4.73	0.84	0.00	2.83	0.87	7 90.40

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
WEIGHTED AVERAGE								1.40									
BEAVER	TAIL	BAKED															
BEAVER		BAKED															+
BEAVER	TAIL	BAKED						0.70									+
WEIGHTED AVERAGE	THE	DITTE						0.70									
BEAVER	LIVER	RAW						0.70									
BEAVER	LIVER	RAW															+
BEAVER	LIVER	RAW						0.30			+			0.40			0.10
WEIGHTED AVERAGE	LIVER	KAW						0.30						0.40			0.10
	MEAT	D A XV	0.51					0.30						0.40	,		0.10
BARRENLAND CARIBOU		RAW	0.51								<u> </u>				1		+
BARRENLAND CARIBOU	MEAT	RAW	0.55					+			+				+		+
BARRENLAND CARIBOU	MEAT	RAW	0.55														
WEIGHTED AVERAGE) (T) (T)	D. I. VIED	0.53														4
BARRENLAND CARIBOU	MEAT	BAKED	0.19														
BARRENLAND CARIBOU	MEAT	BAKED	0.28											0.10	+		
WEIGHTED AVERAGE			0.24											0.10	0.00	5	
BARRENLAND CARIBOU		RAW	0.28														
BARRENLAND CARIBOU	LIVER	RAW															
BARRENLAND CARIBOU	LIVER	RAW	0.40														0.10
WEIGHTED AVERAGE			0.34														0.10
BARRENLAND CARIBOU	LIVER	BAKED	0.20														
BARRENLAND CARIBOU	LIVER	BAKED															
BARRENLAND CARIBOU	LIVER	BAKED	0.28														0.20
WEIGHTED AVERAGE			0.24														0.20
BARRENLAND CARIBOU	STOMACH	RAW															
CARIBOU	BRAIN	BOILED												0.10)		
CARIBOU	BRAIN	BOILED															
WEIGHTED AVERAGE														0.10)		
CARIBOU	BRAIN	RAW															
CARIBOU	BRAIN	RAW															
WEIGHTED AVERAGE																	
CARIBOU	BRAIN	ROASTED															
CARIBOU	BONE MARROW	COOKED															
CARIBOU	BONE MARROW	COOKED															
WEIGHTED AVERAGE																	
CARIBOU	BONE MARROW	AGED															
CARIBOU		RAW						0.30									
CARIBOU	BONE MARROW	.															1
CARIBOU		RAW				t		†		1	†	1		1	†		1
WEIGHTED AVERAGE	23.23.22.23							0.30									
CARIBOU	FAT	RAW						0.50									1
CARIBOU		RAW	0.90			<u> </u>		1			†	1					+
CARIBOU		RAW	1.30					0.60	0.02		+	1		1	+		0.10
CARIBOU	FAT	RAW	1.50					0.00	0.02		+						0.10
WEIGHTED AVERAGE	IAI	14/1 11	1.10					0.60	0.02								0.10

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
WEIGHTED AVERAGE						, ,		1.70								0.10		
BEAVER	TAIL	BAKED																
BEAVER	TAIL	BAKED											1					
BEAVER	TAIL	BAKED						0.50					1					
WEIGHTED AVERAGE								0.50										
BEAVER	LIVER	RAW																
BEAVER	LIVER	RAW																
BEAVER	LIVER	RAW		0.60				0.30								0.20		
WEIGHTED AVERAGE				0.60				0.30								0.20		
BARRENLAND CARIBOU	MEAT	RAW														0.20		
BARRENLAND CARIBOU	MEAT	RAW											1					\vdash
BARRENLAND CARIBOU	MEAT	RAW						0.20	0.04				†			0.10	0.02	
WEIGHTED AVERAGE	THE IT	TOTAL						0.20	0.04							0.10	0.02	
BARRENLAND CARIBOU	MEAT	BAKED						0.20	0.04							0.10	0.02	
BARRENLAND CARIBOU	MEAT	BAKED				1		0.20	0.04				1			 		
WEIGHTED AVERAGE	1411.7/1	D. HELD						0.20	0.04									
BARRENLAND CARIBOU	LIVER	RAW						0.20	0.04									
BARRENLAND CARIBOU	LIVER	RAW				1						1				 		
BARRENLAND CARIBOU	LIVER	RAW	0.00					0.20	0.03				+			0.20	0.02	
WEIGHTED AVERAGE	LIVER	KAW	0.00					0.20	0.03							0.20	0.02	
BARRENLAND CARIBOU	LIVER	BAKED	0.00					0.20	0.03							0.20	0.02	
BARRENLAND CARIBOU	LIVER	BAKED											1					\vdash
BARRENLAND CARIBOU	LIVER	BAKED	0.02					0.20	0.07				1			0.30	0.08	\vdash
WEIGHTED AVERAGE	LIVEK	BAKED	0.02					0.20	0.07							0.30	0.08	
BARRENLAND CARIBOU	STOMACH	RAW	0.02					0.20	0.07				+			0.30	0.08	
CARIBOU CARIBOU	BRAIN	BOILED		0.30				0.20								0.10		
CARIBOU	BRAIN	BOILED		0.30				1					+			0.20		$\vdash \vdash \vdash$
WEIGHTED AVERAGE	DKAIN	BUILED		0.30												0.20		
	DDAIN	DAW														0.20		0.10
CARIBOU	BRAIN	RAW		0.30		+		+					+			0.20		0.10
CARIBOU WEIGHTED AVERAGE	BRAIN	RAW		0.20												0.20		0.10
WEIGHTED AVERAGE	BRAIN	ROASTED		0.30												0.20		0.10
CARIBOU																		
CARIBOU	BONE MARROW	COOKED						+					+					
CARIBOU	BONE MARROW	COOKED																
WEIGHTED AVERAGE	DONE MADDOW	ACED																
CARIBOU	BONE MARROW	AGED						0.60										
CARIBOU	_	RAW						0.60										
CARIBOU	BONE MARROW					-						1				1		
CARIBOU	BONE MARROW	RAW						0.60										
WEIGHTED AVERAGE	EAT	DAW						0.60										
CARIBOU	FAT	RAW			-	 						<u> </u>	1	1			-	
CARIBOU	FAT	RAW														ļ		
CARIBOU	FAT	RAW	0.01					0.60	0.03			ļ						
CARIBOU	FAT	RAW						0 -										<u> </u>
WEIGHTED AVERAGE			0.01					0.60	0.03									

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
WEIGHTED AVERAGE								0.10		1.10		2.90		0.20		
BEAVER	TAIL	BAKED														
BEAVER	TAIL	BAKED														
BEAVER	TAIL	BAKED								0.40		1.90				
WEIGHTED AVERAGE										0.40		1.90				
BEAVER	LIVER	RAW														
BEAVER	LIVER	RAW														
BEAVER	LIVER	RAW								1.00		1.50				
WEIGHTED AVERAGE										1.00		1.50				
BARRENLAND CARIBOU	MEAT	RAW								-100		5.00				
BARRENLAND CARIBOU	MEAT	RAW														
BARRENLAND CARIBOU	MEAT	RAW										0.40	0.08			
WEIGHTED AVERAGE	WEST	10111										0.40	0.08			
BARRENLAND CARIBOU	MEAT	BAKED										0.40	0.00			
BARRENLAND CARIBOU	MEAT	BAKED	1						 			0.30	0.08	 		
WEIGHTED AVERAGE	MILAI	DAKED										0.30	0.08			
BARRENLAND CARIBOU	LIVER	RAW										0.30	0.08			
BARRENLAND CARIBOU	LIVER	RAW														
BARRENLAND CARIBOU	LIVER	RAW										0.50	0.05			
WEIGHTED AVERAGE	LIVEK	KAW										0.50	0.05			
	I IVED	DAVED										0.30	0.03			
BARRENLAND CARIBOU	LIVER	BAKED														
BARRENLAND CARIBOU	LIVER	BAKED										0.20	0.01			
BARRENLAND CARIBOU	LIVER	BAKED										0.20	0.01			
WEIGHTED AVERAGE	GTO A L GYY	D 1 ***										0.20	0.01			
BARRENLAND CARIBOU	STOMACH	RAW	0.10									0.50		0.10		
CARIBOU	BRAIN	BOILED	0.10									1.00		0.10		
CARIBOU	BRAIN	BOILED														
WEIGHTED AVERAGE			0.10									1.00		0.10		
CARIBOU	BRAIN	RAW										0.80		0.10		
CARIBOU	BRAIN	RAW														
WEIGHTED AVERAGE												0.80		0.10		
CARIBOU	BRAIN	ROASTED														
CARIBOU	BONE MARROW	COOKED														
CARIBOU	BONE MARROW	COOKED														
WEIGHTED AVERAGE																
CARIBOU	BONE MARROW	AGED														
CARIBOU		RAW						0.10		1.10		13.90		0.20		
CARIBOU	BONE MARROW	RAW														
CARIBOU	BONE MARROW	RAW														
WEIGHTED AVERAGE								0.10		1.10		13.90		0.20		
CARIBOU	FAT	RAW														
CARIBOU	FAT	RAW														
CARIBOU	FAT	RAW						0.10	0.01	0.80	0.11	11.30	0.46	0.20	0.01	
CARIBOU	FAT	RAW														
WEIGHTED AVERAGE								0.10	0.01	0.80	0.11	11.30	0.46	0.20	0.01	

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
WEIGHTED AVERAGE											0.10		0.80		0.10			
BEAVER	TAIL	BAKED																
BEAVER	TAIL	BAKED																
BEAVER	TAIL	BAKED									0.10		0.50		0.10			
WEIGHTED AVERAGE											0.10		0.50		0.10			
BEAVER	LIVER	RAW																
BEAVER	LIVER	RAW																
BEAVER	LIVER	RAW									0.10		1.10		0.10			
WEIGHTED AVERAGE											0.10		1.10		0.10			
BARRENLAND CARIBOU	MEAT	RAW																
		RAW																
BARRENLAND CARIBOU	MEAT	RAW											0.40	0.18	0.20	0.11		
WEIGHTED AVERAGE													0.40	0.18				
	MEAT	BAKED																
		BAKED											0.40	0.01	0.20	0.06		
WEIGHTED AVERAGE													0.40	0.01	+			
BARRENLAND CARIBOU	LIVER	RAW																
		RAW																
		RAW											0.30	0.03	0.50	0.01		
WEIGHTED AVERAGE													0.30	0.03	0.50	0.01		
	LIVER	BAKED																
BARRENLAND CARIBOU		BAKED																
		BAKED											0.50	0.04	0.70	0.00		
WEIGHTED AVERAGE													0.50	0.04		1		
	STOMACH	RAW											0.50		0.30			
		BOILED											0.70		0.80			
		BOILED																
WEIGHTED AVERAGE		-											0.70		0.80			
	BRAIN	RAW											0.60		0.60			
		RAW																
WEIGHTED AVERAGE													0.60		0.60			
CARIBOU	BRAIN	ROASTED																
	BONE MARROW	COOKED																
		COOKED																
WEIGHTED AVERAGE																		
	BONE MARROW	AGED																
		RAW									0.60		9.90		3.60			
	BONE MARROW																	
	BONE MARROW																	
WEIGHTED AVERAGE											0.60		9.90		3.60			
	FAT	RAW																
		RAW																
		RAW	1					1			1.20	0.12	14.00	1.10	11.60	0.58		
		RAW	1					1										
WEIGHTED AVERAGE											1.20	0.12	14.00	1.10	11.60	0.58		

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
WEIGHTED AVERAGE																
BEAVER	TAIL	BAKED														
BEAVER	TAIL	BAKED							7.70							
BEAVER	TAIL	BAKED														
WEIGHTED AVERAGE									7.70							
BEAVER	LIVER	RAW														
BEAVER	LIVER	RAW							705.00							
BEAVER	LIVER	RAW														
WEIGHTED AVERAGE									705.00							
BARRENLAND CARIBOU	MEAT	RAW							, , , ,							
BARRENLAND CARIBOU	MEAT	RAW							5.00	7.00						
BARRENLAND CARIBOU	MEAT	RAW							2.00	7.00						
WEIGHTED AVERAGE	1112711	TUTT							5.00	7.00						
BARRENLAND CARIBOU	MEAT	BAKED							3.00	7.00						
BARRENLAND CARIBOU	MEAT	BAKED		 				<u> </u>			1		1			
WEIGHTED AVERAGE	11112/11	DARED														
BARRENLAND CARIBOU	LIVER	RAW														
BARRENLAND CARIBOU	LIVER	RAW		 					30000.00	10000.00	 		1		+	
BARRENLAND CARIBOU	LIVER	RAW							30000.00	10000.00						
WEIGHTED AVERAGE	LIVER	KAW							30000.00	10000.00						
BARRENLAND CARIBOU	LIVER	BAKED							30000.00	10000.00						
	LIVER	BAKED							22000.00	7200.00						
BARRENLAND CARIBOU									32000.00	7300.00						
BARRENLAND CARIBOU	LIVER	BAKED							22000.00	7200.00						
WEIGHTED AVERAGE	OTOMA CH	DAW							32000.00	7300.00						
BARRENLAND CARIBOU	STOMACH	RAW														
CARIBOU	BRAIN	BOILED							4.00							
CARIBOU	BRAIN	BOILED							4.00							
WEIGHTED AVERAGE	22.12.	D A YYY							4.00							
CARIBOU	BRAIN	RAW							0.00							
CARIBOU	BRAIN	RAW							0.00							
WEIGHTED AVERAGE									0.00							
CARIBOU	BRAIN	ROASTED							5.80	3.85						
CARIBOU	BONE MARROW	COOKED														
CARIBOU	BONE MARROW	COOKED							142.30							
WEIGHTED AVERAGE									142.30							
CARIBOU	BONE MARROW	AGED							278.30	361.11						
CARIBOU		RAW		ļ												
CARIBOU	BONE MARROW					ļ			46.80							
CARIBOU	BONE MARROW	RAW							55.00							
WEIGHTED AVERAGE									48.85	21.00						
CARIBOU	FAT	RAW														
CARIBOU	FAT	RAW							22.00							
CARIBOU	FAT	RAW														
CARIBOU	FAT	RAW							57.80				0.680			
WEIGHTED AVERAGE									33.93				0.680			

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
WEIGHTED AVERAGE					9.20		1.50		0.09		0.90		50.00		5.80)
BEAVER	TAIL	BAKED			6.60		0.70		0.06		0.30)	30.00		3.30)
BEAVER	TAIL	BAKED														
BEAVER	TAIL	BAKED														
WEIGHTED AVERAGE					6.60		0.70		0.06		0.30)	30.00		3.30)
BEAVER	LIVER	RAW			5.60		30.00		0.33		3.30		286.00		16.00	
BEAVER	LIVER	RAW														
BEAVER	LIVER	RAW														
WEIGHTED AVERAGE					5.60		30.00		0.33		3.30		286.00		16.00)
BARRENLAND CARIBOU	MEAT	RAW			4.90		4.00	0.80		0.038	3.60			20.00		
BARRENLAND CARIBOU	MEAT	RAW			,0	0.50		0.00	0.21	0.000	5.00	0.520	220.00	20.00	20.00	11,70
BARRENLAND CARIBOU	MEAT	RAW	1			†										†
WEIGHTED AVERAGE	IVIL// I	ICT W			4.90	0.98	4.00	0.80	0.24	0.038	3.60	0.520	220.00	20.00	26.00	1.70
BARRENLAND CARIBOU	MEAT	BAKED			7.00		4.00	0.90		1				27.00		
BARRENLAND CARIBOU	MEAT	BAKED	+		7.00	1.00	4.00	0.90	0.30	0.000	4.00	1.500	230.00	21.00	30.00	2.00
WEIGHTED AVERAGE	WIEAT	DAKED			7.00	1.80	4.00	0.90	0.30	0.080	4.00	1.500	230.00	27.00	30.00	2.80
BARRENLAND CARIBOU	LIVER	RAW			3.80		20.00	3.60		1.300			+	6.00		_
		RAW			3.80	0.03	20.00	3.00	3.00	1.300	3.00	2.200	320.00	0.00	18.00	1.10
BARRENLAND CARIBOU	LIVER															+
BARRENLAND CARIBOU	LIVER	RAW			2.00	0.02	20.00	2.60	2.00	1 200	5.00	2 200	220.00	6.00	10.00	1.10
WEIGHTED AVERAGE	* ** ***	D. A. KEED			3.80		20.00	3.60					1	6.00		
BARRENLAND CARIBOU	LIVER	BAKED			4.50	0.51	20.00	8.10	3.00	1.500	6.00	2.600	370.00	24.00	20.00	2.70
BARRENLAND CARIBOU	LIVER	BAKED														
BARRENLAND CARIBOU	LIVER	BAKED														
WEIGHTED AVERAGE					4.50	0.51	20.00	8.10	3.00	1.500	6.00	2.600	370.00	24.00	20.00	2.70
BARRENLAND CARIBOU	STOMACH	RAW														
CARIBOU	BRAIN	BOILED														
CARIBOU	BRAIN	BOILED			13.00	.	3.80		0.20		1.40	+	406.00		16.00)
WEIGHTED AVERAGE					13.00		3.80		0.20		1.40)	406.00		16.00)
CARIBOU	BRAIN	RAW														
CARIBOU	BRAIN	RAW			71.00		4.70		0.20		1.00		376.00		14.00)
WEIGHTED AVERAGE					71.00		4.70		0.20		1.00		376.00		14.00)
CARIBOU	BRAIN	ROASTED														
CARIBOU	BONE MARROW	COOKED			6.10		6.90		0.50		0.98	3	34.00		4.10)
CARIBOU	BONE MARROW	COOKED														
WEIGHTED AVERAGE					6.10		6.90		0.50		0.98	3	34.00		4.10)
CARIBOU	BONE MARROW	AGED														
CARIBOU	BONE MARROW	RAW														
CARIBOU	BONE MARROW	RAW														
CARIBOU	BONE MARROW	RAW			3.60		2.70				0.10)	17.00		1.80)
WEIGHTED AVERAGE					3.60		2.70				0.10		17.00		1.80	_
CARIBOU	FAT	RAW														
CARIBOU	FAT	RAW			4.00	0.70	3.00	1.60			0.40	0.320	50.00	27.00	7.00	4.30
CARIBOU	FAT	RAW				3.70	2.30	1.50			5.10	0.520	20.50	27.00	7.00	50
CARIBOU	FAT	RAW				 		1		 			1	 	+	+
WEIGHTED AVERAGE	1111	122 1 11			4.00	0.70	3.00	1.60			0.40	0.320	50.00	27.00	7.00) 4.30

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se		
WEIGHTED AVERAGE			175.00		0.010		87.00					
BEAVER	TAIL	BAKED	135.00		0.008		55.00					
BEAVER	TAIL	BAKED										
BEAVER	TAIL	BAKED										
WEIGHTED AVERAGE			135.00		0.008		55.00					
BEAVER	LIVER	RAW	75.00		0.350		87.00					
BEAVER	LIVER	RAW									1	
BEAVER	LIVER	RAW									1	
WEIGHTED AVERAGE			75.00		0.350		87.00					
BARRENLAND CARIBOU	MEAT	RAW	50.00	11.00	0.030	0.008	370.00	35.00				
BARRENLAND CARIBOU	MEAT	RAW									1	
BARRENLAND CARIBOU	MEAT	RAW									1	
WEIGHTED AVERAGE			50.00	11.00	0.030	0.008	370.00	35.00				
BARRENLAND CARIBOU	MEAT	BAKED	66.00	6.40		0.010	390.00	44.00				
BARRENLAND CARIBOU	MEAT	BAKED		2.10							+	
WEIGHTED AVERAGE			66.00	6.40	0.030	0.010	390.00	44.00				
BARRENLAND CARIBOU	LIVER	RAW	76.00	4.50		0.011	300.00	23.00				
BARRENLAND CARIBOU	LIVER	RAW	, , , ,								+	
BARRENLAND CARIBOU	LIVER	RAW									+	
WEIGHTED AVERAGE			76.00	4.50	0.300	0.011	300.00	23.00				
BARRENLAND CARIBOU	LIVER	BAKED	84.00	4.20		0.013	350.00	49.00				
BARRENLAND CARIBOU	LIVER	BAKED	0.1100		3,523						+	
BARRENLAND CARIBOU	LIVER	BAKED									+	
WEIGHTED AVERAGE	EL VER	D. IIIEE	84.00	4.20	0.350	0.013	350.00	49.00				
BARRENLAND CARIBOU	STOMACH	RAW			3,000							
CARIBOU	BRAIN	BOILED									1	
CARIBOU	BRAIN	BOILED	141.00		0.060						+	
WEIGHTED AVERAGE			141.00		0.060							
CARIBOU	BRAIN	RAW										
CARIBOU	BRAIN	RAW	151.00		0.040						+	
WEIGHTED AVERAGE			151.00		0.040							
CARIBOU	BRAIN	ROASTED										
CARIBOU	BONE MARROW	COOKED	26.00		0.006		36.00					
CARIBOU	BONE MARROW	COOKED									1	
WEIGHTED AVERAGE			26.00		0.006		36.00					
CARIBOU	BONE MARROW	AGED										
CARIBOU	BONE MARROW	RAW										
CARIBOU		RAW									1	
CARIBOU	BONE MARROW	RAW	31.00								1	
WEIGHTED AVERAGE			31.00									
CARIBOU	FAT	RAW										
CARIBOU	FAT	RAW	40.00	19.00	0.020	0.010					†	
CARIBOU	FAT	RAW		27.00	3.520	5.5.10					+	
CARIBOU	FAT	RAW									+	
WEIGHTED AVERAGE			40.00	19.00	0.020	0.010						

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
CARIBOU	HEART	BOILED	Rangifer tarandus	40409		Kuhnlein et al, 2002	608.00	145.22	67.00		, ,	28.00		3.50
CARIBOU	HEART	BOILED	Rangifer tarandus	40409		Kuhnlein et al, 2005								
WEIGHTED AVERAGE							608.00	145.22	67.00			28.00		3.50
CARIBOU	HEART	RAW	Rangifer tarandus	40410	3	Kuhnlein et al, 2002	422.00	100.79	77.00	1.60		20.00	1.60	+
CARIBOU	HEART	RAW	Rangifer tarandus	40410		Kuhnlein &Soueida, 1992	490.00	117.03	76.00		0.10	19.00		3.90
CARIBOU	HEART	RAW	Rangifer tarandus	40410	1	Kuhnlein et al, 1991								3.90
CARIBOU	HEART	RAW	Rangifer tarandus	40410	3	Kuhnlein et al, 2005								
CARIBOU	HEART	RAW	Rangifer tarandus	40410	3	Fediuk et al, 2002			76.59	1.57				
WEIGHTED AVERAGE			Ü			,	439.00	104.85	76.68	1.59		19.75	1.60	2.82
CARIBOU	LIVER	BAKED	Rangifer tarandus	40425	1	Kuhnlein et al, 2005								
CARIBOU	LIVER	RAW	Rangifer tarandus	40413		Kuhnlein et al, 2002	519.00	123.96	72.00	2.70		20.00	2.00	3.00
CARIBOU	LIVER	RAW	Rangifer tarandus	40413	2	Kuhnlein et al, 2002	522.00	124.68	72.00	1.30	1	20.00	0.80	1
CARIBOU	LIVER	RAW	Rangifer tarandus	40413	4	Fediuk et al, 2002			71.49	3.16				1
CARIBOU	LIVER	RAW	Rangifer tarandus	40413	5	Kuhnlein et al, 2005			, , , , ,					
CARIBOU	LIVER	RAW	Rangifer tarandus	40413	4	Kuhnlein et al, 2005								
WEIGHTED AVERAGE							519.67	124.12	71.84	2.63		20.00	1.73	2.87
CARIBOU	LUNGS	RAW	Rangifer tarandus	40426	1	Kuhnlein et al, 1991	213107	122	71.01	2.00		20.00	1170	2.40
CARIBOU	LUNGS	RAW	Rangifer tarandus	40426		Kuhnlein & Soueida, 1992	456.00	109.00	77.00		0.00	21.00		2.40
WEIGHTED AVERAGE	201102	11111	Tungiror turundus	10.20	_	Traininent copouerau, 1992	456.00	109.00	77.00		0.00	.		2.40
CARIBOU	MEAT	COOKED	Rangifer tarandus	40414	4	Kuhnlein et al, 2002	686.00	163.85	63.00	3.20		32.00	2.80	
CARIBOU	MEAT	COOKED	Rangifer tarandus	40414		Kuhnlein et al, 2002	677.00	161.70	63.00			32.00		3.00
CARIBOU	MEAT	COOKED	Rangifer tarandus	40414		Kuhnlein et al, 2002	077.00	101.70	05.00			32.00		5.00
WEIGHTED AVERAGE	WILL I	COOKED	Rungiter turundus	40414	-	Rummem et al, 2002	684.20	163.42	63.00	3.20	0.00	32.00	2.80	3.00
CARIBOU	MEAT	BOILED	Rangifer tarandus	40427	2	Kuhnlein et al, 1991	004.20	103.42	05.00	3.20	0.00	32.00	2.00	5.10
CARIBOU	MEAT	BOILED	Rangifer tarandus	40427		Kuhnlein et al, 2005								3.10
CARIBOU	MEAT	BOILED	Rangifer tarandus	40427		Kuhnlein & Soueida, 1992	891.00	213.00	56.00	0.30	0.00	39.00	0.90	5.10
WEIGHTED AVERAGE	WENT	BOILLE	rangirer tarandas	10127		ramiem cesouerau, 1992	891.00	213.00	56.00	0.30				
CARIBOU	MEAT	DRIED	Rangifer tarandus	40415	2	Kuhnlein et al, 2002	1394.00	332.95	20.00	12.00		68.00		+
CARIBOU	MEAT	DRIED	Rangifer tarandus	40415	1	Kuhnlein et al, 2002	1169.00	279.21	34.00	1		56.00	7.70	4.70
CARIBOU	MEAT	DRIED	Rangifer tarandus	40415	1	Kuhnlein & Soueida, 1992	1359.00	325.00	32.00	1		59.00		8.00
CARIBOU	MEAT	DRIED	Rangifer tarandus	40415	1	Kuhnlein et al, 1991	1555.00	222.00	52.00			57.00		8.00
CARIBOU	MEAT	DRIED	Rangifer tarandus	40415		Kuhnlein et al, 2005								0.00
WEIGHTED AVERAGE	1,12,11	DIGE	Tungiror turundus	10112		11ammem et a., 2000	1329.00	317.53	26.50	12.00	59.00	62.75	9.90	6.14
CARIBOU	MEAT	RAW	Rangifer tarandus	40416	8	Kuhnlein et al, 2002	523.00	124.92	72.00	3.50		22.00		
CARIBOU	MEAT	RAW	Rangifer tarandus	40416		Kuhnlein et al, 2002	495.00	118.23	73.00			23.00		2.20
CARIBOU	MEAT	RAW	Rangifer tarandus	40416		Kuhnlein &Soueida, 1992	586.00	140.00	71.00	0.70	0.00		1.00	1
CARIBOU	MEAT	RAW	Rangifer tarandus	40416		Kuhnlein et al, 1991		- 10100						4.00
CARIBOU	MEAT	RAW	Rangifer tarandus	40416		Kuhnlein et al, 2005								1
CARIBOU	MEAT	RAW	Rangifer tarandus	40416		Kuhnlein et al, 2002								
CARIBOU	MEAT	RAW	Rangifer tarandus	40416		Fediuk et al, 2002			71.04					
WEIGHTED AVERAGE		1		10110			531.91	127.05	71.84	2.94	0.00	22.45	1.00	3.25
CARIBOU	MEAT	RAW, AGED	Rangifer tarandus	40417	1	Kuhnlein et al, 2002	526.00	125.63	71.00	1	0.00	23.00		3.10
CARIBOU	MEAT	RAW, AGED	Rangifer tarandus Rangifer tarandus	40417		Kuhnlein et al, 2002	320.00	123.03	71.00		1	23.00		5.10
WEIGHTED AVERAGE	1112/11	Tarri, MODD	zungner unundus	40417	1	220000000000000000000000000000000000000	526.00	125.63	71.00			23.00		3.10
CARIBOU	TONGUE	COOKED	Rangifer tarandus	40420	2	Kuhnlein et al, 2002	1364.00	325.79				20.00		

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
CARIBOU	HEART	BOILED				- (-)											
CARIBOU	HEART	BOILED															
WEIGHTED AVERAGE																	
CARIBOU	HEART	RAW	0.26														
CARIBOU	HEART	RAW															
CARIBOU	HEART	RAW															
CARIBOU	HEART	RAW															
CARIBOU	HEART	RAW															
WEIGHTED AVERAGE	112,111	14111	0.26														
CARIBOU	LIVER	BAKED	0.20														
CARIBOU	LIVER	RAW	1.10														
CARIBOU	LIVER	RAW	0.28								†						
CARIBOU	LIVER	RAW	0.20								1						
CARIBOU	LIVER	RAW	1			 		+			†		1			 	1
CARIBOU	LIVER	RAW	1			 		+		1	+					+	1
WEIGHTED AVERAGE	LIVER	KAW	0.92														
CARIBOU CARIBOU	LUNGS	RAW	0.92														
CARIBOU	LUNGS	RAW				 		+			+					+	1
WEIGHTED AVERAGE	LUNGS	KAW															
CARIBOU	MEAT	COOKED	2.00														
CARIBOU	MEAT	COOKED	2.00														
CARIBOU	MEAT	COOKED												0.10			
WEIGHTED AVERAGE	MEAT	COOKED	2.00											0.10			
CARIBOU	MEAT	BOILED	0.02											0.10	/		0.10
CARIBOU	MEAT	BOILED	0.02														0.10
CARIBOU	MEAT	BOILED	0.02														
WEIGHTED AVERAGE	MEAT	BOILED	0.02														0.10
CARIBOU	MEAT	DRIED	2.60														0.10
CARIBOU	MEAT	DRIED	2.00								+						
CARIBOU	MEAT	DRIED															
CARIBOU	MEAT	DRIED						+									1
CARIBOU	MEAT	DRIED	1			 		+		1	+					+	1
WEIGHTED AVERAGE	14112/14 1	DRIED	2.60														
CARIBOU	MEAT	RAW	4.50														
CARIBOU	MEAT	RAW	7.50					+			+					1	
CARIBOU	MEAT	RAW	1.60			 		+			†					†	1
CARIBOU	MEAT	RAW	2.30			 		0.10	0.01		†					†	1
CARIBOU	MEAT	RAW	2.30			 		0.10	0.01		†		1			 	1
CARIBOU	MEAT	RAW						+			+						
CARIBOU	MEAT	RAW	1			 		+			†		1			 	1
WEIGHTED AVERAGE	14112/14 1	10111	3.65					0.10	0.01								
CARIBOU	MEAT	RAW, AGED	3.03					0.10	0.01								
CARIBOU	MEAT	RAW, AGED															
WEIGHTED AVERAGE	WILAI	KAW, AGED															
CARIBOU	TONGUE	COOKED	1.40														
CANIDOU	TONGUE	COOKED	1.40			l]		1						1		

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
CARIBOU	HEART	BOILED				(-)		1										1
CARIBOU	HEART	BOILED						1					1					
WEIGHTED AVERAGE																		
CARIBOU	HEART	RAW																
CARIBOU	HEART	RAW																
CARIBOU	HEART	RAW						0.20					†			0.20		\vdash
CARIBOU	HEART	RAW				1		0.20					1			0.20		\vdash
CARIBOU	HEART	RAW																+
WEIGHTED AVERAGE	IILAKI	KAW						0.20								0.20		
CARIBOU	LIVER	BAKED						0.20								0.20		
	LIVER	RAW																
CARIBOU													1					
CARIBOU	LIVER	RAW											+					
CARIBOU	LIVER	RAW				1		-					1					—
CARIBOU	LIVER	RAW											1				ļ	├
CARIBOU	LIVER	RAW																
WEIGHTED AVERAGE																		
CARIBOU	LUNGS	RAW														0.10		<u> </u>
CARIBOU	LUNGS	RAW																
WEIGHTED AVERAGE																0.10		
CARIBOU	MEAT	COOKED																
CARIBOU	MEAT	COOKED																
CARIBOU	MEAT	COOKED						0.60		0.20						0.30		
WEIGHTED AVERAGE								0.60		0.20						0.30		
CARIBOU	MEAT	BOILED	0.02	,				0.40	0.11							0.20	0.05)
CARIBOU	MEAT	BOILED																
CARIBOU	MEAT	BOILED																
WEIGHTED AVERAGE			0.02	:				0.40	0.11							0.20	0.05	,
CARIBOU	MEAT	DRIED																
CARIBOU	MEAT	DRIED																
CARIBOU	MEAT	DRIED																
CARIBOU	MEAT	DRIED						0.40										
CARIBOU	MEAT	DRIED																1
WEIGHTED AVERAGE								0.40										
CARIBOU	MEAT	RAW																
CARIBOU	MEAT	RAW																
CARIBOU	MEAT	RAW																\vdash
CARIBOU	MEAT	RAW		1		1	1	0.20	0.03	t			†			0.10	0.03	
CARIBOU	MEAT	RAW	1					5.20	0.03							5.10	0.03	\vdash
CARIBOU	MEAT	RAW	1					0.10	0.02	1			1			0.10	0.01	\vdash
CARIBOU	MEAT	RAW	1					0.10	0.02							0.10	5.01	\vdash
WEIGHTED AVERAGE	1,112,11	14111						0.15	0.03							0.10	0.03	
CARIBOU	MEAT	RAW, AGED						0.13	0.03							0.10	0.03	
CARIBOU	MEAT	RAW, AGED						0.30		0.10						0.20		\vdash
WEIGHTED AVERAGE	WIEAI	KAW, AUED						0.30								0.20		
	TONCLE	COOKED						0.30		0.10						0.20		
CARIBOU	TONGUE	COOKED	1	l		I	I								<u>l</u>			

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
CARIBOU	HEART	BOILED			(-)											1
CARIBOU	HEART	BOILED														†
WEIGHTED AVERAGE		-														
CARIBOU	HEART	RAW														
CARIBOU	HEART	RAW														†
CARIBOU	HEART	RAW										0.80				
CARIBOU	HEART	RAW														+
CARIBOU	HEART	RAW														
WEIGHTED AVERAGE		10111										0.80				
CARIBOU	LIVER	BAKED										0.00				
CARIBOU	LIVER	RAW														
CARIBOU	LIVER	RAW					<u> </u>									
CARIBOU	LIVER	RAW					<u> </u>									
CARIBOU	LIVER	RAW										†				
CARIBOU	LIVER	RAW														+
WEIGHTED AVERAGE	LIVER	KAW														
CARIBOU	LUNGS	RAW										0.20				
CARIBOU	LUNGS	RAW										0.20				+
WEIGHTED AVERAGE	LUNGS	KAW										0.20				
CARIBOU	MEAT	COOKED										0.20				
CARIBOU	MEAT	COOKED					<u> </u>									+
CARIBOU	MEAT	COOKED					<u> </u>			0.10		1.70				+
WEIGHTED AVERAGE	MEAT	COOKED								0.10 0.10	+	1.70				
CARIBOU	MEAT	BOILED								0.10	i e			0.10	0.05	
CARIBOU	MEAT	BOILED	-							0.10	0.00	1.00	0.21	0.10	0.03	+
																+
CARIBOU WEIGHTED AVERAGE	MEAT	BOILED								0.10	0.00	1.00	0.21	0.10	0.05	
WEIGHTED AVERAGE	MEAT	DRIED								0.10	0.00	1.00	0.21	0.10	0.03	
CARIBOU	MEAT															+
CARIBOU	MEAT	DRIED														
CARIBOU	MEAT	DRIED								0.10		1.00		0.10	`	0.20
CARIBOU	MEAT	DRIED								0.10		1.80		0.10)	0.20
CARIBOU	MEAT	DRIED								0.10		1.00		0.10	\	0.20
WEIGHTED AVERAGE	MEAT	DAW								0.10		1.80		0.10)	0.20
CARIBOU	MEAT	RAW														
CARIBOU	MEAT	RAW														
CARIBOU	MEAT	RAW								0.10	0.02	1.00	0.61			
CARIBOU	MEAT	RAW								0.10	0.02	1.00	0.61			
CARIBOU	MEAT	RAW										0.02				
CARIBOU	MEAT	RAW							1		1	0.02	0.05	1	1	
CARIBOU	MEAT	RAW									0.5					
WEIGHTED AVERAGE										0.10	0.02	0.51	0.33	5		
CARIBOU	MEAT	RAW, AGED								_						
CARIBOU	MEAT	RAW, AGED								0.10		0.90				
WEIGHTED AVERAGE										0.10		0.90				
CARIBOU	TONGUE	COOKED														<u></u>

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
CARIBOU	HEART	BOILED				- 2111 (0)												
CARIBOU	HEART	BOILED																
WEIGHTED AVERAGE																		
CARIBOU	HEART	RAW																
CARIBOU	HEART	RAW																
CARIBOU	HEART	RAW	†					1			0.10		0.70		0.60			
CARIBOU	HEART	RAW	†					1										
CARIBOU	HEART	RAW																
WEIGHTED AVERAGE	11211111	141,									0.10		0.70		0.60			
CARIBOU	LIVER	BAKED									0.10		0.70		0.00			
CARIBOU	LIVER	RAW																
CARIBOU	LIVER	RAW																
CARIBOU	LIVER	RAW																
CARIBOU	LIVER	RAW						1										
CARIBOU	LIVER	RAW	+					1										
WEIGHTED AVERAGE	LIVER	KA W																
CARIBOU	LUNGS	RAW											0.40		0.10			-
CARIBOU	LUNGS	RAW											0.40		0.10			
WEIGHTED AVERAGE	LUNGS	KAW											0.40		0.10			
CARIBOU	MEAT	COOKED											0.40		0.10			
	MEAT	_																+
CARIBOU		COOKED	-								0.10		1.40		1.00			-
CARIBOU WEIGHTED AVERAGE	MEAT	COOKED									0.10		1.40		1.00			-
) MT 4 M	DON ED									0.10		1.40	0.22	1.00			
CARIBOU	MEAT	BOILED											0.70	0.23	0.60	0.11		
CARIBOU	MEAT	BOILED																
CARIBOU	MEAT	BOILED											0.50					
WEIGHTED AVERAGE													0.70	0.23	0.60	0.11		
CARIBOU	MEAT	DRIED																ļ
CARIBOU	MEAT	DRIED																
CARIBOU	MEAT	DRIED																
CARIBOU	MEAT	DRIED									0.10		1.40		1.30			
CARIBOU	MEAT	DRIED																
WEIGHTED AVERAGE											0.10		1.40		1.30			
CARIBOU	MEAT	RAW																
CARIBOU	MEAT	RAW																
CARIBOU	MEAT	RAW																
CARIBOU	MEAT	RAW									0.10	0.04	0.90	0.60	0.60	0.30		
CARIBOU	MEAT	RAW																
CARIBOU	MEAT	RAW											0.20	0.03	0.10	0.04		
CARIBOU	MEAT	RAW																
WEIGHTED AVERAGE											0.10	0.04	0.55	0.32	0.35	0.17		
CARIBOU	MEAT	RAW, AGED																
CARIBOU	MEAT	RAW, AGED											0.70		0.50			
WEIGHTED AVERAGE													0.70		0.50			
CARIBOU	TONGUE	COOKED																

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
CARIBOU	HEART	BOILED														
CARIBOU	HEART	BOILED							8.90				0.340			
WEIGHTED AVERAGE									8.90				0.340			
CARIBOU	HEART	RAW														
CARIBOU	HEART	RAW							9.00							
CARIBOU	HEART	RAW														
CARIBOU	HEART	RAW							14.60	12.62			0.250	0.099		
CARIBOU	HEART	RAW													2.60	0.41
WEIGHTED AVERAGE									13.20	12.62			0.250	0.10	2.60	0.41
CARIBOU	LIVER	BAKED							10067.30				19.760			
CARIBOU	LIVER	RAW														
CARIBOU	LIVER	RAW														
CARIBOU	LIVER	RAW													23.76	4.92
CARIBOU	LIVER	RAW							6267.40	2676.58			12.640	11.317		
CARIBOU	LIVER	RAW									1.40	1.20		11.017		
WEIGHTED AVERAGE									6267.40	2676.58	1.40	1.20		11.317	23.76	4.92
CARIBOU	LUNGS	RAW							3207.10	20,0.50	2.10	1.20	12.510	11.017	25.70	,2
CARIBOU	LUNGS	RAW							4.00							
WEIGHTED AVERAGE	ECITOS	10111							4.00							
CARIBOU	MEAT	COOKED							1.00							
CARIBOU	MEAT	COOKED														
CARIBOU	MEAT	COOKED			0.10											
WEIGHTED AVERAGE	WILAT	COOKED			0.10											
CARIBOU	MEAT	BOILED			0.10											
CARIBOU	MEAT	BOILED							12.50				0.540			
CARIBOU	MEAT	BOILED							2.00				0.540			
WEIGHTED AVERAGE	MEAT	BOILED							5.50				0.540			
CARIBOU	MEAT	DRIED							5.50	2.00			0.540			
CARIBOU	MEAT	DRIED														
CARIBOU	MEAT	DRIED							0.00							
CARIBOU	MEAT	DRIED							0.00							
CARIBOU	MEAT	DRIED							11.00				0.350			
WEIGHTED AVERAGE	MEAT	DRIED							11.00				0.350			
CARIBOU	MEAT	RAW							11.00				0.330			
CARIBOU	MEAT	RAW						1					<u> </u>			
		RAW						1	7.00	2.50			<u> </u>			
CARIBOU CARIBOU	MEAT	RAW	-			-			7.00	2.50	1		-			
	MEAT		-			-			02.50	100.74			0.150	0.154		
CARIBOU	MEAT MEAT	RAW				-			93.50	122.74	1		0.150	0.154		
CARIBOU		RAW				-									0.00	
CARIBOU WEIGHTED AVERAGE	MEAT	RAW							71.00	02.00			0.150	0.154	0.86	
WEIGHTED AVERAGE	N.C. A.T.	DAW AGES							71.88	92.68			0.150	0.154	0.86	
CARIBOU	MEAT	RAW, AGED	_										ļ			
CARIBOU	MEAT	RAW, AGED														
WEIGHTED AVERAGE	move	go ovr==														
CARIBOU	TONGUE	COOKED											1			

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
CARIBOU	HEART	BOILED			5.30		8.80		0.61		2.30		251.00		34.00	
CARIBOU	HEART	BOILED														
WEIGHTED AVERAGE					5.30		8.80		0.61		2.30		251.00		34.00	
CARIBOU	HEART	RAW			3.40	0.68	9.00	3.50	0.50	0.110	1.50	0.150	194.00	15.00	29.00	1.60
CARIBOU	HEART	RAW			6.00		8.00		0.40)	1.20		171.00		16.00	
CARIBOU	HEART	RAW	i	1												
CARIBOU	HEART	RAW														
CARIBOU	HEART	RAW														
WEIGHTED AVERAGE					4.05	0.68	8.75	3.50	0.48	0.110	1.43	0.150	188.25	15.00	25.75	1.60
CARIBOU	LIVER	BAKED														
CARIBOU	LIVER	RAW			4.00	1.10	46.00	46.00	4.00	2.800	2.40	0.420	288.00	41.00	20.00	2.80
CARIBOU	LIVER	RAW			3.80		20.00	3.60			1		l	6.00	+	
CARIBOU	LIVER	RAW				****										
CARIBOU	LIVER	RAW														
CARIBOU	LIVER	RAW														
WEIGHTED AVERAGE	EI / EIX	11111			3.96	0.86	40.22	36.58	3.78	2.467	2.98	0.816	295.11	33.22	19.56	2.42
CARIBOU	LUNGS	RAW			3.50	0.00	10122	20.20	5.70	21107	2.50	0.010	2,0.11	23.22	15.00	21.12
CARIBOU	LUNGS	RAW			12.00		23.00		0.20		1.50		228.00		12.00	
WEIGHTED AVERAGE	Ecros	10111			12.00		23.00		0.20		1.50		228.00		12.00	
CARIBOU	MEAT	COOKED			7.00		6.00	3.10						32.00		
CARIBOU	MEAT	COOKED			6.30		5.30		0.43		5.00		263.00	32.00	31.00	
CARIBOU	MEAT	COOKED			0.50		3.30		0.43		5.00		203.00		31.00	
WEIGHTED AVERAGE	WILAT	COOKLD			6.86	3.12	5.86	3.10	0.33	0.170	5.80	2.700	200.60	32.00	29.40	4.30
CARIBOU	MEAT	BOILED			0.80	3.12	3.00	3.10	0.55	0.170	3.00	2.700	200.00	32.00	27.40	4.50
CARIBOU	MEAT	BOILED														
CARIBOU	MEAT	BOILED			7.00	2.20	7.00	1.00	0.70	0.160	5.00	1.600	310.00	37.00	32.00	2.00
WEIGHTED AVERAGE	1412/11	BOILLE			7.00		7.00		.		1		310.00	37.00	+	
CARIBOU	MEAT	DRIED			22.00		11.00	0.90						21.00		
CARIBOU	MEAT	DRIED			9.70	ł	12.00	0.70	0.87		7.10		574.00	21.00	70.00	
CARIBOU	MEAT	DRIED			11.00		13.00		1.00		7.20		621.00		71.00	
CARIBOU	MEAT	DRIED			11.00		13.00		1.00	1	7.20		021.00		71.00	1
CARIBOU	MEAT	DRIED		+		1								1		
WEIGHTED AVERAGE	IVIL/I I	DRIED			16.18	21.00	11.75	0.90	0.82	0.040	9.58	2.100	568.25	21.00	74.75	2.80
CARIBOU	MEAT	RAW			4.00	2.00	5.00	1.80	1					43.00		
CARIBOU	MEAT	RAW			5.50		4.20	1.00	0.24		4.20		224.00	43.00	27.00	
CARIBOU	MEAT	RAW			9.00		5.00	1.10	1		5.00			4.00	+	
CARIBOU	MEAT	RAW			7.00	0.21	3.00	1.10	0.50	0.020	3.00	0.700	200.00	7.00	32.00	1.50
CARIBOU	MEAT	RAW														
CARIBOU	MEAT	RAW														
CARIBOU	MEAT	RAW		+							 	+				
WEIGHTED AVERAGE	WIEAI	IXAX VV			5.05	1.64	4.93	1.66	0.29	0.164	4.20	1.500	216.00	35.20	27.91	8.30
CARIBOU	MEAT	RAW, AGED			3.90		3.10	1.00	0.29		3.60		168.00	33.20	30.00	
CARIBOU	MEAT	RAW, AGED		+	3.90		3.10	 	0.21		3.00	1	100.00		30.00	
WEIGHTED AVERAGE	WIEAI	KAW, AUED			3.90		3.10		0.21		3.60		168.00		30.00	1
	TONCLE	COOKED												0.00		
CARIBOU	TONGUE	COOKED			10.00	0.10	3.30	0.13	0.60	0.570	3.10	0.340	111.00	9.00	17.00	0.40

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
CARIBOU	HEART	BOILED	68.00		0.060		506.00		0.020		
CARIBOU	HEART	BOILED									
WEIGHTED AVERAGE			68.00		0.060		506.00		0.020		
CARIBOU	HEART	RAW	64.00	17.00	0.060	0.030	393.00	44.00			
CARIBOU	HEART	RAW	124.00		0.060						
CARIBOU	HEART	RAW									
CARIBOU	HEART	RAW									
CARIBOU	HEART	RAW									
WEIGHTED AVERAGE			79.00	17.00	0.060	0.030	393.00	44.00			
CARIBOU	LIVER	BAKED									
CARIBOU	LIVER	RAW	80.00	28.00	0.300	0.110	312.00	42.00	0.010	0.011	
CARIBOU	LIVER	RAW	76.00			0.011	300.00	23.00			
CARIBOU	LIVER	RAW									
CARIBOU	LIVER	RAW	İ						İ		<u> </u>
CARIBOU	LIVER	RAW	İ						İ		<u> </u>
WEIGHTED AVERAGE			79.11	22.78	0.300	0.088	309.33	37.78	0.01	0.011	
CARIBOU	LUNGS	RAW			3.200	5.500		2/0	3.01		
CARIBOU	LUNGS	RAW	184.00		0.040						
WEIGHTED AVERAGE			184.00		0.040						
CARIBOU	MEAT	COOKED	38.00			0.005	299.00	53.00	0.010	0.013	
CARIBOU	MEAT	COOKED	56.00		0.130		416.00				
CARIBOU	MEAT	COOKED									
WEIGHTED AVERAGE			41.60	0.20	0.050	0.01	322.40	53.00	0.01	0.013	
CARIBOU	MEAT	BOILED									
CARIBOU	MEAT	BOILED									
CARIBOU	MEAT	BOILED	50.00	10.00	0.070	0.030					
WEIGHTED AVERAGE			50.00	10.00	0.070	0.030					
CARIBOU	MEAT	DRIED	84.00	22.00	0.070	0.003	1167.00	18.00			
CARIBOU	MEAT	DRIED	117.00		0.110		1000.00				
CARIBOU	MEAT	DRIED	125.00		0.160						
CARIBOU	MEAT	DRIED									
CARIBOU	MEAT	DRIED									
WEIGHTED AVERAGE			102.50	22.00	0.103	0.00	1111.33	18.00			
CARIBOU	MEAT	RAW	41.00	13.00	0.030	0.008	310.00	183.00	0.010	0.010	
CARIBOU	MEAT	RAW	57.00		0.040		294.00				
CARIBOU	MEAT	RAW	90.00	12.00	0.060	0.010					
CARIBOU	MEAT	RAW									
CARIBOU	MEAT	RAW									
CARIBOU	MEAT	RAW									
CARIBOU	MEAT	RAW									
WEIGHTED AVERAGE			51.36	12.80	0.036	0.01	308.22	183.00	0.01	0.010	
CARIBOU	MEAT	RAW, AGED	41.00		0.020		385.00		0.000		
CARIBOU	MEAT	RAW, AGED							1		
WEIGHTED AVERAGE			41.00		0.020		385.00		0.000		
CARIBOU	TONGUE	COOKED	56.00	0.20	0.030	0.009	25.00	3.10	0.020	0.030	

PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
TONGUE	COOKED	Rangifer tarandus	40420	2	Kuhnlein et al, 2005								
						1364.00	325.79	52.00	1.10		20.00	0.60	27.00
TONGUE	RAW	Rangifer tarandus	40421	8	Kuhnlein et al, 2002								
TONGUE	RAW	Rangifer tarandus	40421	3	Kuhnlein et al, 2002	1354.00	323.40	56.00	3.60		12.00	1.20	30.00
TONGUE	RAW	Rangifer tarandus	40421	1	Kuhnlein &Soueida, 1992	958.00	228.81	65.00		1.80	15.00		17.00
		Rangifer tarandus	40421	1	Kuhnlein et al, 1991								17.30
TONGUE	RAW	Rangifer tarandus	40421	3	Kuhnlein et al, 2005								
		Ü				1255.00	299.75	58.25	3.60	1.80	12.75	1.20	24.86
STOMACH	RAW	Rangifer tarandus	40422	1	Kuhnlein et al, 1991								2.10
STOMACH	RAW	Rangifer tarandus	40422	2	Kuhnlein et al, 2005								
	RAW	Rangifer tarandus	40422	1	Kuhnlein &Soueida, 1992	400.00	96.00	78.00		3.60	15.00		2.10
					,	400.00	96.00	78.00		3.60	15.00		2.10
STOMACH WALLS	RAW	Rangifer tarandus	40419	6	Fediuk et al, 2002			78.61	3.38				
		Rangifer tarandus	40418	3	Fediuk et al, 2002			78.86	1				
		Rangifer tarandus	40418	1	Kuhnlein et al, 1991								1.70
		Rangifer tarandus	40418	1	Kuhnlein &Soueida, 1992	382.00	91.00	77.00		11.40	7.40		1.70
KIDNEY	RAW	Rangifer tarandus	40412	3	Fediuk et al. 2002			74.80	4.43				
		Ü			*								
					,								
								74.80	1.13				
KIDNEY	ROII ED	Rangifer tarandus	40411	1	Fedink et al. 2002				1				_
					*			03.01	3.00				
		Ü			,	458.00	100 30	75.00	2 20	0.00	23.00	1.60	1.50
					,	436.00	107.37	73.00	2.20	0.00	23.00	1.00	1.50
WILAT	KAW	Rangifer tarandus	40403		Аррачоо ст ат, 1991	458.00	100 30	75.00	2.20	0.00	23.00	1.60	
MEAT	BAKED	Rangifar tarandus	40401	2	Kuhnlain at al. 1004								
					,	390.00	142.33	00.00	0.30	0.00	30.00	0.40	1.80
WILAT	DAKLD	Rangifer tarandus	40401		Аррачоо ст ат, 1991	596.00	1/2 35	66.00	0.30	0.00	30.00	0.40	
MEAT	DDIED	Pangifar tarandus	40402	2	Kuhnlain at al. 1004					-			
			+		· · · · · · · · · · · · · · · · · · ·	1077.00	231.24	33.00	21.00	0.00	34.00	10.00	2.90
WILAT	DRILD	Rangifer tarandus	40402		Аррачоо ст ат, 1991	1077.00	257.24	35.00	21.00	0.00	54.00	18.00	
BONE MARROW	COOKED	Alces alces	40502	1	Kuhnlein et al. 2002				21.00	0.00			91.00
			1		, , , , , , , , , , , , , , , , , , ,								+
			1		· · · · · · · · · · · · · · · · · · ·				1		1		87.00
			1		·				1				99.00
					·								
					, , , , , , , , , , , , , , , , , , ,	3471.00	055.01	3.00	0.70		2.00	1.50	71.00
											 		\vdash
1111	14111	THOUS WICES	40300		1 tallinoin et al, 2002	3491.00	833.81	5.00	6.90		2.00	1.50	91.00
KIDNEY	RAW	Alces alces	40507	Δ	Kuhnlein et al. 2002				+				
IVILA I	COOKLD	races arees	40313		ranniciii et ai, 2002								
MEAT	DDIED	Alces alces	40514	2	Kuhnlain at al. 2002	_							
	TONGUE TONGUE TONGUE TONGUE TONGUE TONGUE TONGUE STOMACH STOMACH STOMACH STOMACH STOMACH CONTE STOMACH CONTE STOMACH CONTE STOMACH CONTE STOMACH CONTE STOMACH CONTE STOMACH CONTE STOMACH CONTE STOMACH CONTE MIDNEY KIDNEY KIDNEY KIDNEY MEAT MEAT MEAT MEAT MEAT MEAT MEAT MEAT	TONGUE RAW TONGUE RAW TONGUE RAW TONGUE RAW TONGUE RAW TONGUE RAW STOMACH RAW STOMACH RAW STOMACH RAW STOMACH CONTE RAW STOMACH CONTE RAW STOMACH CONTE RAW STOMACH CONTE RAW STOMACH CONTE RAW STOMACH CONTE RAW STOMACH CONTE RAW STOMACH CONTE RAW STOMACH CONTE RAW KIDNEY RAW KIDNEY RAW KIDNEY RAW MEAT RAW MEAT RAW MEAT RAW MEAT BAKED MEAT DRIED MEAT DRIED MEAT DRIED MEAT DRIED MEAT DRIED MEAT DRIED MEAT RAW FAT COOKED FAT RAW FAT COOKED	TONGUE RAW Rangifer tarandus TONGUE RAW Rangifer tarandus TONGUE RAW Rangifer tarandus TONGUE RAW Rangifer tarandus TONGUE RAW Rangifer tarandus TONGUE RAW Rangifer tarandus TONGUE RAW Rangifer tarandus TONGUE RAW Rangifer tarandus STOMACH RAW Rangifer tarandus STOMACH RAW Rangifer 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40418 STOMACH CONTE RAW Rangifer tarandus 40418 STOMACH CONTE RAW Rangifer tarandus 40418 STOMACH CONTE RAW Rangifer tarandus 40418 STOMACH CONTE RAW Rangifer tarandus 40418 KIDNEY RAW Rangifer tarandus 40412 KIDNEY RAW Rangifer tarandus 40412 KIDNEY RAW Rangifer tarandus 40412 KIDNEY RAW Rangifer tarandus 40412 KIDNEY RAW Rangifer tarandus 40412 KIDNEY RAW Rangifer tarandus 40412 MEAT RAW Rangifer tarandus 40403 MEAT RAW Rangifer tarandus 40403 MEAT RAW Rangifer tarandus 40403 MEAT RAW Rangifer tarandus 40403 MEAT BAKED Rangifer tarandus 40401 MEAT BAKED Rangifer tarandus 40403 MEAT RAW Rangifer tarandus 40401 MEAT BAKED Rangifer tarandus 40401 MEAT BAKED Rangifer tarandus 40401 MEAT DRIED Rangifer tarandus 40402 MEAT DRIED Rangifer tarandus 40402 MEAT DRIED Rangifer tarandus 40402 MEAT DRIED Rangifer tarandus 40402 MEAT DRIED Rangifer tarandus 40402 MEAT DRIED Rangifer tarandus 40403 MEAT RAW Alces alces 40505 FAT RAW Alces alces 40505 FAT RAW Alces alces 40506 FAT RAW Alces alces 40506 FAT RAW Alces alces 40506 FAT RAW Alces alces 40506 FAT RAW Alces alces 40506 FAT RAW Alces alces 40506 FAT RAW Alces alces 40506 FAT RAW Alces alces 40506 FAT RAW Alces alces 40506 FAT RAW Alces alces 40506 FAT RAW Alces alces 40506 FAT RAW Alces alces 40506 FAT RAW Alces alces 40506 FAT RAW Alces alces 40506 FAT RAW Alces alces 40506	TONGUE	TONGUE RAW Rangifer tarandus 40421 8 Kuhnlein et al. 2002	TONGUE RAW Rangifer tarandus 40421 8 Kahnlein et al. 2002 1354.00 170NGUE RAW Rangifer tarandus 40421 1 Kahnlein & Stoucia, 1992 958.00 170NGUE RAW Rangifer tarandus 40421 1 Kahnlein & Stoucia, 1992 958.00 170NGUE RAW Rangifer tarandus 40421 1 Kahnlein & Stoucia, 1992 958.00 170NGUE RAW Rangifer tarandus 40421 1 Kahnlein et al. 1991 170NGUE RAW Rangifer tarandus 40421 1 Kahnlein et al. 1991 1255.00 12	TONGUE RAW Rangifer tarandus 40421 3 Kuhnlein et al. 2002 1334.00 323.40 70NGUE RAW Rangifer tarandus 40421 3 Kuhnlein et al. 2002 1334.00 323.40 70NGUE RAW Rangifer tarandus 40421 1 Kuhnlein et al. 2002 958.00 228.81 70NGUE RAW Rangifer tarandus 40421 1 Kuhnlein et al. 1991 70NGUE RAW Rangifer tarandus 40421 1 Kuhnlein et al. 2005 70NGUE RAW Rangifer tarandus 40421 1 Kuhnlein et al. 2005 70NGUE RAW Rangifer tarandus 40422 1 Kuhnlein et al. 2005 70NGUE RAW Rangifer tarandus 40422 1 Kuhnlein et al. 2005 70NGUE RAW Rangifer tarandus 40422 1 Kuhnlein et al. 2005 70NGUE RAW Rangifer tarandus 40422 2 Kuhnlein et al. 2005 70NGUE RAW Rangifer tarandus 40422 2 Kuhnlein et al. 2005 70NGUE RAW Rangifer tarandus 40422 2 Kuhnlein et al. 2005 70NGUE RAW Rangifer tarandus 40422 2 Kuhnlein et al. 2005 70NGUE RAW Rangifer tarandus 40419 6 Fediuk et al. 2002 400.00 96.00 9	TONGUE RAW Rangifer tarandus 40421 8 Kuhalein et al. 2002 1354.00 323.40 56.00 170NGUE RAW Rangifer tarandus 40421 1 Kuhalein et al. 2002 1354.00 323.40 56.00 170NGUE RAW Rangifer tarandus 40421 1 Kuhalein et al. 2002 1354.00 323.40 56.00 170NGUE RAW Rangifer tarandus 40421 1 Kuhalein et al. 2005 1255.00 228.81 65.00 170NGUE RAW Rangifer tarandus 40421 1 Kuhalein et al. 2005 1255.00 299.75 58.25 170NGUE RAW Rangifer tarandus 40422 1 Kuhalein et al. 2005 1255.00 299.75 58.25 1870MACH RAW Rangifer tarandus 40422 1 Kuhalein et al. 2005 1255.00 299.75 58.25 1870MACH RAW Rangifer tarandus 40422 1 Kuhalein et al. 2005 1255.00 299.75 58.25 1870MACH RAW Rangifer tarandus 40422 1 Kuhalein et al. 2005 1870MACH RAW Rangifer tarandus 40422 1 Kuhalein et al. 2005 1870MACH RAW Rangifer tarandus 40422 1 Kuhalein et al. 2005 1870MACH RAW Rangifer tarandus 40413 1 Kuhalein et al. 2002 1870MACH RAW RANGIfer RAW Rangifer tarandus 40413 3 Foldut et al. 2002 1870MACH CONTIR RAW Rangifer tarandus 40418 1 Kuhalein et al. 2002 1870MACH CONTIR RAW Rangifer tarandus 40418 1 Kuhalein et al. 2005 1870MACH CONTIR RAW Rangifer tarandus 40418 1 Kuhalein et al. 2005 1870MACH CONTIR RAW Rangifer tarandus 40412 3 Fediut et al. 2002 1870MACH CONTIR RAW Rangifer tarandus 40412 3 Kuhalein et al. 2005 1870MACH CONTIR RAW Rangifer tarandus 40412 3 Kuhalein et al. 2005 1870MACH CONTIR RAW Rangifer tarandus 40412 3 Kuhalein et al. 2005 1870MACH CONTIR RAW Rangifer tarandus 40412 3 Kuhalein et al. 2005 1870MACH CONTIR RAW Rangifer tarandus 40412 3 Kuhalein et al. 2005 1870MACH CONTIR RAW Rangifer tarandus 40412 3 Kuhalein et al. 2005 1870MACH CONTIR RAW Rangifer tarandus 40412 3 Kuhalein et al. 2005 1870MACH CONTIR RAW Rangifer tarandus 40412 3 Kuhalein et al. 2002 1870MACH CONTIR RAW Rangifer tarandus 40412 3 Kuhalein et al. 2002 1870MACH CONTIR RAW	TONGUE RAW Rangifer tarandus 40421 Skahnlein et al. 2002 1354.00 323.40 56.00 3	TONGUE RAW Rangifer turandus 4021 8 Kululeins et al. 2002 125400 223.40 56.00 3.60	TONGILE RAW Rangifer tarandus 40421 8 Kolmelein et al. 2002 1354 (00 33.779 5.200 1.10 2.000 1.70 1.20 1.70 1.20	TONGTE RAW Rangifer turandus 44921 S. Mahukine et al., 2002 1354.00 323.79 32.00 1.10 20.00 0.00

CAREBOU	SD 18:4n-3 20:3n-3 SD 20:3n-3 20:5n-3 SD 20:5n-3 22:3n-	3n-3 22:5n-3
MEIGHTED AVERAGE		22.01.0
CARIBOU TONGUE RAW 2.39		
CARBOU		
CARIBOU TONGUE RAW 0.0	 	-+
CARIBOU	 	
CARIBOU	 	
WEIGHTED AVERAGE	 	
CARIBOU		
CARIBOU STOMACH RAW	- 	
CARIBOU STOMACH RAW	 	-+-
WEIGHTED AVERAGE	 	
CARIBOU STOMACH CONTE RAW		
CARIBOU STOMACH CONTE RAW		
CARIBOU STOMACH CONTE NAW		
CARIBOU	+ + + + + + + + + + + + + + + + + + + +	$\overline{}$
WEIGHTED AVERAGE	 	\longrightarrow
CARIBOU KIDNEY RAW		
CARIBOU KIDNEY RAW		
CARIBOU KIDNEY RAW		
WEIGHTED AVERAGE CARIBOU KIDNEY BOILED CARIBOU KIDNEY COOKED CARIBOU KIDNEY COOKED CARIBOU WOODLAND MEAT RAW 0.80 CARIBOU WOODLAND MEAT RAW 1.10 CARIBOU WOODLAND MEAT RAW 1.10 CARIBOU WOODLAND MEAT BAKED 0.95 CARIBOU WOODLAND MEAT BAKED 0.90 CARIBOU WOODLAND MEAT BAKED 0.85 CARIBOU WOODLAND MEAT BAKED 0.85 CARIBOU WOODLAND MEAT BAKED 0.88 CARIBOU WOODLAND MEAT DRIED 1.30 CARIBOU WOODLAND MEAT DRIED 1.30 CARIBOU WOODLAND MEAT DRIED 1.55 CARIBOU WOODLAND MEAT DRIED 1.55 CARIBOU WOODLAND MEAT DRIED 1.55 CARIBOU WOODLAND MEAT DRIED 1.55 CARIBOU WOODLAND MEAT DRIED 1.55 CARIBOU WOODLAND MEAT DRIED 1.55 CARIBOU WOODLAND MEAT DRIED COOKED CARIBOU WOODLAND COOKED COOKED CARIBOU WOODLAND COOKED COOKED CARIBOU WOODLAND COOKED COOKED CARIBOU WOODLAND COOKED COOKED CARIBOU WOODLAND COOKED COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED CARIBOU WOODLAND COOKED		
CARIBOU KIDNEY BOILED CARIBOU KIDNEY COOKED CARIBOU WOODLAND MEAT RAW 0.80 CARIBOU WOODLAND MEAT RAW 1.10 WEIGHTED AVERAGE 0.95 CARIBOU WOODLAND MEAT BAKED 0.90 CARIBOU WOODLAND MEAT BAKED 0.85 CARIBOU WOODLAND MEAT DRIED 1.30		
CARIBOU KIDNEY COOKED		
CARIBOU WOODLAND MEAT RAW 0.80		
CARIBOU WOODLAND MEAT RAW 1.10		
WEIGHTED AVERAGE 0.95		
CARIBOU WOODLAND MEAT BAKED 0.90		
CARIBOU WOODLAND MEAT BAKED 0.85		
WEIGHTED AVERAGE 0.88		
CARIBOU WOODLAND MEAT DRIED 1.30		
CARIBOU WOODLAND MEAT DRIED 1.80		
CARIBOU WOODLAND MEAT DRIED 1.80		
MOOSE BONE MARROW COOKED COO		
MOOSE BONE MARROW RAW 40.00 Image: Control of the control of the		
MOOSE BONE MARROW RAW 40.00 Image: Control of the control of the		
MOOSE FAT COOKED		
MOOSE FAT DRIED Image: Control of the control of the		
MOOSE FAT RAW 8.40		
MOOSE FAT RAW		
	0.10 0.03	
WEIGHTED AVERAGE 8.40 0.30 0.09 0.10 0.03		
MOOSE KIDNEY RAW 0.35		
MOOSE MEAT COOKED 5.70		
MOOSE MEAT COOKED 0.09	 	$\overline{}$
WEIGHTED AVERAGE 3.46		
MOOSE MEAT DRIED 3.60		

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
CARIBOU	TONGUE	COOKED																
WEIGHTED AVERAGE																		
CARIBOU	TONGUE	RAW																
CARIBOU	TONGUE	RAW																
CARIBOU	TONGUE	RAW																
CARIBOU	TONGUE	RAW						0.30										
CARIBOU		RAW																
WEIGHTED AVERAGE								0.30										
CARIBOU	STOMACH	RAW						0.10										
CARIBOU		RAW																
CARIBOU		RAW																
WEIGHTED AVERAGE								0.10										
CARIBOU	STOMACH WALLS	RAW																
CARIBOU	STOMACH CONTE																	
CARIBOU	STOMACH CONTE	-		1				1										
CARIBOU	STOMACH CONTE			1		1	1	1				1	1		1			
WEIGHTED AVERAGE																		
CARIBOU	KIDNEY	RAW																
CARIBOU		RAW																
CARIBOU		RAW																+
WEIGHTED AVERAGE	IIID. (E.I																	
CARIBOU	KIDNEY	BOILED																+
CARIBOU	KIDNEY	COOKED																+
CARIBOU WOODLAND		RAW																+
CARIBOU WOODLAND	MEAT	RAW	-					0.20	0.06							0.10	0.04	++
	MEAT	KAW						0.20									+	_
WEIGHTED AVERAGE	MEAT	BAKED						0.20	0.06							0.10	0.04	+
CARIBOU WOODLAND	MEAT							0.20	0.02							0.20	0.10	+
CARIBOU WOODLAND	MEAT	BAKED						0.30	0.03							0.20	+	_
WEIGHTED AVERAGE	MEAT	DDIED						0.30	0.03							0.20	0.10	1
CARIBOU WOODLAND	MEAT	DRIED						0.40	0.22							0.20	0.10	+
CARIBOU WOODLAND	MEAT	DRIED						0.40	0.33							0.20		_
WEIGHTED AVERAGE	DOME MADDOW	COOKED						0.40	0.33							0.20	0.10	4
MOOSE		COOKED																
MOOSE		RAW																
MOOSE	FAT	COOKED																4
MOOSE	FAT	DRIED																4
MOOSE		RAW				-		1										
MOOSE		RAW							_		_		_	_	_			
MOOSE	FAT	RAW						1.90	0.66	1.50			+	+				
WEIGHTED AVERAGE								1.90	0.66	1.50	0.59	0.10	0.00	0.10	0.00			
MOOSE		RAW																
MOOSE	MEAT	COOKED				ļ	ļ	1		ļ								
MOOSE	MEAT	COOKED																
WEIGHTED AVERAGE																		
MOOSE	MEAT	DRIED																

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
CARIBOU	TONGUE	COOKED			(-)											
WEIGHTED AVERAGE																
CARIBOU	TONGUE	RAW														
CARIBOU	TONGUE	RAW														
CARIBOU	TONGUE	RAW														
CARIBOU	TONGUE	RAW								0.20		3.10				
CARIBOU	TONGUE	RAW								0.20						
WEIGHTED AVERAGE										0.20		3.10				
CARIBOU	STOMACH	RAW								0.20		0.40				
CARIBOU	STOMACH	RAW										0				
CARIBOU	STOMACH	RAW														
WEIGHTED AVERAGE	51 GHILLEH											0.40				
CARIBOU	STOMACH WALLS	RAW										00				
CARIBOU	STOMACH CONTE															
CARIBOU	STOMACH CONTE				†			1		†		0.10				
CARIBOU	STOMACH CONTE											0.10				
WEIGHTED AVERAGE	DIOMICH CONTE															
CARIBOU	KIDNEY	RAW														
CARIBOU	KIDNEY	RAW														
CARIBOU	KIDNEY	RAW														
WEIGHTED AVERAGE	RIDIVET	10111														
CARIBOU	KIDNEY	BOILED														
CARIBOU	KIDNEY	COOKED														
CARIBOU WOODLAND		RAW														
	MEAT	RAW										0.20	0.25			
CARIBOU WOODLAND	MEAT	KAW										0.30				
WEIGHTED AVERAGE	MEAT	DAMED										0.30	0.25			
CARIBOU WOODLAND	MEAT	BAKED										0.40	0.22			
CARIBOU WOODLAND	MEAT	BAKED										0.40	0.32			
WEIGHTED AVERAGE	MEAT	DDIED										0.40	0.32			
CARIBOU WOODLAND	MEAT	DRIED								0.10	0.04	0.70	0.55			
CARIBOU WOODLAND	MEAT	DRIED								0.10		0.70				
WEIGHTED AVERAGE	DOME MARROW	COOKED								0.10	0.04	0.70	0.55			
MOOSE	BONE MARROW	COOKED														
MOOSE	BONE MARROW	RAW														
MOOSE	FAT	COOKED														
MOOSE	FAT	DRIED														
MOOSE	FAT	RAW			 					 		-	 			
MOOSE	FAT	RAW		-	1					0.50	0.11	50.00	2.55	0.50	0.00	
MOOSE	FAT	RAW								0.60		52.80				
WEIGHTED AVERAGE	MDME	DAW								0.60	0.11	52.80	3.66	0.50	0.03	
MOOSE	KIDNEY	RAW														
MOOSE	MEAT	COOKED			ļ					ļ	-					
MOOSE	MEAT	COOKED														
WEIGHTED AVERAGE	N. C. A. C.	D D VID														
MOOSE	MEAT	DRIED		<u> </u>												

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
CARIBOU	TONGUE	COOKED				` /												
WEIGHTED AVERAGE																		
CARIBOU	TONGUE	RAW																
CARIBOU	TONGUE	RAW																
CARIBOU	TONGUE	RAW																
CARIBOU	TONGUE	RAW									0.10		2.30		1.20			1
CARIBOU	TONGUE	RAW																1
WEIGHTED AVERAGE											0.10		2.30		1.20			
CARIBOU	STOMACH	RAW											0.30		0.30			
CARIBOU	STOMACH	RAW																1
CARIBOU	STOMACH	RAW	1															
WEIGHTED AVERAGE													0.30		0.30)		
CARIBOU	STOMACH WALLS	RAW																
CARIBOU	STOMACH CONTE																	+
CARIBOU	STOMACH CONTE												0.10		0.20			†
CARIBOU	STOMACH CONTE												0.10		0.20			+
WEIGHTED AVERAGE	STOWN TOTT COTTE	11111																
CARIBOU	KIDNEY	RAW																
CARIBOU	KIDNEY	RAW																
CARIBOU	KIDNEY	RAW																
WEIGHTED AVERAGE	KIDINET	Idiv																
CARIBOU	KIDNEY	BOILED																+
CARIBOU	KIDNEY	COOKED																_
CARIBOU WOODLAND	MEAT	RAW																
CARIBOU WOODLAND	MEAT	RAW											0.30	0.29	0.20	0.11		+
WEIGHTED AVERAGE	WIEAT	KAW											0.30	1				
	MEAT	BAKED											0.30	0.29	0.20	0.11		
CARIBOU WOODLAND CARIBOU WOODLAND	MEAT	BAKED											0.40	0.37	0.30	0.16		+
WEIGHTED AVERAGE	MEAT	DAKED											0.40		4	4) 	
CARIBOU WOODLAND	MEAT	DRIED											0.40	0.57	0.30	0.10		
CARIBOU WOODLAND	MEAT	DRIED											0.70	0.53	0.50	0.33		+
WEIGHTED AVERAGE	MEAI	DRIED											0.70	_				
MOOSE	BONE MARROW	COOKED											0.70	0.55	0.50	0.53	1	+
MOOSE	BONE MARROW	RAW																
MOOSE	FAT	COOKED																_
MOOSE	FAT	DRIED																_
MOOSE																		
	FAT FAT	RAW RAW	+		<u> </u>		1					1		1		1	1	+
MOOSE MOOSE	FAT	RAW	+		 				+		0.70	0.46	13.20	2.67	+	+	0.50	0.20
	rAI	NA W									0.70						0.50	
WEIGHTED AVERAGE	VIDNEY	DAW									0.70	0.46	15.20	2.67			0.50	0.20
MOOSE	KIDNEY	RAW																4
MOOSE	MEAT	COOKED			<u> </u>													
MOOSE	MEAT	COOKED																
WEIGHTED AVERAGE	MEAT	DDIED																
MOOSE	MEAT	DRIED	<u> </u>	<u> </u>							1							

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
CARIBOU	TONGUE	COOKED					` /		12.30	3.94			0.370			
WEIGHTED AVERAGE									12.30	3.94			0.370			
CARIBOU	TONGUE	RAW														
CARIBOU		RAW														
CARIBOU		RAW							27.00							
CARIBOU	TONGUE	RAW			1											
CARIBOU	TONGUE	RAW							11.40	3.32			0.180	0.020		
WEIGHTED AVERAGE									15.30	3.32			0.180			
CARIBOU	STOMACH	RAW							10.00	3.52			0.100	0.02		
CARIBOU	STOMACH	RAW							7.70	4.37			0.650	0.091		
CARIBOU	STOMACH	RAW							3.00	,			0.050	0.071		
WEIGHTED AVERAGE	STOMPTOTT	14111							6.13	4.37			0.650	0.091		
CARIBOU	STOMACH WALLS	RAW							0.13	1.57			0.050	0.071	0.45	0.39
CARIBOU	STOMACH CONTE														1.01	1.02
CARIBOU	STOMACH CONTE							<u> </u>							1.01	1.02
CARIBOU	STOMACH CONTE							<u> </u>	0.00							
WEIGHTED AVERAGE	STOLL CONTE	22.11							0.00							
CARIBOU	KIDNEY	RAW													8.88	0.37
CARIBOU		RAW							82.00	24.37					0.00	0.57
CARIBOU	KIDNEY	RAW							02.00	24.37	1.10	0.89	0.020	0.032		
	KIDIVET	KAW							82.00	24.27					0.00	0.27
WEIGHTED AVERAGE	KIDNEY	BOILED							82.00	24.37	1.10	0.89	0.020	0.032	8.88 7.24	
CARIBOU CARIBOU	KIDNEY	COOKED							106.20	29.95			0.090	0.048	1.24	3.14
									106.20	29.95			0.090	0.048		
CARIBOU WOODLAND	MEAT	RAW														
CARIBOU WOODLAND	MEAT	RAW														
WEIGHTED AVERAGE) (E) E	D A WED														
CARIBOU WOODLAND	MEAT	BAKED														
CARIBOU WOODLAND	MEAT	BAKED														
WEIGHTED AVERAGE	3 CT 4 CT	D.D.III.D														
CARIBOU WOODLAND	MEAT	DRIED														
CARIBOU WOODLAND	MEAT	DRIED														
WEIGHTED AVERAGE																
MOOSE		COOKED														
MOOSE		RAW														
MOOSE	FAT	COOKED														
MOOSE	FAT	DRIED														
MOOSE		RAW														
MOOSE		RAW														
MOOSE	FAT	RAW	0.10	0.05			-									
WEIGHTED AVERAGE			0.10	0.05	0.10	0.05										
MOOSE		RAW														
MOOSE	MEAT	COOKED														
MOOSE	MEAT	COOKED														
WEIGHTED AVERAGE																
MOOSE	MEAT	DRIED						<u> </u>					<u> </u>			

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
CARIBOU	TONGUE	COOKED														
WEIGHTED AVERAGE					10.00	0.10	3.30	0.13	0.60	0.570	3.10	0.340	111.00	9.00	17.00	0.40
CARIBOU	TONGUE	RAW			5.00	1.10	2.00	0.40	0.20	0.070	1.40	0.230	99.00	14.00	14.00	2.80
CARIBOU	TONGUE	RAW														
CARIBOU	TONGUE	RAW			8.80		2.70		0.20		1.90		171.00		17.00	
CARIBOU	TONGUE	RAW														
CARIBOU	TONGUE	RAW														
WEIGHTED AVERAGE					5.42	1.10	2.07	0.40	0.20	0.070	1.46	0.230	107.00	14.00	14.33	2.80
CARIBOU	STOMACH	RAW														
CARIBOU	STOMACH	RAW														
CARIBOU	STOMACH	RAW			240.00		24.00		0.20		3.50		325.00		39.00	
WEIGHTED AVERAGE					240.00		24.00		0.20		3.50		325.00		39.00	
CARIBOU	STOMACH WALLS	RAW														
CARIBOU	STOMACH CONTE															
CARIBOU	STOMACH CONTE	RAW														
CARIBOU	STOMACH CONTE	RAW			98.00		31.00		0.10		2.40		200.00		21.00	
WEIGHTED AVERAGE																
CARIBOU	KIDNEY	RAW														
CARIBOU	KIDNEY	RAW														
CARIBOU	KIDNEY	RAW														
WEIGHTED AVERAGE																
CARIBOU	KIDNEY	BOILED														
CARIBOU	KIDNEY	COOKED														
CARIBOU WOODLAND	MEAT	RAW			3.90	0.30	4.20	0.09	0.20	0.100	5.00	1.600	200.00	30.00	25.00	3.70
CARIBOU WOODLAND	MEAT	RAW				0.00		,	0.20	0.200						
WEIGHTED AVERAGE					3.90	0.30	4.20	0.09	0.20	0.100	5.00	1.600	200.00	30.00	25.00	3.70
CARIBOU WOODLAND	MEAT	BAKED			5.00	0.62	5.00	0.18	0.30	0.130	6.00	2.600	250.00	21.00		
CARIBOU WOODLAND	MEAT	BAKED														
WEIGHTED AVERAGE					5.00	0.62	5.00	0.18	0.30	0.130	6.00	2.600	250.00	21.00	31.00	1.60
CARIBOU WOODLAND	MEAT	DRIED			9.00	2.60	11.00	2.20	0.80	0.200	7.00	3.700	550.00	190.00	70.00	24.00
CARIBOU WOODLAND	MEAT	DRIED														
WEIGHTED AVERAGE					9.00	2.60	11.00	2.20	0.80	0.200	7.00	3.700	550.00	190.00	70.00	24.00
MOOSE	BONE MARROW	COOKED			13.00				0.01		0.06				76.00	
MOOSE	BONE MARROW	RAW			44.00	66.00	2.00	1.30	0.05	0.081	1.00	1.800			25.00	
MOOSE	FAT	COOKED														
MOOSE	FAT	DRIED														
MOOSE	FAT	RAW														
MOOSE		RAW			2.00		2.20				0.32					
MOOSE	FAT	RAW														
WEIGHTED AVERAGE					2.00		2.20				0.32					
MOOSE	KIDNEY	RAW			6.00	2.20	5.70	0.58	0.40	0.120					17.00	3.90
MOOSE	MEAT	COOKED			5.00	4.10	3.00	1.30		0.070	6.00	1.400			19.00	
MOOSE	MEAT	COOKED			4.80	0.22	5.00	0.80	0.22	0.005			250.00	34.00		
WEIGHTED AVERAGE		-			4.92	2.55		1.10	0.15	0.044	6.60		250.00	34.00		
MOOSE	MEAT	DRIED			10.00	1.70		0.40		0.030				2	81.00	
MOODE	IVIE/A I	DKIED	Į		10.00	1.70	16.00	0.40	0.70	0.030	15.00	1.900		l .	01.00	0.70

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
CARIBOU	TONGUE	COOKED	111 (1110)	DD 114	1111 (1110)	55 1111	11 (1.10)	55 11	DE (1.10)	55 50	
WEIGHTED AVERAGE	1011002	COULLE	56.00	0.20	0.030	0.009	25.00	3.10	0.020	0.030	
CARIBOU	TONGUE	RAW	67.00	12.00	0.020	0.007	213.00	230.00			
CARIBOU		RAW									
CARIBOU		RAW	123.00		0.060						
CARIBOU		RAW									
CARIBOU		RAW									
WEIGHTED AVERAGE			73.22	12.00	0.024	0.007	213.00	230.00			
CARIBOU	STOMACH	RAW	, , , , ,			0.000					
CARIBOU		RAW									
CARIBOU		RAW	129.00		10.000						
WEIGHTED AVERAGE	5101111011	10177	129.00		10.000						
CARIBOU	STOMACH WALLS	RAW	127.00		10.000						
CARIBOU	STOMACH CONTE										
CARIBOU	STOMACH CONTE										
CARIBOU	STOMACH CONTE		268.00		2.800						
WEIGHTED AVERAGE	2.1 Olym Tell Colvill	24.11	200.00		2.000						
CARIBOU	KIDNEY	RAW									
CARIBOU		RAW									
CARIBOU		RAW									
WEIGHTED AVERAGE	KIDIVET	10111									
CARIBOU	KIDNEY	BOILED									
CARIBOU	KIDNEY	COOKED									
CARIBOU WOODLAND		RAW	43.00	4.50	0.030	0.011	360.00	37.00			
CARIBOU WOODLAND		RAW	43.00	4.50	0.030	0.011	300.00	37.00			
WEIGHTED AVERAGE	WILLEAT	KAW	43.00	4.50	0.030	0.011	360.00	37.00			
CARIBOU WOODLAND	MEAT	BAKED	53.00	4.90	0.030	0.011	442.00	1.00			
CARIBOU WOODLAND		BAKED	33.00	4.90	0.030	0.010	442.00	1.00			
WEIGHTED AVERAGE	MEAT	BAKED	53.00	4.90	0.030	0.010	442.00	1.00			
CARIBOU WOODLAND	MEAT	DRIED	113.00	40.00	0.030	0.010	1000.00	380.00			
CARIBOU WOODLAND	MEAT	DRIED	113.00	40.00	0.080	0.017	1000.00	360.00			
WEIGHTED AVERAGE	MEAI	DRIED	113.00	40.00	0.080	0.017	1000.00	380.00			
MOOSE	BONE MARROW	COOKED	113.00	40.00	0.080	0.017	1000.00	360.00	0.010		
MOOSE		RAW							0.010		
MOOSE	FAT	COOKED							0.010	0.008	
	FAT	DRIED									
MOOSE		RAW									
MOOSE											
MOOSE		RAW RAW									
MOOSE WEIGHTED AVERAGE	ra1	NA W									
MOOSE	KIDNEY	RAW			0.200	0.180			0.100	0.040	
MOOSE		COOKED			0.200	0.180			0.100		
MOOSE	-	COOKED	50.00	4.80	0.020	0.002	500.00	85.00		0.021	
WEIGHTED AVERAGE	IVIEA I	COOKED	50.00	4.80	0.020	0.002		85.00 85.00		0.021	
MOOSE	MEAT	DDIED	30.00	4.80				85.00			
MOOSE	MEAT	DRIED			0.200	0.120			0.100	0.007	

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
MOOSE	MEAT	DRIED	Alces alces	40514	1	Kuhnleinet al, 2002	1564.00	373.55	9.00			78.00		4.40
WEIGHTED AVERAGE							1572.00	375.47	7.67	3.30		80.00	4.70	
MOOSE	MEAT	RAW	Alces alces	40515	8	Kuhnlein et al, 2002	518.00	123.72	73.00	4.60		22.00	1.20	
MOOSE	MEAT	RAW	Alces alces	40515	8	Kuhnlein et al, 1994	461.00	110.11	74.00	1.50	0.00	23.00	1.30	
MOOSE	MEAT	RAW	Alces alces	40515	8	Appavoo et al, 1991								1.50
WEIGHTED AVERAGE							489.50	116.92	73.50	3.05	0.00	22.50	1.25	2.25
MOOSE	MEAT	BAKED	Alces alces	40512	2	Kuhnlein et al, 1994	672.00	160.50	61.00	3.30	0.00	35.00	2.90	
MOOSE	MEAT	BAKED	Alces alces	40512	2	Appavoo et al, 1991								1.30
WEIGHTED AVERAGE						**	672.00	160.50	61.00	3.30	0.00	35.00	2.90	
MOOSE	MEAT	SMOKED/DRIED	Alces alces	40516	1	Kuhnlein et al, 1994	1564.00	373.55	9.00			78.00		4.40
MOOSE	MEAT	SMOKED/DRIED	Alces alces	40516		Appavoo et al, 1991								4.40
WEIGHTED AVERAGE							1564.00	373.55	9.00			78.00		4.40
MOOSE	BLOOD	RAW	Alces alces	40501	1	Kuhnlein et al, 1994	384.00	91.72	79.00			21.00		0.50
MOOSE	BLOOD	RAW	Alces alces	40501	1	Appavoo et al, 1991								0.50
WEIGHTED AVERAGE						,	384.00	91.72	79.00			21.00		0.50
MOOSE	LIVER	RAW	Alces alces	40509	5	Kuhnlein et al, 2002	507.00	121.09	71.00	1.70		21.00	0.80	
MOOSE	LIVER	RAW	Alces alces	40509	_	Kuhnlein et al, 1994	579.00	138.29	68.00	2.70	5.40		0.40	•
MOOSE	LIVER	RAW	Alces alces	40509		Kuhnlein et al, 2005								
MOOSE	LIVER	RAW	Alces alces	40509		Kuhnlein et al, 2002								
MOOSE	LIVER	RAW	Alces alces	40509		Morrison&Kuhnlein.1993								
MOOSE	LIVER	RAW	Alces alces	40509	3	Appavoo et al, 1991								2.40
WEIGHTED AVERAGE							534.00	127.54	69.88	2.08	5.40	21.75	0.65	
MOOSE	LIVER	BAKED	Alces alces	40508	2	Kuhnlein et al. 1994	710.00	169.58	61.00	1.80				1
MOOSE	LIVER	BAKED	Alces alces	40508		Morrison&Kuhnlein,1993	710.00	10,.50	01.00	1.00	0.20	20.00	0.50	2.00
MOOSE	LIVER	BAKED	Alces alces	40508	2	Appavoo et al, 1991								2.80
WEIGHTED AVERAGE							710.00	169.58	61.00	1.80	8.20	26.00	0.30	
MOOSE	LUNG	RAW	Alces alces	40511	1	Kuhnlein et al, 1994	391.00	93.39	79.00			18.00		2.00
MOOSE	LUNG	RAW	Alces alces	40511	1	Appavoo et al, 1991								2.00
WEIGHTED AVERAGE						Transcript, and the second	391.00	93.39	79.00			18.00		2.00
MOOSE	LUNG	BAKED	Alces alces	40510	1	Kuhnlein et al, 1994	492.00	117.51	72.00			21.00		3.00
MOOSE	LUNG	BAKED	Alces alces	40510		Appavoo et al, 1991								3.00
WEIGHTED AVERAGE						Transcript, and the second	492.00	117.51	72.00			21.00		3.00
MUSKOX	BLOOD	RAW	Ovobos moschatus	40603	4	Kuhnlein et al, 2005								
MUSKOX	FAT	RAW	Ovobos moschatus	40601	_	Kuhnlein et al, 2002	2438.00	582.31	43.00	5.00		1.40	0.37	54.00
MUSKOX	FAT	RAW	Ovobos moschatus	40601		Kuhnlein et al, 2005								
MUSKOX	FAT	RAW	Ovobos moschatus	40601	4	Kuhnlein et al. 2005								
WEIGHTED AVERAGE							2438.00	582.31	43.00	5.00		1.40	0.37	54.00
MUSKOX	MEAT	RAW	Ovobos moschatus	40602	2	Kuhnlein et al, 2002	440.00					19.00		
MUSKOX	MEAT	RAW	Ovobos moschatus	40602		Kuhnlein et al, 2002								
MUSKOX	MEAT	RAW	Ovobos moschatus	40602	_	Kuhnlein et al, 2005					1	<u> </u>		
WEIGHTED AVERAGE						, ====	440.00	105.09	75.00	1.90		19.00	2.30	2.00
MUSKRAT	MEAT	RAW	Ondatra zibethicus	40701	2.	Appavoo et al, 1991	1.5100					27.00		4.20
MUSKRAT	MEAT	RAW	Ondatra zibethicus	40701		Kuhnlein et al, 1994	609.00	145.46	68.00	2.30	0.00	25.00	0.10	
WEIGHTED AVERAGE				.5,01			609.00	145.46		2.30			+	
POLAR BEAR	FAT	BOILED	Ursus maritimus	40801	2	Kuhnlein et al, 1991	007.00	1.5.10	33.30	2.30	0.50	25.00	0.10	86.20

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
MOOSE	MEAT	DRIED		` '		, ,											
WEIGHTED AVERAGE			3.60														
MOOSE	MEAT	RAW	5.00														
MOOSE	MEAT	RAW	0.40														1
MOOSE	MEAT	RAW	0.40														+
WEIGHTED AVERAGE	1,12,11	10111	2.70														
MOOSE	MEAT	BAKED	0.09														
MOOSE	MEAT	BAKED	0.13								<u> </u>						+
WEIGHTED AVERAGE	IVIL/I I I	DITTEL	0.11														
MOOSE	MEAT	SMOKED/DRIED	0.11														+
MOOSE	MEAT	SMOKED/DRIED															+
WEIGHTED AVERAGE	MEAT	SWOKED/DRIED															+
MOOSE	BLOOD	RAW															+
											+				+		+
MOOSE WEIGHTED AVERAGE	BLOOD	RAW															
WEIGHTED AVERAGE	LIVED	RAW	0.00														+
MOOSE	LIVER		0.90														+
MOOSE	LIVER	RAW	0.44								1			-		<u> </u>	
MOOSE	LIVER	RAW									ļ						+
MOOSE	LIVER	RAW															+
MOOSE	LIVER	RAW															
MOOSE	LIVER	RAW	0.54					0.10	+	_				0.10	-	+	0.10
WEIGHTED AVERAGE			0.73					0.10	0.01					0.10	0.02	2	0.10
MOOSE	LIVER	BAKED	0.57								1						
MOOSE	LIVER	BAKED															
MOOSE	LIVER	BAKED	0.80					0.10						0.10	0.00)	
WEIGHTED AVERAGE			0.69					0.10	0.01					0.10	0.00)	
MOOSE	LUNG	RAW															
MOOSE	LUNG	RAW						0.10)								0.10
WEIGHTED AVERAGE								0.10									0.10
MOOSE	LUNG	BAKED															
MOOSE	LUNG	BAKED						0.10									0.10
WEIGHTED AVERAGE								0.10									0.10
MUSKOX	BLOOD	RAW															
MUSKOX	FAT	RAW	9.50														
MUSKOX	FAT	RAW															
MUSKOX	FAT	RAW															1
WEIGHTED AVERAGE			9.50														
MUSKOX	MEAT	RAW	2.90														
MUSKOX	MEAT	RAW															
MUSKOX	MEAT	RAW															
WEIGHTED AVERAGE			2.90														
MUSKRAT	MEAT	RAW	3.26					0.70	0.38								0.10
MUSKRAT	MEAT	RAW	2.30			 		0.70	0.50		1			 		1	+ 0.1
WEIGHTED AVERAGE	1,112/11	10111	2.78					0.70	0.38								0.1
POLAR BEAR	FAT	BOILED	2.10					0.20			0.01			1.40	0.8	7	2.5

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
MOOSE	MEAT	DRIED				(-)												†
WEIGHTED AVERAGE																		
MOOSE	MEAT	RAW																
MOOSE	MEAT	RAW																
MOOSE	MEAT	RAW						0.10	0.03				1					+
WEIGHTED AVERAGE	1,12,11	141,1						0.10	0.03									
MOOSE	MEAT	BAKED						0.10	0.02									+
MOOSE	MEAT	BAKED	†					0.20	0.00				†					+
WEIGHTED AVERAGE	1412/11	Britteb						0.20	0.00									
MOOSE	MEAT	SMOKED/DRIED						0.20	0.00									
MOOSE	MEAT	SMOKED/DRIED	0.10					0.60				1	1			0.30	1	+
WEIGHTED AVERAGE	WILAT	SWOKED/DRIED	0.10					0.60								0.30		
MOOSE	BLOOD	RAW	0.10					0.00								0.50		+
MOOSE	BLOOD	RAW										 						+
WEIGHTED AVERAGE	BLOOD	IXAX VV																
MOOSE	LIVER	RAW																
MOOSE	LIVER	RAW	<u> </u>				<u> </u>					1	+					+
													<u> </u>					+
MOOSE	LIVER	RAW						0.10		0.10						0.10		+
MOOSE	LIVER	RAW						0.10		0.10	1					0.10	1	
MOOSE	LIVER	RAW	0.02	0.40			<u> </u>	0.20	0.07			-	1			0.20	0.00	
MOOSE	LIVER	RAW	0.02	0.10		•		0.20	0.05	0.40						0.20		
WEIGHTED AVERAGE			0.02	0.10	0.04			0.18	0.05	0.10						0.18	0.02	4
MOOSE	LIVER	BAKED	ļ										<u> </u>					—
MOOSE	LIVER	BAKED																—
MOOSE	LIVER	BAKED		0.10		+		0.20	0.04							0.20		+
WEIGHTED AVERAGE				0.10	0.01			0.20	0.04							0.20	0.01	
MOOSE	LUNG	RAW																—
MOOSE	LUNG	RAW						0.10								0.10		
WEIGHTED AVERAGE								0.10								0.10		
MOOSE	LUNG	BAKED																
MOOSE	LUNG	BAKED						0.10								0.10		
WEIGHTED AVERAGE								0.10								0.10		
MUSKOX	BLOOD	RAW																
MUSKOX	FAT	RAW																
MUSKOX	FAT	RAW																
MUSKOX	FAT	RAW																
WEIGHTED AVERAGE																		
MUSKOX	MEAT	RAW																
MUSKOX	MEAT	RAW																
MUSKOX	MEAT	RAW																
WEIGHTED AVERAGE																		
MUSKRAT	MEAT	RAW						0.70	0.38							0.10	0.01	:
MUSKRAT	MEAT	RAW																1
WEIGHTED AVERAGE								0.70	0.38							0.10	0.01	
POLAR BEAR	FAT	BOILED	0.25	3.10	0.51			0.50				0.10	0.00			0.10		

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
MOOSE	MEAT	DRIED														
WEIGHTED AVERAGE																
MOOSE	MEAT	RAW														
MOOSE	MEAT	RAW														
MOOSE	MEAT	RAW										0.30	0.16			
WEIGHTED AVERAGE	1,12,11	1411										0.30				
MOOSE	MEAT	BAKED										0.50	0.10			1
MOOSE	MEAT	BAKED		†								0.30	0.11			
WEIGHTED AVERAGE	IVIL:: 1	Brities										0.30				
MOOSE	MEAT	SMOKED/DRIED										0.50	0.11			
MOOSE	MEAT	SMOKED/DRIED								0.10		1.30				
WEIGHTED AVERAGE	WILAT	SWICKED/DRIED								0.10		1.30				
MOOSE MOOSE	BLOOD	RAW								0.10		1.30				
MOOSE	BLOOD	RAW				<u> </u>		1	+	<u> </u>	 	<u> </u>			+	
	DLUUD	KAW														
WEIGHTED AVERAGE	LIVED	RAW														
MOOSE	LIVER															_
MOOSE	LIVER	RAW													<u> </u>	
MOOSE	LIVER	RAW		ļ												
MOOSE	LIVER	RAW										0.20				
MOOSE	LIVER	RAW														<u> </u>
MOOSE	LIVER	RAW										0.30				<u> </u>
WEIGHTED AVERAGE												0.28	0.08			
MOOSE	LIVER	BAKED														
MOOSE	LIVER	BAKED														<u> </u>
MOOSE	LIVER	BAKED								0.10	0.01	0.50	0.11			
WEIGHTED AVERAGE										0.10	0.01	0.50	0.11			
MOOSE	LUNG	RAW														
MOOSE	LUNG	RAW										0.50				
WEIGHTED AVERAGE												0.50				
MOOSE	LUNG	BAKED														
MOOSE	LUNG	BAKED										0.30				
WEIGHTED AVERAGE												0.30				
MUSKOX	BLOOD	RAW														
MUSKOX	FAT	RAW														
MUSKOX	FAT	RAW														
MUSKOX	FAT	RAW														
WEIGHTED AVERAGE																
MUSKOX	MEAT	RAW														
MUSKOX	MEAT	RAW														
MUSKOX	MEAT	RAW														
WEIGHTED AVERAGE																
MUSKRAT	MEAT	RAW								0.10	0.09	1.00	0.72			
MUSKRAT	MEAT	RAW				1		1		5.10	3.37	1.00	0.72		1	
WEIGHTED AVERAGE	11111111	20211								0.10	0.09	1.00	0.72			
POLAR BEAR	FAT	BOILED	0.20	0.02				0.50	0.12						0.56	0.60

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
MOOSE	MEAT	DRIED				(-)												
WEIGHTED AVERAGE																		
MOOSE	MEAT	RAW																
MOOSE	MEAT	RAW						1	1									
MOOSE	MEAT	RAW											0.30	0.11	0.20	0.70		
WEIGHTED AVERAGE	1,12,11	14111											0.30	0.11		1		
MOOSE	MEAT	BAKED											0.50	0.11	0.20	0.70		
MOOSE	MEAT	BAKED											0.20	0.07	0.20	0.05		
WEIGHTED AVERAGE	1412/11	BITTED											0.20	0.07		1		
MOOSE	MEAT	SMOKED/DRIED											0.20	0.07	0.20	0.05		
MOOSE	MEAT	SMOKED/DRIED						1	1		0.10		1.10		0.80			
WEIGHTED AVERAGE	WILAT	SWOKED/DRIED									0.10		1.10		0.80			
MOOSE	BLOOD	RAW									0.10		1.10		0.80			
MOOSE	BLOOD	RAW																
	вьсоор	KAW																
WEIGHTED AVERAGE	LIVED	RAW																
MOOSE	LIVER																	<u> </u>
MOOSE	LIVER	RAW						-	<u> </u>									<u> </u>
MOOSE	LIVER	RAW																<u> </u>
MOOSE	LIVER	RAW											0.20		0.30			
MOOSE	LIVER	RAW																<u> </u>
MOOSE	LIVER	RAW											0.20	0.03				<u> </u>
WEIGHTED AVERAGE													0.20	0.03	0.45	0.07		
MOOSE	LIVER	BAKED																
MOOSE	LIVER	BAKED																<u> </u>
MOOSE	LIVER	BAKED											0.20	0.02	0.60	0.13		
WEIGHTED AVERAGE													0.20	0.02	0.60	0.13		
MOOSE	LUNG	RAW																
MOOSE	LUNG	RAW											0.30		0.20			
WEIGHTED AVERAGE													0.30		0.20			
MOOSE	LUNG	BAKED																
MOOSE	LUNG	BAKED											0.60		0.30			
WEIGHTED AVERAGE													0.60		0.30			
MUSKOX	BLOOD	RAW																
MUSKOX	FAT	RAW																
MUSKOX	FAT	RAW																1
MUSKOX	FAT	RAW																
WEIGHTED AVERAGE																		
MUSKOX	MEAT	RAW																
MUSKOX	MEAT	RAW																
MUSKOX	MEAT	RAW						1	1			<u> </u>				<u> </u>		
WEIGHTED AVERAGE																		
MUSKRAT	MEAT	RAW											0.90	0.50	0.20	0.08		
MUSKRAT	MEAT	RAW		1					1				3.50	3.50	0.20	3.30		
WEIGHTED AVERAGE													0.90	0.50	0.20	0.08		
POLAR BEAR	FAT	BOILED	0.03	3							1.40	0.45						

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
MOOSE	MEAT	DRIED					(0)				(444,6		= (8)		, , , , , , , , , , , , , , , , , , , ,	
WEIGHTED AVERAGE																
MOOSE	MEAT	RAW														
MOOSE	MEAT	RAW								1			1			
MOOSE	MEAT	RAW														
WEIGHTED AVERAGE	1,12,11	14111														
MOOSE	MEAT	BAKED														
MOOSE	MEAT	BAKED														
WEIGHTED AVERAGE	IVIEZI I I	Britteb														
MOOSE	MEAT	SMOKED/DRIED														
MOOSE	MEAT	SMOKED/DRIED														
WEIGHTED AVERAGE	WILAT	SWOKED/DRIED														
MOOSE	BLOOD	RAW														
MOOSE	BLOOD	RAW	 			 		 							+	+
WEIGHTED AVERAGE	BLOOD	IX/X VV														
MOOSE	LIVER	RAW														
MOOSE	LIVER	RAW						<u> </u>								
MOOSE		RAW							4608.00							
	LIVER								4608.00	' <u> </u>						
MOOSE	LIVER	RAW							10000.00	2400.00						
MOOSE	LIVER	RAW							18000.00	3400.00						
MOOSE	LIVER	RAW														
WEIGHTED AVERAGE									14652.00	3400.00						
MOOSE	LIVER	BAKED						ļ								
MOOSE	LIVER	BAKED							12000.00	3000.00)					
MOOSE	LIVER	BAKED														
WEIGHTED AVERAGE									12000.00	3000.00)					
MOOSE	LUNG	RAW														
MOOSE	LUNG	RAW														
WEIGHTED AVERAGE																
MOOSE	LUNG	BAKED														
MOOSE	LUNG	BAKED														
WEIGHTED AVERAGE																
MUSKOX	BLOOD	RAW							47.70	27.64			0.003	0.00	7	
MUSKOX	FAT	RAW														
MUSKOX	FAT	RAW									3.20	3.38				
MUSKOX	FAT	RAW							43.40	7.38			0.420	0.03	8	
WEIGHTED AVERAGE									43.40	7.38	3.20	3.38	0.420	0.03	8	
MUSKOX	MEAT	RAW														
MUSKOX	MEAT	RAW														
MUSKOX	MEAT	RAW							126.60	154.91			0.070	0.10	2	
WEIGHTED AVERAGE									126.60	154.91			0.070	0.10	2	
MUSKRAT	MEAT	RAW														
MUSKRAT	MEAT	RAW	İ			İ										
WEIGHTED AVERAGE																
POLAR BEAR	FAT	BOILED														

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
MOOSE	MEAT	DRIED			11.00		16.00		1.14		10.00		777.00		97.00	
WEIGHTED AVERAGE					10.33	1.70	17.33	0.40	0.85	0.030	13.33	1.900	777.00		86.33	
MOOSE	MEAT	RAW			6.00	3.20	3.00			0.050	5.00	1.200			33.00	17.00
MOOSE	MEAT	RAW			40.00	98.00	5.00		0.12	0.021	5.00	1.500	210.00	45.00	25.00	
MOOSE	MEAT	RAW														
WEIGHTED AVERAGE					23.00	50.60	4.00	0.85	0.11	0.036	5.00	1.350	210.00	45.00	29.00	9.10
MOOSE	MEAT	BAKED			4.80	0.22	5.00		0.22	0.005	7.50	0.670	250.00	34.00	30.00	
MOOSE	MEAT	BAKED														
WEIGHTED AVERAGE					4.80	0.22	5.00	0.80	0.22	0.005	7.50	0.670	250.00	34.00	30.00	4.20
MOOSE	MEAT	SMOKED/DRIED			11.00		16.00		1.14		10.00		777.00		97.00	
MOOSE	MEAT	SMOKED/DRIED														
WEIGHTED AVERAGE					11.00		16.00		1.14		10.00		777.00		97.00	
MOOSE	BLOOD	RAW			2.10		62.00		0.03		0.20		16.00		2.10	
MOOSE	BLOOD	RAW														
WEIGHTED AVERAGE					2.10		62.00		0.03		0.20		16.00		2.10	
MOOSE	LIVER	RAW			3.00		14.00	7.20		2.700	2.20	0.690	272.00		15.00	
MOOSE	LIVER	RAW			4.00		30.00	16.00		0.800	2.00	0.200	330.00	41.00	1	2.00
MOOSE	LIVER	RAW				****				0.000		0.200				
MOOSE	LIVER	RAW														
MOOSE	LIVER	RAW														
MOOSE	LIVER	RAW														
WEIGHTED AVERAGE					3.38	1.16	20.00	10.50	2.00	1.99	2.13	0.51	293.75	41.00	15.38	1.44
MOOSE	LIVER	BAKED			5.20		23.00			1.400		0.330	410.00	9.00		
MOOSE	LIVER	BAKED			5.20	01.15	20.00	2.20	2.00	11.00	2.00	0.550	.10.00	7.00	21.00	1.10
MOOSE	LIVER	BAKED														
WEIGHTED AVERAGE					5.20	0.43	23.00	2.20	2.00	1.400	2.30	0.330	410.00	9.00	21.00	1.10
MOOSE	LUNG	RAW			11.00		18.00		0.12		1.20		174.00		9.70	
MOOSE	LUNG	RAW														
WEIGHTED AVERAGE					11.00		18.00		0.12	1.400	1.20		174.00		9.70	
MOOSE	LUNG	BAKED			13.00		25.00		0.15		1.40		216.00		12.00	
MOOSE	LUNG	BAKED														
WEIGHTED AVERAGE					13.00		25.00		0.15		1.40		216.00		12.00	
MUSKOX	BLOOD	RAW														
MUSKOX	FAT	RAW														
MUSKOX	FAT	RAW														
MUSKOX	FAT	RAW														
WEIGHTED AVERAGE																
MUSKOX	MEAT	RAW														
MUSKOX	MEAT	RAW			3.20	1	4.50	<u> </u>	0.13		2.40		159.00	1	25.00	
MUSKOX	MEAT	RAW				İ		1						İ		
WEIGHTED AVERAGE					3.20		4.50		0.13		2.40		159.00		25.00	
MUSKRAT	MEAT	RAW			2.20				3.10				27.30			
MUSKRAT	MEAT	RAW			20.00	3.80	11.00	2.60	0.15	0.012	2.60	0.300	180.00	24.00	26.00	1.60
WEIGHTED AVERAGE					20.00		11.00						180.00	24.00	<u> </u>	1
POLAR BEAR	FAT	BOILED														

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
MOOSE	MEAT	DRIED	182.00		0.110		1429.00		. (-)		
WEIGHTED AVERAGE			182.00		0.170		1429.00		0.10	0.007	
MOOSE	MEAT	RAW			0.020	0.002			0.030		
MOOSE	MEAT	RAW	60.00	11.00	0.030	0.026	380.00	32.00		0.000	
MOOSE	MEAT	RAW				0.020					
WEIGHTED AVERAGE	1,12,11	14.11	60.00	11.00	0.025	0.01	380.00	32.00	0.03	0.015	
MOOSE	MEAT	BAKED	50.00	4.80	0.020	0.002	500.00	85.00		0.000	
MOOSE	MEAT	BAKED			0.020						
WEIGHTED AVERAGE	1,12,11	D. HLLD	50.00	4.80	0.020	0.002	500.00	85.00			
MOOSE	MEAT	SMOKED/DRIED	182.00		0.110		1429.00	02.00			
MOOSE	MEAT	SMOKED/DRIED	102.00		0.110		1.23.00				
WEIGHTED AVERAGE	112111	SMOTESTEE	182.00		0.110		1429.00				
MOOSE	BLOOD	RAW	63.00		0.004		176.00				
MOOSE	BLOOD	RAW	03.00		0.004		170.00				
WEIGHTED AVERAGE	DECOD	23111	63.00		0.004		176.00				
MOOSE	LIVER	RAW	85.30		0.360	0.160	139.00		0.200	0.270	
MOOSE	LIVER	RAW	60.00	16.00	0.300	0.100	330.00	15.00		0.270	
MOOSE	LIVER	RAW	55.50	10.00	0.500	0.070	330.00	13.00			
MOOSE	LIVER	RAW									
MOOSE	LIVER	RAW									
MOOSE	LIVER	RAW									
WEIGHTED AVERAGE	EIVER	ICI IV	75.81	16.00	0.34	0.13	210.63	15.00	0.20	0.27	
MOOSE	LIVER	BAKED	70.00	16.00	0.280	0.022	416.00	4.00		0.27	
MOOSE	LIVER	BAKED	70.00	10.00	0.280	0.022	410.00	4.00			
MOOSE	LIVER	BAKED									
WEIGHTED AVERAGE	LIVER	BAKED	70.00	16.00	0.280	0.022	416.00	4.00			
MOOSE	LUNG	RAW	146.00	10.00	0.020	0.022	237.00	4.00			
MOOSE	LUNG	RAW	140.00		0.020		237.00				
WEIGHTED AVERAGE	Lerve	ICI IV	146.00		0.020		237.00				
MOOSE	LUNG	BAKED	177.00		0.020		284.00				
MOOSE	LUNG	BAKED	177.00		0.020		204.00				
WEIGHTED AVERAGE	Lerve	Brikeb	177.00		0.020		284.00				
MUSKOX	BLOOD	RAW	177.00		0.020		204.00				
MUSKOX	FAT	RAW									
MUSKOX	FAT	RAW									
MUSKOX	FAT	RAW	<u> </u>								
WEIGHTED AVERAGE		23111									
MUSKOX	MEAT	RAW									
MUSKOX	MEAT	RAW	51.00		0.010		420.00				
MUSKOX	MEAT	RAW	31.00		0.010		720.00				
WEIGHTED AVERAGE		23111	51.00		0.010		420.00				
MUSKRAT	MEAT	RAW	31.00		0.010		420.00				
MUSKRAT	MEAT	RAW	110.00	10.00	0.200	0.070	350.00	61.00			
WEIGHTED AVERAGE	1/11// 1 1	13/11/1	110.00		0.200	0.070	350.00	61.00			
POLAR BEAR	FAT	BOILED	110.00	10.00	0.200	0.07	330.00	01.00			
I OLAK DEAK	LAI	POILED	l]]		

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
POLAR BEAR	FAT	BOILED	Ursus maritimus	40801		Kuhnlein &Soueida, 1992	3312.00	792.00	10.00		0.00	3.40		86.00
WEIGHTED AVERAGE							3312.00	792.00	10.00		0.00	3.40		86.13
POLAR BEAR	FAT	RAW	Ursus maritimus	40802	2	Kuhnlein et al, 1991								82.40
POLAR BEAR	FAT	RAW	Ursus maritimus	40802		Kuhnlein &Soueida, 1992	3164.00	756.00	17.00		0.00	3.00		82.00
WEIGHTED AVERAGE						,	3164.00	756.00	17.00		0.00	3.00		82.27
POLAR BEAR	MEAT	BOILED	Ursus maritimus	40803	1	Kuhnlein et al, 2002	799.00	190.84	54.00			41.00		2.90
POLAR BEAR	MEAT	BOILED	Ursus maritimus	40803		Kuhnlein &Soueida, 1992	909.00	217.11	57.00	2.40	0.00	38.00	0.50	
POLAR BEAR	MEAT	BOILED	Ursus maritimus	40803		Kuhnlein et al, 1991								6.00
WEIGHTED AVERAGE							872.33	208.35	56.00	2.40	0.00	39.00	0.50	
POLAR BEAR	MEAT	RAW	Ursus maritimus	40804	2	Kuhnlein et al, 1991	0,2.00						0.00	2.50
POLAR BEAR	MEAT	RAW	Ursus maritimus	40804		Kuhnlein et al, 2005								
POLAR BEAR	MEAT	RAW	Ursus maritimus	40804	_	Kuhnlein & Soueida, 1992	485.00	116.00	75.00	1.10	0.00	22.00	1.30	2.50
WEIGHTED AVERAGE	1,12,11	14111	Cisus maramus	.0001		220000000000000000000000000000000000000	485.00	116.00	75.00	1.10	0.00	22.00	1.30	
RABBIT	MEAT	COOKED	Lepus sp.	40902	3	Kuhnlein et al, 2002	671.00	160.27	63.00	1.90		32.00	0.90	
RABBIT	MEAT	COOKED	Lepus sp.	40902		Kuhnlein et al, 2002	501.00	119.66	72.00	0.10		26.00	0.20	
RABBIT	MEAT	COOKED	Lepus sp.	40902		Kuhnlein et al, 2002	301.00	117.00	72.00	0.10		20.00	0.20	1.20
RABBIT	MEAT	COOKED	Lepus sp.	40902		Kuhnlein et al, 2005								
RABBIT	MEAT	COOKED	Lepus sp.	40902		Kuhnlein et al, 2002								
WEIGHTED AVERAGE	WILAT	COOKED	Lepus sp.	40702	1	Kumiem et al, 2002	603.00	144.02	66.60	1.18		29.60	0.62	2.28
RABBIT	MEAT	RAW	Lepus sp.	40903	7	Kuhnlein et al, 2002	441.00	105.33	74.00	0.80		22.00	0.50	
RABBIT	MEAT	RAW		40903		Kuhnlein et al, 2002	96.00	22.93	77.00	0.70		21.00	0.70	
RABBIT	MEAT	RAW	Lepus sp.	40903		Kulmlein et al, 2002 Kuhnlein et al. 1994	402.00	96.02	77.00	0.70	0.00	21.00	0.70	
RABBIT	MEAT	RAW	Lepus sp.	40903		Kuhnlein et al, 2002	402.00	90.02	77.00	0.70	0.00	21.00	0.70	0.80
	MEAT	RAW	Lepus sp.	40903	2									0.90
RABBIT		RAW	Lepus sp.	40903	1	Appavoo et al, 1991								0.90
RABBIT	MEAT		Lepus sp.	+		Kuhnlein et al, 2002								
RABBIT	MEAT	RAW	Lepus sp.	40903	3	Kuhnlein et al, 2005	271.10	00.66	75.00	0.76	0.00	21.64	0.57	1.00
WEIGHTED AVERAGE	A CE A CE	DON ED	T	10001	2	M . 0 M 1 1 . 1002	371.18	88.66	75.09	0.76	0.00	21.64	0.57	1.08
RABBIT	MEAT	BOILED	Lepus sp.	40901	3	Morrison&Kuhnlein,1993								1.00
RABBIT	MEAT	BOILED	Lepus sp.	40901	2	Appavoo et al, 1991								1.00
WEIGHTED AVERAGE														1.00
BIRDS	1 65 A 75	D. IVED	36.1	10101	-	****	77100	100.00	62.00	0.40	0.00	20.00	2.00	7.70
BLACK SCOTER	MEAT	BAKED	Melanitta nigra	10101		Kuhnlein et al, 1994	754.00	180.00	63.00	0.40	0.00	30.00	2.90	
BLACK SCOTER	MEAT	BAKED	Melanitta nigra	10101	2	Appavoo et al, 1991				0.10		• • • • •		5.70
WEIGHTED AVERAGE			D G 1 1				754.00	180.00	63.00	0.40	0.00	30.00	2.90	
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED	Branta Canadensis	10207		Belinsky & Kuhnlein, 2000	837.00	199.91	58.90	2.17	0.00	30.80	0.81	7.60
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED	Branta Canadensis	10207	2	Belinsky & Kuhnlein, 2000								
WEIGHTED AVERAGE							837.00	199.91	58.90	2.17		30.80	0.81	1
CANADA GOOSE	LEG/SKIN		Branta Canadensis	10216		Belinsky & Kuhnlein, 2000	1440.00	343.94	46.80	3.01	0.00	25.00	1.65	26.40
CANADA GOOSE	LEG/SKIN	OVEN-ROASTED	Branta Canadensis	10216	2	Belinsky & Kuhnlein, 2000								
WEIGHTED AVERAGE							1440.00	343.94	46.80	3.01	0.00	25.00	1.65	
CANADA GOOSE	BREAST/SKIN		Branta Canadensis	10203		Belinsky & Kuhnlein, 2000	1220.00	291.39	50.60	2.30	0.00	28.50	1.25	18.00
CANADA GOOSE	BREAST/SKIN	OVEN-ROASTED	Branta Canadensis	10203	2	Belinsky & Kuhnlein, 2000								
WEIGHTED AVERAGE							1220.00	291.39		2.30		28.50	1.25	
CANADA GOOSE	COLLAR/SKIN		Branta Canadensis	10205		Belinsky & Kuhnlein, 2000	1082.00	258.43	53.60	2.62	0.00	29.80	0.82	14.60
CANADA GOOSE	COLLAR/SKIN	OVEN-ROASTED	Branta Canadensis	10205	1	Belinsky & Kuhnlein, 2000								

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
POLAR BEAR	FAT	BOILED		, ,													
WEIGHTED AVERAGE								0.20	0.01	0.60	0.01			1.40	0.87		2.50
POLAR BEAR	FAT	RAW						0.20	0.02	0.70	0.04			1.50			3.00
POLAR BEAR	FAT	RAW															
WEIGHTED AVERAGE								0.20	0.02	0.70	0.04			1.50	1.07		3.00
POLAR BEAR	MEAT	BOILED							0.02	011.0	3101						
POLAR BEAR	MEAT	BOILED	1.00														1
POLAR BEAR	MEAT	BOILED	1.44											0.10	0.03		0.10
WEIGHTED AVERAGE	1,12,11	BUILLE	1.22											0.10	0.03		0.10
POLAR BEAR	MEAT	RAW	0.16											0.10	0.02		0.10
POLAR BEAR	MEAT	RAW	0.10											0.10	0.02		0.10
POLAR BEAR	MEAT	RAW	0.12														+
WEIGHTED AVERAGE	IVIL/I I	MIW	0.14											0.10	0.02		0.10
RABBIT	MEAT	COOKED	1.80											0.10	0.02		0.10
RABBIT	MEAT	COOKED	0.23					+					+	 		-	+
RABBIT	MEAT	COOKED	0.23														+
RABBIT	MEAT	COOKED										 	+				+
RABBIT	MEAT	COOKED							<u> </u>		<u> </u>				<u> </u>		+
WEIGHTED AVERAGE	WIEAT	COOKED	1.17														
RABBIT	MEAT	RAW	0.94														+
			-										_				+
RABBIT	MEAT	RAW	0.19														+
RABBIT	MEAT	RAW	0.19														+
RABBIT	MEAT	RAW	0.20														+
RABBIT	MEAT	RAW	0.20														
RABBIT	MEAT	RAW															
RABBIT	MEAT	RAW															
WEIGHTED AVERAGE																	
RABBIT	MEAT	BOILED													ļ		
RABBIT	MEAT	BOILED	0.15														_
WEIGHTED AVERAGE			0.15														
BIRDS																	
BLACK SCOTER	MEAT	BAKED	0.22														
BLACK SCOTER	MEAT	BAKED	0.30					0.10	0.04					0.10	0.00		
WEIGHTED AVERAGE			0.26					0.10	0.04					0.10	0.00		
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED	1.66														
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED		1.52		0.13											
WEIGHTED AVERAGE			1.66			0.13											
CANADA GOOSE	LEG/SKIN	OVEN-ROASTED	4.38														
CANADA GOOSE	LEG/SKIN	OVEN-ROASTED		4.11		0.09											
WEIGHTED AVERAGE			4.38	4.11		0.09											
CANADA GOOSE	BREAST/SKIN	OVEN-ROASTED	3.08											1			
CANADA GOOSE	BREAST/SKIN	OVEN-ROASTED		2.88		0.10											
WEIGHTED AVERAGE			3.08	2.88		0.10											
CANADA GOOSE	COLLAR/SKIN	OVEN-ROASTED	2.10														
CANADA GOOSE	COLLAR/SKIN	OVEN-ROASTED		2.20		0.11											

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
POLAR BEAR	FAT	BOILED				. ,												
WEIGHTED AVERAGE			0.25	3.10	0.51			0.50	0.02			0.10	0.00			0.10	0.05	
POLAR BEAR	FAT	RAW	0.24	3.50	0.65													
POLAR BEAR	FAT	RAW																
WEIGHTED AVERAGE			0.24	3.50	0.65													
POLAR BEAR	MEAT	BOILED	V.2.1															
POLAR BEAR	MEAT	BOILED																
POLAR BEAR	MEAT	BOILED	0.01	0.20	0.02			0.10	0.03							0.10	0.01	
WEIGHTED AVERAGE	1,12,11	BUILLE	0.01	0.20	0.02			0.10	0.03							0.10		
POLAR BEAR	MEAT	RAW	0.01	0.10	0.00			0.10	0.10	0.02						0.10	0.01	
POLAR BEAR	MEAT	RAW	0.01	0.10	0.00				0.10	0.02								+
POLAR BEAR	MEAT	RAW																
WEIGHTED AVERAGE	THE IT	TO THE	0.01	0.10	0.00				0.10	0.02	,							
RABBIT	MEAT	COOKED	0.01	0.10	0.00				0.10	0.02								
RABBIT	MEAT	COOKED					+	+										+
RABBIT	MEAT	COOKED																
RABBIT	MEAT	COOKED																
RABBIT	MEAT	COOKED					 	0.90		0.20					1	0.20		
WEIGHTED AVERAGE	MEAI	COOKED						0.90		0.20						0.20		
RABBIT	MEAT	RAW						0.90		0.20	/					0.20		
RABBIT	MEAT	RAW																
RABBIT	MEAT	RAW																
RABBIT	MEAT	RAW			1			0.20	0.14							0.10	0.01	
RABBIT	MEAT	RAW						0.30	0.14							0.10	0.01	
RABBIT	MEAT	RAW						0.20										
RABBIT	MEAT	RAW						0.45	0.4.4							0.10	0.01	
WEIGHTED AVERAGE								0.27	0.14							0.10	0.01	
RABBIT	MEAT	BOILED																
RABBIT	MEAT	BOILED						0.30	0.01							0.10		
WEIGHTED AVERAGE								0.30	0.01							0.10	0.03	
BIRDS																		
BLACK SCOTER	MEAT	BAKED																
BLACK SCOTER	MEAT	BAKED		0.10	0.01			0.20	0.03							0.30		
WEIGHTED AVERAGE				0.10	0.01			0.20	0.03							0.30	0.01	
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED																
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED				1.39												
WEIGHTED AVERAGE						1.39)											
CANADA GOOSE	LEG/SKIN	OVEN-ROASTED																
CANADA GOOSE	LEG/SKIN	OVEN-ROASTED				4.02												
WEIGHTED AVERAGE						4.02	2											
CANADA GOOSE	BREAST/SKIN	OVEN-ROASTED																
CANADA GOOSE	BREAST/SKIN	OVEN-ROASTED				2.78	3											
WEIGHTED AVERAGE						2.78	3											
CANADA GOOSE	COLLAR/SKIN	OVEN-ROASTED																
CANADA GOOSE	COLLAR/SKIN	OVEN-ROASTED				2.09)											

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
POLAR BEAR	FAT	BOILED														
WEIGHTED AVERAGE			0.20	0.02				0.50	0.12	6.00	2.60	11.30	0.57	6.10	0.56	0.60
POLAR BEAR	FAT	RAW						0.60	0.16	7.00		14.00	0.66	7.70		0.80
POLAR BEAR	FAT	RAW														
WEIGHTED AVERAGE								0.60	0.16	7.00	3.60	14.00	0.66	7.70	0.72	0.80
POLAR BEAR	MEAT	BOILED														
POLAR BEAR	MEAT	BOILED														
POLAR BEAR	MEAT	BOILED								0.50	0.28	1.00	0.27	0.40	0.09	
WEIGHTED AVERAGE										0.50	0.28	1.00	0.27			
POLAR BEAR	MEAT	RAW								0.20	0.05	0.60	0.04			
POLAR BEAR	MEAT	RAW														
POLAR BEAR	MEAT	RAW														
WEIGHTED AVERAGE										0.20	0.05	0.60	0.04	0.20	0.03	
RABBIT	MEAT	COOKED														
RABBIT	MEAT	COOKED														
RABBIT	MEAT	COOKED														
RABBIT	MEAT	COOKED														
RABBIT	MEAT	COOKED								0.40		0.60				
WEIGHTED AVERAGE										0.40		0.60				
RABBIT	MEAT	RAW														
RABBIT	MEAT	RAW														
RABBIT	MEAT	RAW														
RABBIT	MEAT	RAW														
RABBIT	MEAT	RAW										0.10	0.02			
RABBIT	MEAT	RAW										0.20				
RABBIT	MEAT	RAW														
WEIGHTED AVERAGE												0.13	0.02			
RABBIT	MEAT	BOILED														
RABBIT	MEAT	BOILED										0.10	0.01			
WEIGHTED AVERAGE												0.10	0.01			
BIRDS																
BLACK SCOTER	MEAT	BAKED														
BLACK SCOTER	MEAT	BAKED								0.70	0.09	1.50	0.16			
WEIGHTED AVERAGE										0.70	0.09	1.50	0.16			
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED														
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED			2.52											
WEIGHTED AVERAGE					2.52											
CANADA GOOSE	LEG/SKIN	OVEN-ROASTED														
CANADA GOOSE	LEG/SKIN	OVEN-ROASTED			15.00											
WEIGHTED AVERAGE					15.00											
CANADA GOOSE	BREAST/SKIN	OVEN-ROASTED														
CANADA GOOSE	BREAST/SKIN	OVEN-ROASTED			9.32											
WEIGHTED AVERAGE					9.32											
CANADA GOOSE	COLLAR/SKIN	OVEN-ROASTED														
CANADA GOOSE	COLLAR/SKIN	OVEN-ROASTED			5.19											

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
POLAR BEAR	FAT	BOILED				(-)												
WEIGHTED AVERAGE			0.03	3							1.40	0.45	2.40	0.83	0.60	0.10		
POLAR BEAR	FAT	RAW	0.01								1.70							
POLAR BEAR	FAT	RAW						1	1									
WEIGHTED AVERAGE		14111	0.01								1.70	0.58	2.70	1.18	0.70	0.13		
POLAR BEAR	MEAT	BOILED	0.01								1.70	0.50	2.70	1.10	0.70	0.15		
POLAR BEAR	MEAT	BOILED																
POLAR BEAR	MEAT	BOILED						1			0.10	0.06	0.40	0.12	0.10	0.02		
WEIGHTED AVERAGE	WILAT	DOILLD									0.10	0.06	0.40	0.12				
POLAR BEAR	MEAT	RAW									0.10	0.00	0.40	0.12				
POLAR BEAR POLAR BEAR	MEAT	RAW						+	<u> </u>		<u> </u>		0.20	0.01	0.10	0.00		
		_																<u> </u>
POLAR BEAR	MEAT	RAW											0.20	0.01	0.10	0.00		
WEIGHTED AVERAGE	N.C. A.T.	COOKER											0.20	0.01	0.10	0.00		
RABBIT	MEAT	COOKED		1	1		ļ		1		1					ļ		
RABBIT	MEAT	COOKED																
RABBIT	MEAT	COOKED	ļ															ļ
RABBIT	MEAT	COOKED	ļ					1	1		1							<u> </u>
RABBIT	MEAT	COOKED									0.20		1.40		0.40			<u> </u>
WEIGHTED AVERAGE											0.20		1.40		0.40			
RABBIT	MEAT	RAW																
RABBIT	MEAT	RAW																
RABBIT	MEAT	RAW																
RABBIT	MEAT	RAW																
RABBIT	MEAT	RAW											0.20	0.04	0.10	0.04		
RABBIT	MEAT	RAW											0.40		0.10			
RABBIT	MEAT	RAW																
WEIGHTED AVERAGE																		
RABBIT	MEAT	BOILED																
RABBIT	MEAT	BOILED											0.20	0.06	0.10	0.01		
WEIGHTED AVERAGE													0.20	0.06	0.10	0.01		
BIRDS																		
BLACK SCOTER	MEAT	BAKED										İ						
BLACK SCOTER	MEAT	BAKED									0.10	0.01	1.10	0.17	0.50	0.02		
WEIGHTED AVERAGE											0.10	0.01	1.10					
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED																
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED	1	1		1.72		1	1		1	<u> </u>				1		
WEIGHTED AVERAGE						1.72	1											
CANADA GOOSE	LEG/SKIN	OVEN-ROASTED				1.72												
CANADA GOOSE	LEG/SKIN	OVEN-ROASTED		1		8.02	†		1		1							
WEIGHTED AVERAGE	ELG, SIMI	- , Zi , I (0) ID I ED				8.02												
CANADA GOOSE	BREAST/SKIN	OVEN-ROASTED				0.02												
CANADA GOOSE	BREAST/SKIN	OVEN-ROASTED				5.00			1									
WEIGHTED AVERAGE	DKEAS I/SKIN	OVEN-KOASTED				5.00												
CANADA GOOSE	COLLAR/SKIN	OVEN-ROASTED				3.00												
			-			0.70		-	-			-				-		
CANADA GOOSE	COLLAR/SKIN	OVEN-ROASTED				2.73			J	J					l			

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
POLAR BEAR	FAT	BOILED							129.00	6.00	, ,				Ì	
WEIGHTED AVERAGE									129.00	6.00						
POLAR BEAR	FAT	RAW														
POLAR BEAR	FAT	RAW							200.00	100.00						
WEIGHTED AVERAGE									200.00	100.00						
POLAR BEAR	MEAT	BOILED														
POLAR BEAR	MEAT	BOILED							0.00							
POLAR BEAR	MEAT	BOILED							0.00							
WEIGHTED AVERAGE	1,12,11	BUILLE							0.00							
POLAR BEAR	MEAT	RAW							0.00							
POLAR BEAR	MEAT	RAW							467.30	57.42			0.590	0.459		
POLAR BEAR	MEAT	RAW							2.00	1.50			0.570	0.437		
WEIGHTED AVERAGE	WILAT	KA W							234.65	29.46			0.590	0.459		
RABBIT	MEAT	COOKED							234.03	27.40			0.570	0.437		
RABBIT	MEAT	COOKED														
RABBIT	MEAT	COOKED		 									+		1	+
		COOKED	<u> </u>				1	<u> </u>	21.00	17.74		<u> </u>	0.890	0.358		+
RABBIT	MEAT				0.10				21.90	17.74			0.890	0.338	1	
RABBIT	MEAT	COOKED			0.10				21.00	17.74			0.000	0.20		
WEIGHTED AVERAGE) ATT A TT	DAW			0.10				21.90	17.74			0.890	0.36		
RABBIT	MEAT	RAW							46.00							
RABBIT	MEAT	RAW	-						46.00							
RABBIT	MEAT	RAW						ļ				ļ				
RABBIT	MEAT	RAW						ļ				ļ				
RABBIT	MEAT	RAW														
RABBIT	MEAT	RAW														
RABBIT	MEAT	RAW							36.80	45.29			0.390	+		
WEIGHTED AVERAGE									40.48	45.29			0.390	0.19		
RABBIT	MEAT	BOILED							3.00	3.00						
RABBIT	MEAT	BOILED														
WEIGHTED AVERAGE									3.00	3.00						
BIRDS																
BLACK SCOTER	MEAT	BAKED														
BLACK SCOTER	MEAT	BAKED														
WEIGHTED AVERAGE																
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED														
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED														
WEIGHTED AVERAGE																
CANADA GOOSE	LEG/SKIN	OVEN-ROASTED														
CANADA GOOSE	LEG/SKIN	OVEN-ROASTED														
WEIGHTED AVERAGE																
CANADA GOOSE	BREAST/SKIN	OVEN-ROASTED														
CANADA GOOSE	BREAST/SKIN	OVEN-ROASTED		İ												
WEIGHTED AVERAGE																
CANADA GOOSE	COLLAR/SKIN	OVEN-ROASTED														
CANADA GOOSE	COLLAR/SKIN	OVEN-ROASTED	1	<u> </u>			1	1				1				

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
POLAR BEAR	FAT	BOILED			4.00	2.00	1.20	0.15	0.20	0.030	0.50	0.260	30.00	11.00	3.00	1.60
WEIGHTED AVERAGE					4.00	2.00	1.20	0.15	0.20	0.030	0.50	0.260	30.00	11.00	3.00	1.60
POLAR BEAR	FAT	RAW														
POLAR BEAR	FAT	RAW			4.80	0.85	1.20	0.36	0.09		0.30	0.050	30.00	9.00	3.00	1.00
WEIGHTED AVERAGE					4.80	0.85	1.20	0.36	0.09		0.30	0.050	30.00	9.00	3.00	1.00
POLAR BEAR	MEAT	BOILED			7.10		7.00		0.30		13.00		246.00		35.00	
POLAR BEAR	MEAT	BOILED			5.20	0.15	6.60	0.03	0.30	0.010	9.00	1.800	250.00	40.00	33.00	3.20
POLAR BEAR	MEAT	BOILED														
WEIGHTED AVERAGE					5.83	0.15	6.73	0.03	0.30	0.010	10.33	1.800	248.67	40.00	33.67	3.20
POLAR BEAR	MEAT	RAW														
POLAR BEAR	MEAT	RAW		1												
POLAR BEAR	MEAT	RAW			3.40	0.27	4.00	0.23	0.20	0.020	3.80	0.130	250.00	35.00	30.00	4.00
WEIGHTED AVERAGE					3.40	0.27	4.00	0.23	0.20	0.020	3.80	0.130	250.00	35.00	30.00	4.00
RABBIT	MEAT	COOKED														
RABBIT	MEAT	COOKED			50.00	16.00	5.50	0.03	0.04	0.020	2.90	0.140	210.00	5.00	25.00	6.00
RABBIT	MEAT	COOKED			16.00	9.60	6.00	1.30	0.40	0.160	2.70	0.100	208.00		31.00	11.00
RABBIT	MEAT	COOKED														
RABBIT	MEAT	COOKED														
WEIGHTED AVERAGE					33.00	12.80	5.75	0.67	0.22	0.090	2.80	0.120	209.00	5.00	28.00	8.50
RABBIT	MEAT	RAW			5.00		4.00	1.10		!	1.60	0.180	212.00	11.00	32.00	9.80
RABBIT	MEAT	RAW														
RABBIT	MEAT	RAW			90.00	69.00	6.00	0.60	0.25	0.018	2.50	0.220	210.00	30.00	24.00	0.30
RABBIT	MEAT	RAW			61.00		6.70		0.41	i e	1.97		257.00		29.00	
RABBIT	MEAT	RAW														
RABBIT	MEAT	RAW														
RABBIT	MEAT	RAW														
WEIGHTED AVERAGE					27.60	17.12	4.67		0.30		1.82		216.10		29.10	
RABBIT	MEAT	BOILED														
RABBIT	MEAT	BOILED														
WEIGHTED AVERAGE																
BIRDS																
BLACK SCOTER	MEAT	BAKED			6.10	0.25	8.00	0.50	0.74	0.062	2.50	0.320	270.00	0.00	29.00	0.50
BLACK SCOTER	MEAT	BAKED														
WEIGHTED AVERAGE					6.10	0.25	8.00	0.50	0.74	0.062	2.50	0.320	270.00	0.00	29.00	0.50
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED			6.91	2.36	9.81	1.57			3.15	0.310				
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED														
WEIGHTED AVERAGE					6.91	2.36	9.81	1.57	0.64	0.070	3.15	0.310				
CANADA GOOSE	LEG/SKIN	OVEN-ROASTED			9.62											
CANADA GOOSE	LEG/SKIN	OVEN-ROASTED														
WEIGHTED AVERAGE					9.62	3.02	5.70	1.39	0.22	0.030	4.12	0.370				
CANADA GOOSE	BREAST/SKIN	OVEN-ROASTED			7.44		6.78	0.82			3.05	0.310				
CANADA GOOSE	BREAST/SKIN	OVEN-ROASTED														1
WEIGHTED AVERAGE					7.44	3.36	6.78	0.82	0.40	0.060	3.05	0.310				
CANADA GOOSE	COLLAR/SKIN	OVEN-ROASTED			11.00	4.24	7.47	1.09			3.47	0.260				
CANADA GOOSE	COLLAR/SKIN	OVEN-ROASTED		†	11.00		7.17	1.07	5.11	5.550	2.17	0.200				

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
POLAR BEAR	FAT	BOILED	40.00	12.00	0.010		, ,		, ,		
WEIGHTED AVERAGE			40.00	12.00	0.010	0.004					
POLAR BEAR	FAT	RAW									
POLAR BEAR	FAT	RAW	40.00	11.00	0.010	0.000					
WEIGHTED AVERAGE			40.00	11.00	0.010	0.000					
POLAR BEAR	MEAT	BOILED	59.00		0.020		552.00		0.070		
POLAR BEAR	MEAT	BOILED	40.00	8.50	0.030	0.006					
POLAR BEAR	MEAT	BOILED									
WEIGHTED AVERAGE			46.33	8.50	0.027	0.01	552.00		0.07		
POLAR BEAR	MEAT	RAW									
POLAR BEAR	MEAT	RAW									
POLAR BEAR	MEAT	RAW	60.00	4.90	0.030	0.008					
WEIGHTED AVERAGE			60.00	4.90	0.030	0.008					
RABBIT	MEAT	COOKED									
RABBIT	MEAT	COOKED	70.00	5.20	0.040	0.000	250.00	20.00			
RABBIT	MEAT	COOKED	34.00		0.030	0.001	263.00		0.010	0.007	
RABBIT	MEAT	COOKED									
RABBIT	MEAT	COOKED									
WEIGHTED AVERAGE			52.00	5.20	0.035	0.00	256.50	20.00	0.01	0.007	
RABBIT	MEAT	RAW	37.00	4.90	0.030	0.004	449.00	7.00		0.018	
RABBIT	MEAT	RAW									
RABBIT	MEAT	RAW	107.00	3.00	0.030	0.006	296.00	0.00			
RABBIT	MEAT	RAW	85.00		0.040		296.00				
RABBIT	MEAT	RAW									
RABBIT	MEAT	RAW									
RABBIT	MEAT	RAW									
WEIGHTED AVERAGE			55.80		0.031		403.10				
RABBIT	MEAT	BOILED									
RABBIT	MEAT	BOILED									
WEIGHTED AVERAGE											
BIRDS											
BLACK SCOTER	MEAT	BAKED	72.00	2.30	0.070	0.007	300.00	18.00			
BLACK SCOTER	MEAT	BAKED									
WEIGHTED AVERAGE			72.00	2.30	0.070	0.007	300.00	1800			
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED									
CANADA GOOSE	FLESH ONLY	OVEN-ROASTED									
WEIGHTED AVERAGE											
CANADA GOOSE	LEG/SKIN	OVEN-ROASTED									
CANADA GOOSE	LEG/SKIN	OVEN-ROASTED									
WEIGHTED AVERAGE											
CANADA GOOSE	BREAST/SKIN	OVEN-ROASTED									
CANADA GOOSE	BREAST/SKIN	OVEN-ROASTED									
WEIGHTED AVERAGE											
CANADA GOOSE	COLLAR/SKIN	OVEN-ROASTED									
CANADA GOOSE	COLLAR/SKIN	OVEN-ROASTED									

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
WEIGHTED AVERAGE							1082.00	258.43	53.60	2.62	0.00	29.80	0.82	14.60
CANADA GOOSE	LEG/SKIN	FIRE-ROASTED	Branta Canadensis	10215	1	Belinsky & Kuhnlein, 2000	1158.00	276.58	51.60		0.00	28.80		17.10
CANADA GOOSE	BREAST/SKIN	FIRE-ROASTED	Branta Canadensis	10202	_	Belinsky & Kuhnlein, 2000	933.00	222.84	56.10		0.00	31.00		10.10
CANADA GOOSE	COLLAR/SKIN	FIRE-ROASTED	Branta Canadensis	10204		Belinsky & Kuhnlein, 2000	823.00	196.57	59.90		0.00	29.20		8.00
CANADA GOOSE	FLESH ONLY	BOILED	Branta Canadensis	10206	2	Belinsky & Kuhnlein, 2000	884.00	211.14	53.80	0.84	0.00	36.50		
CANADA GOOSE	LEG/SKIN	BOILED	Branta Canadensis	10214	2	Belinsky & Kuhnlein, 2000	1141.00	272.52	52.00	4.36	0.00	31.00	1.29	
CANADA GOOSE	BREAST/SKIN	BOILED	Branta Canadensis	10201	_	Belinsky & Kuhnlein, 2000	1049.00	250.55	51.40	2.59		34.00		
CANADA GOOSE	SKIN/FLESH	DRIED/BOILED	Branta Canadensis	10220	_	Belinsky & Kuhnlein, 2000	1732.00	413.68	33.00	9.21	0.00	34.20	3.88	
CANADA GOOSE	LUNG	OVEN-ROASTED	Branta Canadensis	10218	_	Belinsky & Kuhnlein, 2000	655.00	156.44	69.60	2.56	0.90	21.60		
CANADA GOOSE	LUNG	OVEN-ROASTED	Branta Canadensis	10218		Belinsky & Kuhnlein, 2000								
CANADA GOOSE	LUNG	OVEN-ROASTED	Branta Canadensis	10218		Belinsky & Kuhnlein, 2000								
WEIGHTED AVERAGE							655.00	156.44	69.60	2.56	0.90	21.60	1.81	6.70
CANADA GOOSE	LIVER	OVEN-ROASTED	Branta Canadensis	10217	1	Belinsky & Kuhnlein, 2000	730.00	174.36	64.20		4.00	24.40		6.10
CANADA GOOSE	GIZZARD	OVEN-ROASTED	Branta Canadensis	10209	_	Belinsky & Kuhnlein, 2000	714.00	170.54	64.90		1.48	26.90		5.60
CANADA GOOSE	HEART	OVEN-ROASTED	Branta Canadensis	10211	_	Belinsky & Kuhnlein, 2000	813.00	194.18	62.50		2.36	25.40		8.50
CANADA GOOSE	GIZZARD	BOILED	Branta Canadensis	10208	_	Belinsky & Kuhnlein, 2000	712.00	170.06	63.30		1.12	31.40		3.60
CANADA GOOSE	HEART	BOILED	Branta Canadensis	10210	_	Belinsky & Kuhnlein, 2000	924.00	220.69	56.10		3.65	31.30		8.10
CANADA GOOSE	INTESTINE	BOILED	Branta Canadensis	10212	_	Belinsky & Kuhnlein, 2000	762.00	182.00	60.90		1.73	32.80		4.00
CANADA GOOSE	INTESTINE	FRIED	Branta Canadensis	10213		Belinsky & Kuhnlein, 2000	1699.00	405.80	28.50		3.54	44.30		22.60
CANADA GOOSE	FLESH	SMOKED/DRIED	Branta Canadensis	10219		Kuhnlein et al. 1994	2652.00	633.42	4.00	2.30		34.00		
CANADA GOOSE	FLESH	DRIED	Branta Canadensis	10221		Morrison&Kuhnlein,1993		300112			0.00			
CANADA GOOSE	FLESH	DRIED	Branta Canadensis	10221	2	Appavoo et al, 1991								54.10
WEIGHTED AVERAGE														54.10
DUCK	MEAT	COOKED	Anas platyrhynchos	10301	2	Kuhnlein et al, 2002	666.00	159.07	65.00	1.10		30.00	1.00	
DUCK	MEAT	COOKED	Anas platyrhynchos	10301		Kuhnlein et al, 2002	754.00	180.09	62.00			30.00	-100	5.70
DUCK	MEAT	COOKED	Anas platyrhynchos	10301		Kuhnlein &Soueida, 1992	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	200102	60.00					1
WEIGTHED AVERAGE			py				695.33	166.08	63.00	1.10	0.00	30.00	1.00	3.90
DUCK	MEAT	RAW	Anas platyrhynchos	10303	1	Kuhnlein &Soueida, 1992			70.00					
PTARMIGAN	MEAT	RAW	Lagopus mutus	10503	3	Kuhnlein et al, 2002	503.00	120.14	72.00	1.20		23.00	0.70	2.70
PTARMIGAN	MEAT	RAW	Lagopus mutus	10503	1	Kuhnlein &Soueida, 1992	564.00	134.71	71.00		0.00	25.00		3.30
PTARMIGAN	MEAT	RAW	Lagopus mutus	10503	_	Kuhnlein et al, 1991			, , , , ,					3.30
PTARMIGAN	MEAT	RAW	Lagopus mutus	10503		Fediuk et al, 2002			73.49					
PTARMIGAN	MEAT	RAW	Lagopus mutus	10503		Kuhnlein et al, 2005								
WEIGHTED AVERAGE							518.25	123.78	72.10	1.20	0.00	23.50	0.70	2.94
PTARMIGAN	MEAT	COOKED	Lagopus mutus	10502	1	Kuhnlein et al, 2002	728.00	173.88	62.00			32.00		4.20
PTARMIGAN	MEAT	COOKED	Lagopus mutus	10502		Kuhnlein et al, 2005								
WEIGHTED AVERAGE							728.00	173.88	62.00			32.00		4.20
PTARMIGAN	MEAT	BAKED	Lagopus mutus	10501	2	Kuhnlein et al, 1994	555.00			0.30	0.00	28.00		
PTARMIGAN	MEAT	BAKED	Lagopus mutus	10501		Appavoo et al, 1991								1.50
WEIGTHED AVERAGE			G-T			11	555.00	132.56	69.00	0.30	0.00	28.00	0.30	
PTARMIGAN	WHOLE	BOILED	Lagopus mutus	10504	1	Fediuk et al, 2002	223.00		62.38		2.20			1.00
GROUSE	MEAT	COOKED	Dendragus canadensis	10401		Kuhnlein et al, 2002	553.00	132.08	69.00	1.70		27.00	1.30	2.00
GROUSE	MEAT	RAW	Dendragus canadensis	10402		Kuhnlein et al, 2002	457.00	109.15	73.00	0.50		24.00		
GROUSE	MEAT	RAW	Dendragus canadensis	10402		Kuhnlein et al, 2005	.27.00	10,.10	72.50	0.20		250	1.50	1.50
GROUSE	MEAT	RAW	Dendragus canadensis	10402		Kuhnlein et al, 2002								

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
WEIGHTED AVERAGE			2.10	2.20		0.11											
CANADA GOOSE	LEG/SKIN	FIRE-ROASTED															
CANADA GOOSE	BREAST/SKIN	FIRE-ROASTED															
CANADA GOOSE	COLLAR/SKIN	FIRE-ROASTED															
CANADA GOOSE	FLESH ONLY	BOILED	3.37														
CANADA GOOSE	LEG/SKIN	BOILED	5.96														
CANADA GOOSE	BREAST/SKIN	BOILED	4.92														
CANADA GOOSE	SKIN/FLESH	DRIED/BOILED	12.74														
CANADA GOOSE	LUNG	OVEN-ROASTED	1.64														
CANADA GOOSE	LUNG	OVEN-ROASTED		0.80		0.01											
CANADA GOOSE	LUNG	OVEN-ROASTED		0.71		0.01											
WEIGHTED AVERAGE	Ecreo	O VERVIRORISTED	1.64			0.01											
CANADA GOOSE	LIVER	OVEN-ROASTED	1.01	0.82		0.04											
CANADA GOOSE	GIZZARD	OVEN-ROASTED		0.02		0.04											
CANADA GOOSE	HEART	OVEN-ROASTED															
CANADA GOOSE	GIZZARD	BOILED															
CANADA GOOSE	HEART	BOILED															
CANADA GOOSE	INTESTINE	BOILED															
CANADA GOOSE	INTESTINE	FRIED															
CANADA GOOSE	FLESH	SMOKED/DRIED	21.00														
CANADA GOOSE	FLESH	DRIED	21.00														
CANADA GOOSE	FLESH	DRIED	21.00					0.50	0.17								
WEIGHTED AVERAGE	TELSIT	DRIED	21.00					0.50									
DUCK	MEAT	COOKED	1.20					0.50	0.17								
DUCK	MEAT	COOKED	1.20								+						
DUCK	MEAT	COOKED															
WEIGTHED AVERAGE	WILAT	COOKED	1.20														
DUCK	MEAT	RAW	1.20														
PTARMIGAN	MEAT	RAW	0.18														
PTARMIGAN	MEAT	RAW	0.10								1						
PTARMIGAN	MEAT	RAW									1						
PTARMIGAN	MEAT	RAW						+			†	1					
PTARMIGAN	MEAT	RAW						+			†	1					
WEIGHTED AVERAGE			0.18														
PTARMIGAN	MEAT	COOKED	3.10														
PTARMIGAN	MEAT	COOKED						1			1						
WEIGHTED AVERAGE																	
PTARMIGAN	MEAT	BAKED	0.08														
PTARMIGAN	MEAT	BAKED	0.00					1			1						
WEIGTHED AVERAGE			0.10														
PTARMIGAN	WHOLE	BOILED	0.10														
GROUSE	MEAT	COOKED	1.40														
GROUSE	MEAT	RAW	1.40														
GROUSE	MEAT	RAW	1.40			1		+	1		+	 	+			1	1
GROUSE	MEAT	RAW						+			 	1				 	+

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
WEIGHTED AVERAGE						2.09												
CANADA GOOSE	LEG/SKIN	FIRE-ROASTED																
CANADA GOOSE	BREAST/SKIN	FIRE-ROASTED																
CANADA GOOSE	COLLAR/SKIN	FIRE-ROASTED																
CANADA GOOSE	FLESH ONLY	BOILED																
CANADA GOOSE	LEG/SKIN	BOILED																
CANADA GOOSE	BREAST/SKIN	BOILED																
CANADA GOOSE	SKIN/FLESH	DRIED/BOILED																
CANADA GOOSE	LUNG	OVEN-ROASTED																
CANADA GOOSE	LUNG	OVEN-ROASTED			1	0.79												
CANADA GOOSE	LUNG	OVEN-ROASTED				0.70												1
WEIGHTED AVERAGE						0.75												
CANADA GOOSE	LIVER	OVEN-ROASTED				0.78												
CANADA GOOSE	GIZZARD	OVEN-ROASTED																
CANADA GOOSE	HEART	OVEN-ROASTED																
CANADA GOOSE	GIZZARD	BOILED																
CANADA GOOSE	HEART	BOILED																
CANADA GOOSE	INTESTINE	BOILED																
CANADA GOOSE	INTESTINE	FRIED																
CANADA GOOSE	FLESH	SMOKED/DRIED																
CANADA GOOSE	FLESH	DRIED																
CANADA GOOSE	FLESH	DRIED						3.10	0.49							0.20	0.08	
WEIGHTED AVERAGE								3.10								0.20		1
DUCK	MEAT	COOKED						5.10	0.17							0.20	0.00	
DUCK	MEAT	COOKED				†												+
DUCK	MEAT	COOKED				†												+
WEIGTHED AVERAGE																		
DUCK	MEAT	RAW																
PTARMIGAN	MEAT	RAW																
PTARMIGAN	MEAT	RAW																
PTARMIGAN	MEAT	RAW						0.60								0.30)	
PTARMIGAN	MEAT	RAW																1
PTARMIGAN	MEAT	RAW																1
WEIGHTED AVERAGE								0.60								0.30)	
PTARMIGAN	MEAT	COOKED																
PTARMIGAN	MEAT	COOKED																1
WEIGHTED AVERAGE																		
PTARMIGAN	MEAT	BAKED																
PTARMIGAN	MEAT	BAKED			1	1		0.40	0.04	1	1	1	1		1	0.20	0.01	
WEIGTHED AVERAGE								0.40								0.20		
PTARMIGAN	WHOLE	BOILED																
GROUSE	MEAT	COOKED																
GROUSE	MEAT	RAW																†
GROUSE	MEAT	RAW		1	1	<u> </u>	1			i e	†	1	1		1			
GROUSE	MEAT	RAW				<u> </u>					1							t

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
WEIGHTED AVERAGE					5.19											
CANADA GOOSE	LEG/SKIN	FIRE-ROASTED														
CANADA GOOSE	BREAST/SKIN	FIRE-ROASTED														
CANADA GOOSE	COLLAR/SKIN	FIRE-ROASTED														
CANADA GOOSE	FLESH ONLY	BOILED														
CANADA GOOSE	LEG/SKIN	BOILED														
CANADA GOOSE	BREAST/SKIN	BOILED														
CANADA GOOSE	SKIN/FLESH	DRIED/BOILED														
CANADA GOOSE	LUNG	OVEN-ROASTED														
CANADA GOOSE	LUNG	OVEN-ROASTED			3.54											
CANADA GOOSE	LUNG	OVEN-ROASTED			3.72											
WEIGHTED AVERAGE					3.63											
CANADA GOOSE	LIVER	OVEN-ROASTED			1.49											
CANADA GOOSE	GIZZARD	OVEN-ROASTED														
CANADA GOOSE	HEART	OVEN-ROASTED														
CANADA GOOSE	GIZZARD	BOILED														
CANADA GOOSE	HEART	BOILED														
CANADA GOOSE	INTESTINE	BOILED														
CANADA GOOSE	INTESTINE	FRIED														
CANADA GOOSE	FLESH	SMOKED/DRIED														
CANADA GOOSE	FLESH	DRIED														
CANADA GOOSE	FLESH	DRIED								1.40	0.52	18.10	5.66		†	
WEIGHTED AVERAGE										1.40						
DUCK	MEAT	COOKED														
DUCK	MEAT	COOKED						1								
DUCK	MEAT	COOKED						1								
WEIGTHED AVERAGE																
DUCK	MEAT	RAW														
PTARMIGAN	MEAT	RAW														
PTARMIGAN	MEAT	RAW														
PTARMIGAN	MEAT	RAW										0.10		0.10)	
PTARMIGAN	MEAT	RAW									1					
PTARMIGAN	MEAT	RAW									1					
WEIGHTED AVERAGE												0.10)	0.10)	
PTARMIGAN	MEAT	COOKED														
PTARMIGAN	MEAT	COOKED														
WEIGHTED AVERAGE																
PTARMIGAN	MEAT	BAKED														
PTARMIGAN	MEAT	BAKED										0.10	0.01			
WEIGTHED AVERAGE												0.10	0.01			
PTARMIGAN	WHOLE	BOILED														
GROUSE	MEAT	COOKED														
GROUSE	MEAT	RAW														
GROUSE	MEAT	RAW														
GROUSE	MEAT	RAW				0.12						0.10	0.12			

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
WEIGHTED AVERAGE						2.73												
CANADA GOOSE	LEG/SKIN	FIRE-ROASTED																
CANADA GOOSE	BREAST/SKIN	FIRE-ROASTED																
CANADA GOOSE	COLLAR/SKIN	FIRE-ROASTED																
CANADA GOOSE	FLESH ONLY	BOILED																
CANADA GOOSE	LEG/SKIN	BOILED																
CANADA GOOSE	BREAST/SKIN	BOILED																
CANADA GOOSE	SKIN/FLESH	DRIED/BOILED																
CANADA GOOSE	LUNG	OVEN-ROASTED																
CANADA GOOSE	LUNG	OVEN-ROASTED				2.05												
CANADA GOOSE	LUNG	OVEN-ROASTED				1.68												
WEIGHTED AVERAGE						1.87												
CANADA GOOSE	LIVER	OVEN-ROASTED				1.32												
CANADA GOOSE	GIZZARD	OVEN-ROASTED																
CANADA GOOSE	HEART	OVEN-ROASTED																
CANADA GOOSE	GIZZARD	BOILED																
CANADA GOOSE	HEART	BOILED																
CANADA GOOSE	INTESTINE	BOILED																
CANADA GOOSE	INTESTINE	FRIED																
CANADA GOOSE	FLESH	SMOKED/DRIED																
CANADA GOOSE	FLESH	DRIED																
CANADA GOOSE	FLESH	DRIED									0.30	0.08	10.80	3.07	2.90	0.53		
WEIGHTED AVERAGE											0.30	0.08	10.80	3.07	2.90	0.53		
DUCK	MEAT	COOKED																
DUCK	MEAT	COOKED																
DUCK	MEAT	COOKED																
WEIGTHED AVERAGE																		
DUCK	MEAT	RAW																
PTARMIGAN	MEAT	RAW																
PTARMIGAN	MEAT	RAW																
PTARMIGAN	MEAT	RAW											0.20		0.30)		
PTARMIGAN	MEAT	RAW																
PTARMIGAN	MEAT	RAW																
WEIGHTED AVERAGE													0.20		0.30)		
PTARMIGAN	MEAT	COOKED																
PTARMIGAN	MEAT	COOKED																
WEIGHTED AVERAGE																		
PTARMIGAN	MEAT	BAKED																
PTARMIGAN	MEAT	BAKED											0.20					
WEIGTHED AVERAGE													0.20	0.01	0.30	0.04		
PTARMIGAN	WHOLE	BOILED																
GROUSE	MEAT	COOKED																
GROUSE	MEAT	RAW																
GROUSE	MEAT	RAW																
GROUSE	MEAT	RAW											0.10	0.08	0.10	0.02		

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
WEIGHTED AVERAGE																
CANADA GOOSE	LEG/SKIN	FIRE-ROASTED														
CANADA GOOSE	BREAST/SKIN	FIRE-ROASTED														
CANADA GOOSE	COLLAR/SKIN	FIRE-ROASTED														
CANADA GOOSE	FLESH ONLY	BOILED														
CANADA GOOSE	LEG/SKIN	BOILED														
CANADA GOOSE	BREAST/SKIN	BOILED														
CANADA GOOSE	SKIN/FLESH	DRIED/BOILED														
CANADA GOOSE	LUNG	OVEN-ROASTED														
CANADA GOOSE	LUNG	OVEN-ROASTED														
CANADA GOOSE	LUNG	OVEN-ROASTED														
WEIGHTED AVERAGE	Ecreo	O VERVICOTEDIES														
CANADA GOOSE	LIVER	OVEN-ROASTED														
CANADA GOOSE	GIZZARD	OVEN-ROASTED														
CANADA GOOSE CANADA GOOSE	HEART	OVEN-ROASTED														
CANADA GOOSE	GIZZARD	BOILED														
CANADA GOOSE	HEART	BOILED														
CANADA GOOSE CANADA GOOSE	INTESTINE	BOILED														
		FRIED														
CANADA GOOSE	INTESTINE															
CANADA GOOSE	FLESH	SMOKED/DRIED							64.00	4.70	\					
CANADA GOOSE	FLESH	DRIED							64.00	4.70	'					
CANADA GOOSE	FLESH	DRIED							64.00	4.70						
WEIGHTED AVERAGE) (EAE	COOKED							64.00	4.70)					
DUCK	MEAT	COOKED														
DUCK	MEAT	COOKED														
DUCK	MEAT	COOKED														
WEIGTHED AVERAGE																
DUCK	MEAT	RAW														
PTARMIGAN	MEAT	RAW														
PTARMIGAN	MEAT	RAW							12.00							
PTARMIGAN	MEAT	RAW														
PTARMIGAN	MEAT	RAW													1.70)
PTARMIGAN	MEAT	RAW							40.50				0.620	0.159	+	
WEIGHTED AVERAGE									31.00	11.65			0.620	0.16	1.70	
PTARMIGAN	MEAT	COOKED														
PTARMIGAN	MEAT	COOKED							46.80				0.490			
WEIGHTED AVERAGE									46.80				0.490			
PTARMIGAN	MEAT	BAKED														
PTARMIGAN	MEAT	BAKED														
WEIGTHED AVERAGE																
PTARMIGAN	WHOLE	BOILED													2.89	
GROUSE	MEAT	COOKED														
GROUSE	MEAT	RAW														
GROUSE	MEAT	RAW							46.90				0.120			
GROUSE	MEAT	RAW														

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
WEIGHTED AVERAGE					11.00	4.24	7.47	1.09	0.41	0.060	3.47	0.260				
CANADA GOOSE	LEG/SKIN	FIRE-ROASTED			8.59		5.58		0.26		4.10					
CANADA GOOSE	BREAST/SKIN	FIRE-ROASTED			6.53		7.81		0.45		2.90					
CANADA GOOSE	COLLAR/SKIN	FIRE-ROASTED			27.59		8.20		0.34		3.96					
CANADA GOOSE	FLESH ONLY	BOILED			4.91	0.90	11.70	0.27	0.75	0.040	3.69	0.740				
CANADA GOOSE	LEG/SKIN	BOILED			7.54	0.53	6.40	0.44	0.27	0.001	4.81	0.460				
CANADA GOOSE	BREAST/SKIN	BOILED			5.83	0.02	8.98	0.23	0.50	0.010	3.25	0.730				
CANADA GOOSE	SKIN/FLESH	DRIED/BOILED			11.40	4.12	9.51	0.96	0.48	0.120	3.11	0.490				
CANADA GOOSE	LUNG	OVEN-ROASTED			8.86	1.58	46.30	59.50	0.10	0.030	1.39	0.220				
CANADA GOOSE	LUNG	OVEN-ROASTED														
CANADA GOOSE	LUNG	OVEN-ROASTED														
WEIGHTED AVERAGE					8.86	1.58	46.30	59.50	0.10	0.030	1.39	0.220				
CANADA GOOSE	LIVER	OVEN-ROASTED			7.22		49.20		2.53		6.12					
CANADA GOOSE	GIZZARD	OVEN-ROASTED			6.74		6.94		0.14		4.30					
CANADA GOOSE	HEART	OVEN-ROASTED			5.84		21.60		0.54		3.31					
CANADA GOOSE	GIZZARD	BOILED			8.88		6.59		0.08		4.85					
CANADA GOOSE	HEART	BOILED			8.53		15.10		0.94		4.96					
CANADA GOOSE	INTESTINE	BOILED			15.10		14.20		0.16		6.43					
CANADA GOOSE	INTESTINE	FRIED			23.30		22.00		0.29		7.24					
CANADA GOOSE	FLESH	SMOKED/DRIED			23.00		12.00	3.90			5.00		570.00	67.00	60.00	7.70
CANADA GOOSE	FLESH	DRIED														
CANADA GOOSE	FLESH	DRIED			1											
WEIGHTED AVERAGE																
DUCK	MEAT	COOKED			6.00	1.20	9.60	0.13	0.58	0.005	1.80	0.020	223.00	4.00	32.00	0.30
DUCK	MEAT	COOKED			51.00		10.00		0.79		3.30		276.00		29.00	,
DUCK	MEAT	COOKED			141.00		13.00		0.90		4.90		289.00		29.00	,
WEIGTHED AVERAGE					51.00	1.20	10.55	0.13	0.71	0.005	2.95	0.020	252.75	4.00	30.50	0.30
DUCK	MEAT	RAW			6.60		8.20		2.40		2.00		347.00		35.00	,
PTARMIGAN	MEAT	RAW			30.00		10.00		0.40		1.20		237.00		37.00	,
PTARMIGAN	MEAT	RAW			3.20		8.00		0.70		0.90		351.00		38.00	,
PTARMIGAN	MEAT	RAW														
PTARMIGAN	MEAT	RAW														
PTARMIGAN	MEAT	RAW														
WEIGHTED AVERAGE					23.30		9.50		0.48		1.13		265.50		37.25	/
PTARMIGAN	MEAT	COOKED			45.00		7.30		0.48		1.84		222.00		38.00	,
PTARMIGAN	MEAT	COOKED														
WEIGHTED AVERAGE					45.00		7.30		0.48		1.84		222.00		38.00	
PTARMIGAN	MEAT	BAKED			9.00	2.10	10.00	3.30	0.41	0.006	1.10	0.050	285.00	2.00	33.00	1.50
PTARMIGAN	MEAT	BAKED														
WEIGTHED AVERAGE					9.00	2.10	10.00	3.30	0.41	0.006	1.10	0.050	285.00	2.00	33.00	1.50
PTARMIGAN	WHOLE	BOILED														
GROUSE	MEAT	COOKED			38.00	29.00	4.40	0.58	0.30	0.040	1.00	0.050	202.00		33.00	3.70
GROUSE	MEAT	RAW			3.00	2.00	4.00	2.70	0.20	0.150	0.90	0.320	189.00		30.00	4.30
GROUSE	MEAT	RAW														
GROUSE	MEAT	RAW														1

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
WEIGHTED AVERAGE											
CANADA GOOSE	LEG/SKIN	FIRE-ROASTED									
CANADA GOOSE	BREAST/SKIN	FIRE-ROASTED									
CANADA GOOSE	COLLAR/SKIN	FIRE-ROASTED									
CANADA GOOSE	FLESH ONLY	BOILED									
CANADA GOOSE	LEG/SKIN	BOILED									
CANADA GOOSE	BREAST/SKIN	BOILED									
CANADA GOOSE	SKIN/FLESH	DRIED/BOILED									
CANADA GOOSE	LUNG	OVEN-ROASTED									
CANADA GOOSE	LUNG	OVEN-ROASTED									
CANADA GOOSE	LUNG	OVEN-ROASTED									
WEIGHTED AVERAGE											
CANADA GOOSE	LIVER	OVEN-ROASTED									
CANADA GOOSE	GIZZARD	OVEN-ROASTED									
CANADA GOOSE	HEART	OVEN-ROASTED									
CANADA GOOSE	GIZZARD	BOILED									
CANADA GOOSE	HEART	BOILED									
CANADA GOOSE	INTESTINE	BOILED									
CANADA GOOSE	INTESTINE	FRIED									
CANADA GOOSE	FLESH	SMOKED/DRIED	200.00	100.00	0.140	0.057	840.00	22.00			
CANADA GOOSE	FLESH	DRIED				0.00	0.000				
CANADA GOOSE	FLESH	DRIED									
WEIGHTED AVERAGE											
DUCK	MEAT	COOKED	41.00	3.40	0.040	0.003	225.00	44.00	0.040	0.022	
DUCK	MEAT	COOKED	66.00		0.070		300.00	ł			
DUCK	MEAT	COOKED	54.00		0.080						
WEIGTHED AVERAGE			50.50	3.40	0.058	0.00	250.00	44.00	0.04	0.022	
DUCK	MEAT	RAW	89.00		0.080						
PTARMIGAN	MEAT	RAW	42.00		0.060		432.00				
PTARMIGAN	MEAT	RAW	41.00		0.070						
PTARMIGAN	MEAT	RAW									
PTARMIGAN	MEAT	RAW									
PTARMIGAN	MEAT	RAW									
WEIGHTED AVERAGE			41.75		0.063		432.00				
PTARMIGAN	MEAT	COOKED	38.00		0.030		249.00		0.020)	
PTARMIGAN	MEAT	COOKED									
WEIGHTED AVERAGE			38.00		0.030		249.00		0.020		
PTARMIGAN	MEAT	BAKED	60.00	6.00	0.120	0.023	410.00	14.00			
PTARMIGAN	MEAT	BAKED									
WEIGTHED AVERAGE			60.00	6.00	0.120	0.023	410.00	14.00			
PTARMIGAN	WHOLE	BOILED									
GROUSE	MEAT	COOKED	50.00		0.070	0.048	272.00		0.030	0.007	
GROUSE	MEAT	RAW	53.00		0.060	0.041	327.00		0.020	0.016	
GROUSE	MEAT	RAW									
GROUSE	MEAT	RAW			1	Ì	Ì				

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
WEIGHTED AVERAGE							457.00	109.15	73.00	0.50		24.00	1.50	1.00
FISH														
ARCTIC CHAR	FLESH	BOILED	Salvelinus naresi	20103	2	Kuhnlein et al, 1991								5.00
ARCTIC CHAR	FLESH	BOILED	Salvelinus naresi	20103	2	Kuhnlein &Soueida, 1992	663.00	158.00	69.00	0.80	0.00	26.00	1.10	
WEIGHTED AVERAGE							663.00	158.00	69.00	0.80	0.00	26.00	1.10	
ARCTIC CHAR	FLESH	DRIED	Salvelinus naresi	20104	1	Kuhnlein et al, 1991								20.30
ARCTIC CHAR	FLESH	DRIED	Salvelinus naresi	20104	1	Kuhnlein &Soueida, 1992	1264.00	302.00	51.00		0.00	28.00)	20.00
WEIGHTED AVERAGE							1264.00	302.00	51.00		0.00	28.00)	20.15
ARCTIC CHAR	FLESH	RAW	Salvelinus naresi	20101	3	Kuhnlein et al, 2002	422.00	100.79	78.00	5.40		18.00	2.50	2.00
ARCTIC CHAR	FLESH	RAW	Salvelinus naresi	20101	_	Kuhnlein et al, 2002								
ARCTIC CHAR	FLESH	RAW	Salvelinus naresi	20101		Kuhnlein &Soueida, 1992	494.00	117.99	76.00		0.00	21.00		3.30
ARCTIC CHAR	FLESH	RAW	Salvelinus naresi	20101		Kuhnlein et al, 2005								
ARCTIC CHAR	FLESH	RAW	Salvelinus naresi	20101		Kuhnlein et al, 1991								3.30
ARCTIC CHAR	FLESH	RAW	Salvelinus naresi	20101	5	Kuhnlein et al, 2005								
ARCTIC CHAR	FLESH	RAW	Salvelinus naresi	20101	2	Fediuk et al, 2002			80.96	1.48				
WEIGHTED AVERAGE							440.00	105.09	78.65	3.83		18.75	2.50	2.52
ARCTIC CHAR	FLESH/SKIN	RAW	Salvelinus naresi	20106	1	Kuhnlein &Soueida, 1992	545.00	130.00	74.00	5.05	0.00	22.00		3.90
ARCTIC CHAR	FLESH/SKIN	DRIED	Salvelinus naresi	20102		Kuhnlein et al, 1991	5 15100	150.00	7 1100		0.00	22.00		15.50
ARCTIC CHAR	FLESH/SKIN	DRIED	Salvelinus naresi	20102		Kuhnlein & Soueida, 1992	1823.00	436.00	12.00		0.00	69.00)	15.00
WEIGHTED AVERAGE	T LLOTI/ STEIL (DRIED	Surveinius naresi	20102		rammem cesoucida, 1992	1823.00	436.00	12.00		0.00	69.00)	15.25
ARCTIC CHAR	SKIN	RAW	Salvelinus naresi	20105	1	Kuhnlein et al. 1991	1023.00	150.00	12.00		0.00	07.00		18.70
ARCTIC CHAR	SKIN	RAW	Salvelinus naresi	20105		Kuhnlein & Soueida, 1992	1461.00	349.00	43.00		0.00	42.00	1	19.00
WEIGHTED AVERAGE	BKIIV	10.11	Surveninus nuresi	20103	-	Kummem æsoueida, 1992	1461.00	349.00	43.00		0.00	42.00	4	18.85
CISCO	EGGS	RAW	Coregonus spp	20301	2	Fediuk et al, 2002	1401.00	347.00	62.56	3.98		42.00	,	10.03
CISCO	EGGS	RAW	Coregonus spp	20301		Kuhnlein et al, 2005			02.50	3.70				
CISCO	EGGS	RAW	Coregonus spp	20301		Kuhnlein et al, 2005								
CISCO - CREE	EGGS	RAW	Coregonus spp	20301		Belinsky et al, 1996	981.80	234.70	58.90		21.80	4.50)	14.40
WEIGHTED AVERAGE-COMBINI		10.11	согедоназ врр	20301	-	Dennisky et al, 1990	981.80	234.70	61.34	3.98			+	14.40
CISCO	MEAT	RAW	Coregonus autumnalis	20303	2	Kuhnlein et al, 1994	470.00	112.26	76.00	0.70				
CISCO	MEAT	RAW	Coregonus autumnalis	20303	2	Appavoo et al, 1991	470.00	112.20	70.00	0.70	0.00	10.00	0.40	3.90
CISCO - CREE	MEAT	RAW	Coregonus autumnalis	20303	1	Belinsky et al, 1996	514.50	123.00	72.60		8.90	14.10	1	3.40
WEIGHTED AVERAGE - COMBIN		10111	Coregonas autammans	20303	•	Definisky et al, 1990	484.83	115.84	74.87	0.70		16.70	4	
CISCO	MEAT	BAKED	Coregonus autumnalis	20302	2	Kuhnlein et al, 1994	543.00	129.69	72.00	0.60		22.00		1
CISCO	MEAT	BAKED	Coregonus autumnalis	20302		Appavoo et al, 1991	3 13.00	127.07	72.00	0.00	0.00	22.00	0.50	4.00
WEIGHTED AVERAGE	1412711	BITTEL	Coregonas actanmans	20302		11ppa+00 et al, 1991	543.00	129.69	72.00	0.60	0.00	22.00	0.50	
CISCO	MEAT	SMOKED/DRIED	Coregonus autumnalis	20304	3	Kuhnlein et al, 1994	1890.00	451.42	13.00	4.20		58.00	1	
CISCO	MEAT	SMOKED/DRIED	Coregonus autumnalis	20304		Appavoo et al, 1991	1070.00	131.12	13.00	1.20	0.00	50.00	11.00	22.50
WEIGHTED AVERAGE	1412711	GWIGHED/ BIGED	Coregonas actanmans	20301		11ppa+00 et al, 1991	1890.00	451.42	13.00	4.20	0.00	58.00	11.00	
COD	MEAT	RAW	Boreogadus saida	20401	1	Kuhnlein et al, 2002	1070.00	131.12	77.00	1.20	0.00	50.00	11.00	22.23
COD	MEAT	RAW	Boreogadus saida	20401		Kuhnlein et al, 2005	1		77.50		 		1	
COD	MEAT	RAW	Boreogadus saida	20401		Kuhnlein et al, 2002								
WEIGHTED AVERAGE	1711/1 1 1	10.111	Doroogadas saida	20401	1	114111110111 Ot all, 2002			77.00					
COD	MEAT	SALTED AND DEL	Boreogadus saida	20402	1	Kuhnlein et al, 2002			60.00					
GRAYLING	MEAT	COOKED	Thymallus arcticus	20402		Kuhnlein et al. 2002	445.00	106.29	74.00	1.20		22.00	1.10	1.70
GRAYLING	MEAT	RAW	Thymallus arcticus	20502		Kuhnlein et al, 2002	406.00	96.97	77.00			20.00		4

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
WEIGHTED AVERAGE			1.40														
FISH																	
ARCTIC CHAR	FLESH	BOILED	1.80					0.10	0.05					0.50	0.00		0.10
ARCTIC CHAR	FLESH	BOILED	1.30														
WEIGHTED AVERAGE			1.55					0.10	0.05					0.50	0.00		0.10
ARCTIC CHAR	FLESH	DRIED								0.20				1.00	!		0.40
ARCTIC CHAR	FLESH	DRIED															
WEIGHTED AVERAGE										0.20				1.00			0.40
ARCTIC CHAR	FLESH	RAW	3.20														
ARCTIC CHAR	FLESH	RAW															†
ARCTIC CHAR	FLESH	RAW															1
ARCTIC CHAR	FLESH	RAW															
ARCTIC CHAR	FLESH	RAW												0.40			0.10
ARCTIC CHAR	FLESH	RAW				1		1									1
ARCTIC CHAR	FLESH	RAW				1		1						1			\top
WEIGHTED AVERAGE			3.20											0.40			0.10
ARCTIC CHAR	FLESH/SKIN	RAW	2.20											3.10			1
ARCTIC CHAR	FLESH/SKIN	DRIED								0.20				1.20			0.40
ARCTIC CHAR	FLESH/SKIN	DRIED															+
WEIGHTED AVERAGE										0.20				1.20			0.40
ARCTIC CHAR	SKIN	RAW								0.20				0.70			0.20
ARCTIC CHAR	SKIN	RAW															
WEIGHTED AVERAGE										0.20				0.70			0.20
CISCO	EGGS	RAW															
CISCO	EGGS	RAW															
CISCO	EGGS	RAW															
CISCO - CREE	EGGS	RAW		3.10		0.24											
WEIGHTED AVERAGE-COMBIN	ED			3.10		0.24											
CISCO	MEAT	RAW	1.10														
CISCO	MEAT	RAW	1.51							0.10	0.11			0.30	0.26		0.10
CISCO - CREE	MEAT	RAW		1.30		0.65											1
WEIGHTED AVERAGE - COMBIN	IED		1.31	1.30		0.65				0.10	0.11			0.30	0.26		0.10
CISCO	MEAT	BAKED	0.23														1
CISCO	MEAT	BAKED	0.33											0.20	0.03		0.10
WEIGHTED AVERAGE			0.14											0.20	0.03		0.10
CISCO	MEAT	SMOKED/DRIED	7.90														
CISCO	MEAT	SMOKED/DRIED	9.65					0.50	0.79	0.30	0.55			1.10	0.47		0.30
WEIGHTED AVERAGE			8.78					0.50	0.79	0.30	0.55			1.10	0.47		0.30
COD	MEAT	RAW															
COD	MEAT	RAW															
COD	MEAT	RAW												0.10			
WEIGHTED AVERAGE														0.10			
COD	MEAT	SALTED AND REH															
GRAYLING	MEAT	COOKED	0.31														
GRAYLING	MEAT	RAW	0.91														T

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
WEIGHTED AVERAGE						- (-)												
FISH																		
ARCTIC CHAR	FLESH	BOILED	0.03	0.40	0.06			0.10	0.00									
ARCTIC CHAR	FLESH	BOILED																
WEIGHTED AVERAGE			0.03	0.40	0.06			0.10	0.00									
ARCTIC CHAR	FLESH	DRIED		1.10				0.10						0.20		0.10		
ARCTIC CHAR	FLESH	DRIED																
WEIGHTED AVERAGE				1.10				0.10						0.20		0.10		
ARCTIC CHAR	FLESH	RAW																
ARCTIC CHAR	FLESH	RAW																
ARCTIC CHAR	FLESH	RAW																
ARCTIC CHAR	FLESH	RAW																
ARCTIC CHAR	FLESH	RAW		0.20														
ARCTIC CHAR	FLESH	RAW																
ARCTIC CHAR	FLESH	RAW						†					<u> </u>			†		
WEIGHTED AVERAGE				0.20														
ARCTIC CHAR	FLESH/SKIN	RAW		0.20														
ARCTIC CHAR	FLESH/SKIN	DRIED		1.00					0.10					0.20		0.10		
ARCTIC CHAR	FLESH/SKIN	DRIED		-100					0.120					****		0.120		
WEIGHTED AVERAGE				1.00					0.10					0.20		0.10		
ARCTIC CHAR	SKIN	RAW		0.60				0.10	0.20					0.20		0.20		
ARCTIC CHAR	SKIN	RAW						0.120										
WEIGHTED AVERAGE	SILLY	14111		0.60				0.10										
CISCO	EGGS	RAW						0.20										
CISCO	EGGS	RAW																
CISCO	EGGS	RAW																
CISCO - CREE	EGGS	RAW				2.80												
WEIGHTED AVERAGE-COMBINE						2.80	+											
CISCO	MEAT	RAW																
CISCO	MEAT	RAW	0.07	0.30	0.17													
CISCO - CREE	MEAT	RAW				0.67	,											
WEIGHTED AVERAGE - COMBIN	ED		0.07	0.30	0.17	0.67												
CISCO	MEAT	BAKED																
CISCO	MEAT	BAKED	0.00	0.20	0.04													
WEIGHTED AVERAGE			0.00	0.20	0.04													
CISCO	MEAT	SMOKED/DRIED																
CISCO	MEAT	SMOKED/DRIED	0.07	0.80	0.22			0.10	0.03			0.10	0.02					
WEIGHTED AVERAGE			0.07	0.80	0.22			0.10	0.03			0.10	0.02					
COD	MEAT	RAW																
COD	MEAT	RAW																
COD	MEAT	RAW		0.20														
WEIGHTED AVERAGE				0.20														
COD	MEAT	SALTED AND REH																
GRAYLING	MEAT	COOKED																
GRAYLING	MEAT	RAW																

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
WEIGHTED AVERAGE						0.12						0.10	0.12			
FISH																
ARCTIC CHAR	FLESH	BOILED								1.30	0.17	0.70	0.23	0.30	0.23	0.20
ARCTIC CHAR	FLESH	BOILED														
WEIGHTED AVERAGE										1.30	0.17	0.70	0.23	0.30	0.23	0.20
ARCTIC CHAR	FLESH	DRIED	0.10							3.20		4.20		2.20		1.20
ARCTIC CHAR	FLESH	DRIED														
WEIGHTED AVERAGE			0.10							3.20		4.20		2.20		1.20
ARCTIC CHAR	FLESH	RAW														
ARCTIC CHAR	FLESH	RAW														
ARCTIC CHAR	FLESH	RAW														
ARCTIC CHAR	FLESH	RAW														
ARCTIC CHAR	FLESH	RAW								0.90		0.30		0.10		
ARCTIC CHAR	FLESH	RAW														
ARCTIC CHAR	FLESH	RAW														
WEIGHTED AVERAGE										0.90		0.30		0.10		
ARCTIC CHAR	FLESH/SKIN	RAW														
ARCTIC CHAR	FLESH/SKIN	DRIED								3.30		3.50		1.00		0.40
ARCTIC CHAR	FLESH/SKIN	DRIED														
WEIGHTED AVERAGE										3.30		3.50		1.00		0.40
ARCTIC CHAR	SKIN	RAW								2.00		1.80		0.90		0.50
ARCTIC CHAR	SKIN	RAW														
WEIGHTED AVERAGE										2.00		1.80		0.90		0.50
CISCO	EGGS	RAW														
CISCO	EGGS	RAW														
CISCO	EGGS	RAW														
CISCO - CREE	EGGS	RAW			3.60											
WEIGHTED AVERAGE-COMBINE	D				3.60											
CISCO	MEAT	RAW														
CISCO	MEAT	RAW								0.90	0.91	0.30	0.28	0.30	0.23	
CISCO - CREE	MEAT	RAW			1.80											
WEIGHTED AVERAGE - COMBINI	ED				1.80					0.90	0.91	0.30	0.28	0.30	0.23	
CISCO	MEAT	BAKED														
CISCO	MEAT	BAKED								0.30	0.06	0.20	0.01	0.20	0.08	0.10
WEIGHTED AVERAGE										0.30	0.06	0.20	0.01	0.20	0.08	0.10
CISCO	MEAT	SMOKED/DRIED														
CISCO	MEAT	SMOKED/DRIED								3.40	1.22	1.70	0.61	0.40	0.13	0.10
WEIGHTED AVERAGE										3.40	1.22	1.70	0.61	0.40	0.13	0.10
COD		RAW														
COD		RAW														
COD	MEAT	RAW										0.10				
WEIGHTED AVERAGE												0.10				
COD		SALTED AND REH														
GRAYLING		COOKED														
GRAYLING	MEAT	RAW														

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
WEIGHTED AVERAGE													0.10	0.08	0.10	0.02		
FISH																		
ARCTIC CHAR	FLESH	BOILED	0.08								0.20	0.00	0.60	0.11	0.10	0.00		
ARCTIC CHAR	FLESH	BOILED																
WEIGHTED AVERAGE			0.08								0.20	0.00	0.60	0.11	0.10	0.00		
ARCTIC CHAR	FLESH	DRIED									1.00		2.60		0.40			
ARCTIC CHAR	FLESH	DRIED																
WEIGHTED AVERAGE											1.00		2.60		0.40			
ARCTIC CHAR	FLESH	RAW																
ARCTIC CHAR	FLESH	RAW																
ARCTIC CHAR	FLESH	RAW																
ARCTIC CHAR	FLESH	RAW																
ARCTIC CHAR	FLESH	RAW									0.10		0.40		0.10			
ARCTIC CHAR	FLESH	RAW																
ARCTIC CHAR	FLESH	RAW																
WEIGHTED AVERAGE											0.10		0.40		0.10			
ARCTIC CHAR	FLESH/SKIN	RAW																
ARCTIC CHAR	FLESH/SKIN	DRIED									0.70		2.40		0.40			
ARCTIC CHAR	FLESH/SKIN	DRIED																
WEIGHTED AVERAGE											0.70		2.40		0.40			
ARCTIC CHAR	SKIN	RAW									0.50		1.20		0.20			
ARCTIC CHAR	SKIN	RAW																
WEIGHTED AVERAGE											0.50		1.20		0.20			
CISCO	EGGS	RAW																
CISCO	EGGS	RAW																
CISCO	EGGS	RAW																
CISCO - CREE	EGGS	RAW				4.30												
WEIGHTED AVERAGE-COMBINE	D					4.30												
CISCO	MEAT	RAW																
CISCO	MEAT	RAW									0.20	0.09	0.50	0.42	0.10	0.04		
CISCO - CREE	MEAT	RAW				1.20												
WEIGHTED AVERAGE - COMBINI	ED					1.20					0.20	0.09	0.50	0.42	0.10	0.04		
CISCO	MEAT	BAKED																
CISCO	MEAT	BAKED	0.06								0.10	0.05	0.30	0.08				
WEIGHTED AVERAGE			0.06								0.10	0.05	0.30	0.08				
CISCO	MEAT	SMOKED/DRIED																
CISCO	MEAT	SMOKED/DRIED	0.08								1.00	0.26	2.40	0.81	0.30	0.11		
WEIGHTED AVERAGE			0.08								1.00	0.26	2.40	0.81	0.30	0.11		
COD	MEAT	RAW																
COD	MEAT	RAW																
COD	MEAT	RAW											0.10					
WEIGHTED AVERAGE													0.10					
COD	MEAT	SALTED AND REH																
GRAYLING	MEAT	COOKED																
GRAYLING	MEAT	RAW																

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
WEIGHTED AVERAGE							, ,		46.90		, ,		0.120			
FISH																
ARCTIC CHAR	FLESH	BOILED														
ARCTIC CHAR	FLESH	BOILED							90.00	78.00						
WEIGHTED AVERAGE									90.00							
ARCTIC CHAR	FLESH	DRIED														
ARCTIC CHAR	FLESH	DRIED							0.00							
WEIGHTED AVERAGE									0.00							
ARCTIC CHAR	FLESH	RAW														
ARCTIC CHAR	FLESH	RAW														
ARCTIC CHAR	FLESH	RAW							0.00							
ARCTIC CHAR	FLESH	RAW									25.80	24.39				
ARCTIC CHAR	FLESH	RAW														
ARCTIC CHAR	FLESH	RAW							31.50	22.94			0.110	0.109)	
ARCTIC CHAR	FLESH	RAW													1.23	0.03
WEIGHTED AVERAGE									31.50	22.94	25.80	24.39	0.110	0.11		
ARCTIC CHAR	FLESH/SKIN	RAW							0.00							
ARCTIC CHAR	FLESH/SKIN	DRIED														
ARCTIC CHAR	FLESH/SKIN	DRIED							0.00							
WEIGHTED AVERAGE									0.00							
ARCTIC CHAR	SKIN	RAW							0.00							
ARCTIC CHAR	SKIN	RAW														
WEIGHTED AVERAGE	SIM (141,1														
CISCO	EGGS	RAW													49.60	12.30
CISCO	EGGS	RAW							18.80	8.76					.,,,,,	12.50
CISCO	EGGS	RAW							10.00	0.70	6.50	1.84	0.810	0.774	1	
CISCO - CREE	EGGS	RAW											0.000			
WEIGHTED AVERAGE-COMBIN									18.80	8.76	6.50	1.84	0.810	0.774	49.60	12.30
CISCO	MEAT	RAW								0.7.0	3.5.5		0.000			22.00
CISCO	MEAT	RAW														
CISCO - CREE	MEAT	RAW														
WEIGHTED AVERAGE - COMBI																
CISCO	MEAT	BAKED														
CISCO	MEAT	BAKED														
WEIGHTED AVERAGE																
CISCO	MEAT	SMOKED/DRIED														
CISCO	MEAT	SMOKED/DRIED														
WEIGHTED AVERAGE																
COD	MEAT	RAW														
COD	MEAT	RAW		1	<u> </u>				24.00				0.160			
COD	MEAT	RAW		1	<u> </u>				00				3.130			
WEIGHTED AVERAGE									24.00				0.160			
COD	MEAT	SALTED AND REH							200				0.130			
GRAYLING	MEAT	COOKED														
GRAYLING	MEAT	RAW														
UKA I LINU	WIEAI	KAW	<u> </u>		I			I	L			<u> </u>			1	

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
WEIGHTED AVERAGE					3.00	2.00	4.00	2.70	0.20	0.150	0.90	0.320	189.00		30.00	4.30
FISH																
ARCTIC CHAR	FLESH	BOILED														
ARCTIC CHAR	FLESH	BOILED			30.00	16.00	0.50	0.02	0.10	0.010	0.60	0.160	250.00	77.00	30.00	7.90
WEIGHTED AVERAGE					30.00	16.00	0.50	0.02	0.10	0.010	0.60	0.160	250.00	77.00	30.00	7.90
ARCTIC CHAR	FLESH	DRIED														
ARCTIC CHAR	FLESH	DRIED			9.80		0.80		0.10		0.60		280.00		29.00	
WEIGHTED AVERAGE					9.80		0.80		0.10		0.60		280.00		29.00	
ARCTIC CHAR	FLESH	RAW														
ARCTIC CHAR	FLESH	RAW			11.00	7.30	0.30	0.13	0.07	0.054	0.40	0.100	220.00	35.00	30.00	8.50
ARCTIC CHAR	FLESH	RAW			7.00		0.70		0.10		0.60		313.00		29.00	
ARCTIC CHAR	FLESH	RAW														
ARCTIC CHAR	FLESH	RAW														
ARCTIC CHAR	FLESH	RAW														
ARCTIC CHAR	FLESH	RAW														
WEIGHTED AVERAGE					10.60	7.30	0.34	0.13	0.07	0.054	0.42	0.100	229.30	35.00	29.90	8.50
ARCTIC CHAR	FLESH/SKIN	RAW			14.00		0.60		0.10		0.60		250.00		23.00	
ARCTIC CHAR	FLESH/SKIN	DRIED					0.00		0.20		3133					
ARCTIC CHAR	FLESH/SKIN	DRIED			44.00		2.60		0.20		2.10		857.00		88.00	
WEIGHTED AVERAGE	12251751111	DIGE			44.00		2.60		0.20		2.10		857.00		88.00	
ARCTIC CHAR	SKIN	RAW							0.20				00.1100			
ARCTIC CHAR	SKIN	RAW			268.00		4.80		1.10		2.50		403.00		26.00	
WEIGHTED AVERAGE					268.00		4.80		1.10		2.50		403.00		26.00	
CISCO	EGGS	RAW			200.00				1110		2.50		105100		20.00	
CISCO	EGGS	RAW														
CISCO	EGGS	RAW														
CISCO - CREE	EGGS	RAW			28.70		0.22		0.21		5.40					
WEIGHTED AVERAGE-COME	L				28.70		0.22		0.21		5.40					
CISCO	MEAT	RAW			30.00		1.00	0.30		1	0.40		200.00	11.00	23.00	0.90
CISCO	MEAT	RAW														
CISCO - CREE	MEAT	RAW			11.20		0.46		0.07		1.10					
WEIGHTED AVERAGE - COM	IBINED				23.73		0.82	0.30	0.06	0.021	0.63	0.040	200.00	11.00	23.00	0.90
CISCO	MEAT	BAKED			50.00	25.00	0.70	0.18			0.50	0.060	250.00	10.00	28.00	0.20
CISCO	MEAT	BAKED														
WEIGHTED AVERAGE					50.00	25.00	0.70	0.18	0.06	0.017	0.50	0.060	250.00	10.00	28.00	0.20
CISCO	MEAT	SMOKED/DRIED			50.00	6.60	6.00	1.90		1	1.60	0.220	700.00	100.00	90.00	15.00
CISCO	MEAT	SMOKED/DRIED														
WEIGHTED AVERAGE					50.00	6.60	6.00	1.90	0.20	0.008	1.60	0.220	700.00	100.00	90.00	15.00
COD	MEAT	RAW			43.00		0.25		0.05		0.37		166.00		26.00	
COD	MEAT	RAW		1	12.00		0.20	<u> </u>	3.00	1	3.57			<u> </u>		†
COD	MEAT	RAW						<u> </u>		1			1	<u> </u>		<u> </u>
WEIGHTED AVERAGE					43.00		0.25		0.05		0.37		166.00		26.00	
COD	MEAT	SALTED AND REH			128.00		0.25		0.12		0.76		172.00		46.00	
GRAYLING	MEAT	COOKED			39.00		0.60	0.40			1.30				97.00	
GRAYLING	MEAT	RAW			31.00		1.00				0.70				63.00	

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
WEIGHTED AVERAGE			53.00		0.060		327.00		0.020	0.016	
FISH											
ARCTIC CHAR	FLESH	BOILED									
ARCTIC CHAR	FLESH	BOILED	50.00	6.40	0.010	0.001					
WEIGHTED AVERAGE			50.00	6.40	0.010	0.001					
ARCTIC CHAR	FLESH	DRIED									
ARCTIC CHAR	FLESH	DRIED	100.00		0.010						
WEIGHTED AVERAGE			100.00		0.010						
ARCTIC CHAR	FLESH	RAW									
ARCTIC CHAR	FLESH	RAW	56.00	34.00	0.010	0.010	309.00	203.00	0.010	0.007	
ARCTIC CHAR	FLESH	RAW	66.00		0.010						
ARCTIC CHAR	FLESH	RAW									
ARCTIC CHAR	FLESH	RAW									
ARCTIC CHAR	FLESH	RAW									
ARCTIC CHAR	FLESH	RAW									
WEIGHTED AVERAGE			57.00	34.00	0.010	0.01	309.00	203.00	0.01	0.007	
ARCTIC CHAR	FLESH/SKIN	RAW	50.00		0.010						
ARCTIC CHAR	FLESH/SKIN	DRIED									
ARCTIC CHAR	FLESH/SKIN	DRIED	128.00		0.040						
WEIGHTED AVERAGE			128.00		0.040						
ARCTIC CHAR	SKIN	RAW									
ARCTIC CHAR	SKIN	RAW	97.00		0.160						
WEIGHTED AVERAGE			97.00		0.160						
CISCO	EGGS	RAW									
CISCO	EGGS	RAW									
CISCO	EGGS	RAW									
CISCO - CREE	EGGS	RAW									
WEIGHTED AVERAGE-COMBINE	D										
CISCO	MEAT	RAW	40.00	5.80	0.020	0.001	350.00	22.00			
CISCO	MEAT	RAW									
CISCO - CREE	MEAT	RAW									
WEIGHTED AVERAGE - COMBIN	ED		40.00	5.80	0.020	0.001	350.00	22.00			
CISCO	MEAT	BAKED	50.00	7.40	0.020	0.006	416.00	5.00			
CISCO	MEAT	BAKED									
WEIGHTED AVERAGE			50.00	7.40	0.020	0.006	416.00	5.00			
CISCO	MEAT	SMOKED/DRIED	200.00	180.00	0.140	0.032	1200.00	180.00			
CISCO	MEAT	SMOKED/DRIED									
WEIGHTED AVERAGE			200.00	180.00	0.140	0.032	1200.00	180.00			
COD	MEAT	RAW	89.00		0.010		404.00				
COD	MEAT	RAW									
COD	MEAT	RAW									
WEIGHTED AVERAGE			89.00		0.010		404.00				
COD	MEAT	SALTED AND REH	3521.00		0.030		373.00		0.030		
GRAYLING	MEAT	COOKED			0.020	0.011			0.060	0.014	
GRAYLING	MEAT	RAW			0.040	0.013			0.100	0.080	

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
GRAYLING	MEAT	RAW	Thymallus arcticus	20502		Kuhnlein et al, 2002	, , ,				, ,	, ,		, ,
WEIGHTED AVERAGE						,	406.00	96.97	77.00	1.30		20.00	1.20	1.90
INCONNU	MEAT	RAW	Stenodus leucichthys	20602	2	Kuhnlein et al, 1994	604.00	144.26	73.00	0.60		19.00	1.60	
INCONNU	MEAT	RAW	Stenodus leucichthys	20602	2	Appavoo et al, 1991								6.90
WEIGHTED AVERAGE			Í			,	604.00	144.26	73.00	0.60	0.00	19.00	1.60	
INCONNU	MEAT	BAKED	Stenodus leucichthys	20601	2	Kuhnlein et al, 1994	515.00	123.01	74.00	0.70		22.00	1.70	
INCONNU	MEAT	BAKED	Stenodus leucichthys	20601		Appavoo et al, 1991								3.20
WEIGHTED AVERAGE			,			TT	515.00	123.01	74.00	0.70	0.00	22.00	1.70	
INCONNU	MEAT	SMOKED/BAKED	Stenodus leucichthys	20603	1	Kuhnlein et al, 1994	831.00	198.48	57.00		0.00	35.00	21,7	5.30
INCONNU	MEAT	SMOKED/BAKED	Stenodus leucichthys	20603		Appavoo et al, 1991								5.30
WEIGHTED AVERAGE							831.00	198.48	57.00		0.00	35.00		5.30
INCONNU	MEAT	SMOKED/DRIED	Stenodus leucichthys	20604	2	Kuhnlein et al, 1994	1792.00	428.01	18.00	3.60			5.90	
INCONNU	MEAT	SMOKED/DRIED	Stenodus leucichthys	20604	2	Appavoo et al, 1991	17,2100	.20.01	10.00	2.00	0.00	27.00	2.70	20.40
WEIGHTED AVERAGE	1,12,11	SMOTEDYBIALD	Stellodds ledelellarjs	2000.		11ppa+00 et al, 1991	1792.00	428.01	18.00	3.60	0.00	57.00	5.90	
LOCHE	EGGS	RAW	Lota lota	20701	2	Kuhnlein et al, 2002	1772.00	120.01	10.00	3.00	0.00	37.00	5.70	20.20
LOCHE	EGGS	RAW	Lota lota	20701		Kuhnlein et al. 2002	817.00	195.14	67.00	5.10		18.00	0.40	14.00
LOCHE	EGGS	RAW	Lota lota	20701		Kuhnlein et al, 2005	017.00	1/3.14	07.00	3.10		10.00	0.40	14.00
LOCHE	EGGS	RAW	Lota lota	20701		Kuhnlein et al, 2005								
WEIGHTED AVERAGE	LOGS	KA W	Lota Iota	20701		Kullinelli et al, 2003	817.00	195.14	67.00	5.10		18.00	0.40	14.00
LOCHE	FLESH	RAW	Lota lota	20702	2	Kuhnlein et al, 2002	320.00	76.43	81.00	1.30		17.00	1.80	
LOCHE	FLESH	RAW	Lota lota	20702		Kuhnlein et al, 2002	320.00	70.43	81.00	1.50		17.00	1.60	0.70
						Kuhnlein et al, 1994	337.00	90.40	81.00	1 10	0.00	18.00	1.00	0.60
LOCHE	FLESH	RAW RAW	Lota lota Lota lota	20702 20702		Kunnlein et al, 1994 Kuhnlein et al, 1994	337.00	80.49	81.00	1.10	0.00	18.00	1.00	0.60
LOCHE	FLESH													0.50
LOCHE	FLESH	RAW	Lota lota	20702		Appavoo et al, 1991								0.50
LOCHE	FLESH	RAW	Lota lota	20702	4	Morrison&Kuhnlein,1993	224.17	70.01	01.00	1 10	0.00	17.00	1.12	0.57
WEIGHTED AVERAGE	* ** ***	D 4 444	T . 1 .	20505		77.1.1.1	334.17	79.81	81.00	1.13	0.00	17.83	1.13	0.57
LOCHE	LIVER	RAW	Lota lota	20705	4	Kuhnlein et al, 2002								
LOCHE	LIVER	RAW	Lota lota	20705	2	Kuhnlein et al, 2005								
LOCHE	LIVER	RAW	Lota lota	20705	4	Kuhnlein et al, 2005								
LOCHE	LIVER	RAW	Lota lota	20705	3	Appavoo et al, 1991								35.70
LOCHE	LIVER	RAW	Lota lota	20705		Kuhnlein et al, 1994	1886.00	450.46	51.00	8.00				
LOCHE	LIVER	RAW	Lota lota	20705		Kuhnlein et al, 2002	1212.00	289.48	53.00	7.90		10.00	2.00	24.00
LOCHE	LIVER	RAW	Lota lota	20705		Kuhnlein et al, 1994								
LOCHE	LIVER	RAW	Lota lota	20705	6	Morrison&Kuhnlein,1993								
WEIGHTED AVERAGE							1633.25	390.10	51.75	7.96	5.70	8.75	1.75	31.74
LOCHE	MEAT	BAKED	Lota lota	20706	3	Kuhnlein et al, 1994								
LOCHE	MEAT	BAKED	Lota lota	20706		Morrison&Kuhnlein,1993								
LOCHE	MEAT	BAKED	Lota lota	20706		Appavoo et al, 1991								1.00
LOCHE	MEAT	BAKED	Lota lota	20706	10	Kuhnlein et al, 1994	426.00	101.75	76.00	1.90	1		1.90	
WEIGHTED AVERAGE							426.00	101.75	76.00	1.90	0.00	22.00	1.90	1.00
LOCHE	HEAD	BAKED	Lota lota	20703	1	Kuhnlein et al, 1994	448.00	107.00	75.00			24.00		0.80
LOCHE	HEAD	BAKED	Lota lota	20703	1	Morrison&Kuhnlein,1993								
LOCHE	HEAD	BAKED	Lota lota	20703	1	Appavoo et al, 1991								0.80
WEIGHTED AVERAGE							448.00	107.00	75.00			24.00		0.80
LOCHE	LIVER	BAKED	Lota lota	20704	2	Kuhnlein et al, 1994	2524.00	602.85	38.00	2.30	6.00	12.00	2.80	43.00

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
GRAYLING	MEAT	RAW			~	(-)								0.10			
WEIGHTED AVERAGE			0.91											0.10			
INCONNU	MEAT	RAW	2.20											0.120			
INCONNU	MEAT	RAW	2.10											0.20	0.08		0.10
WEIGHTED AVERAGE	1,12,11	141,1	2.15											0.20	0.08		0.10
INCONNU	MEAT	BAKED	0.55											0.20	0.00		0.10
INCONNU	MEAT	BAKED	0.78					0.10	0.01					0.10	0.01		0.10
WEIGHTED AVERAGE	1412711	Brities	0.67					0.10	0.01					0.10	0.01		0.10
INCONNU	MEAT	SMOKED/BAKED	0.07					0.10	0.01					0.10	0.01		0.10
INCONNU	MEAT	SMOKED/BAKED												0.30			0.10
WEIGHTED AVERAGE	IVIL: X I	SWOKED/B/ IKED												0.30			0.10
INCONNU	MEAT	SMOKED/DRIED	2.10											0.50			0.10
INCONNU	MEAT	SMOKED/DRIED	2.10					0.10	0.10	0.10	0.01			0.60	0.31		0.30
WEIGHTED AVERAGE	WILAT	SWOKED/DRIED	2.54					0.10	0.10		0.01	+		0.60	0.31		0.30
LOCHE	EGGS	RAW	2.34					0.10	0.10	0.10	0.01			1.20	0.51		0.50
LOCHE	EGGS	RAW	5.30							 				1.20	0.08	0.10	
LOCHE	EGGS	RAW	5.30														
LOCHE	EGGS	RAW									-						
WEIGHTED AVERAGE	EGGS	KAW	5.30											1.20	0.68	0.10	
LOCHE	FLESH	RAW	0.29											1.20	0.08	0.10	
			0.29														+
LOCHE	FLESH	RAW	0.20														
LOCHE	FLESH	RAW	0.20														-
LOCHE	FLESH	RAW	0.21						1								
LOCHE	FLESH	RAW	0.21														
LOCHE	FLESH	RAW	0.24														
WEIGHTED AVERAGE		D 1 111	0.21														
LOCHE	LIVER	RAW															
LOCHE	LIVER	RAW													-		
LOCHE	LIVER	RAW															
LOCHE	LIVER	RAW	5.15					0.40	0.10	0.20	0.11			0.80	0.37		0.40
LOCHE	LIVER	RAW	9.70														
LOCHE	LIVER	RAW	9.50														
LOCHE	LIVER	RAW															
LOCHE	LIVER	RAW															
WEIGHTED AVERAGE			8.40					0.40	0.10	0.20	0.11			0.80	0.37		0.40
LOCHE	MEAT	BAKED															
LOCHE	MEAT	BAKED															
LOCHE	MEAT	BAKED	0.43											0.10	0.04		
LOCHE	MEAT	BAKED	0.41														
WEIGHTED AVERAGE			0.42											0.10	0.04		
LOCHE	HEAD	BAKED															
LOCHE	HEAD	BAKED															
LOCHE	HEAD	BAKED												0.10			
WEIGHTED AVERAGE														0.10			
LOCHE	LIVER	BAKED	4.60														

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
GRAYLING	MEAT	RAW		0.10		(-)		0.20		0.10								
WEIGHTED AVERAGE				0.10				0.20		0.10								
INCONNU	MEAT	RAW																
INCONNU	MEAT	RAW	0.03	0.20	0.10													
WEIGHTED AVERAGE			0.03	0.20	0.10													
INCONNU	MEAT	BAKED	0.00		0.120													
INCONNU	MEAT	BAKED	0.01	0.20	0.03		1	0.10	0.01							0.10	0.01	1
WEIGHTED AVERAGE			0.01	0.20	0.03			0.10	0.01							0.10	+	_
INCONNU	MEAT	SMOKED/BAKED	0.01	0.20	0.02			0.10	0.01							0.10	0.01	
INCONNU	MEAT	SMOKED/BAKED		0.30														+
WEIGHTED AVERAGE	IVIEZ 11	GWGRED/ BI IREB		0.30														
INCONNU	MEAT	SMOKED/DRIED		0.50														
INCONNU	MEAT	SMOKED/DRIED	0.21	0.90	0.28			0.20	0.18							0.20	0.16	
WEIGHTED AVERAGE	WILAT	SWOKED/DRIED	0.21	0.90	0.28			0.20	0.18							0.20	1	
LOCHE	EGGS	RAW	0.21	1.80	0.28			0.20	0.18	0.10	0.05					0.30		
LOCHE	EGGS	RAW		1.60	0.38			0.20	0.01	0.10	0.03					0.30	0.11	+
LOCHE	EGGS	RAW																+
LOCHE	EGGS	RAW					+											+
WEIGHTED AVERAGE	EGGS	KAW		1.80	0.38			0.20	0.01	0.10	0.05					0.30	0.11	
	FLEGII	DAW		1.80	0.38			0.20	0.01	0.10	0.05					0.30	0.11	
LOCHE	FLESH	RAW																<u> </u>
LOCHE	FLESH	RAW																<u> </u>
LOCHE	FLESH	RAW																<u> </u>
LOCHE	FLESH	RAW		0.10			<u> </u>	-										
LOCHE	FLESH	RAW		0.10	0.01													
LOCHE	FLESH	RAW																
WEIGHTED AVERAGE				0.10	0.01													
LOCHE	LIVER	RAW																<u> </u>
LOCHE	LIVER	RAW																<u> </u>
LOCHE	LIVER	RAW																<u> </u>
LOCHE	LIVER	RAW	0.16	0.80	0.23			0.60	0.17			0.10	0.03	0.10	0.01	0.50	0.11	0.10
LOCHE	LIVER	RAW																
LOCHE	LIVER	RAW																
LOCHE	LIVER	RAW																'
LOCHE	LIVER	RAW																<u> </u>
WEIGHTED AVERAGE			0.16	0.80	0.23			0.60	0.17			0.10	0.03	0.10	0.01	0.50	0.11	0.10
LOCHE	MEAT	BAKED																
LOCHE	MEAT	BAKED																
LOCHE	MEAT	BAKED		0.10	0.05											0.10	0.02	<u> </u>
LOCHE	MEAT	BAKED																
WEIGHTED AVERAGE				0.10	0.05											0.10	0.02	
LOCHE	HEAD	BAKED																
LOCHE	HEAD	BAKED		1														
LOCHE	HEAD	BAKED		0.10												0.10)	
WEIGHTED AVERAGE				0.10												0.10		
LOCHE	LIVER	BAKED																

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
GRAYLING	MEAT	RAW								0.10		0.40				
WEIGHTED AVERAGE										0.10		0.40				
INCONNU	MEAT	RAW														
INCONNU	MEAT	RAW								0.40	0.33	0.50	0.25	0.10	0.16	0.10
WEIGHTED AVERAGE										0.40		0.50				
INCONNU	MEAT	BAKED														
INCONNU	MEAT	BAKED								0.20	0.01	0.30	0.04			
WEIGHTED AVERAGE										0.20		0.30	0.04			
INCONNU	MEAT	SMOKED/BAKED														
INCONNU	MEAT	SMOKED/BAKED								0.60		0.50		0.20		0.10
WEIGHTED AVERAGE										0.60		0.50		0.20		0.10
INCONNU	MEAT	SMOKED/DRIED										0.00		0.20		
INCONNU	MEAT	SMOKED/DRIED								1.90	0.37	2.30	1.12	0.30	0.21	0.20
WEIGHTED AVERAGE	1,12,11	SINGIALS/BIGES								1.90		2.30				
LOCHE	EGGS	RAW	0.10	0.02						0.80		2.10				
LOCHE	EGGS	RAW	0.10	0.02	1					0.00	0.23	2.10	0.70	0.40	0.55	
LOCHE	EGGS	RAW					†									<u> </u>
LOCHE	EGGS	RAW														
WEIGHTED AVERAGE	2005	TOT IV	0.10	0.02						0.80	0.25	2.10	0.70	0.40	0.33	
LOCHE	FLESH	RAW	0.10	0.02						0.00	0.23	2.10	0.70	0.40	0.55	
LOCHE	FLESH	RAW														-
LOCHE	FLESH	RAW														
LOCHE	FLESH	RAW														
LOCHE	FLESH	RAW										0.10	0.02			
LOCHE	FLESH	RAW										0.10	0.02			
WEIGHTED AVERAGE	FLESH	KAW										0.10	0.02			
LOCHE	LIVER	RAW										0.10	0.02			
LOCHE	LIVER	RAW														
LOCHE	LIVER	RAW														
LOCHE	LIVER	RAW						0.10	0.02	2.20	0.48	3.80	0.54	0.10	0.09	0.10
LOCHE	LIVER	RAW						0.10	0.02	2.20	0.46	3.60	0.54	0.10	0.09	0.10
LOCHE	LIVER	RAW					<u> </u>	1								
LOCHE	LIVER	RAW														
LOCHE	LIVER	RAW														
WEIGHTED AVERAGE	LIVEK	KAW						0.10	0.02	2.20	0.48	3.80	0.54	0.10	0.09	0.10
LOCHE	MEAT	BAKED						0.10	0.02	2.20	0.46	3.80	0.34	0.10	0.09	0.10
	MEAT	BAKED														
LOCHE LOCHE	MEAT	BAKED					<u> </u>	1				0.10	0.10			
							<u> </u>					0.10	0.10			
LOCHE WEIGHTED AVERAGE	MEAT	BAKED										0.10	0.10			
LOCHE	HEAD	BAKED										0.10	0.10			
LOCHE	HEAD	BAKED	 		<u> </u>	1		+	 	<u> </u>		1				
LOCHE	HEAD	BAKED	-	1			-		-	0.10	1	0.20		1		
WEIGHTED AVERAGE	ПЕАВ	DAKED								0.10		0.20				
	LIVED	DAVED								0.10		0.20				
LOCHE	LIVER	BAKED							<u> </u>							

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
GRAYLING	MEAT	RAW				(-)							0.30		0.10			
WEIGHTED AVERAGE													0.30		0.10	1		
INCONNU	MEAT	RAW													0.20			
INCONNU	MEAT	RAW	0.06										0.20	0.04	0.10	0.04		
WEIGHTED AVERAGE	1,12,11	TOT W	0.06	.									0.20	0.04				
INCONNU	MEAT	BAKED	0.00										0.20	0.01	0.10	0.01		
INCONNU	MEAT	BAKED						1					0.30	0.01	0.10	0.04		
WEIGHTED AVERAGE	IVILII I	Britted											0.30	0.01				
INCONNU	MEAT	SMOKED/BAKED											0.50	0.01	0.10	0.04		
INCONNU	MEAT	SMOKED/BAKED									0.10		0.40		0.10			
WEIGHTED AVERAGE	WIEAT	SWIOKED/BAKED									0.10		0.40		0.10			
	MEAT	CMOVED/DDIED									0.10		0.40		0.10			\vdash
INCONNU		SMOKED/DRIED	0.11								0.50	0.04	1.70	0.50	0.20	0.10		_
INCONNU	MEAT	SMOKED/DRIED	0.11								0.50	1				1		
WEIGHTED AVERAGE			0.11								0.50	0.04						
LOCHE	EGGS	RAW		ļ			-				0.10	0.01	0.70	0.06	0.10	0.05		ļ!
LOCHE	EGGS	RAW																
LOCHE	EGGS	RAW																
LOCHE	EGGS	RAW																
WEIGHTED AVERAGE											0.10	0.01	0.70	0.06	0.10	0.05		
LOCHE	FLESH	RAW																
LOCHE	FLESH	RAW																
LOCHE	FLESH	RAW																
LOCHE	FLESH	RAW																
LOCHE	FLESH	RAW											0.10	0.02				
LOCHE	FLESH	RAW																
WEIGHTED AVERAGE													0.10	0.02				
LOCHE	LIVER	RAW																
LOCHE	LIVER	RAW																
LOCHE	LIVER	RAW																
LOCHE	LIVER	RAW	0.01								0.40	0.04	2.60	0.51	0.50	0.12		
LOCHE	LIVER	RAW																
LOCHE	LIVER	RAW										İ				İ		
LOCHE	LIVER	RAW										İ				İ		
LOCHE	LIVER	RAW																
WEIGHTED AVERAGE			0.01								0.40	0.04	2.60	0.51	0.50	0.12		
LOCHE	MEAT	BAKED																
LOCHE	MEAT	BAKED		1	1			1	1		t	i e				<u> </u>		
LOCHE	MEAT	BAKED		1							<u> </u>		0.20	0.07				
LOCHE	MEAT	BAKED		†			1		1		1		0.20	0.07				
WEIGHTED AVERAGE	1111111	Di Hillio											0.20	0.07				
LOCHE	HEAD	BAKED											0.20	0.07				
LOCHE	HEAD	BAKED					 	+	+		+							
LOCHE	HEAD	BAKED		 		 	<u> </u>	+	1		+	 	0.20			 		
WEIGHTED AVERAGE	HEAD	DAKED											0.20					
	LIVED	DAKED											0.20					
LOCHE	LIVER	BAKED		1		I]						l		

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
GRAYLING	MEAT	RAW					` /									
WEIGHTED AVERAGE																
INCONNU	MEAT	RAW														
INCONNU	MEAT	RAW														
WEIGHTED AVERAGE	1,12,11	10111														
INCONNU	MEAT	BAKED														
INCONNU	MEAT	BAKED														
WEIGHTED AVERAGE	WILZ 11	DITTEL														
INCONNU	MEAT	SMOKED/BAKED														
INCONNU	MEAT	SMOKED/BAKED														
	MEAI	SMOKED/BAKED														
WEIGHTED AVERAGE	MEAT	CMOKED/DDIED														
INCONNU		SMOKED/DRIED											<u> </u>			
INCONNU	MEAT	SMOKED/DRIED														
WEIGHTED AVERAGE																
LOCHE	EGGS	RAW			0.40	0.16									-	-
LOCHE	EGGS	RAW														
LOCHE	EGGS	RAW							91.40	25.30			3.520	1.943		
LOCHE	EGGS	RAW									15.20					
WEIGHTED AVERAGE					0.40	0.16			91.40	25.30	15.20	3.13	3.520	1.943		
LOCHE	FLESH	RAW														
LOCHE	FLESH	RAW														
LOCHE	FLESH	RAW														
LOCHE	FLESH	RAW														
LOCHE	FLESH	RAW														
LOCHE	FLESH	RAW							3.00	5.00						
WEIGHTED AVERAGE									3.00	5.00						
LOCHE	LIVER	RAW														
LOCHE	LIVER	RAW									317.90	10.89				
LOCHE	LIVER	RAW							1599.10	1205.74			0.720	0.617		
LOCHE	LIVER	RAW														
LOCHE	LIVER	RAW														
LOCHE	LIVER	RAW														
LOCHE	LIVER	RAW														
LOCHE	LIVER	RAW							4000.00	2600.00						
WEIGHTED AVERAGE									3039.64		317.90	10.89	0.720	0.62		
LOCHE	MEAT	BAKED														
LOCHE	MEAT	BAKED			1				8.00	8.00		<u> </u>	1			
LOCHE	MEAT	BAKED							2.00	2.00						
LOCHE	MEAT	BAKED											1			
WEIGHTED AVERAGE	1,112/11	D. HLLD							8.00	8.00						
LOCHE	HEAD	BAKED							0.00	0.00						
LOCHE	HEAD	BAKED			 				19.00			 				
LOCHE	HEAD	BAKED			1				19.00		 		1		 	
WEIGHTED AVERAGE	пеар	DAKED							19.00							
	LIVED	DAKED							19.00							
LOCHE	LIVER	BAKED														_[

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
GRAYLING	MEAT	RAW	, ,													
WEIGHTED AVERAGE					31.00	18.00	1.00	1.80	0.10	0.220	0.70	0.390			63.00	88.00
INCONNU	MEAT	RAW			10.00	3.70	0.40	0.00			0.30	0.010	250.00	12.00	33.00	4.40
INCONNU	MEAT	RAW														
WEIGHTED AVERAGE					10.00	3.70	0.40	0.00	0.03	0.003	0.30	0.010	250.00	12.00	33.00	4.40
INCONNU	MEAT	BAKED			20.00	6.20	0.40	0.01			0.40	0.020	240.00	8.00	32.00	1.30
INCONNU	MEAT	BAKED														
WEIGHTED AVERAGE					20.00	6.20	0.40	0.01	0.03	0.005	0.40	0.020	240.00	8.00	32.00	1.30
INCONNU	MEAT	SMOKED/BAKED			15.00		0.80		0.04		0.60		357.00		43.00	
INCONNU	MEAT	SMOKED/BAKED														
WEIGHTED AVERAGE					15.00		0.80		0.04		0.60		357.00		43.00	
INCONNU	MEAT	SMOKED/DRIED			40.00	7.50	4.00	0.13	0.10	0.016	1.00	0.080	570.00	45.00	75.00	5.40
INCONNU	MEAT	SMOKED/DRIED														
WEIGHTED AVERAGE					40.00	7.50	4.00	0.13	0.10	0.016	1.00	0.080	570.00	45.00	75.00	5.40
LOCHE	EGGS	RAW														
LOCHE	EGGS	RAW			8.00	1.10	1.30	0.09	0.10	0.010	2.40	0.270	270.00	36.00	16.00	2.00
LOCHE	EGGS	RAW														
LOCHE	EGGS	RAW														
WEIGHTED AVERAGE					8.00	1.10	1.30	0.09	0.10	0.010	2.40	0.270	270.00	36.00	16.00	2.00
LOCHE	FLESH	RAW														
LOCHE	FLESH	RAW			8.00	7.90	0.30	0.24	0.02	0.015	0.70	0.490				
LOCHE	FLESH	RAW														
LOCHE	FLESH	RAW			40.00	30.00	0.40	0.11	0.03	0.016	0.60	0.120	190.00	28.00	20.00	3.20
LOCHE	FLESH	RAW														
LOCHE	FLESH	RAW														
WEIGHTED AVERAGE					24.00	18.95	0.35	0.18	0.03	0.016	0.65	0.305	190.00	28.00	20.00	3.20
LOCHE	LIVER	RAW			4.00	1.10	2.00	0.80	0.40	0.230	1.60	0.230	229.00	29.00	17.00	1.10
LOCHE	LIVER	RAW														
LOCHE	LIVER	RAW														
LOCHE	LIVER	RAW														
LOCHE	LIVER	RAW														
LOCHE	LIVER	RAW														
LOCHE	LIVER	RAW			10.00	9.10	2.00	0.70	1.00	0.800	2.00	1.300	150.00	27.00	9.00	1.60
LOCHE	LIVER	RAW														
WEIGHTED AVERAGE					6.57	4.53	2.00	0.76	0.66	0.474	1.77	0.688	195.14	28.14	13.50	1.31
LOCHE	MEAT	BAKED			35.00	26.00	0.50	0.13	0.04	0.013	0.80	0.170	200.00	22.00	22.00	3.20
LOCHE	MEAT	BAKED														
LOCHE	MEAT	BAKED														
LOCHE	MEAT	BAKED														
WEIGHTED AVERAGE					35.00	26.00	0.50	0.13	0.04	0.013	0.80	0.170	200.00	22.00	22.00	3.20
LOCHE	HEAD	BAKED			33.00		0.30		0.03		1.30		171.00		21.00	
LOCHE	HEAD	BAKED														
LOCHE	HEAD	BAKED			1				1							
WEIGHTED AVERAGE					33.00		0.30		0.03		1.30		171.00		21.00	
LOCHE	LIVER	BAKED														

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
GRAYLING	MEAT	RAW	- (- /		- (-)		(- /		(- /		
WEIGHTED AVERAGE					0.040	0.01			0.10	0.080	
INCONNU	MEAT	RAW	30.00	7.50	0.020	0.013	500.00	76.00			
INCONNU	MEAT	RAW									
WEIGHTED AVERAGE			30.00	7.50	0.020	0.013	500.00	76.00			
INCONNU	MEAT	BAKED	37.00	3.10	0.020	0.001	500.00	24.00			
INCONNU	MEAT	BAKED									
WEIGHTED AVERAGE			37.00	3.10	0.020	0.001	500.00	24.00			
INCONNU	MEAT	SMOKED/BAKED	67.00		0.030		683.00				
INCONNU	MEAT	SMOKED/BAKED									
WEIGHTED AVERAGE			67.00		0.030		683.00				
INCONNU	MEAT	SMOKED/DRIED	230.00	10.00	0.090	0.012	1100.00	130.00			
INCONNU	MEAT	SMOKED/DRIED									
WEIGHTED AVERAGE			230.00	10.00	0.090	0.012	1100.00	130.00			
LOCHE	EGGS	RAW									
LOCHE	EGGS	RAW	58.00	6.80	0.040	0.009	291.00	149.00	0.070	0.048	
LOCHE	EGGS	RAW									
LOCHE	EGGS	RAW									
WEIGHTED AVERAGE			58.00	6.80	0.040	0.009	291.00	149.00	0.070	0.048	
LOCHE	FLESH	RAW									
LOCHE	FLESH	RAW			0.020				0.020		
LOCHE	FLESH	RAW									
LOCHE	FLESH	RAW	70.00	13.00	0.020	0.007	320.00	33.00			
LOCHE	FLESH	RAW									
LOCHE	FLESH	RAW									
WEIGHTED AVERAGE			70.00	13.00	0.020	0.007	320.00	33.00	0.02		
LOCHE	LIVER	RAW	47.00	11.00	0.110	0.043	319.00		0.040	0.018	
LOCHE	LIVER	RAW									
LOCHE	LIVER	RAW									
LOCHE	LIVER	RAW									
LOCHE	LIVER	RAW									
LOCHE	LIVER	RAW									
LOCHE	LIVER	RAW	70.00	21.00	0.050	0.010	180.00	37.00			
LOCHE	LIVER	RAW									
WEIGHTED AVERAGE			56.85	15.29	0.084	0.029	259.42	37.00	0.04	0.018	
LOCHE	MEAT	BAKED	100.00	24.00	0.030	0.011	360.00	45.00			
LOCHE	MEAT	BAKED									
LOCHE	MEAT	BAKED									
LOCHE	MEAT	BAKED									
WEIGHTED AVERAGE			100.00	24.00	0.030	0.011	360.00	45.00			
LOCHE	HEAD	BAKED	121.00		0.020		274.00				
LOCHE	HEAD	BAKED									
LOCHE	HEAD	BAKED									
WEIGHTED AVERAGE			121.00		0.020		274.00				
LOCHE	LIVER	BAKED									

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
LOCHE	LIVER	BAKED	Lota lota	20704	1	Kuhnlein et al, 1994								
LOCHE	LIVER	BAKED	Lota lota	20704		Morrison&Kuhnlein,1993								
WEIGHTED AVERAGE						·	2524.00	602.85	38.00	2.30	6.00	12.00	2.80	43.00
LOCHE	SKIN	RAW	Lota lota	20709	1	Kuhnlein et al, 1994	466.00	111.30	75.00		0.00	24.00		1.00
LOCHE	SKIN	RAW	Lota lota	20709		Appavoo et al, 1991								1.20
WEIGHTED AVERAGE						,	466.00	111.30	75.00		0.00	24.00		1.10
LOCHE	SKIN	BAKED	Lota lota	20708	1	Kuhnlein et al, 1994	612.00	146.17	64.00		0.00	32.00		1.20
LOCHE	SKIN	BAKED	Lota lota	20708		Morrison&Kuhnlein,1993								
LOCHE	SKIN	BAKED	Lota lota	20708		Appavoo et al, 1991								1.00
WEIGHTED AVERAGE	SILI (5.1125	Zota Iota	20,00		11994.00 00 41, 1991	612.00	146.17	64.00		0.00	32.00		1.10
PIKE	FLESH	COOKED	Esox lucius	20802	2	Kuhnlein et al, 2002	374.00	89.33	78.00	2.90		20.00	2.90	
PIKE	FLESH	COOKED	Esox lucius	20802	1	Kuhnlein et al, 2002	371.00	07.55	70.00	2.70		20.00	2.70	0.50
WEIGHTED AVERAGE	LEGIT	COOKED	Esox lucius	20002		Rummem et al, 2002	374.00	89.33	78.00	2.90		20.00	2.90	0.90
PIKE	FLESH	BAKED	Esox lucius	20801	1	Kuhnlein et al, 1994	417.00	99.60	76.00	3.10		22.00	3.50	
PIKE	FLESH	BAKED	Esox lucius	20801		Kuhnlein et al, 1994	417.00	99.00	70.00	3.10	0.00	22.00	3.30	0.30
PIKE	FLESH	BAKED	Esox lucius Esox lucius	20801		Morrison&Kuhnlein,1993								
			Esox lucius Esox lucius											0.50
PIKE	FLESH	BAKED		20801	4	Appavoo et al, 1991	417.00	00.60	76.00	2.10	0.00	22.00	2.50	0.50
WEIGHTED AVERAGE	ET EGY	D	Esox lucius	20004		TT 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	417.00	99.60	76.00	3.10	0.00	22.00	3.50	0.50
PIKE	FLESH	RAW	Esox lucius	20804		Kuhnlein et al, 1994								
PIKE	FLESH	RAW	Esox lucius	20804		Appavoo et al, 1991								0.80
PIKE	FLESH	RAW	Esox lucius	20804		Kuhnlein et al, 2002								
PIKE	FLESH	RAW	Esox lucius	20804		Kuhnlein et al, 2002								
PIKE	FLESH	RAW	Esox lucius	20804		Kuhnlein et al, 2002	371.00	88.61	78.00	1.50		20.00	1.20	
PIKE	FLESH	RAW	Esox lucius	20804	4	Kuhnlein et al, 1994	365.00	87.18	79.00	1.10	0.00	19.00	1.20	1
PIKE - CREE	FLESH	RAW	Esox lucius	20804	5	Belinsky et al, 1996	344.10	82.30	79.00	1.00	2.10	17.00	0.66	0.40
PIKE - CREE	FLESH	RAW	Esox lucius	20804	5	Belinsky et al, 1996	335.40	80.20	79.00	0.94	2.40	16.00	0.86	
WEIGHTED AVERAGE - COMBIN	ED						352.31	84.20	78.78	1.12	1.61	17.83	0.96	
PIKE - CREE	LIVER	RAW	Esox lucius	20803	1	Belinsky et al, 1996	556.10	132.90	74.90		9.60	7.70		7.10
PIKE - CREE	LIVER	RAW	Esox lucius	20803	5	Belinsky et al, 1996	473.00	113.10	77.00		15.90	2.40		4.40
WEIGHTED AVERAGE - CREE							486.85	116.40	76.65		14.85	3.28		4.85
SALMON	EGGS	RAW	Oncorhyncus	20901	3	Kuhnlein et al, 2002	893.00	213.29	58.00	1.80		27.00	1.30	10.00
SALMON	EGGS	RAW	Oncorhyncus	20901	2	Kuhnlein et al, 2002								
WEIGHTED AVERAGE							893.00	213.29	58.00	1.80		27.00	1.30	10.00
SALMON	FLESH	COOKED	Oncorhyncus	20902	4	Kuhnlein et al, 2002	613.00	146.41	70.00	5.00		22.00	1.80	6.00
SALMON	FLESH	COOKED	Oncorhyncus	20902	2	Kuhnlein et al, 2002								
WEIGHTED AVERAGE							613.00	146.41	70.00	5.00		22.00	1.80	6.00
SALMON	FLESH	RAW	Oncorhyncus	20903	9	Kuhnlein et al, 2002	523.00	124.92	75.00	5.20		19.00	1.90	5.00
SALMON		RAW	Oncorhyncus	20903		Kuhnlein et al, 2002								
WEIGHTED AVERAGE						,	523.00	124.09	75.00	5.20		19.00	1.90	5.00
SALMON	FLESH	SMOKED	Oncorhyncus	20904	6	Kuhnlein et al, 2002	1018.00	243.15	46.00	27.00		42.00	21.00	
SALMON	FLESH	SMOKED	Oncorhyncus	20904		Kuhnlein et al, 2002	1313100				i e			
WEIGHTED AVERAGE				20,01			1018.00	243.15	46.00	27.00		42.00	21.00	8.00
SCULPIN	FLESH	RAW	Myoxocephalus spp	21001	1	Fediuk et al, 2002	1010.00	213.13	79.47	27.50		12.00	21.00	0.00
SCULPIN	FLESH AND BONE		Myoxocephalus spp	21003		Kuhnlein et al, 2005			, , , , , , ,					
SCULPIN	FLESH AND BONE		Myoxocephalus spp	21003		Kuhnlein et al, 2005						 		

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
LOCHE		BAKED				` /											
LOCHE		BAKED															
WEIGHTED AVERAGE			4.60														
LOCHE	SKIN	RAW															+
LOCHE	SKIN	RAW						1						0.10			+
WEIGHTED AVERAGE	SILIT	10111												0.10			
LOCHE	SKIN	BAKED												0.10			+
LOCHE	SKIN	BAKED						1									+
LOCHE	SKIN	BAKED															+
WEIGHTED AVERAGE	SKIIN	BAKED															
	FLESH	COOKED	0.16														
PIKE			0.16					 	+		+			0.10			
PIKE	FLESH	COOKED	0.16											0.10			
WEIGHTED AVERAGE	FLEGII	DAKED	0.16											0.10			
PIKE	FLESH	BAKED	0.22					 			1		1			 	₩
PIKE		BAKED						 									
PIKE		BAKED															
PIKE	FLESH	BAKED	0.25														
WEIGHTED AVERAGE			0.24														
PIKE		RAW															
PIKE	FLESH	RAW	0.21														
PIKE	FLESH	RAW															
PIKE	FLESH	RAW															
PIKE	FLESH	RAW	0.12														
PIKE	FLESH	RAW	0.18														
PIKE - CREE	FLESH	RAW	0.11	0.70	0.21	0.40	0.12	2									
PIKE - CREE	FLESH	RAW	0.09	0.70	0.32	0.40	0.20)									
WEIGHTED AVERAGE - COMBIN	ED		0.12	0.70	0.27	0.40	0.16	5									
PIKE - CREE	LIVER	RAW		1.50		0.86											
PIKE - CREE	LIVER	RAW		1.70		1.10											1
WEIGHTED AVERAGE - CREE				1.67		1.06											
SALMON	EGGS	RAW	3.50														
SALMON	EGGS	RAW												1.10	0.14		
WEIGHTED AVERAGE			3.50											1.10			
SALMON	FLESH	COOKED	2.50														
SALMON	FLESH	COOKED												0.50	0.05		1
WEIGHTED AVERAGE			2.50											0.50		<u> </u>	
SALMON	FLESH	RAW	4.40														+
SALMON		RAW						†	1		1			0.20	0.08		+
WEIGHTED AVERAGE	. 22011	10.111	4.40											0.20			
SALMON	FLESH	SMOKED	6.30											0.20	0.00		+
SALMON	FLESH	SMOKED	0.30					+	+					0.50	0.09		+
WEIGHTED AVERAGE	TLESH	SMOKED	6.30											0.50		1	
	FLESH	RAW	0.30											0.50	0.09		+
SCULPIN SCULPIN	FLESH AND BONE																
SCULPIN								1			1					 	
SCULPIN	FLESH AND BONE	ROITED															<u> </u>

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
LOCHE	LIVER	BAKED	55 22.011 0	22.01. 5	55 22.00. 5	1110(0)	55 1110	10.211 0	02 10.2 0	10.011 0	52 10.511 0	201211 0	55 201211 0	20.011 0	55 20.511 0	20111110	55 201111 0	22.211 0
LOCHE	LIVER	BAKED																
WEIGHTED AVERAGE																		
LOCHE	SKIN	RAW																
LOCHE	SKIN	RAW		0.10														
WEIGHTED AVERAGE				0.10														
LOCHE	SKIN	BAKED																
LOCHE	SKIN	BAKED																
LOCHE	SKIN	BAKED		0.10														
WEIGHTED AVERAGE	JIII (5.1125		0.10														
PIKE	FLESH	COOKED		0.10														
PIKE	FLESH	COOKED		0.10												0.10		
WEIGHTED AVERAGE	I BEST	COULLE		0.10												0.10		
PIKE	FLESH	BAKED		0.10												0.10		
PIKE	FLESH	BAKED								 								
PIKE	FLESH	BAKED																+
PIKE	FLESH	BAKED		0.10	0.04													+
WEIGHTED AVERAGE	I LLSII	DAKED		0.10	0.04													
PIKE	FLESH	RAW		0.10	0.04													
PIKE	FLESH	RAW		0.10	0.01													
PIKE	FLESH	RAW		0.10	0.01													
PIKE	FLESH	RAW		0.20														
PIKE	FLESH	RAW		0.20														
PIKE	FLESH	RAW																
PIKE - CREE	FLESH	RAW				0.30	0.09											
PIKE - CREE	FLESH	RAW				0.30												
WEIGHTED AVERAGE - COMBIN		KAW				0.30												
PIKE - CREE	LIVER	RAW				0.66												
PIKE - CREE	LIVER	RAW				0.59												+
WEIGHTED AVERAGE - CREE	LIVER	KAW				0.60												
SALMON	EGGS	RAW				0.00												
SALMON	EGGS	RAW		1.30	0.18	1		0.10	0.01	 				1		0.10	0.00	
WEIGHTED AVERAGE	2000	10111		1.30	0.18			0.10	0.01							0.10		
SALMON	FLESH	COOKED		1.50	0.16			0.10	0.01							0.10	0.00	
SALMON	FLESH	COOKED		0.80	0.13			0.20	0.15	0.10	0.08							
WEIGHTED AVERAGE	LEEDII	COOKED		0.80	0.13			0.20	0.15	0.10								
SALMON	FLESH	RAW		0.00	0.13			0.20	0.13	0.10	0.00							
SALMON		RAW		0.30	0.16	1				 		1		 		 		
WEIGHTED AVERAGE	I DEAGIT	10111		0.30														
SALMON	FLESH	SMOKED		0.30	0.10													
SALMON	FLESH	SMOKED		1.00	0.26	1		0.10	0.04	 		1		 		0.10	0.01	
WEIGHTED AVERAGE	I DENII	SWICKED		1.00	0.26			0.10	0.04							0.10		
SCULPIN	FLESH	RAW		1.00	0.20			0.10	0.04							0.10	0.01	
SCULPIN	FLESH AND BONE																	
SCULPIN	FLESH AND BONE			1						 		1		-		1		\vdash
SCULPIN	L'ESU AND RONE	POILED	J	<u> </u>									1					

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
LOCHE	LIVER	BAKED	22.111 0	52 22.111 0	1 1110111 (6)	SD T MCTT	1410110 12.1	1110110 1 1.11	55 11.1	110110 10.1	5D 10.1	110110 10.1	DD 10.1	110110 20.1	DD 20.1	1110110 22.1
LOCHE	LIVER	BAKED														+
WEIGHTED AVERAGE	EI V EIK	DINED														
LOCHE	SKIN	RAW														
LOCHE	SKIN	RAW		†						0.10		0.20				
WEIGHTED AVERAGE	DICHY	ICI IV								0.10		0.20				
LOCHE	SKIN	BAKED								0.10		0.20				
LOCHE	SKIN	BAKED														
LOCHE	SKIN	BAKED								0.10		0.20				+
WEIGHTED AVERAGE	SKIIV	DAKED								0.10		0.20				
PIKE	FLESH	COOKED								0.10		0.20				
PIKE	FLESH	COOKED								0.10		0.20				\vdash
	FLESH	COOKED								1						
WEIGHTED AVERAGE	ELECII	DAKED								0.10		0.20				-
PIKE	FLESH	BAKED														-
PIKE	FLESH	BAKED							1	1			 	ļ		
PIKE	FLESH	BAKED							-							
PIKE	FLESH	BAKED										0.10	0.03			
WEIGHTED AVERAGE												0.10	0.03			
PIKE	FLESH	RAW														
PIKE	FLESH	RAW										0.10	0.02			
PIKE	FLESH	RAW														
PIKE	FLESH	RAW										0.10				
PIKE	FLESH	RAW														
PIKE	FLESH	RAW														
PIKE - CREE	FLESH	RAW			0.50	0.24										
PIKE - CREE	FLESH	RAW			0.40	0.16										
WEIGHTED AVERAGE - COMBINI	ED				0.45	0.20						0.10	0.02			
PIKE - CREE	LIVER	RAW			2.90											
PIKE - CREE	LIVER	RAW			1.60											
WEIGHTED AVERAGE - CREE					1.82											
SALMON	EGGS	RAW														
SALMON	EGGS	RAW								1.30	0.17	3.80	0.03	0.20	0.06	
WEIGHTED AVERAGE										1.30	0.17	3.80	0.03	0.20	0.06	
SALMON	FLESH	COOKED														
SALMON	FLESH	COOKED								0.30	0.14	1.40	0.08	0.60	0.08	0.10
WEIGHTED AVERAGE										0.30	0.14	1.40	0.08	0.60		0.10
	FLESH	RAW														
		RAW								0.10	0.08	0.70	0.47	0.30	0.22	
WEIGHTED AVERAGE										0.10						
	FLESH	SMOKED								5.20	2.30	5170		5.50		
SALMON	FLESH	SMOKED						1	<u> </u>	0.50	0.30	2.20	1.40	1.30	0.73	0.10
WEIGHTED AVERAGE										0.50						
SCULPIN	FLESH	RAW								0.50	0.50	2.20	1.40	1.50	0.73	5.10
	FLESH AND BONE															
	FLESH AND BONE								 	 						
SCOLI IIV	I PESTI VIAN DOME	DOILED	l									<u> </u>	l	l	<u> </u>	

SPECIES PAR LOCHE LIV LOCHE LIV	VED			Mono 24:1			SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0		DD 17.0	SFA 16:0	30 10.0	SFA 18:0	SD 18:0		SD 20:0
	V LIX	BAKED			SD 24:1	(-)												
		BAKED																
WEIGHTED AVERAGE																		
LOCHE SKI	IN I	RAW																
LOCHE SKI		RAW											0.20		0.10			
WEIGHTED AVERAGE													0.20		0.10			
LOCHE SKI	IIN 1	BAKED													0.20			
LOCHE SKI		BAKED																†
LOCHE SKI		BAKED											0.20		0.10			
WEIGHTED AVERAGE	,												0.20		0.10			
	ESH	COOKED											0.20		0.10			
		COOKED											0.20		0.10			1
WEIGHTED AVERAGE	LSH	COOKED											0.20		0.10			
	ESH	BAKED											0.20		0.10			
		BAKED																+
		BAKED																-
		BAKED											0.10	0.04				_
WEIGHTED AVERAGE	LSH	BAKED											0.10	0.04				
	ESH 1	RAW											0.10	0.04				
		RAW											0.10	0.01				-
													0.10	0.01				
		RAW											0.10					
		RAW											0.10					
		RAW																
		RAW																
		RAW				0.40	0.17											
	ESH	RAW				0.50	0.11											
WEIGHTED AVERAGE - COMBINED						0.45	0.14						0.10	0.01				
		RAW				1.70												<u> </u>
	VER 1	RAW				1.30												
WEIGHTED AVERAGE - CREE						1.37												
SALMON EGO		RAW																
SALMON EGO	GGS	RAW									0.40	0.06	1.50	0.00	0.40		4	
WEIGHTED AVERAGE											0.40	0.06	1.50	0.00	0.40	0.00		
SALMON FLE	ESH	COOKED																
SALMON FLE	ESH	COOKED	0.08								0.20	0.06	0.60	0.07	0.20			
WEIGHTED AVERAGE			0.08								0.20	0.06	0.60	0.07	0.20	0.01		
SALMON FLE	ESH	RAW																
SALMON FLE	ESH	RAW									0.10	0.04			0.10			
WEIGHTED AVERAGE											0.10	0.04	0.30	0.16	0.10	0.04		
SALMON FLE	ESH	SMOKED																
SALMON FLE	ESH	SMOKED	0.04	0.10	0.03	1.80	0.77											
WEIGHTED AVERAGE			0.04	0.10	0.03	1.80	0.77											
SCULPIN FLE	ESH	RAW																
SCULPIN FLE	ESH AND BONE	BOILED																
	ESH AND BONE														İ			

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
LOCHE	LIVER	BAKED					(0)				(g)		(g)		(4.2.2)	
LOCHE	LIVER	BAKED							3000.00	3700.00						
WEIGHTED AVERAGE									3000.00	3700.00						
LOCHE	SKIN	RAW														
LOCHE	SKIN	RAW														
WEIGHTED AVERAGE																
LOCHE	SKIN	BAKED														
LOCHE	SKIN	BAKED							11.00			†	†			
LOCHE	SKIN	BAKED							11.00			†	†			
WEIGHTED AVERAGE	SKIIV	BIRLD							11.00							
PIKE	FLESH	COOKED							11.00							
PIKE	FLESH	COOKED														
WEIGHTED AVERAGE	TLESII	COOKED														
	FLESH	BAKED														
PIKE PIKE	FLESH	BAKED											+		1	
PIKE	FLESH	BAKED	-		-				3.00	3.00		-	+		+	
									3.00	3.00						
PIKE	FLESH	BAKED							2.00	2.00						
WEIGHTED AVERAGE									3.00	3.00						
PIKE	FLESH	RAW														
PIKE	FLESH	RAW														
PIKE	FLESH	RAW														
PIKE	FLESH	RAW														
PIKE	FLESH	RAW														
PIKE	FLESH	RAW														
PIKE - CREE	FLESH	RAW														
PIKE - CREE	FLESH	RAW														
WEIGHTED AVERAGE - COMBIN																
PIKE - CREE	LIVER	RAW														
PIKE - CREE	LIVER	RAW														
WEIGHTED AVERAGE - CREE																
SALMON	EGGS	RAW														
SALMON	EGGS	RAW														
WEIGHTED AVERAGE																
SALMON	FLESH	COOKED														
SALMON	FLESH	COOKED														
WEIGHTED AVERAGE																
SALMON	FLESH	RAW														
		RAW			İ										1	
WEIGHTED AVERAGE																
	FLESH	SMOKED														
	FLESH	SMOKED	<u> </u>		<u> </u>									1		
WEIGHTED AVERAGE																
SCULPIN	FLESH	RAW													1.05	
SCULPIN	FLESH AND BONE								5.10				0.070		1.03	
SCULPIN	FLESH AND BONE						1		5.10		2.00		0.070			
SCOLI IIV	I PESTI VIAND DOME	POILED	l	<u> </u>	l		1		l	<u> </u>	2.00					

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
LOCHE	LIVER	BAKED			2.60		1.50		0.27		1.30)	188.00		11.00)
LOCHE	LIVER	BAKED														
WEIGHTED AVERAGE					2.60		1.50		0.27		1.30)	188.00		11.00)
LOCHE	SKIN	RAW			212.00		0.80		0.09		1.80)	267.00		22.00)
LOCHE	SKIN	RAW														
WEIGHTED AVERAGE					212.00		0.80		0.09		1.80)	267.00		22.00)
LOCHE	SKIN	BAKED			210.00		1.50		0.12		2.00)	348.00		33.00)
LOCHE	SKIN	BAKED														
LOCHE	SKIN	BAKED														
WEIGHTED AVERAGE					210.00		1.50		0.12		2.00)	348.00		33.00)
PIKE	FLESH	COOKED			17.00	5.80	0.50	0.04		0.011	0.60	0.120			21.00	0.00
PIKE	FLESH	COOKED														
WEIGHTED AVERAGE					17.00	5.80	0.50	0.04	0.05	0.011	0.60	0.120			21.00	0.00
PIKE	FLESH	BAKED														
PIKE	FLESH	BAKED			70.00	34.00	0.40	0.18	0.03	0.007	0.70	0.150	240.00	37.00	30.00	5.10
PIKE	FLESH	BAKED										1				
PIKE	FLESH	BAKED										1				
WEIGHTED AVERAGE					70.00	34.00	0.40	0.18	0.03	0.007	0.70	0.150	240.00	37.00	30.00	5.10
PIKE	FLESH	RAW			63.00	34.00	0.40	0.12		0.010	0.03	0.170	220.00	22.00	28.00	3.10
PIKE	FLESH	RAW														
PIKE	FLESH	RAW			19.00	16.00	0.20	0.05	0.02	0.021	0.40	0.200			28.00	2.00
PIKE	FLESH	RAW														
PIKE	FLESH	RAW														
PIKE	FLESH	RAW										1				
PIKE - CREE	FLESH	RAW			7.00	0.74	0.10	0.06	0.02	0.003	1.10	0.270				
PIKE - CREE	FLESH	RAW			8.00	2.10	0.10	0.07	0.03	0.013	1.00					
WEIGHTED AVERAGE - COMBIN	IED				19.94	10.90	0.18	0.07	0.14	0.012	0.70	0.217	220.00	22.00	28.00	2.41
PIKE - CREE	LIVER	RAW			5.80		1.40		0.84		5.90)				
PIKE - CREE	LIVER	RAW			3.30		0.57		0.42		10.80)				
WEIGHTED AVERAGE - CREE					3.72		0.71		0.49		9.98	3				
SALMON	EGGS	RAW			40.00	20.00	1.60	0.84	0.50	0.360	2.00	1.000			53.00	2.80
SALMON	EGGS	RAW														
WEIGHTED AVERAGE					40.00	20.00	1.60	0.84	0.50	0.360	2.00	1.000			53.00	2.80
SALMON	FLESH	COOKED			32.00	38.00	0.70	0.37	0.07	0.040	0.60	0.310			23.00	1.50
SALMON	FLESH	COOKED														
WEIGHTED AVERAGE					32.00	38.00	0.70	0.37	0.07	0.040	0.60	0.310			23.00	1.50
SALMON	FLESH	RAW			6.00	4.00	0.90	0.61	0.10	0.070	0.50	0.200			74.00	79.00
SALMON	FLESH	RAW														
WEIGHTED AVERAGE					6.00	4.00	0.90	0.61	0.10	0.070	0.50	0.200			74.00	79.00
SALMON	FLESH	SMOKED			25.00	30.00	2.00	1.50	0.20	0.160	1.00	0.900			143.00	187.00
SALMON	FLESH	SMOKED														
WEIGHTED AVERAGE					25.00	30.00	2.00	1.50	0.20	0.160	1.00	0.900			143.00	187.00
SCULPIN	FLESH	RAW														
SCULPIN	FLESH AND BO	NE BOILED														
SCULPIN	FLESH AND BO	NE BOILED														

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
LOCHE	LIVER	BAKED	64.00		0.050		200.00		(,		
LOCHE		BAKED									
WEIGHTED AVERAGE			64.00		0.050		200.00				
LOCHE	SKIN	RAW	101.00		0.100		283.00				
LOCHE		RAW									
WEIGHTED AVERAGE			101.00		0.100		283.00				
LOCHE	SKIN	BAKED	133.00		0.100		414.00				
LOCHE	SKIN	BAKED			0.1100						
LOCHE	SKIN	BAKED									
WEIGHTED AVERAGE	SILLY	5.1125	133.00		0.100		414.00				
PIKE	FLESH	COOKED	155.00		0.010	0.003	11.100		0.060	0.019	
PIKE	FLESH	COOKED			0.010	0.003			0.000	0.01)	
WEIGHTED AVERAGE	LEBII	COOKED			0.010	0.003			0.060	0.019	
PIKE	FLESH	BAKED			0.010	0.003			0.000	0.01)	
PIKE	FLESH	BAKED	30.00	14.00	0.040	0.016	430.00	63.00			
PIKE	FLESH	BAKED	30.00	14.00	0.040	0.010	430.00	03.00			
PIKE		BAKED	 						 		
WEIGHTED AVERAGE	LLSII	DAKED	30.00	14.00	0.040	0.016	430.00	63.00			
PIKE	FLESH	RAW	30.00	7.10		0.010	400.00	40.00			
PIKE		RAW	30.00	7.10	0.030	0.017	400.00	40.00			
PIKE		RAW			0.020	0.011			0.050	0.021	
PIKE		RAW			0.020	0.011			0.030	0.021	
PIKE		RAW									
PIKE		RAW									
PIKE - CREE	FLESH	RAW									
PIKE - CREE	FLESH	RAW									
WEIGHTED AVERAGE - COMBINI	•	KAW	30.00	7.10	0.024	0.013	400.00	40.00	0.05	0.021	
PIKE - CREE		RAW	30.00	7.10	0.024	0.013	400.00	40.00	0.03	0.021	
PIKE - CREE	LIVER	RAW									
WEIGHTED AVERAGE - CREE	LIVER	KA W									
SALMON	EGGS	RAW			0.030	0.000			0.080	0.021	
SALMON	EGGS	RAW			0.030	0.000			0.000	0.021	
WEIGHTED AVERAGE	LOGS	KA W			0.030	0.000			0.080	0.021	
SALMON	FLESH	COOKED			0.050	0.064			0.030		
SALMON	FLESH	COOKED			0.050	0.004			0.030	0.010	
WEIGHTED AVERAGE	. DDDII	COOKED			0.050	0.064			0.030	0.010	
SALMON	FLESH	RAW			0.020	0.004			0.030		
SALMON		RAW			0.020	0.000			0.030	0.003	
WEIGHTED AVERAGE	LLLDII	14111			0.020	0.008			0.030	0.005	
SALMON	FLESH	SMOKED			0.020	0.064			0.050		
SALMON	FLESH	SMOKED			0.070	0.004			0.030	0.017	
WEIGHTED AVERAGE	LLLDII	DITORED			0.070	0.064			0.050	0.017	
SCULPIN	FLESH	RAW			0.070	0.004			0.030	0.017	
SCULPIN	FLESH AND BONE										
SCULPIN	FLESH AND BONE		 						 		
DCOLI IIV	I LESII AND BONE	POILLD			<u> </u>						

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
WEIGHTED AVERAGE									79.47		,	()		· · ·
SCULPIN	FLESH AND BONE	RAW	Myoxocephalus spp	21004	1	Kuhnlein et al, 2005								
SCULPIN	FLESH AND BONE		Myoxocephalus spp	21004		Kuhnlein et al, 2005								
WEIGHTED AVERAGE			ersy street production of production of production of the producti											
SCULPIN	FLESH/BONE&INS	RAW	Myoxocephalus spp	21005	1	Kuhnlein et al, 1991								1.50
SCULPIN		RAW	Myoxocephalus spp	21002		Kuhnlein &Soueida, 1992	386.00	92.00	78.00		0.00	18.00		1.50
LAKE TROUT	FLESH	RAW	Salvelinus namaycush	21107		Kuhnlein et al, 2005	500.00) 2. 00	70.00		0.00	10.00		1.50
LAKE TROUT	FLESH	RAW	Salvelinus namaycush	21107		Kuhnlein et al, 2005								
LAKE TROUT - CREE	FLESH	RAW	Salvelinus namaycush	21107		Belinsky et al, 1996	386.60	92.40	79.00	3.47	7.60	10.00	3.70	2.00
LAKE TROUT - CREE	FLESH	RAW	Salvelinus namaycush	21107		Belinsky et al, 1996	312.00	74.60	80.00	1.10		15.00	0.72	
WEIGHTED AVERAGE-COMBINE		MIN	Sarvennus namayeusn	21107	3	Bellisky et al, 1990	358.63	85.73	79.38	2.58				
LAKE TROUT - CREE	EGGS	RAW	Salvelinus namaycush	21106	1	Belinsky et al, 1996	579.70	138.50	67.60	2.30	9.10	19.60	2.30	2.60
LAKE TROUT - CREE	LIVER	RAW	Salvelinus namaycush	21108		Belinsky et al, 1996	399.40	95.50	78.10		9.20	9.70		2.20
TROUT, BROOK - CREE	FLESH	RAW	Salvelinus namaycush	21108		Belinsky et al, 1996	372.20	89.00	77.70		2.90	17.30		0.92
TROUT, BROOK - CREE	FLESH	RAW	Salvelinus namaycush	21101		Belinsky et al, 1996	416.90	99.60	76.00		4.90	16.40		1.60
WEIGHTED AVERAGE - CREE	LESH	KA W	Salveillus lialilaycusii	21101	1	Bellisky et al, 1990	394.55	94.30	76.85		3.90	16.85		1.00
	FLESH	COOKED	Salvelinus namaycush	21102	2	Kuhnlein et al. 2002	655.00		69.00	5 20		23.00	2.70	
TROUT	FLESH	BAKED	Salvelinus namaycush	21103		Kuhnlein et al, 2002 Kuhnlein et al, 1994		156.44		5.30 1.20			1.80	
TROUT				21102		,	540.00	128.98	72.00	1.20	0.00	21.00	1.80	
TROUT	FLESH	BAKED	Salvelinus namaycush	21102		Appavoo et al, 1991								4.20
TROUT	FLESH	BAKED	Salvelinus namaycush	21102		Morrison&Kuhnlein,1993	540.00	120.00	72.00	1.20	0.00	21.00	1.00	4.20
WEIGHTED AVERAGE			G 1 1'	21121			540.00	128.98	72.00	1.20		21.00	1.80	
TROUT	FLESH	RAW	Salvelinus namaycush	21104		Kuhnlein et al, 2002	474.00	113.21	75.00	7.00		19.00	4.60	
TROUT	FLESH	RAW	Salvelinus namaycush	21104		Kuhnlein et al, 1994	528.00	126.11	75.00	0.60	0.00	21.00	0.40	3.90
TROUT	FLESH	RAW	Salvelinus namaycush	21104	11	Kuhnlein et al, 2002								
TROUT	FLESH	RAW	Salvelinus namaycush	21104	2	Appavoo et al, 1991								3.90
TROUT	FLESH	RAW	Salvelinus namaycush	21104		Kuhnlein et al, 2002								
TROUT	FLESH	RAW	Salvelinus namaycush	21104	1	Morrison&Kuhnlein,1993								
WEIGHTED AVERAGE							492.00	117.51	75.00	4.87	0.00	19.67	3.20	
TROUT	FLESH	SMOKED	Salvelinus namaycush	21105	1	Kuhnlein et at, 2002	393.00	93.87	77.00			19.00		1.70
BROAD WHITEFISH	FLESH	RAW	Coregonus nasus	20201	3	Fediuk et al, 2002			73.53	5.46				
BROAD WHITEFISH	FLESH	BOILED	Coregonus nasus	20202		Fediuk et al, 2002			69.63	1.39				
WHITEFISH	FLESH	BOILED	Coregonus clupeaformis	20214		Kuhnlein et al, 2005								
WHITEFISH	FLESH	BAKED	Coregonus clupeaformis	20208	3	Kuhnlein et al, 2002	640.00	152.86	69.00	1.20		23.00	0.60	6.00
WHITEFISH	FLESH	BAKED	Coregonus clupeaformis	20208		Kuhnlein et al, 2002	477.00	113.93	75.00			22.00		2.60
WHITEFISH	FLESH	BAKED	Coregonus clupeaformis	20208	4	Kuhnlein et al, 1994	481.00	114.88	75.00	2.70	0.00	21.00	2.40	3.00
WHITEFISH	FLESH	BAKED	Coregonus clupeaformis	20208	3	Kuhnlein et al, 1994								
WHITEFISH	FLESH	BAKED	Coregonus clupeaformis	20208	2	Morrison&Kuhnlein,1993								
WHITEFISH	FLESH	BAKED	Coregonus clupeaformis	20208	5	Appavoo et al, 1991								2.70
WEIGHTED AVERAGE							540.13	129.01	72.75	2.06	0.00	21.88	1.63	4.08
WHITEFISH	FLESH	RAW	Coregonus clupeaformis	20209	8	Kuhnlein et al, 2002	506.00	120.86	74.00	5.50		20.00	5.20	4.00
WHITEFISH	FLESH	RAW	Coregonus clupeaformis	20209	1	Kuhnlein et al, 2002	443.00	105.81	77.00			18.00		3.60
WHITEFISH - CREE	FLESH	RAW	Coregonus clupeaformis	20209	5	Belinsky et al, 1996	344.40	82.30	79.00	1.10	3.20	15.00	2.85	0.70
WHITEFISH - CREE	FLESH	RAW	Coregonus clupeaformis	20209	5	Belinsky et al, 1996	370.30	88.50	78.00	0.54	4.10	15.00	2.06	1.10
WHITEFISH - CREE	FLESH	RAW	Coregonus clupeaformis	20209	5	Belinsky et al, 1996	337.40	80.70	80.00	0.96	3.90	14.00	2.14	0.80
WHITEFISH - CREE	FLESH	RAW	Coregonus clupeaformis	20209	1	Belinsky et al, 1996	423.10	101.10	75.90		5.20			1.70

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
WEIGHTED AVERAGE				, ,		, ,											
SCULPIN	FLESH AND BONE	RAW															
SCULPIN	FLESH AND BONE																1
WEIGHTED AVERAGE																	
SCULPIN	FLESH/BONE&INS	RAW												0.10			
SCULPIN		RAW															1
LAKE TROUT		RAW															+
LAKE TROUT		RAW															+
LAKE TROUT - CREE		RAW	1.60	1.00	0.19	0.60	0.13										+
LAKE TROUT - CREE		RAW	0.17	1.00	0.31	0.60	0.18										+
WEIGHTED AVERAGE-COMBINE		141,	1.06	1.00	0.24		0.15										
LAKE TROUT - CREE		RAW	1.00	3.30	0.21	2.40	0.13										
LAKE TROUT - CREE		RAW		1.20		0.92											
TROUT, BROOK - CREE		RAW		1.60		1.00											+
TROUT, BROOK - CREE		RAW		0.80		0.49				 	+			1	 		+
WEIGHTED AVERAGE - CREE	LULIUII	14111		1.20		0.49											
TROUT	FLESH	COOKED	6.20	1.20		0.73											
TROUT		BAKED	0.20														+
TROUT		BAKED	0.86					0.10	0.01		1			0.10	0.01		0.10
TROUT		BAKED	0.00					0.10	0.01		1			0.10	0.01		0.10
WEIGHTED AVERAGE	LESH	DAKED	0.74					0.10	0.01					0.10	0.01		0.10
TROUT	FLESH	RAW	2.80					0.10	0.01					0.10	0.01		0.10
										-	+				<u> </u>		+
TROUT		RAW RAW	0.04								+				1		+
TROUT			0.00					0.10	0.06		+			0.10	0.05		0.10
TROUT		RAW	0.06					0.10	0.06		<u> </u>			0.10			0.10
TROUT		RAW									+			0.20	0.17		+
TROUT	FLESH	RAW	1 42					0.10	0.06					0.15	0.11		0.10
WEIGHTED AVERAGE	FLEGII	CMOKED	1.43					0.10	0.06					0.15	0.11		0.10
TROUT		SMOKED															4
BROAD WHITEFISH		RAW															4
BROAD WHITEFISH		BOILED															
WHITEFISH		BOILED	1.10														
WHITEFISH		BAKED	1.10								1						+
WHITEFISH		BAKED	1.20														+
WHITEFISH		BAKED	1.30														+
WHITEFISH		BAKED									1						
WHITEFISH		BAKED								-	 						+
	FLESH	BAKED	1.53					0.10						0.10			
WEIGHTED AVERAGE			1.35					0.10	0.02					0.10	0.02		
WHITEFISH		RAW	2.50														
WHITEFISH		RAW															+
WHITEFISH - CREE		RAW	0.39			0.40	0.09				ļ						
WHITEFISH - CREE		RAW	0.48		0.18	0.60	0.09				ļ						
WHITEFISH - CREE		RAW	0.65		0.19	0.40	0.13										
WHITEFISH - CREE	FLESH	RAW		0.92		0.53											

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
WEIGHTED AVERAGE																		
SCULPIN	FLESH AND BONE	RAW																
SCULPIN	FLESH AND BONE																	
WEIGHTED AVERAGE																		
SCULPIN	FLESH/BONE&INS	RAW		0.10														
SCULPIN	WHOLE/NO SKIN	RAW																
LAKE TROUT	FLESH	RAW																
LAKE TROUT	FLESH	RAW																
LAKE TROUT - CREE	FLESH	RAW				0.40	0.07											
LAKE TROUT - CREE	FLESH	RAW				0.40	0.13											
WEIGHTED AVERAGE-COMBINE	ED					0.40	0.09											
LAKE TROUT - CREE	EGGS	RAW				0.87												
LAKE TROUT - CREE	LIVER	RAW				0.23												
TROUT, BROOK - CREE	FLESH	RAW				0.56												
TROUT, BROOK - CREE	FLESH	RAW				0.31												
WEIGHTED AVERAGE - CREE						0.44												
TROUT	FLESH	COOKED																
TROUT	FLESH	BAKED																
TROUT	FLESH	BAKED	0.01	0.20	0.11			0.10	0.01							0.10	0.01	
TROUT	FLESH	BAKED																
WEIGHTED AVERAGE			0.01	0.20	0.11			0.10	0.01							0.10	0.01	
TROUT	FLESH	RAW																
TROUT	FLESH	RAW																
TROUT	FLESH	RAW																
TROUT	FLESH	RAW	0.04	0.40	0.03			0.20	0.08							0.10	0.03	
TROUT	FLESH	RAW		0.60	0.65			0.10	0.14	0.10	0.13					0.10	0.06	,
TROUT	FLESH	RAW																
WEIGHTED AVERAGE			0.04	0.50	0.34			0.15	0.11	0.10	0.13					0.10	0.05	
TROUT	FLESH	SMOKED																
BROAD WHITEFISH	FLESH	RAW																
BROAD WHITEFISH	FLESH	BOILED																
WHITEFISH	FLESH	BOILED																
WHITEFISH	FLESH	BAKED																
WHITEFISH	FLESH	BAKED																
WHITEFISH	FLESH	BAKED																
WHITEFISH	FLESH	BAKED																
WHITEFISH	FLESH	BAKED																
WHITEFISH	FLESH	BAKED		0.20	0.06			0.10	0.04							0.10	0.02	,
WEIGHTED AVERAGE				0.20	0.06			0.10	0.04							0.10	0.02	
WHITEFISH	FLESH	RAW																
WHITEFISH	FLESH	RAW																
WHITEFISH - CREE	FLESH	RAW				0.30	0.10											
WHITEFISH - CREE	FLESH	RAW				0.50	0.10											
WHITEFISH - CREE	FLESH	RAW				0.40	0.08											
WHITEFISH - CREE	FLESH	RAW				0.39												

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
WEIGHTED AVERAGE																
SCULPIN	FLESH AND BONE	RAW														
SCULPIN	FLESH AND BONE															
WEIGHTED AVERAGE																
SCULPIN	FLESH/BONE&INS	RAW								0.10		0.10				
SCULPIN		RAW														
LAKE TROUT	FLESH	RAW														
LAKE TROUT	FLESH	RAW														
LAKE TROUT - CREE	FLESH	RAW			2.00	0.74										
LAKE TROUT - CREE	FLESH	RAW			0.80	0.15										
WEIGHTED AVERAGE-COMBINE					1.55											
LAKE TROUT - CREE	EGGS	RAW			5.50											
LAKE TROUT - CREE	LIVER	RAW			1.80											
TROUT, BROOK - CREE	FLESH	RAW			0.81											
TROUT, BROOK - CREE	FLESH	RAW		İ	0.50					1			1			1
WEIGHTED AVERAGE - CREE					0.66											
TROUT	FLESH	COOKED														
TROUT	FLESH	BAKED														
TROUT	FLESH	BAKED								0.20	0.08	0.50	0.16	5		
TROUT	FLESH	BAKED														
WEIGHTED AVERAGE										0.20	0.08	0.50	0.16	5		
TROUT	FLESH	RAW														
TROUT	FLESH	RAW														
TROUT	FLESH	RAW														
TROUT	FLESH	RAW								0.30	0.08	0.80	0.23	3		
TROUT	FLESH	RAW								0.30	0.39	0.90	1.10			
TROUT	FLESH	RAW														
WEIGHTED AVERAGE										0.30	0.24	0.85	0.67	,		
TROUT	FLESH	SMOKED														
BROAD WHITEFISH	FLESH	RAW														
BROAD WHITEFISH	FLESH	BOILED														
WHITEFISH	FLESH	BOILED														
WHITEFISH	FLESH	BAKED														
WHITEFISH	FLESH	BAKED														
WHITEFISH	FLESH	BAKED														
WHITEFISH	FLESH	BAKED														
WHITEFISH	FLESH	BAKED														
WHITEFISH	FLESH	BAKED								0.30	0.08	0.40	0.19			
WEIGHTED AVERAGE										0.30	0.08	0.40	0.19)		
WHITEFISH	FLESH	RAW														
WHITEFISH	FLESH	RAW														
WHITEFISH - CREE	FLESH	RAW			0.90	0.38										
WHITEFISH - CREE	FLESH	RAW			1.30	0.25							1			
WHITEFISH - CREE	FLESH	RAW			1.00	0.67							1			
WHITEFISH - CREE	FLESH	RAW			1.10											

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
WEIGHTED AVERAGE																		
SCULPIN	FLESH AND BONE	RAW																
SCULPIN	FLESH AND BONE	RAW																
WEIGHTED AVERAGE																		
SCULPIN	FLESH/BONE&INS	RAW											0.10					
SCULPIN	WHOLE/NO SKIN	RAW																
LAKE TROUT	FLESH	RAW																
LAKE TROUT	FLESH	RAW																
LAKE TROUT - CREE	FLESH	RAW				0.90	0.26											
LAKE TROUT - CREE	FLESH	RAW				0.70	0.31											
WEIGHTED AVERAGE-COMBINE	D					0.83	0.28											
LAKE TROUT - CREE	EGGS	RAW				2.90												
LAKE TROUT - CREE	LIVER	RAW				1.20												
TROUT, BROOK - CREE	FLESH	RAW				1.50												
TROUT, BROOK - CREE	FLESH	RAW				0.59												
WEIGHTED AVERAGE - CREE						1.05												
TROUT	FLESH	COOKED																
TROUT	FLESH	BAKED																
TROUT	FLESH	BAKED									0.10	0.03	0.40	0.10	0.10	0.01		
TROUT	FLESH	BAKED																
WEIGHTED AVERAGE											0.10	0.03	0.40	0.10	0.10	0.01		
TROUT	FLESH	RAW																
TROUT	FLESH	RAW																
TROUT	FLESH	RAW																
TROUT	FLESH	RAW									0.10	0.04	0.60	0.10	0.10	0.06		
TROUT	FLESH	RAW									0.20	0.28	0.60	0.71	0.10	0.15		
TROUT	FLESH	RAW																
WEIGHTED AVERAGE											0.15	0.16	0.60	0.41	0.10	0.11		
TROUT	FLESH	SMOKED																
BROAD WHITEFISH	FLESH	RAW																
BROAD WHITEFISH	FLESH	BOILED																
WHITEFISH	FLESH	BOILED																
WHITEFISH	FLESH	BAKED																
WHITEFISH	FLESH	BAKED																
WHITEFISH	FLESH	BAKED																
WHITEFISH	FLESH	BAKED																
WHITEFISH	FLESH	BAKED																
WHITEFISH	FLESH	BAKED									0.10	0.02	0.40	0.06	0.10	0.01		
WEIGHTED AVERAGE											0.10	0.02	0.40	0.06	0.10	0.01		
WHITEFISH	FLESH	RAW																
WHITEFISH	FLESH	RAW																
WHITEFISH - CREE	FLESH	RAW				0.70	0.23											
WHITEFISH - CREE	FLESH	RAW				0.90	0.15											
WHITEFISH - CREE	FLESH	RAW				0.80	0.43											
WHITEFISH - CREE	FLESH	RAW				0.67												

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
WEIGHTED AVERAGE									5.10		2.00		0.070		1.05	
SCULPIN	FLESH AND BONE	RAW							12.50							
SCULPIN	FLESH AND BONE							1			14.10		0.080			
WEIGHTED AVERAGE									12.50		14.10		0.080			
SCULPIN	FLESH/BONE&INS	RAW														
SCULPIN	WHOLE/NO SKIN								0.00							
LAKE TROUT		RAW						1	61.00	58.57			0.230	0.458		
LAKE TROUT	FLESH	RAW						1			19.70	16.74				
LAKE TROUT - CREE		RAW						1								
LAKE TROUT - CREE	FLESH	RAW														
WEIGHTED AVERAGE-COMBINE									61.00	58.57	19.70	16.74	0.230	0.46		
LAKE TROUT - CREE	1	RAW														
LAKE TROUT - CREE		RAW														
TROUT, BROOK - CREE		RAW														
TROUT, BROOK - CREE		RAW			1											
WEIGHTED AVERAGE - CREE																
TROUT	FLESH	COOKED														
TROUT		BAKED														
TROUT		BAKED														
TROUT		BAKED							61.00	16.00						
WEIGHTED AVERAGE									61.00	16.00						
TROUT	FLESH	RAW														
TROUT		RAW														
TROUT		RAW														
TROUT		RAW														
TROUT		RAW														
TROUT	FLESH	RAW							19.00							
WEIGHTED AVERAGE									19.00							
TROUT	FLESH	SMOKED														
BROAD WHITEFISH		RAW													2.83	1.11
BROAD WHITEFISH	FLESH	BOILED													2.15	0.16
WHITEFISH		BOILED							10.40	10.38			1.720	0.354		
WHITEFISH	FLESH	BAKED														
WHITEFISH	FLESH	BAKED														
WHITEFISH	FLESH	BAKED														
WHITEFISH		BAKED														
WHITEFISH	FLESH	BAKED							11.00	8.70						
WHITEFISH	FLESH	BAKED														
WEIGHTED AVERAGE									11.00	8.70						
WHITEFISH	FLESH	RAW														
WHITEFISH		RAW			1											
WHITEFISH - CREE		RAW			1											
WHITEFISH - CREE		RAW														
WHITEFISH - CREE		RAW														
WHITEFISH - CREE		RAW			Ì									İ		

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
WEIGHTED AVERAGE																
SCULPIN	FLESH AND BONE	RAW														
SCULPIN	FLESH AND BONE	RAW														
WEIGHTED AVERAGE																
SCULPIN	FLESH/BONE&INS	RAW														
SCULPIN	WHOLE/NO SKIN	RAW			429.00		0.50				0.90		415.00		26.00	
LAKE TROUT	FLESH	RAW														
LAKE TROUT	FLESH	RAW														
LAKE TROUT - CREE	FLESH	RAW			5.00	1.60	0.20	0.06	0.03	0.009	0.40	0.120				
LAKE TROUT - CREE	FLESH	RAW			3.00		0.20	0.05	0.02	0.009	0.50	0.058				
WEIGHTED AVERAGE-COMBINE	D				4.25	1.33	0.20	0.06	0.03	0.009	0.44	0.10				
LAKE TROUT - CREE	EGGS	RAW			41.20		0.40		0.52		4.30					
LAKE TROUT - CREE	LIVER	RAW			8.70		6.00		0.40		8.20					
TROUT, BROOK - CREE	FLESH	RAW			12.70		0.33		0.40		0.80					
TROUT, BROOK - CREE	FLESH	RAW			3.10		0.18		0.11		0.80					
WEIGHTED AVERAGE - CREE					7.90		0.26		0.26		0.80					
TROUT	FLESH	COOKED			29.00	19.00	0.60	0.25	0.04	0.011	0.60	0.320			21.00	2.80
TROUT	FLESH	BAKED			12.00	0.90	0.70	0.25	0.05	0.002	0.60	0.100	220.00	13.00	26.00	!
TROUT	FLESH	BAKED														
TROUT	FLESH	BAKED														
WEIGHTED AVERAGE					12.00	0.90	0.70	0.25	0.05	0.002	0.60	0.10	220.00	13.00	26.00	1.90
TROUT	FLESH	RAW														
TROUT	FLESH	RAW			7.00	1.70	0.50	0.06	0.05	0.001	0.40	0.020	231.00	4.00	27.00	0.10
TROUT	FLESH	RAW			38.00	71.00	0.40	0.13			0.40	0.190	+	68.00	1	
TROUT	FLESH	RAW														
TROUT	FLESH	RAW														
TROUT	FLESH	RAW														
WEIGHTED AVERAGE					33.23	60.34	0.42	0.12	0.03	0.02	0.40	0.16	238.62	58.15	26.15	4.92
TROUT	FLESH	SMOKED			15.00		0.47		0.04		0.51					
BROAD WHITEFISH	FLESH	RAW														
BROAD WHITEFISH	FLESH	BOILED														
WHITEFISH	FLESH	BOILED														
WHITEFISH	FLESH	BAKED			14.00	17.00	0.30	0.27	0.50	0.900	0.50	0.100	223.00	11.00	35.00	2.40
WHITEFISH	FLESH	BAKED			19.00		0.48		0.04		0.48		224.00		25.00	
WHITEFISH	FLESH	BAKED														
WHITEFISH	FLESH	BAKED			20.00	13.00	0.50	0.18	0.04	0.013	0.40	0.040	220.00	24.00	25.00	2.90
WHITEFISH	FLESH	BAKED														
WHITEFISH	FLESH	BAKED														
WEIGHTED AVERAGE					17.29	15.00	0.41	0.23	0.24	0.46	0.45	0.07	221.85	17.50	29.29	2.65
WHITEFISH	FLESH	RAW			26.00		0.40	0.22			0.60		242.00			
WHITEFISH	FLESH	RAW			36.00		0.50		0.03		0.45		235.00		25.00	
WHITEFISH - CREE	FLESH	RAW			7.00	2.94	0.23	0.40	0.03	0.110	0.40	0.057	,			
WHITEFISH - CREE	FLESH	RAW			5.00		0.30	0.12		1	0.60	0.200				
WHITEFISH - CREE	FLESH	RAW			5.00	2.10	0.20	0.02	0.02	0.006	0.40	0.110				
WHITEFISH - CREE	FLESH	RAW			7.60		0.28		0.03		0.55					

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
WEIGHTED AVERAGE			(-)		- (-)		(-)		(- /		
SCULPIN	FLESH AND BONE	RAW									
SCULPIN	FLESH AND BONE										
WEIGHTED AVERAGE											
SCULPIN	FLESH/BONE&INS	RAW									
SCULPIN		RAW	83.00		0.050						
LAKE TROUT		RAW	02.00		0.020						
LAKE TROUT	FLESH	RAW									
LAKE TROUT - CREE	FLESH	RAW									
LAKE TROUT - CREE	FLESH	RAW									
WEIGHTED AVERAGE-COMBINE		KAW									
LAKE TROUT - CREE	EGGS	RAW									
LAKE TROUT - CREE	LIVER	RAW									
TROUT, BROOK - CREE	FLESH	RAW									
·	FLESH	RAW							-	 	
TROUT, BROOK - CREE	LLEQU	KA W									
WEIGHTED AVERAGE - CREE	EL EGII	COOKED			0.000	0.057			0.060	0.042	
TROUT	FLESH	COOKED	50.00	7.20	0.060	0.057	ł – – – – – – – – – – – – – – – – – – –	40.00	0.060	0.042	
TROUT	FLESH	BAKED	50.00	7.20	0.010	0.000	410.00	40.00			
TROUT		BAKED									
TROUT	FLESH	BAKED									
WEIGHTED AVERAGE			50.00	7.20	0.01	0.00	410.00	40.00			
TROUT		RAW									
TROUT		RAW	45.00	0.80		0.000	440.00	20.00			
TROUT		RAW	50.00	23.00	0.010	0.005	273.00	199.00	0.030	0.018	
TROUT	FLESH	RAW									
TROUT	FLESH	RAW									
TROUT	FLESH	RAW									
WEIGHTED AVERAGE			49.23	19.58	0.01	0.00	298.69	171.46	0.03	0.02	
TROUT	FLESH	SMOKED			0.020				0.060		
BROAD WHITEFISH	FLESH	RAW									
BROAD WHITEFISH	FLESH	BOILED									
WHITEFISH	FLESH	BOILED									
WHITEFISH	FLESH	BAKED	40.00	7.10	0.010	0.001	375.00	34.00	0.010	0.013	
WHITEFISH	FLESH	BAKED	48.00		0.010		409.00				
WHITEFISH	FLESH	BAKED									
WHITEFISH	FLESH	BAKED	40.00	15.00	0.010	0.005	400.00	60.00			
WHITEFISH	FLESH	BAKED									
WHITEFISH	FLESH	BAKED									
WEIGHTED AVERAGE			41.14	11.05	0.01	0.00	390.57	47.00	0.01	0.01	
WHITEFISH	FLESH	RAW	45.00	11.00	0.010	0.007	514.00	111.00	0.020	0.012	
WHITEFISH	FLESH	RAW	44.00		0.030		396.00		1		
WHITEFISH - CREE		RAW									
WHITEFISH - CREE	FLESH	RAW							<u> </u>		
WHITEFISH - CREE		RAW							<u> </u>		
WHITEFISH - CREE		RAW					<u> </u>			1	1

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
WHITEFISH	FLESH	RAW	Coregonus clupeaformis	20209		Kuhnlein et al, 1994	456.00	108.91	76.00	2.10	0.00	18.00	1.30	4.00
WHITEFISH	FLESH	RAW	Coregonus clupeaformis	20209	6	Appavoo et al, 1991								1.90
WHITEFISH	FLESH	RAW	Coregonus clupeaformis	20209		Kuhnlein et al, 2005								
WHITEFISH	FLESH	RAW	Coregonus clupeaformis	20209	3	Kuhnlein et al, 2005								
WHITEFISH	FLESH	RAW	Coregonus clupeaformis	20209	3	Kuhnlein et al, 1994								
WHITEFISH	FLESH	RAW	Coregonus clupeaformis	20209	5	Morrison&Kuhnlein,1993								
WEIGHTED AVERAGE - COMBI	NED		·				417.71	99.80	76.93	2.31	2.66	16.88	2.87	2.45
WHITEFISH	FLESH	DRIED	Coregonus clupeaformis	20215	1	Appavoo et al, 1991								3.00
WHITEFISH	FLESH	SMOKED/BAKED	Coregonus clupeaformis	20212		Kuhnlein et al, 1994	975.00	232.87	48.00			42.00		5.80
WHITEFISH	FLESH	SMOKED/BAKED	Coregonus clupeaformis	20212	1	Appavoo et al, 1991								5.80
WEIGHTED AVERAGE			j i				975.00	232.87	48.00			42.00		5.80
WHITEFISH	FLESH	SMOKED/DRIED	Coregonus clupeaformis	20213	3	Kuhnlein et al, 1994	1683.00	401.98	15.00	4.80	0.00	67.00	2.60	
WHITEFISH	FLESH	SMOKED/DRIED	Coregonus clupeaformis	20213	3	Morrison&Kuhnlein,1993								
WHITEFISH	FLESH	SMOKED/DRIED	Coregonus clupeaformis	20213	2	Appavoo et al, 1991								18.10
WEIGHTED AVERAGE							1683.00	401.98	15.00	4.80	0.00	67.00	2.60	4
WHITEFISH	EGGS	RAW	Coregonus clupeaformis	20206	4	Kuhnlein et al, 1994	896.00	214.01	60.00	3.20		22.00	1.60	
WHITEFISH - CREE	EGGS	RAW	Coregonus clupeaformis	20206	_	Belinsky et al, 1996	725.80	173.35	64.70		15.70	11.90		7.00
WHITEFISH - CREE	EGGS	RAW	Coregonus clupeaformis	20206		Belinsky et al, 1996	773.10	184.65	63.50		16.70	10.90		8.30
WHITEFISH	EGGS	RAW	Coregonus clupeaformis	20206		Appavoo et al, 1991								11.40
WEIGHTED AVERAGE - COMBI						11	847.15	202.34	61.37	3.20	8.73	18.47	1.60	
WHITEFISH	EGGS	BAKED	Coregonus clupeaformis	20205	2	Kuhnlein et al, 1994	1154.00	275.63	51.00	2.10	6.40		0.90	
WHITEFISH	EGGS	BAKED	Coregonus clupeaformis	20205	2	Appavoo et al, 1991								15.70
WEIGHTED AVERAGE			3			11	1154.00	275.63	51.00	2.10	6.40	26.00	0.90	
WHITEFISH	HEAD	BAKED	Coregonus clupeaformis	20210	1	Kuhnlein et al, 1994	616.00	147.13	72.00		0.00	19.00		7.40
WHITEFISH	ESOPHAGUS	RAW	Coregonus clupeaformis	20207		Kuhnlein et al, 1994	417.00	99.60	80.00		0.00	15.00		4.10
WHITEFISH	TAIL	RAW	Coregonus clupeaformis	20211	_	Appavoo et al, 1991								5.10
WHITEFISH,CROOKEDBACK	MEAT	RAW	Coregonus spp	20204		Kuhnlein et al, 1994	351.00	83.83	80.00		0.00	18.00		0.70
WHITEFISH,CROOKEDBACK	MEAT	BAKED	Coregonus spp	20203		Kuhnlein et al, 1994	463.00	110.59	74.00		0.00	24.00		1.10
·			<i>S</i> 11			,								
SHELLFISH														
MUSSEL	MEAT	RAW	Mytilus edulis	80102	1	Kuhnlein et al, 1991								
MUSSEL	MEAT	RAW	Mytilus edulis	80102	1	Kuhnlein &Soueida, 1992			88.00			1.70		
WEIGHTED AVERAGE			,			,			88.00			1.70		
MUSSEL	MEAT	BOILED	Mytilus edulis	80101	1	Kuhnlein et al, 1991								
MUSSEL	MEAT	BOILED	Mytilus edulis	80101		Kuhnlein &Soueida, 1992			81.00			3.10		
WEIGHTED AVERAGE									81.00			3.10		
CLAMS	MEAT	RAW	Mya spp	80202	1	Kuhnlein et al, 1991								
CLAMS	MEAT	RAW	Mya spp	80202		Kuhnlein &Soueida, 1992			74.00					
CLAMS	MEAT		Mya spp	80202		Kuhnlein et al, 2005								
CLAMS	MEAT		Mya spp	80202	_	Fediuk et al, 2002			77.63	0.64				
WEIGHTED AVERAGE			J 11			,			76.42	0.64				
CLAMS	MEAT	BOILED	Mya spp	80201	1	Kuhnlein et al, 1991								
CLAMS	MEAT	BOILED	Mya spp	80201		Kuhnlein & Soueida, 1992			65.00					†
WEIGHTED AVERAGE			7 " "IT	33-31					65.00					
									22.00					

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
WHITEFISH	FLESH	RAW	1.70			` /											
WHITEFISH	FLESH	RAW	1.88											0.10	0.05		+
WHITEFISH	FLESH	RAW															+
WHITEFISH	FLESH	RAW															+
WHITEFISH	FLESH	RAW															+
WHITEFISH	FLESH	RAW							†		†				†		+
WEIGHTED AVERAGE - COMBI		ICI IV	2.15	0.65	0.19	0.47	0.10							0.10	0.05		
WHITEFISH	FLESH	DRIED	2.13	0.03	0.17	0.47	0.10	0.10						0.20	0.03		0.10
WHITEFISH	FLESH	SMOKED/BAKED						0.10						0.20			0.10
WHITEFISH	FLESH	SMOKED/BAKED						0.10		0.10				0.20			+
WEIGHTED AVERAGE	PLESH	SMOKED/BAKED						0.10		0.10				0.20			
WHITEFISH	FLESH	SMOKED/DRIED	7.20					0.10		0.10				0.20			
			7.20						<u> </u>		<u> </u>				<u> </u>		+
WHITEFISH	FLESH	SMOKED/DRIED	1.05					0.00	0.04	0.10	0.00		+	0.40	0.10		+
WHITEFISH	FLESH	SMOKED/DRIED	1.85					0.20						0.40			
WEIGHTED AVERAGE	EGGG	DAW	6.06					0.20	0.04	0.10	0.02			0.40	0.12		
WHITEFISH	EGGS	RAW	1.00						ļ		ļ				ļ		
WHITEFISH - CREE	EGGS	RAW		0.87		0.21							1				
WHITEFISH - CREE	EGGS	RAW		2.40		0.47											
WHITEFISH	EGGS	RAW	1.20					0.40			.			0.40			0.10
WEIGHTED AVERAGE - COMBI			1.07			0.34		0.40	0.36	0.20	0.15			0.40	0.20		0.10
WHITEFISH	EGGS	BAKED	1.50														
WHITEFISH	EGGS	BAKED	2.20					0.30	0.11	0.20	0.04			0.60	0.05		0.20
WEIGHTED AVERAGE			1.85					0.30	0.11	0.20	0.04			0.60	0.05		0.20
WHITEFISH	HEAD	BAKED															
WHITEFISH	ESOPHAGUS	RAW															
WHITEFISH	TAIL	RAW						0.20						0.20			
WHITEFISH,CROOKEDBACK	MEAT	RAW															
WHITEFISH,CROOKEDBACK	MEAT	BAKED															
SHELLFISH																	
MUSSEL	MEAT	RAW								0.10				0.10			
MUSSEL	MEAT	RAW															
WEIGHTED AVERAGE										0.10				0.10			
MUSSEL	MEAT	BOILED								0.10				0.20			
MUSSEL	MEAT	BOILED								İ				İ			1
WEIGHTED AVERAGE										0.10				0.20			
CLAMS	MEAT	RAW												0.20	†		1
CLAMS	MEAT	RAW															1
CLAMS	MEAT	RAW	1						<u> </u>	i e	<u> </u>	1	1	i e	<u> </u>		1
CLAMS	MEAT	RAW	1						<u> </u>	i e	<u> </u>	1	1	i e	<u> </u>		1
WEIGHTED AVERAGE														0.20			
CLAMS	MEAT	BOILED								0.10				0.80			
CLAMS	MEAT	BOILED	1						 	0.10	 	1	+	0.00	 		+
WEIGHTED AVERAGE	1/11// 1 1	DOILLD								0.10				0.80			
TELOTITED A VERAUE										0.10				0.80			

PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
					(-)												
			0.10	0.06			0.10	0.05							0.10	0.02	
								3100								1	
																 	
										1							+
										†		†				 	\vdash
	10111		0.10	0.06	0.40	0.09	0.10	0.05							0.10	0.02	,
_	DRIED			0.00	0.40	0.07											
			0.50				0.10								0.20		
			0.20				0.20								0.20	,	
LESH	SWICKED/BAKED															4	
ELECII	CMOKED/DDIED		0.30				0.20								0.20	-	
										<u> </u>						<u> </u>	+
			0.40	0.04			0.20	0.10			0.10	0.04			0.20	0.10	.—
FLESH	SMOKED/DRIED																
			0.10	0.01			0.30	0.10			0.10	0.04			0.20	0.10	
																	—
																<u> </u>	<u> </u>
	RAW									4				0.07			
		0.06	0.70	0.21	1.28			0.30	0.20)			0.30	0.07	0.30	0.07	
EGGS	BAKED																
EGGS	BAKED	0.06	1.10	0.53			0.30	0.04							0.40	0.12	,
		0.06	1.10	0.53			0.30	0.04							0.40	0.12	,
HEAD	BAKED																
ESOPHAGUS	RAW																
TAIL	RAW		0.20				0.20								0.10)	
MEAT	RAW																
MEAT	BAKED																
MEAT	RAW		0.10														
MEAT	RAW																
			0.10														
MEAT	BOILED		0.20														1
MEAT	BOILED													1		1	1
			0.20														
MEAT	RAW		0.10														
																†	
										1		<u> </u>	i e		1	†	t
										1		<u> </u>	i e		1	†	t
			0.10														
MEAT	BOILED														0.10	,	
			. 0.50	•			1				Ī	1	I	1	0.10	1	↓
MEAT	BOILED		0.30												0.10		
	EGGS HEAD ESOPHAGUS TAIL MEAT MEAT MEAT MEAT MEAT MEAT MEAT MEAT MEAT MEAT MEAT MEAT MEAT MEAT MEAT	FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH SMOKED/BAKED FLESH SMOKED/BAKED FLESH SMOKED/DRIED FLESH SMOKED/BAKE	FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH RAW FLESH SMOKED/BAKED FLESH SMOKED/BAKED FLESH SMOKED/DRIED FLESH SMOKED/BRIED FLESH S	FLESH	FLESH	FLESH	FLESH	FLESH	FLESH	FLESH RAW 0.10 0.06 0.10 0.05 FLESH RAW 0.10 0.06 0.10 0.05 FLESH RAW 0.10 0.06 0.40 0.00 FLESH RAW 0.10 0.06 0.40 0.09 0.10 0.05 FLESH RAW 0.10 0.06 0.40 0.09 0.10 0.05 FLESH RAW 0.10 0.06 0.40 0.09 0.10 0.05 FLESH DRIED 0.30 0.20 0.10 FLESH SMOKED/BAKED 0.30 0.20 FLESH SMOKED/BAKED 0.30 0.20 FLESH SMOKED/DRIED 0.30 0.20 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.01 0.30 0.10 FLESH SMOKED/DRIED 0.10 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.10 FLESH SMOKED/DRIED 0.10 0.1	FLESH	FLESH	FLESH	FIESH RAW	FLESH	FLESH RAW	SLESH RAW

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
WHITEFISH	FLESH	RAW			Ì											
WHITEFISH	FLESH	RAW								0.10	0.13	0.20	0.21			
WHITEFISH	FLESH	RAW														
WHITEFISH	FLESH	RAW														
WHITEFISH	FLESH	RAW													1	
WHITEFISH	FLESH	RAW														1
WEIGHTED AVERAGE - COMBI					1.07	0.43				0.10	0.13	0.20	0.21			
WHITEFISH	FLESH	DRIED								0.40		0.80				
WHITEFISH	FLESH	SMOKED/BAKED														1
WHITEFISH	FLESH	SMOKED/BAKED								0.70		1.10		0.10	,	
WEIGHTED AVERAGE	-									0.70		1.10		0.10		
WHITEFISH	FLESH	SMOKED/DRIED														
WHITEFISH	FLESH	SMOKED/DRIED													+	
WHITEFISH	FLESH	SMOKED/DRIED	1	1				0.10	0.04	1.10	0.58	1.70	0.62	0.10	0.09	,
WEIGHTED AVERAGE		,						0.10				1.70	0.62		+	
WHITEFISH	EGGS	RAW						5.10	0.01	1.10	0.20	2.70	0.02	0.10	0.07	
WHITEFISH - CREE	EGGS	RAW			3.00			1		1					+	†
WHITEFISH - CREE	EGGS	RAW			4.00			†		†					$\overline{}$	
WHITEFISH	EGGS	RAW		†						0.80	0.36	1.40	0.56			
WEIGHTED AVERAGE - COMBI		10111			3.50					0.80		1.40	0.56			
WHITEFISH	EGGS	BAKED			3.50					0.00	0.50	1.10	0.50			
WHITEFISH	EGGS	BAKED								1.10	0.45	1.60	1.69		+	1
WEIGHTED AVERAGE										1.10		1.60	1.69			
WHITEFISH	HEAD	BAKED														
WHITEFISH	ESOPHAGUS	RAW														
WHITEFISH	TAIL	RAW								0.60		0.70				
WHITEFISH,CROOKEDBACK	MEAT	RAW								0.00						
WHITEFISH,CROOKEDBACK	MEAT	BAKED														
																
SHELLFISH															+	
MUSSEL	MEAT	RAW													+	
MUSSEL	MEAT	RAW	1	1				1	1	1					t	†
WEIGHTED AVERAGE																
MUSSEL	MEAT	BOILED								0.10		0.10		0.10		
MUSSEL	MEAT	BOILED	1	1				1	1	5.10		5.10		5.10	t	†
WEIGHTED AVERAGE										0.10		0.10		0.10		
CLAMS	MEAT	RAW								0.10		5.10		0.10	T	
CLAMS	MEAT	RAW													\vdash	
CLAMS	MEAT	RAW	1	1				1	1	1					<u> </u>	
CLAMS	MEAT	RAW	1	1				1	1	1					<u> </u>	
WEIGHTED AVERAGE		1-11								0.10						
CLAMS	MEAT	BOILED								0.30		0.20		0.10	,	
CLAMS	MEAT	BOILED			1	1		†		0.50		0.20		5.10	$\overline{}$	
										0.30		0.20		0.10		
WEIGHTED AVERAGE																

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
WHITEFISH	FLESH	RAW	55 22.1		00 2.11	1 5111 (0)	55 15111	5111 0.0	51111010	51111210	51111110	55 1.10	51111010	55 10.0	511110.0	52 10.0	51112010	55 20.0
WHITEFISH	FLESH	RAW											0.20	0.14	0.10	0.11		\vdash
WHITEFISH	FLESH	RAW											0.20	0.11	0.10	0.11		
WHITEFISH	FLESH	RAW																
WHITEFISH	FLESH	RAW																
WHITEFISH	FLESH	RAW									<u> </u>							
WEIGHTED AVERAGE - COMBIN		KAW				0.79	0.27						0.20	0.14	0.10	0.11		
WHITEFISH	FLESH	DRIED				0.17	0.27						0.80	0.14	0.10			
WHITEFISH	FLESH	SMOKED/BAKED											0.80		0.20			
WHITEFISH	FLESH	SMOKED/BAKED									0.20		0.90		0.20			
	FLESH	SWICKED/BAKED													0.20			
WEIGHTED AVERAGE	ELEGII	GMOKED/DDIED									0.20		0.90		0.20			
WHITEFISH	FLESH	SMOKED/DRIED																
WHITEFISH	FLESH	SMOKED/DRIED									0.20	0.04	4.00	0.42	0.20	0.00		
WHITEFISH	FLESH	SMOKED/DRIED									0.20	0.04	1.30	4				
WEIGHTED AVERAGE											0.20	0.04	1.30	0.42	0.30	0.09		
WHITEFISH	EGGS	RAW																—
WHITEFISH - CREE	EGGS	RAW	ļ			2.80					ļ							<u> </u>
WHITEFISH - CREE	EGGS	RAW				3.50												
WHITEFISH	EGGS	RAW									0.10	0.02	1.20	4		1		
WEIGHTED AVERAGE - COMBIN	IED					3.15					0.10	0.02	1.20	0.36	0.10	0.04		
WHITEFISH	EGGS	BAKED																
WHITEFISH	EGGS	BAKED									0.10	0.06	1.80	0.52	0.20	0.06		
WEIGHTED AVERAGE											0.10	0.06	1.80	0.52	0.20	0.06		
WHITEFISH	HEAD	BAKED																
WHITEFISH	ESOPHAGUS	RAW																
WHITEFISH	TAIL	RAW									0.10		0.60		0.10			
WHITEFISH,CROOKEDBACK	MEAT	RAW																
WHITEFISH,CROOKEDBACK	MEAT	BAKED																
SHELLFISH																		
MUSSEL	MEAT	RAW											0.10					
MUSSEL	MEAT	RAW																
WEIGHTED AVERAGE													0.10					
MUSSEL	MEAT	BOILED											0.20					
MUSSEL	MEAT	BOILED																
WEIGHTED AVERAGE													0.20					
CLAMS	MEAT	RAW											0.20					
CLAMS	MEAT	RAW									1		0.20					
CLAMS	MEAT	RAW																
CLAMS	MEAT	RAW	 			 				1	+			1	 	1		
WEIGHTED AVERAGE	IVILA I	IXA II											0.20					
CLAMS	MEAT	BOILED									0.10		0.20		0.10			
	MEAT	BOILED	-			-				1	0.10		0.00	1	0.10	1		
CLAMS WEIGHTED AVERAGE	WEAI	DUILED									0.10		0.60		0.10			
WEIGHTED AVERAGE											0.10		0.60		0.10			
						<u> </u>									1			<u> </u>

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
WHITEFISH	FLESH	RAW									\ <i>U</i>				, ,	
WHITEFISH	FLESH	RAW														
WHITEFISH	FLESH	RAW									4.40	0.85				
WHITEFISH	FLESH	RAW							13.50	8.19			1.030	0.535		
WHITEFISH	FLESH	RAW								0.127						
WHITEFISH	FLESH	RAW							10.00	12.00						
WEIGHTED AVERAGE - COMBI		10111							11.31	10.57	4.40	0.85	1.03	0.54		
WHITEFISH	FLESH	DRIED					1		11.51	10.57	1.10	0.03	1.03	0.51		
WHITEFISH	FLESH	SMOKED/BAKED														
WHITEFISH	FLESH	SMOKED/BAKED														
WEIGHTED AVERAGE	I LLSII	SWOKED/BAKED														
WHITEFISH	FLESH	SMOKED/DRIED														
WHITEFISH	FLESH	SMOKED/DRIED							19.00	15.00			1			
WHITEFISH	FLESH	SMOKED/DRIED SMOKED/DRIED							19.00	15.00						
	FLESH	SWOKED/DRIED							10.00	15.00						
WEIGHTED AVERAGE	EGGG	DAW							19.00	15.00						
WHITEFISH	EGGS	RAW														
WHITEFISH - CREE	EGGS	RAW														
WHITEFISH - CREE	EGGS	RAW														
WHITEFISH	EGGS	RAW														
WEIGHTED AVERAGE - COMBI																
WHITEFISH	EGGS	BAKED														
WHITEFISH	EGGS	BAKED														
WEIGHTED AVERAGE																
WHITEFISH	HEAD	BAKED														
WHITEFISH	ESOPHAGUS	RAW														
WHITEFISH	TAIL	RAW														
WHITEFISH,CROOKEDBACK	MEAT	RAW														
WHITEFISH,CROOKEDBACK	MEAT	BAKED														
SHELLFISH																
MUSSEL	MEAT	RAW														
MUSSEL	MEAT	RAW														
WEIGHTED AVERAGE																
MUSSEL	MEAT	BOILED														
MUSSEL	MEAT	BOILED														
WEIGHTED AVERAGE																
CLAMS	MEAT	RAW														
CLAMS	MEAT	RAW														
CLAMS	MEAT	RAW							48.60	10.20			0.570	0.127		
CLAMS	MEAT	RAW					1	1						1	3.69	3.10
WEIGHTED AVERAGE									48.60	10.20			0.570	0.127	3.69	
CLAMS	MEAT	BOILED							.0.00	10.20			0.570	0.127	2.07	2.10
CLAMS	MEAT	BOILED														
WEIGHTED AVERAGE		_ 011111														
LIGHTLD II , LIKITOL																

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
WHITEFISH	FLESH	RAW														
WHITEFISH	FLESH	RAW														
WHITEFISH	FLESH	RAW														
WHITEFISH	FLESH	RAW														
WHITEFISH	FLESH	RAW			40.00	40.00	0.50	0.24	0.03	0.015	0.40	0.130	240.00	19.00	25.00	3.1
WHITEFISH	FLESH	RAW														
WEIGHTED AVERAGE - COMBI					15.99		0.31		0.03		0.51		240.92		29.67	,
WHITEFISH	FLESH	DRIED														
WHITEFISH	FLESH	SMOKED/BAKED			34.00		1.50		0.09		0.70		515.00		58.00)
WHITEFISH	FLESH	SMOKED/BAKED														
WEIGHTED AVERAGE					34.00		1.50		0.09		0.70		515.00		58.00)
WHITEFISH	FLESH	SMOKED/DRIED			60.00	1	3.00				1.50					
WHITEFISH	FLESH	SMOKED/DRIED			00.00	51.00	5.00	0.50	0.12	0.0.5	1.00	0.210	000.00	110.00	05.00	111
WHITEFISH	FLESH	SMOKED/DRIED		1	1											
WEIGHTED AVERAGE	LDDII	SITOTILD/DIGILD			60.00	31.00	3.00	0.90	0.15	0.049	1.50	0.210	800.00	110.00	85.00	1.4
WHITEFISH	EGGS	RAW			40.00	7.90	3.00	1.60			4.00		340.00	40.00		
WHITEFISH - CREE	EGGS	RAW			38.20		0.31	1.00	0.20		2.30		340.00	40.00	34.00	3.1
WHITEFISH - CREE	EGGS	RAW			33.20		0.44		0.12		4.30					
WHITEFISH	EGGS	RAW			33.20		0.44		0.12	,	4.30					
WEIGHTED AVERAGE - COMBI		KAW			38.57	7.90	2.13	1.60	0.11	0.01	3.77	0.80	340.00	40.00	34.00	3.1
WHITEFISH	EGGS	BAKED			39.00		1.70		ł — — — — — — — — — — — — — — — — — — —		3.90		421.00			+
WHITEFISH	EGGS	BAKED			39.00	1.00	1.70	0.43	0.10	0.004	3.90	0.100	421.00	1.00	43.00	0.4
WEIGHTED AVERAGE	Edds	DAKED			39.00	1.60	1.70	0.43	0.10	0.004	2.00	0.100	421.00	1.00	43.00	0.4
WHITEFISH	HEAD	BAKED			544.00	1.00	1.70 4.80	0.43	0.10		3.90 5.00		365.00	1.00	24.00	
WHITEFISH	ESOPHAGUS	RAW			344.00		4.60		0.07		3.00		303.00		24.00	'
WHITEFISH																
	TAIL	RAW			0.40		0.50		0.02		0.00		200.00		21.00	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \
WHITEFISH, CROOKEDBACK	MEAT	RAW			9.40	1	0.50		0.03	+	0.80		200.00		21.00	
WHITEFISH,CROOKEDBACK	MEAT	BAKED			17.00		0.40		0.02		0.80		240.00		25.00)
CHELLEICH																
SHELLFISH	MEAT	DAW														
MUSSEL	MEAT	RAW			05.00		15.00		0.10		1.00		04.00		50.00	
MUSSEL	MEAT	RAW			85.00		15.00		0.10	1	1.00		84.00		58.00	
WEIGHTED AVERAGE	N. C. A. C.	DON ED			85.00		15.00		0.10)	1.00		84.00		58.00)
MUSSEL	MEAT	BOILED			60.00		25.00		0.20		2.10		1.42.00		40.00	
MUSSEL	MEAT	BOILED			68.00		35.00		0.20		2.10		142.00		48.00	.
WEIGHTED AVERAGE					68.00		35.00		0.20)	2.10		142.00		48.00)
CLAMS	MEAT	RAW			.==											
CLAMS	MEAT	RAW			172.00	ļ	2.50		0.40)	3.90		202.00		107.00)
CLAMS	MEAT	RAW		-	_											
CLAMS	MEAT	RAW														
WEIGHTED AVERAGE					172.00		2.50		0.40		3.90		202.00		107.00)
CLAMS	MEAT	BOILED														
CLAMS	MEAT	BOILED			198.00	<u> </u>	3.40		0.70		5.90		339.00		122.00	
WEIGHTED AVERAGE					198.00		3.40		0.70		5.90		339.00		122.00)

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
WHITEFISH	FLESH	RAW					, ,		, ,		
WHITEFISH	FLESH	RAW									
WHITEFISH	FLESH	RAW									
WHITEFISH	FLESH	RAW									
WHITEFISH	FLESH	RAW	40.00	13.00	0.030	0.030	400.00	60.00			
WHITEFISH	FLESH	RAW									
WEIGHTED AVERAGE - COMBINI			43.67		0.02		475.66		0.02	0.01	
WHITEFISH	FLESH	DRIED							****	0.00	
WHITEFISH	FLESH	SMOKED/BAKED	95.00		0.040		925.00				
WHITEFISH	FLESH	SMOKED/BAKED	75.00		0.0.0		720.00				
WEIGHTED AVERAGE	122511	S. TOTALES	95.00		0.040		925.00				
WHITEFISH	FLESH	SMOKED/DRIED	180.00	25.00	0.100	0.110	1400.00	10.00			
WHITEFISH	FLESH	SMOKED/DRIED	100.00	23.00	0.100	0.110	1400.00	10.00			
WHITEISH	FLESH	SMOKED/DRIED								1	
WEIGHTED AVERAGE	1 110011	SMORED/DRIED	180.00	25.00	0.100	0.110	1400.00	10.00			
WHITEFISH	EGGS	RAW	100.00	19.00	0.100	0.090	200.00	30.00			
WHITEFISH - CREE	EGGS	RAW	100.00	19.00	0.200	0.090	200.00	30.00			
WHITEFISH - CREE	EGGS	RAW								 	
WHITEFISH - CREE WHITEFISH	EGGS	RAW			<u> </u>						
WEIGHTED AVERAGE - COMBINI		KAW	100.00	19.00	0.20	0.09	200.00	30.00			
WHITEFISH	EGGS	BAKED	130.00	14.00	0.20	0.056	234.00	3.00			
WHITEFISH	EGGS		130.00	14.00	0.240	0.030	234.00	3.00			
	EGGS	BAKED	120.00	14.00	0.240	0.056	234.00	3.00			
WEIGHTED AVERAGE	HEAD	DAKED	130.00	14.00	0.240	0.056		3.00			
WHITEFISH	HEAD	BAKED	116.00		0.180		217.00				
WHITEFISH	ESOPHAGUS	RAW									
WHITEFISH CROOKEDDACK	TAIL	RAW	72.00		0.010		260.00				
WHITEFISH, CROOKEDBACK	MEAT	RAW	72.00		0.010		369.00				
WHITEFISH,CROOKEDBACK	MEAT	BAKED	79.00		0.010		444.00				
CHELLEICH											
SHELLFISH	MEAT	DAW									
MUSSEL	MEAT	RAW	225.00		0.160						
MUSSEL	MEAT	RAW	325.00		0.160						
WEIGHTED AVERAGE	N.C. A.T.	DON ED	325.00		0.160						
MUSSEL	MEAT	BOILED	01.00		0.050						
MUSSEL	MEAT	BOILED	81.00		0.350						
WEIGHTED AVERAGE) (F) (F)	D 4 444	81.00		0.350						
CLAMS	MEAT	RAW								 	
CLAMS	MEAT	RAW	858.00		0.250					ļ	
CLAMS	MEAT	RAW								ļ	
CLAMS	MEAT	RAW									
WEIGHTED AVERAGE			858.00		0.250						
CLAMS	MEAT	BOILED								ļ	
CLAMS	MEAT	BOILED	475.00		0.300						
WEIGHTED AVERAGE			475.00		0.300						

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
PLANTS											` '			
BLACKBERRY	BERRIES	RAW	Empetrum nigrum	50102	1	Kuhnlein &Soueida, 1992	209.00	50.00	87.00		10.90	0.50		1.00
BLACKBERRY	BERRIES	RAW	Empetrum nigrum	50102		Kuhnlein et al, 2002	242.00	57.80	88.00			0.40		1.20
BLACKBERRY	BERRIES	RAW	Empetrum nigrum	50102	1	Kuhnlein et al, 2002	205.00	48.96	87.00			0.50		1.00
BLACKBERRY	BERRIES	RAW	Empetrum nigrum	50102	1	Kuhnlein et al, 1994	195.00	46.57	87.00		12.00	0.50		1.00
BLACKBERRY	BERRIES	RAW	Empetrum nigrum	50102	5	Fediuk et al, 2002			87.96	1.11				
BLACKBERRY	BERRIES	RAW	Empetrum nigrum	50102	8	Kuhnlein et al, 2002								
BLACKBERRY	BERRIES	RAW	Empetrum nigrum	50102	_	Kuhnlein et al, 1994								
WEIGHTED AVERAGE						,	212.75	50.83	87.64	1.11	11.45	0.48	0.00	1.05
BLACKCAP	BERRIES	RAW	Rubus Leucodermis	50103	3	Kuhnlein, 1989	330.00	78.82	79.00	4.70	17.50			1.40
BLACKCAP	BERRIES	RAW	Rubus Leucodermis	50103		Kuhnlein, 1989						1.20		
WEIGHTED AVERAGE						,	330.00	78.82	79.00	4.70	17.50			1.40
BLACK HAWTHORN	BERRIES	RAW	Crataegus Douglasii	50101	4	Kuhnlein, 1989	217.00	51.83	84.00	2.80				1.40
BLACK HAWTHORN	BERRIES	RAW	Crataegus Douglasii	50101	1	Kuhnlein, 1989						0.30		
WEIGHTED AVERAGE							217.00	51.83	84.00	2.80	14.90	0.30	+	1.40
BOG BLUEBERRY	BERRIES	RAW	Vaccinium uliginosum	50104	1	Kuhnlein, 1989	187.00	44.66	88.00		10.60	0.70		0.60
BUNCHBERRY	BERRIES	RAW	Cornus Canadensis	50106		Kuhnlein, 1989	217.00	51.83	81.00	7.90	16.60	0.60		
BUNCHBERRY	BERRIES	RAW	Cornus Canadensis	50106		Kyhnlein, 1989	217.00	51.05	01.00	7.50	10.00	0.00	0.0 .	0.00
WEIGHTED AVERAGE	BERRIES	10.11		50100	-	12/11110111, 1707	217.00	51.83	81.00	7.90	16.60	0.60	0.04	0.80
CROWBERRY	BERRIES	RAW	Empetrum nigrum	50110	2	Kuhnlein, 1989	145.00	34.63	89.00	2.90	9.50			
CROWBERRY	BERRIES	RAW	Empetrum nigrum	50110		Kuhnlein, 1989	113.00	31.03	07.00	2.70	7.50	0.20	0.00	0.70
WEIGHTED AVERAGE	BERRIES	TCT (V	Zimpetrum ingrum	30110		rumiem, 1909	145.00	34.63	89.00	2.90	9.50	0.20	0.08	0.70
GREY BLUEBERRY	BERRIES	RAW	Vaccinium Ovalifolium	50113	Δ	Kuhnlein, 1989	203.00	48.49	87.00	1.50			0.00	0.50
GREY BLUEBERRY	BERRIES	RAW	Vaccinium Ovalifolium	50113	_	Kuhnlein, 1989	203.00	40.47	07.00	1.50	11.50	1.10		0.50
WEIGHTED AVERAGE	BERRIES	IZI W	vacemam ovamonam	30113	-	Kumiem, 1909	203.00	48.49	87.00	1.50	11.30			0.50
HIGHBUSH CRANBERRY	BERRIES	RAW	Viburnum Edule	50114	5	Kuhnlein, 1989	161.00	39.00	89.00	0.80				_
HIGHBUSH CRANBERRY	BERRIES	RAW	Viburnum Edule	50114		Kuhnlein, 1989	101.00	37.00	07.00	0.00	7.40	0.10	0.07	0.40
WEIGHTED AVERAGE	BERRIES	IZI W	V Ibarriam Educe	30114	-	Kumiem, 1909	161.00	39.00	89.00	0.80	9.40	0.10	0.09	0.40
KINNICKINNICK BERRY	BERRIES	RAW	Arctostaphylos Uva-ursi	50116	3	Kuhnlein, 1989	385.00	91.96	07.00	0.00	22.40			
KINNICKINNICK BERRY	BERRIES	RAW	Arctostaphylos Uva-ursi	50116		Kuhnlein, 1989	303.00	71.70	75.00		22.10	0.70	0.07	1.10
WEIGHTED AVERAGE	BERRIES	IZI W	7 Hetostaphylos e va alsi	30110	-	Kumiem, 1909	385.00	91.96	75.00		22.40	0.70	0.07	1.10
MOUNTAIN BILBERRY	BERRIES	RAW	Vaccinium Membranaceu	50118	3	Kuhnlein, 1989	224.00	53.50	86.00	2.10	13.10	0.60		
MOUNTAIN BILBERRY	BERRIES	RAW	Vaccinium Membranaceu	50118	_	Kuhnlein, 1989	221.00	33.30	00.00	2.10	15.10	0.00	0.03	0.50
WEIGHTED AVERAGE	BERRIES	TO T V	v decimani ivienistanaeca	30110		rumiem, 1909	224.00	53.50	86.00	2.10	13.10	0.60	0.03	
RED ELDERBERRY	BERRIES	RAW	Sambucus Racemosa	50122	7	Kuhnlein, 1989	430.00	102.70	78.00	0.40	14.60	0.00	0.03	5.60
RED ELDERBERRY	BERRIES	RAW	Sambucus Racemosa	50122		Kuhnlein, 1989	150100	102.70	70.00	00	1.100	1.10		2.00
WEIGHTED AVERAGE	BERRIES	141,1	Dunie de de Tracente de	30122		Tummem, 1707	430.00	102.70	78.00	0.40	14.60			5.60
RED ELDERBERRY	BERRIES	COOKED	Sambucus Racemosa	50121	5	Kuhnlein, 1989	418.00							2.00
RED ELDERBERRY	BERRIES	COOKED	Sambucus Racemosa	50121		Kuhnlein, 1989	110.00	77.01	70.00	3.10	13.70	2.90		4.80
WEIGHTED AVERAGE	DERGEE	COOKED	Salloueus Rucciiiosu	30121		120000000000000000000000000000000000000	418.00	99.84	78.00	3.10	13.90			4.80
RED HUCKLEBERRY	BERRIES	RAW	Vaccinium Parvifolium	50123	5	Kuhnlein, 1989	209.00	49.92	87.00	1.80				
RED HUCKLEBERRY	BERRIES	RAW	Vaccinium Parvifolium	50123		Kuhnlein, 1989	207.00	77.72	07.00	1.00	12.00	0.00	0.17	0.50
WEIGHTED AVERAGE	DERRIES	177111	, accimum i ai viionalli	30123	1	raminoni, 1707	209.00	49.92	87.00	1.80	12.00	0.80	0.17	0.50
ROSEHIP	NO SEED	RAW	Rosa Nutkana	50124	1	Kuhnlein, 1989	308.00	73.56		1.00	17.60			0.60
SALMONBERRY	BERRIES	RAW	Rubus Spectabilis	50124		Kuhnlein, 1989	195.00	46.57	88.00	4.00				

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
PLANTS				`		, ,									1		
BLACKBERRY	BERRIES	RAW															
BLACKBERRY	BERRIES	RAW															
BLACKBERRY	BERRIES	RAW															
BLACKBERRY	BERRIES	RAW									1						1
BLACKBERRY	BERRIES	RAW													1		
BLACKBERRY	BERRIES	RAW													1		
BLACKBERRY	BERRIES	RAW									†				†		
WEIGHTED AVERAGE	BERRIES	TO T T															
BLACKCAP	BERRIES	RAW	0.41														
BLACKCAP	BERRIES	RAW	0.41												 		+
WEIGHTED AVERAGE	BERRIES	KAW	0.41														
BLACK HAWTHORN	BERRIES	RAW	0.41														
BLACK HAWTHORN	BERRIES	RAW	0.01			 					+	1				+	+
WEIGHTED AVERAGE	DEKKIES	IXA W	0.01														
	DEDDIEC	RAW	0.01												+		
BOG BLUEBERRY BUNCHBERRY	BERRIES	RAW	0.12														
BUNCHBERRY	BERRIES		0.12								_						
	BERRIES	RAW	0.12														
WEIGHTED AVERAGE	DEDDIEG	DAW	0.12														
CROWBERRY	BERRIES	RAW	0.22								1	1			1	-	ļ
CROWBERRY	BERRIES	RAW	0.55														
WEIGHTED AVERAGE			0.22														
GREY BLUEBERRY	BERRIES	RAW	0.12								1				1		
GREY BLUEBERRY	BERRIES	RAW															
WEIGHTED AVERAGE			0.12														
HIGHBUSH CRANBERRY	BERRIES	RAW	0.03														
HIGHBUSH CRANBERRY	BERRIES	RAW															
WEIGHTED AVERAGE			0.03														
KINNICKINNICK BERRY	BERRIES	RAW	0.04														
KINNICKINNICK BERRY	BERRIES	RAW															
WEIGHTED AVERAGE			0.04														
MOUNTAIN BILBERRY	BERRIES	RAW															
MOUNTAIN BILBERRY	BERRIES	RAW															
WEIGHTED AVERAGE																	
RED ELDERBERRY	BERRIES	RAW	1.90														
RED ELDERBERRY	BERRIES	RAW															
WEIGHTED AVERAGE			1.90														
RED ELDERBERRY	BERRIES	COOKED															
RED ELDERBERRY	BERRIES	COOKED															
WEIGHTED AVERAGE																	
RED HUCKLEBERRY	BERRIES	RAW	0.10														
RED HUCKLEBERRY	BERRIES	RAW															
WEIGHTED AVERAGE			0.10														
ROSEHIP	NO SEED	RAW															
SALMONBERRY	BERRIES	RAW	0.29														

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
PLANTS						, ,												
BLACKBERRY	BERRIES	RAW																
BLACKBERRY	BERRIES	RAW																
BLACKBERRY	BERRIES	RAW																
BLACKBERRY	BERRIES	RAW																
BLACKBERRY	BERRIES	RAW									1						1	
BLACKBERRY	BERRIES	RAW									1						1	
BLACKBERRY	BERRIES	RAW									1						1	
WEIGHTED AVERAGE																		
BLACKCAP	BERRIES	RAW																
BLACKCAP	BERRIES	RAW																†
WEIGHTED AVERAGE																		
BLACK HAWTHORN	BERRIES	RAW																
BLACK HAWTHORN	BERRIES	RAW						1			1	1	†			1	1	
WEIGHTED AVERAGE																		
BOG BLUEBERRY	BERRIES	RAW																
BUNCHBERRY	BERRIES	RAW																T
BUNCHBERRY	BERRIES	RAW																+
WEIGHTED AVERAGE																		
CROWBERRY	BERRIES	RAW																
CROWBERRY	BERRIES	RAW																+
WEIGHTED AVERAGE																		
GREY BLUEBERRY	BERRIES	RAW																
GREY BLUEBERRY	BERRIES	RAW																+
WEIGHTED AVERAGE																		
HIGHBUSH CRANBERRY	BERRIES	RAW																
HIGHBUSH CRANBERRY	BERRIES	RAW						†					1					+
WEIGHTED AVERAGE																		
KINNICKINNICK BERRY	BERRIES	RAW																
KINNICKINNICK BERRY	BERRIES	RAW																†
WEIGHTED AVERAGE																		
MOUNTAIN BILBERRY	BERRIES	RAW																
MOUNTAIN BILBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
RED ELDERBERRY	BERRIES	RAW																
RED ELDERBERRY	BERRIES	RAW	İ															Ť
WEIGHTED AVERAGE																		
RED ELDERBERRY	BERRIES	COOKED																1
RED ELDERBERRY	BERRIES	COOKED																
WEIGHTED AVERAGE																		
RED HUCKLEBERRY	BERRIES	RAW																
RED HUCKLEBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
ROSEHIP	NO SEED	RAW																
SALMONBERRY	BERRIES	RAW																

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
PLANTS																
BLACKBERRY	BERRIES	RAW														
BLACKBERRY	BERRIES	RAW														
BLACKBERRY	BERRIES	RAW														
BLACKBERRY	BERRIES	RAW														
BLACKBERRY	BERRIES	RAW														
BLACKBERRY	BERRIES	RAW														
BLACKBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
BLACKCAP	BERRIES	RAW														
BLACKCAP	BERRIES	RAW														
WEIGHTED AVERAGE																
BLACK HAWTHORN	BERRIES	RAW														
BLACK HAWTHORN	BERRIES	RAW														
WEIGHTED AVERAGE																
BOG BLUEBERRY	BERRIES	RAW														
BUNCHBERRY	BERRIES	RAW														
BUNCHBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
CROWBERRY	BERRIES	RAW														
CROWBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
GREY BLUEBERRY	BERRIES	RAW														
GREY BLUEBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
HIGHBUSH CRANBERRY	BERRIES	RAW														
HIGHBUSH CRANBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
KINNICKINNICK BERRY	BERRIES	RAW														
KINNICKINNICK BERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
MOUNTAIN BILBERRY	BERRIES	RAW														
MOUNTAIN BILBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
RED ELDERBERRY	BERRIES	RAW														
RED ELDERBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
RED ELDERBERRY	BERRIES	COOKED														
RED ELDERBERRY	BERRIES	COOKED														
WEIGHTED AVERAGE																
RED HUCKLEBERRY	BERRIES	RAW														
RED HUCKLEBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
ROSEHIP	NO SEED	RAW														
SALMONBERRY	BERRIES	RAW														

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
PLANTS						,												
BLACKBERRY	BERRIES	RAW																
BLACKBERRY	BERRIES	RAW																
BLACKBERRY	BERRIES	RAW																
BLACKBERRY	BERRIES	RAW																
BLACKBERRY	BERRIES	RAW																
BLACKBERRY	BERRIES	RAW																
BLACKBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
BLACKCAP	BERRIES	RAW																
BLACKCAP	BERRIES	RAW																
WEIGHTED AVERAGE																		
BLACK HAWTHORN	BERRIES	RAW																
BLACK HAWTHORN	BERRIES	RAW																
WEIGHTED AVERAGE																		
BOG BLUEBERRY	BERRIES	RAW																
BUNCHBERRY	BERRIES	RAW																
BUNCHBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
CROWBERRY	BERRIES	RAW																
CROWBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
GREY BLUEBERRY	BERRIES	RAW																
GREY BLUEBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
HIGHBUSH CRANBERRY	BERRIES	RAW																
HIGHBUSH CRANBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
KINNICKINNICK BERRY	BERRIES	RAW																
KINNICKINNICK BERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
MOUNTAIN BILBERRY	BERRIES	RAW																
MOUNTAIN BILBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
RED ELDERBERRY	BERRIES	RAW																
RED ELDERBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
RED ELDERBERRY	BERRIES	COOKED																
RED ELDERBERRY	BERRIES	COOKED																
WEIGHTED AVERAGE																		
RED HUCKLEBERRY	BERRIES	RAW																
RED HUCKLEBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
ROSEHIP	NO SEED	RAW																
SALMONBERRY	BERRIES	RAW																1

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
PLANTS																
BLACKBERRY	BERRIES	RAW														
BLACKBERRY	BERRIES	RAW														
BLACKBERRY	BERRIES	RAW														
BLACKBERRY	BERRIES	RAW					1			1		1				
BLACKBERRY	BERRIES	RAW								1					2.41	0.80
BLACKBERRY	BERRIES	RAW								1						
BLACKBERRY	BERRIES	RAW														
WEIGHTED AVERAGE															2.41	0.80
BLACKCAP	BERRIES	RAW														
BLACKCAP	BERRIES	RAW					11.50								6.50	
WEIGHTED AVERAGE							11.50								6.50	
BLACK HAWTHORN	BERRIES	RAW														
BLACK HAWTHORN	BERRIES	RAW					2.60								9.50	
WEIGHTED AVERAGE							2.60								9.50	
BOG BLUEBERRY	BERRIES	RAW					3.30								7.22	
BUNCHBERRY	BERRIES	RAW														
BUNCHBERRY	BERRIES	RAW					5.20			†		1	1		2.10	
WEIGHTED AVERAGE							5.20								2.10	
CROWBERRY	BERRIES	RAW					0.120									
CROWBERRY	BERRIES	RAW					5.90			†		1	1		16.40	
WEIGHTED AVERAGE	BERRIES	14.1,1					5.90								16.40	
GREY BLUEBERRY	BERRIES	RAW					3.50								10.10	
GREY BLUEBERRY	BERRIES	RAW					3.30								6.20	
WEIGHTED AVERAGE	BERRIES	TO TY					3.30								6.20	
HIGHBUSH CRANBERRY	BERRIES	RAW					3.30								13.40	4.30
HIGHBUSH CRANBERRY	BERRIES	RAW					3.80			†		1	1		13.10	1.50
WEIGHTED AVERAGE	BERRIES	Tu I II					3.80								13.40	4.30
KINNICKINNICK BERRY	BERRIES	RAW					5.00								150	50
KINNICKINNICK BERRY	BERRIES	RAW					14.80			1						
WEIGHTED AVERAGE	BERRIES	Tu I I I					14.80									
MOUNTAIN BILBERRY	BERRIES	RAW					100									
MOUNTAIN BILBERRY	BERRIES	RAW					2.00								6.60	
WEIGHTED AVERAGE							2.00								6.60	
RED ELDERBERRY	BERRIES	RAW													36.70	18.00
RED ELDERBERRY	BERRIES	RAW					9.30									
WEIGHTED AVERAGE							9.30								36.70	18.00
RED ELDERBERRY	BERRIES	COOKED													30.90	
RED ELDERBERRY	BERRIES	COOKED	†	1		<u> </u>	8.20			1			1		23.70	1.10
WEIGHTED AVERAGE	-						8.20								30.90	7.10
RED HUCKLEBERRY	BERRIES	RAW					2.20								6.20	
RED HUCKLEBERRY	BERRIES	RAW	1	1		i e	3.90			1					5.20	2.30
WEIGHTED AVERAGE							3.90								6.20	2.00
ROSEHIP	NO SEED	RAW					4.40								413.80	
SALMONBERRY	BERRIES	RAW													120.00	

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
PLANTS			, , ,				` '						, ,		, , ,	
BLACKBERRY	BERRIES	RAW			5.00								7.90			
BLACKBERRY	BERRIES	RAW														
BLACKBERRY	BERRIES	RAW			5.00		0.25		0.29)	0.10		6.50		3.60)
BLACKBERRY	BERRIES	RAW														
BLACKBERRY	BERRIES	RAW														
BLACKBERRY	BERRIES	RAW			6.00	2.70	0.20	0.18	0.10	0.040	0.10	0.050	7.00	0.40	5.00	0.60
BLACKBERRY	BERRIES	RAW			5.00	2.80	0.30	0.07		+	0.10	0.060	5.00	ł	+	+
WEIGHTED AVERAGE					5.67	2.72	0.22	0.16		+	0.10	0.05		0.70	+	+
BLACKCAP	BERRIES	RAW			38.00	20.00	0.70	0.09	1	1	0.60	0.330	40.00	16.00		
BLACKCAP	BERRIES	RAW	20.90								0.00					
WEIGHTED AVERAGE	BERRIES	141,	20.90		38.00	20.00	0.70	0.09	0.20	0.030	0.60	0.330	40.00	16.00	28.00	8.20
BLACK HAWTHORN	BERRIES	RAW	20.50		31.00	2.40	0.50	0.25		-	0.20	0.050	12.00	6.00		+
BLACK HAWTHORN	BERRIES	RAW			51.00	2.10	0.50	0.23	0.50	0.030	5.20	0.030	12.50	0.00	12.00	1.20
WEIGHTED AVERAGE	BERRIES	TO TY			31.00	2.40	0.50	0.25	0.30	0.030	0.20	0.050	12.00	6.00	12.00	4.20
BOG BLUEBERRY	BERRIES	RAW			19.00	2.10	0.20	0.23	0.20	+	0.30	0.050	13.00	0.00	8.00	+
BUNCHBERRY	BERRIES	RAW			52.00	17.00	0.60	0.30		-	0.10	0.010	19.00	2.60		
BUNCHBERRY	BERRIES	RAW	10.50		32.00	17.00	0.00	0.50	0.10	0.010	0.10	0.010	17.00	2.00	12.00	2.00
WEIGHTED AVERAGE	BERRIES	KAW	10.50		52.00	17.00	0.60	0.30	0.10	0.010	0.10	0.010	19.00	2.60	12.00	2.80
CROWBERRY	BERRIES	RAW	10.50		9.00	1.00	0.40	0.30			0.10	0.070	11.00	1.40	+	
CROWBERRY	BERRIES	RAW			7.00	1.00	0.40	0.24	1.00	0.720	0.10	0.070	11.00	1.40	7.00	1.10
WEIGHTED AVERAGE	DERRIES	KAW			9.00	1.00	0.40	0.24	1.00	0.720	0.10	0.070	11.00	1.40	4.00	1.10
GREY BLUEBERRY	BERRIES	RAW			16.00	1.00	0.40	0.24			0.10	0.070	21.00	2.80	-	
GREY BLUEBERRY	BERRIES	RAW	7.40		10.00	1.00	0.40	0.07	0.00	0.080	0.20	0.030	21.00	2.60	9.00	0.00
WEIGHTED AVERAGE	BERRIES	KAW	7.40	.	16.00	1.00	0.40	0.07	0.60	0.680	0.20	0.030	21.00	2.80	9.00	0.60
HIGHBUSH CRANBERRY	BERRIES	RAW	7.40		24.00	2.40	0.30	0.07		-	0.20	0.050	23.00	6.90		
HIGHBUSH CRANBERRY	BERRIES	RAW			24.00	2.40	0.30	0.23	0.10	0.010	0.10	0.030	23.00	0.90	11.00	4.20
WEIGHTED AVERAGE	DERRIES	KAW			24.00	2.40	0.30	0.25	0.10	0.010	0.10	0.050	23.00	6.90	11.00	4.20
KINNICKINNICK BERRY	BERRIES	RAW			37.00	8.30	0.70	0.23	1	-	0.10	0.030	1	8.00		1
KINNICKINNICK BERRY	BERRIES	RAW			37.00	0.50	0.70	0.10	1.50	1.200	0.50	0.100	33.00	0.00	17.00	2.00
WEIGHTED AVERAGE	BERRIES	KAW			37.00	8.30	0.70	0.16	1.30	1.200	0.50	0.100	35.00	8.00	17.00	2.60
MOUNTAIN BILBERRY	BERRIES	RAW			14.00	0.03	0.70	0.16	ł — — — — — — — — — — — — — — — — — — —		0.10	0.100	17.00	3.70		
MOUNTAIN BILBERRY	BERRIES	RAW			14.00	0.03	0.20	0.00	1.00	0.020	0.10	0.040	17.00	5.70	0.00	1.00
WEIGHTED AVERAGE	BERRIES	ICI IV			14.00	0.03	0.20	0.06	1.00	0.020	0.10	0.040	17.00	3.70	8.00	1.00
RED ELDERBERRY	BERRIES	RAW			98.00	22.00	1.10	0.20			0.50	0.220		16.00		
RED ELDERBERRY	BERRIES	RAW	68.30	1	70.00	22.00	1.10	0.20	0.00	0.030	0.50	0.220	04.00	10.00	74.00	3.50
WEIGHTED AVERAGE	BERRIES	KAW	68.30		98.00	22.00	1.10	0.20	0.80	0.850	0.50	0.220	84.00	16.00	44.00	5.30
RED ELDERBERRY	BERRIES	COOKED	00.50		89.00								1			
RED ELDERBERRY	BERRIES	COOKED			87.00	0.70	1.00	0.07	0.50	0.220	0.70	0.300	77.00	7.20	70.00	2.00
WEIGHTED AVERAGE	DERRIES	COOKED			89.00	8.90	1.00	0.07	0.50	0.220	0.70	0.360	77.00	4.20	40.00	2.80
RED HUCKLEBERRY	BERRIES	RAW			22.00	5.80	0.30	0.07			0.70	0.030	16.00	3.20		
RED HUCKLEBERRY	BERRIES	RAW	2.80		22.00	3.00	0.30	0.03	0.40	0.300	0.20	0.030	10.00	3.20	7.00	1.00
WEIGHTED AVERAGE	DEKKIES	IXA W	2.80		22.00	5.80	0.30	0.03	0.40	0.360	0.20	0.030	16.00	3.20	7.00	1.00
ROSEHIP	NO SEED	RAW	2.80		77.00		0.30		0.40	0.300	0.20		37.00		26.00	
SALMONBERRY	BERRIES	RAW			15.00		0.50	0.10	0.50	0.480						

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
PLANTS											
BLACKBERRY	BERRIES	RAW	1.00								
BLACKBERRY	BERRIES	RAW									
BLACKBERRY	BERRIES	RAW	0.60		0.210		70.00				
BLACKBERRY	BERRIES	RAW									
BLACKBERRY	BERRIES	RAW									
BLACKBERRY	BERRIES	RAW	3.00	1.20	1.400	0.670	99.00	14.00			
BLACKBERRY	BERRIES	RAW	0.10	0.13	0.080	0.019	70.00	37.00			
WEIGHTED AVERAGE			2.15	0.99	1.05	0.54	91.09	18.60			
BLACKCAP	BERRIES	RAW	0.80	0.19	0.300	0.120					
BLACKCAP	BERRIES	RAW									
WEIGHTED AVERAGE			0.80	0.19	0.300	0.120					
BLACK HAWTHORN	BERRIES	RAW			0.200	0.010					
BLACK HAWTHORN	BERRIES	RAW	6.90								
WEIGHTED AVERAGE			6.90		0.200	0.010					
BOG BLUEBERRY	BERRIES	RAW			2.700						
BUNCHBERRY	BERRIES	RAW			0.100	0.030					
BUNCHBERRY	BERRIES	RAW	0.40								
WEIGHTED AVERAGE			0.40		0.100	0.030					
CROWBERRY	BERRIES	RAW			0.400	0.210					
CROWBERRY	BERRIES	RAW	2.50								
WEIGHTED AVERAGE			2.50		0.400	0.210					
GREY BLUEBERRY	BERRIES	RAW	0.90	0.05	1.300	0.400					
GREY BLUEBERRY	BERRIES	RAW									
WEIGHTED AVERAGE			0.90	0.05	1.300	0.400					
HIGHBUSH CRANBERRY	BERRIES	RAW			0.100	0.010					
HIGHBUSH CRANBERRY	BERRIES	RAW	0.60								
WEIGHTED AVERAGE			0.60		0.100	0.010					
KINNICKINNICK BERRY	BERRIES	RAW			0.200	0.050					
KINNICKINNICK BERRY	BERRIES	RAW	0.50								
WEIGHTED AVERAGE			0.50		0.200	0.050					
MOUNTAIN BILBERRY	BERRIES	RAW	0.40	0.13	2.500	0.270					
MOUNTAIN BILBERRY	BERRIES	RAW									
WEIGHTED AVERAGE			0.40	0.13	2.500	0.270					
RED ELDERBERRY	BERRIES	RAW	1.30	0.58	1.000	0.590					
RED ELDERBERRY	BERRIES	RAW									
WEIGHTED AVERAGE			1.30	0.58	1.000	0.590					
RED ELDERBERRY	BERRIES	COOKED	1.90	0.35	0.600	0.290					
RED ELDERBERRY	BERRIES	COOKED									
WEIGHTED AVERAGE			1.90	0.35	0.600	0.290					
RED HUCKLEBERRY	BERRIES	RAW	0.80	0.18	4.500	0.610					
RED HUCKLEBERRY	BERRIES	RAW									
WEIGHTED AVERAGE			0.80	0.18	4.500	0.610					
ROSEHIP	NO SEED	RAW	1.80		0.900						
SALMONBERRY	BERRIES	RAW	2.60	1.20	0.700	0.210					

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
SALMONBERRY	BERRIES	RAW	Rubus Spectabilis	50125	1	Kuhnlein, 1989								
WEIGHTED AVERAGE			·				195.00	46.57	88.00	4.00	9.90	1.40	0.30	0.80
SASKATOONBERRY	BERRIES	RAW	Amalanchier Alnifolia	50126	4	Kuhnlein, 1989	375.00	89.57	76.00	1.80				1.20
SASKATOONBERRY	BERRIES	RAW	Amalanchier Alnifolia	50126		Kuhnlein, 1989						0.70		
WEIGHTED AVERAGE						,	375.00	89.57	76.00	1.80	21.40	0.70		1.20
SOAPBERRY	BERRIES	RAW	Shepherdia Canadensis	50127	4	Kuhnlein, 1989	300.00	71.65	81.00	3.50				
SOAPBERRY	BERRIES	RAW	Shepherdia Canadensis	50127	_	Kuhnlein, 1989						1.80		0.70
WEIGHTED AVERAGE						,	300.00	71.65	81.00	3.50	16.60	1.80		0.70
STINK CURRANT	BERRIES	RAW	Ribes Bracteosum	50128	5	Kuhnlein, 1989	263.00	62.82	83.00	3.70				
STINK CURRANT	BERRIES	RAW	Ribes Bracteosum	50128		Kuhnlein, 1989								
WEIGHTED AVERAGE						. , , , , , , , , , , , , , , , , , , ,	263.00	62.82	83.00	3.70	13.90	0.80	0.08	1.20
SWAMP GOOSEBERRY	BERRIES	RAW	Ribes Lacustre	50129	1	Kuhnlein, 1989	248.00	59.23	86.00		9.70			2.30
THIMBLEBERRY	BERRIES	RAW	Ribes Parviflorus	50130		Kuhnlein, 1989	412.00	98.40	74.00	1.00				2.00
THIMBLEBERRY	BERRIES	RAW	Ribes Parviflorus	50130		Kuhnlein, 1989	112.00	70	7 .100	1.00	20.00	1.70		1.20
WEIGHTED AVERAGE	BERRIES	Tu Ti	Tribes I al villoras	50150	-	rumiem, 1707	412.00	98.40	74.00	1.00	23.00	1.70	+	1.20
WATERY BLUEBERRY	BERRIES	RAW	Vaccinium Alaskense	50131	3	Kuhnlein, 1989	276.00	65.92	82.00	6.70				0.60
WATERY BLUEBERRY		RAW	Vaccinium Alaskense	50131		Kuhnlein, 1989	270.00	03.72	02.00	0.70	10.20	0.90		0.00
WEIGHTED AVERAGE	BERRIES	KAW	v accinium 7 maskense	30131	1	Kullinelli, 1707	276.00	65.92	82.00	6.70	16.20			0.60
WILD BLUE CURRANT	BERRIES	RAW	Ribes Laxiflorum	50133	3	Kuhnlein, 1989	247.00	58.99	84.00	4.40				0.60
WILD BLUE CURRANT		RAW	Ribes Laxiflorum	50133		Kuhnlein, 1989	247.00	36.99	84.00	4.40	14.20	0.70	0.11	0.00
WEIGHTED AVERAGE	DERRIES	KA W	Kioes Laxinorum	30133	1	Kullillelli, 1909	247.00	58.99	84.00	4.40	14.20	0.70	0.11	0.60
WILD BLACK GOOSEBERRY	BERRIES	RAW	Ribes Divaricatum	50132	4	Kuhnlein, 1989	290.00	69.27	82.00	4.40		0.70	0.11	1.50
WILD BLACK GOOSEBERRY	BERRIES	RAW	Ribes Divaricatum	50132		Kuhnlein, 1989	290.00	09.27	82.00	4.90	14.70	1.10		1.30
WEIGHTED AVERAGE	DEKKIES	KAW	Kibes Divaricatum	30132	1	Kullillelli, 1969	290.00	69.27	82.00	4.90	14.70	1.10		1.50
WILD "GREEN" GOOSEBERRY	BERRIES/LEAVES	COOKED	Ribes Divaricatum	50135	2	V-1-1-1- 1000	243.00	58.04	85.00	4.90				
WILD "GREEN" GOOSEBERRY			Ribes Divaricatum			Kuhnlein, 1989 Kuhnlein, 1989	243.00	38.04	85.00	4.20	12.50	1.70	0.59	0.90
	BERRIES/LEAVES	COOKED	Kibes Divaricatum	50135	1	Kullillelli, 1969	242.00	59.04	85.00	4.20	12.50	1.70	0.50	0.00
WEIGHTED AVERAGE	DEDDIEG	D A XV	Rubus Idaeus	50136	-	Kuhnlein, 1989	243.00	58.04	1	4.20				
WILD RASPBERRY	BERRIES	RAW				,	273.00	65.20	83.00	2.20	15.80	0.60	0.02	0.80
WILD RASPBERRY	BERRIES	RAW	Rubus Idaeus	50136	1	Kuhnlein, 1989	272.00	65.20	02.00	2.20	15.00	0.60	0.02	0.00
WEIGHTED AVERAGE	DEDDIEG	D A XV	E	50407	2	I/ 1 1 ' 1000	273.00	65.20	83.00	2.20			0.02	
WILD STRAWBERRY	BERRIES	RAW	Fragaria Vesca	50137		Kuhnlein, 1989	227.00	54.22	85.00	1.30	12.50			0.90
WILD STRAWBERRY	BERRIES	RAW	Fragaria Vesca	50137	1	Kuhnlein, 1989	227.00	54.22	05.00	1.20	10.50	0.60		0.00
WEIGHTED AVERAGE		DAW	X7 · · · 1· ·	50404		T. 1. 1. 1. 2002	227.00	54.22	85.00	1.30	12.50	0.60		0.90
BLUEBERRY		RAW	Vaccinium uliginosum	50104	_	Kuhnlein et al, 2002	172.00	41.22	00.00		0.10	0.00		0.70
BLUEBERRY		RAW	Vaccinium uliginosum	50104		Kuhnlein et al, 1994	173.00	41.32	88.00	2.00	9.10	0.80		0.70
BLUEBERRY		RAW	Vaccinium uliginosum	50104		Kuhnlein et al, 2002	290.00	69.27	85.00	2.00		0.70	0.10	4.00
BLUEBERRY		RAW	Vaccinium uliginosum	50104	3	Fediuk et al, 2002			85.41	1.31		0.74	0.10	
WEIGHTED AVERAGE			D 1 1				260.75	62.28		1.66				1
CLOUDBERRY	BERRIES	RAW	Rubus chamaemorus	50107		Kuhnlein et al, 1994	208.00	49.68	84.00		9.50			1.00
CRANBERRY		RAW	Vaccinium vitis-idaea	50109		Kuhnlein et al, 2002	307.00	73.33	84.00	2.20		0.70		
CRANBERRY		RAW	Vaccinium vitis-idaea	50109	_	Kuhnlein et al, 1994	285.00	68.07	81.00	1.30	18.00	0.70		0.70
CRANBERRY		RAW	Vaccinium vitis-idaea	50109		Kuhnlein et al, 2002								
CRANBERRY	BERRIES	RAW	Vaccinium vitis-idaea	50109	2	Fediuk et al, 2002			84.35	1.34				
WEIGHTED AVERAGE							302.60	72.27	83.56	1.90				
GOOSEBERRY GREEN	BERRIES	RAW	Ribes oxyancanthoides	50111	2	Kuhnlein et al, 1994	213.00	50.87	85.00	1.30	12.00	0.90		1.20

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
SALMONBERRY		RAW		. /		` /											1
WEIGHTED AVERAGE			0.29														
SASKATOONBERRY	BERRIES	RAW	0.23														
SASKATOONBERRY		RAW	0.20														+
WEIGHTED AVERAGE			0.23														
SOAPBERRY	BERRIES	RAW	0.20														_
SOAPBERRY		RAW															+
WEIGHTED AVERAGE	BERRIES	141,															
STINK CURRANT	BERRIES	RAW	0.31														1
STINK CURRANT		RAW	0.51						1								+
WEIGHTED AVERAGE	BERRES	TO TV	0.31														
SWAMP GOOSEBERRY	BERRIES	RAW	0.51														
THIMBLEBERRY		RAW															+
THIMBLEBERRY		RAW						+								 	+
WEIGHTED AVERAGE	DERKIES	KA W															
WATERY BLUEBERRY	BERRIES	RAW	0.18														+
WATERY BLUEBERRY		RAW	0.10														+
WEIGHTED AVERAGE	DEKKIES	IXA W	0.18														
WILD BLUE CURRANT	BERRIES	RAW	0.18														
		RAW	0.20														+
WILD BLUE CURRANT	BERRIES	KAW	0.26														
WEIGHTED AVERAGE	DEDDIEG	D A W	0.26														_
WILD BLACK GOOSEBERRY		RAW	1.30														-
WILD BLACK GOOSEBERRY	BERRIES	RAW	1.20														_
WEIGHTED AVERAGE	DEDDIEGA E AMEG	COOKED	1.30														+
WILD "GREEN" GOOSEBERRY	BERRIES/LEAVES		0.75												1		
WILD "GREEN" GOOSEBERRY	BERRIES/LEAVES	COOKED	0.75														
WEIGHTED AVERAGE	DEDDIEG	DAW	0.75														
WILD RASPBERRY		RAW	0.22														+
WILD RASPBERRY	BERRIES	RAW	0.22														
WEIGHTED AVERAGE	DEDDIEG	D	0.22														
WILD STRAWBERRY		RAW	0.23														
WILD STRAWBERRY	BERRIES	RAW	0.22														
WEIGHTED AVERAGE		D	0.23														
BLUEBERRY		RAW															
BLUEBERRY		RAW							1								
BLUEBERRY		RAW	5.80														
BLUEBERRY		RAW															
WEIGHTED AVERAGE			5.80														
CLOUDBERRY		RAW															
CRANBERRY		RAW	0.85						1								
CRANBERRY		RAW								ļ		ļ				ļ	+
CRANBERRY		RAW															↓
CRANBERRY	BERRIES	RAW															
WEIGHTED AVERAGE			0.85														
GOOSEBERRY GREEN	BERRIES	RAW															

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
SALMONBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
SASKATOONBERRY	BERRIES	RAW																
SASKATOONBERRY		RAW																
WEIGHTED AVERAGE																		
SOAPBERRY	BERRIES	RAW																
SOAPBERRY		RAW																
WEIGHTED AVERAGE																		
STINK CURRANT	BERRIES	RAW																
STINK CURRANT		RAW																
WEIGHTED AVERAGE																		
SWAMP GOOSEBERRY	BERRIES	RAW																
THIMBLEBERRY	BERRIES	RAW																
THIMBLEBERRY		RAW																
WEIGHTED AVERAGE																		
WATERY BLUEBERRY	BERRIES	RAW																
WATERY BLUEBERRY		RAW																
WEIGHTED AVERAGE																		
WILD BLUE CURRANT	BERRIES	RAW																
WILD BLUE CURRANT		RAW																
WEIGHTED AVERAGE																		
WILD BLACK GOOSEBERRY	BERRIES	RAW																
WILD BLACK GOOSEBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
WILD "GREEN" GOOSEBERRY	BERRIES/LEAVES	COOKED																
WILD "GREEN" GOOSEBERRY	BERRIES/LEAVES	COOKED																
WEIGHTED AVERAGE																		
WILD RASPBERRY	BERRIES	RAW																
WILD RASPBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
WILD STRAWBERRY	BERRIES	RAW																
WILD STRAWBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
BLUEBERRY		RAW																
BLUEBERRY		RAW																
BLUEBERRY		RAW																
BLUEBERRY		RAW																
WEIGHTED AVERAGE																		
CLOUDBERRY	BERRIES	RAW																
CRANBERRY	BERRIES	RAW																
CRANBERRY	BERRIES	RAW																
CRANBERRY	BERRIES	RAW																
CRANBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
GOOSEBERRY GREEN	BERRIES	RAW																

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
SALMONBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
SASKATOONBERRY	BERRIES	RAW														
SASKATOONBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
SOAPBERRY	BERRIES	RAW														
SOAPBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
STINK CURRANT	BERRIES	RAW														
STINK CURRANT	BERRIES	RAW														
WEIGHTED AVERAGE																
SWAMP GOOSEBERRY	BERRIES	RAW														
THIMBLEBERRY	BERRIES	RAW														
THIMBLEBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
WATERY BLUEBERRY	BERRIES	RAW														
WATERY BLUEBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
WILD BLUE CURRANT	BERRIES	RAW														
WILD BLUE CURRANT	BERRIES	RAW														
WEIGHTED AVERAGE																
WILD BLACK GOOSEBERRY	BERRIES	RAW														
WILD BLACK GOOSEBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
WILD "GREEN" GOOSEBERRY	BERRIES/LEAVES	COOKED														
WILD "GREEN" GOOSEBERRY	BERRIES/LEAVES	COOKED														
WEIGHTED AVERAGE																
WILD RASPBERRY	BERRIES	RAW														
WILD RASPBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
WILD STRAWBERRY	BERRIES	RAW														
WILD STRAWBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
BLUEBERRY		RAW														
BLUEBERRY		RAW														
BLUEBERRY		RAW														
BLUEBERRY		RAW														
WEIGHTED AVERAGE																
CLOUDBERRY	BERRIES	RAW														
CRANBERRY	BERRIES	RAW														
CRANBERRY	BERRIES	RAW														
CRANBERRY	BERRIES	RAW														
CRANBERRY	BERRIES	RAW														
WEIGHTED AVERAGE																
GOOSEBERRY GREEN	BERRIES	RAW														

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
SALMONBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
SASKATOONBERRY	BERRIES	RAW																
SASKATOONBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
SOAPBERRY	BERRIES	RAW																
SOAPBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
STINK CURRANT	BERRIES	RAW																
STINK CURRANT	BERRIES	RAW																
WEIGHTED AVERAGE																		
SWAMP GOOSEBERRY	BERRIES	RAW																
THIMBLEBERRY	BERRIES	RAW																
THIMBLEBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
WATERY BLUEBERRY	BERRIES	RAW																
WATERY BLUEBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
WILD BLUE CURRANT	BERRIES	RAW																
WILD BLUE CURRANT		RAW																
WEIGHTED AVERAGE																		
WILD BLACK GOOSEBERRY	BERRIES	RAW																
WILD BLACK GOOSEBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
WILD "GREEN" GOOSEBERRY	BERRIES/LEAVES	COOKED																
WILD "GREEN" GOOSEBERRY	BERRIES/LEAVES	COOKED																
WEIGHTED AVERAGE																		
WILD RASPBERRY	BERRIES	RAW																
WILD RASPBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
WILD STRAWBERRY	BERRIES	RAW																
WILD STRAWBERRY	BERRIES	RAW																
WEIGHTED AVERAGE																		
BLUEBERRY		RAW																
BLUEBERRY		RAW																
BLUEBERRY		RAW																
BLUEBERRY		RAW																
WEIGHTED AVERAGE																		
CLOUDBERRY	BERRIES	RAW																
CRANBERRY	BERRIES	RAW																
CRANBERRY	BERRIES	RAW																
CRANBERRY	BERRIES	RAW																
CRANBERRY	BERRIES	RAW											1					1
WEIGHTED AVERAGE																		
GOOSEBERRY GREEN	BERRIES	RAW																

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
SALMONBERRY	BERRIES	RAW					2.60								14.40	
WEIGHTED AVERAGE							2.60								14.40	
SASKATOONBERRY	BERRIES	RAW														
SASKATOONBERRY	BERRIES	RAW					6.40								10.90	
WEIGHTED AVERAGE							6.40								10.90	
SOAPBERRY	BERRIES	RAW														
SOAPBERRY	BERRIES	RAW					5.30								165.60	
WEIGHTED AVERAGE							5.30								165.60	
STINK CURRANT	BERRIES	RAW														
STINK CURRANT	BERRIES	RAW					4.40								27.50	
WEIGHTED AVERAGE							4.40								27.50	
SWAMP GOOSEBERRY	BERRIES	RAW					3.50								58.20	
THIMBLEBERRY		RAW														
THIMBLEBERRY		RAW					11.90								63.60	
WEIGHTED AVERAGE							11.90								63.60	
WATERY BLUEBERRY	BERRIES	RAW														
WATERY BLUEBERRY		RAW					2.80								3.30	
WEIGHTED AVERAGE							2.80								3.30	
WILD BLUE CURRANT	BERRIES	RAW														
WILD BLUE CURRANT		RAW					5.20								61.50	
WEIGHTED AVERAGE							5.20								61.50	
WILD BLACK GOOSEBERRY	BERRIES	RAW														
WILD BLACK GOOSEBERRY		RAW					4.60								40.20	
WEIGHTED AVERAGE							4.60								40.20	
WILD "GREEN" GOOSEBERRY	BERRIES/LEAVES	COOKED														
WILD "GREEN" GOOSEBERRY	BERRIES/LEAVES						4.30								12.60	
WEIGHTED AVERAGE							4.30								12.60	
WILD RASPBERRY	BERRIES	RAW														
WILD RASPBERRY		RAW					4.50								30.70	
WEIGHTED AVERAGE							4.50								30.70	
WILD STRAWBERRY	BERRIES	RAW														
WILD STRAWBERRY	BERRIES	RAW					2.90								23.80	
WEIGHTED AVERAGE							2.90								23.80	
BLUEBERRY		RAW														
BLUEBERRY		RAW														
BLUEBERRY		RAW														
BLUEBERRY		RAW													26.20	4.90
WEIGHTED AVERAGE															26.20	4.90
CLOUDBERRY	BERRIES	RAW														
CRANBERRY		RAW														
CRANBERRY		RAW														
CRANBERRY		RAW													İ	
CRANBERRY		RAW													3.88	1.30
WEIGHTED AVERAGE															3.88	1.30
GOOSEBERRY GREEN	BERRIES	RAW														
GOOSEBERK I GREEN	BEKKIES	KAW														

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
SALMONBERRY	BERRIES	RAW	16.50													
WEIGHTED AVERAGE			16.50		15.00	0.20	0.60	0.10	0.50	0.480	0.20	0.400	24.00	2.50	16.00	1.20
SASKATOONBERRY	BERRIES	RAW			69.00	6.30	0.50	0.11	0.40	0.370	0.40	0.160	40.00	2.20	26.00	2.40
SASKATOONBERRY	BERRIES	RAW														
WEIGHTED AVERAGE					69.00	6.30	0.50	0.11	0.40	0.370	0.40	0.160	40.00	2.20	26.00	2.40
SOAPBERRY	BERRIES	RAW			16.00	5.60	0.50	0.15	0.30	0.210	1.40	2.300	21.00	8.20	8.00	2.40
SOAPBERRY	BERRIES	RAW														
WEIGHTED AVERAGE					16.00	5.60	0.50	0.15	0.30	0.210	1.40	2.300	21.00	8.20	8.00	2.40
STINK CURRANT	BERRIES	RAW			98.00	60.00	0.80	0.43	0.70	0.950	0.80	0.030	47.00	13.00	19.00	
STINK CURRANT	BERRIES	RAW														
WEIGHTED AVERAGE					98.00	60.00	0.80	0.43	0.70	0.950	0.80	0.030	47.00	13.00	19.00	5.90
SWAMP GOOSEBERRY	BERRIES	RAW			68.00		0.40		0.10		0.20		47.00		22.00	
THIMBLEBERRY	BERRIES	RAW			89.00	14.00	0.70	0.23	0.20	0.070	0.40	0.250	62.00	0.87	7 44.00	1.40
THIMBLEBERRY	BERRIES	RAW														
WEIGHTED AVERAGE					89.00	14.00	0.70	0.23	0.20	0.070	0.40	0.250	62.00	0.87	7 44.00	1.40
WATERY BLUEBERRY	BERRIES	RAW			24.00	7.70	0.50	0.16		0.090	0.20	0.070	21.00	0.98		
WATERY BLUEBERRY	BERRIES	RAW	4.90													
WEIGHTED AVERAGE			4.90		24.00	7.70	0.50	0.16	0.30	0.090	0.20	0.070	221.00	0.98	9.00	4.60
WILD BLUE CURRANT	BERRIES	RAW			51.00	12.00	0.60	0.30			0.40	0.150	23.00	16.00		
WILD BLUE CURRANT	BERRIES	RAW														
WEIGHTED AVERAGE					51.00	12.00	0.60	0.30	0.10	0.010	0.40	0.150	23.00	16.00	18.00	4.20
WILD BLACK GOOSEBERRY	BERRIES	RAW			111.00	31.00	0.70	0.30		0.030	0.20	0.060	53.00	7.00	23.00	
WILD BLACK GOOSEBERRY	BERRIES	RAW	19.90													
WEIGHTED AVERAGE			19.90		111.00	31.00	0.70	0.30	0.40	0.030	0.20	0.060	53.00	7.00	23.00	2.40
WILD "GREEN" GOOSEBERRY	BERRIES/LEAVES	COOKED			124.00	13.00	0.90	0.32		1.800	0.40	0.150	46.00	9.40		
WILD "GREEN" GOOSEBERRY	BERRIES/LEAVES	COOKED														
WEIGHTED AVERAGE					124.00	13.00	0.90	0.32	0.40	1.800	0.40	0.150	46.00	9.40	26.00	5.70
WILD RASPBERRY	BERRIES	RAW			36.00	7.70	0.70	0.22	0.60	0.130	0.40	0.100	38.00	8.10	17.00	
WILD RASPBERRY	BERRIES	RAW	61.80													
WEIGHTED AVERAGE			61.80		36.00	7.70	0.70	0.22	0.60	0.130	0.40	0.100	38.00	8.10	17.00	9.20
WILD STRAWBERRY	BERRIES	RAW			64.00	13.00	0.40	0.19	0.80	1.100	0.20	0.040	35.00	9.10	54.00	36.00
WILD STRAWBERRY	BERRIES	RAW														
WEIGHTED AVERAGE					64.00	13.00	0.40	0.19	0.80	1.100	0.20	0.040	35.00	9.10	54.00	36.00
BLUEBERRY		RAW			15.00	3.50	0.30	0.21	0.06	0.008	0.20	0.050	13.00	2.30	8.00	1.80
BLUEBERRY		RAW			13.00		0.20		0.08		0.30		14.00		9.50	
BLUEBERRY		RAW														
BLUEBERRY		RAW														
WEIGHTED AVERAGE					14.71	3.50	0.29	0.21	0.06	0.01	0.21	0.05	13.14	2.30	8.21	1.80
CLOUDBERRY	BERRIES	RAW			17.00		0.40		0.05		0.70		54.00		41.00)
CRANBERRY	BERRIES	RAW														
CRANBERRY	BERRIES	RAW			14.00	1.30	0.30	0.01	0.05	0.002	0.20	0.020	10.00	0.20	8.00	1.30
CRANBERRY	BERRIES	RAW			18.00	10.00	0.30	0.18	0.06	0.028	0.20	0.090	8.00	1.90	9.00	1
CRANBERRY	BERRIES	RAW													1	
WEIGHTED AVERAGE					17.47	8.84	0.30	0.16	0.06	0.02	0.20	0.08	8.27	1.67	8.87	3.47
GOOSEBERRY GREEN	BERRIES	RAW			30.00		0.60	0.35				0.040	1			1

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
SALMONBERRY	BERRIES	RAW									
WEIGHTED AVERAGE			2.60	1.20	0.700	0.210					
SASKATOONBERRY	BERRIES	RAW	0.60	0.19	2.200	1.900					
SASKATOONBERRY	BERRIES	RAW									
WEIGHTED AVERAGE			0.60	0.19	2.200	1.900					
SOAPBERRY	BERRIES	RAW	0.50	0.21	0.200	0.050					
SOAPBERRY	BERRIES	RAW									
WEIGHTED AVERAGE			0.50	0.21	0.200	0.050					
STINK CURRANT	BERRIES	RAW	1.80	0.69	0.600	0.150					
STINK CURRANT	BERRIES	RAW									
WEIGHTED AVERAGE			1.80	0.69	0.600	0.150					
SWAMP GOOSEBERRY	BERRIES	RAW	0.60		0.300						
THIMBLEBERRY	BERRIES	RAW	0.80	0.01	1.800	0.850					
THIMBLEBERRY	BERRIES	RAW									
WEIGHTED AVERAGE			0.80	0.01	1.800	0.850					
WATERY BLUEBERRY	BERRIES	RAW	1.00	0.10	0.100	0.050					
WATERY BLUEBERRY	BERRIES	RAW									
WEIGHTED AVERAGE			1.00	0.10	0.100	0.050					
WILD BLUE CURRANT	BERRIES	RAW			1.200	0.880					
WILD BLUE CURRANT	BERRIES	RAW	1.80								
WEIGHTED AVERAGE			1.80		1.200	0.880					
WILD BLACK GOOSEBERRY	BERRIES	RAW	0.60	0.15	0.500	0.120					
WILD BLACK GOOSEBERRY	BERRIES	RAW									
WEIGHTED AVERAGE			0.60	0.15	0.500	0.120					
WILD "GREEN" GOOSEBERRY	BERRIES/LEAVES	COOKED	1.10	0.32	0.400	0.050					
WILD "GREEN" GOOSEBERRY	BERRIES/LEAVES	COOKED									
WEIGHTED AVERAGE			1.10	0.32	0.400	0.050					
WILD RASPBERRY	BERRIES	RAW	0.40	0.20	0.400	1.200					
WILD RASPBERRY	BERRIES	RAW									
WEIGHTED AVERAGE			0.40	0.20	0.400	1.200					
WILD STRAWBERRY	BERRIES	RAW	0.60	0.09	0.800	1.200					
WILD STRAWBERRY	BERRIES	RAW									
WEIGHTED AVERAGE			0.60	0.09	0.800	1.200					
BLUEBERRY		RAW	2.00	0.30	1.400	0.800	104.00	6.00			
BLUEBERRY		RAW	0.30		0.320		90.00				
BLUEBERRY		RAW									
BLUEBERRY		RAW									
WEIGHTED AVERAGE			1.76	0.30	1.25	0.80	102.00	6.00			
CLOUDBERRY	BERRIES	RAW	0.60		0.510		231.00				
CRANBERRY	BERRIES	RAW									
CRANBERRY	BERRIES	RAW	0.00	0.00	2.600	0.360	100.00	2.00			
CRANBERRY	BERRIES	RAW	4.00	2.10	3.000	3.000	93.00	14.00			
CRANBERRY	BERRIES	RAW									
WEIGHTED AVERAGE			3.47	1.82	2.95	2.65	93.93	12.40			
GOOSEBERRY GREEN	BERRIES	RAW	0.20	0.16	0.140	0.016	200.00	70.00			

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
GOOSEBERRY PURPLE	BERRIES	RAW	Ribes oxyancanthoides	50112		Kuhnlein et al, 1994	271.00	64.73	81.00	1.00		1.00		0.30
RASPBERRY	BERRIES	RAW	Rubus Idaeus	50120	1	Kuhnlein et al, 1994	280.00	66.88	79.00		15.00	1.60		1.10
MOUNTAIN SORREL	LEAVES/STEM	RAW	Oxyria digyna	50119	1	Fediuk et al, 2002			86.89					
MOUNTAIN SORREL	LEAVES/STEM	RAW	Oxyria digyna	50119	1	Kuhnlein et al, 1991								0.90
MOUNTAIN SORREL	LEAVES/STEM	RAW	Oxyria digyna	50119	1	Kuhnlein &Soueida, 1992	213.00	51.00	87.00		7.60	3.80		0.90
WEIGHTED AVERAGE							213.00	51.00	86.95		7.60	3.80		0.90
KELP	PLANT	RAW	Rhodymenia/Laminaria sp	50115	1	Fediuk et al, 2002			72.49					
KELP	PLANT	RAW	Rhodymenia/Laminaria sp	50115	1	Fediuk et al, 2002			73.85					
KELP	PLANT	RAW	Rhodymenia/Laminaria sp	50115	1	Kuhnlein et al, 1991								0.90
KELP	PLANT	RAW	Rhodymenia/Laminaria sp	50115	2	Kuhnlein et al, 2005								
KELP	PLANT	RAW	Rhodymenia/Laminaria sp	50115	1	Kuhnlein &Soueida, 1992	290.00	69.00	81.00		14.70	2.00		0.90
WEIGHTED AVERAGE			Ì				290.00	69.00	75.78		14.70	2.00		0.90
GREENS														
COW-PARSNIP		PEELED, RAW	Heracleum lanatum	30101	6	Kuhnlein, 1990	71.00	16.96	95.00	1.20	4.00	0.20	0.07	0.30
FIREDWEED	SHOOTS	PEELED, RAW	Epilobium angustifolium	30102		Kuhnlein, 1990	113.00	26.99	92.00		6.40	0.30		0.40
FIREDWEED	SHOOTS	PEELED, RAW	Epilobium angustifolium	30102		Kuhnlein, 1990								
WEIGHTED AVERAGE			1				113.00	26.99	92.00		6.40	0.30		0.40
LAMBSQUARTERS		RAW	Chenopodium album	30103	4	Kuhnlein, 1990	142.00	33.92	88.00	1.00				0.60
LAMBSQUARTERS		RAW	Chenopodium album	30103		Kuhnlein, 1990						3.30		
WEIGHTED AVERAGE						. , ,	142.00	33.92	88.00	1.00	5.70		1	0.60
SALMON BERRY	SHOOTS	PEELED, RAW	Rubus spectabilis	30104	4	Kuhnlein, 1990	109.00	26.03	93.00	0.60				0.60
SALMON BERRY	SHOOTS	PEELED, RAW	Rubus spectabilis	30104		Kuhnlein, 1990						0.50		
WEIGHTED AVERAGE		,					109.00	26.03	93.00	0.60	5.80	0.50	1	0.60
SEAWEED		DRIED	Porphyra perforata	30105	1	Kuhnlein, 1990	773.00	184.63	10.00		48.20	24.40		1.40
SHEEP SORREL		RAW	Rumex acetosella	30106		Kuhnlein, 1990	180.00	42.99	88.00	1.20		1.10		
SHEEP SORREL		RAW	Rumex acetosella	30106		Kuhnlein, 1990								0.60
WEIGHTED AVERAGE						,	180.00	42.99	88.00	1.20	9.60	1.10	0.52	
STINGING NETTLE		RAW	Urtica dioica	30107	3	Kuhnlein, 1990	157.00	37.50	89.00	1.30	7.90			0.60
STINGING NETTLE		RAW	Urtica dioica	30107		Kuhnlein, 1990						1.80		
WEIGHTED AVERAGE						·	157.00	37.50	89.00	1.30	7.90	1.80		0.60
THIMBLEBERRY	SHOOTS	PEELED, RAW	Rubus parviflorus	30108	5	Kuhnlein, 1990	92.00	21.97	93.00	0.31	5.50			0.40
THIMBLEBERRY	SHOOTS	PEELED, RAW	Rubus parviflorus	30108	1	Kuhnlein, 1990						0.60		
WEIGHTED AVERAGE			Î				92.00	221.97	93.00	0.31	5.50	0.60		0.40
ROOTS														
CINQUEFOIL	ROOTS	STEAMED	Potentilla pacifica	60101	2	Kuhnlein, 1990	552.00	131.84	66.00	2.30	29.50			
CINQUEFOIL	ROOTS	STEAMED	Potentilla pacifica	60101	1	Kuhnlein, 1990						3.10		0.60
WEIGHTED AVERAGE							552.00	131.84	66.00	2.30	29.50			0.60
CLOVER	RHIZOMES	STEAMED	Trifolium wormskioldii	60102	1	Kuhnlein, 1990	308.00	73.56	81.00		16.50	0.70		0.50
WOOD FERN	ROOT STOCKS	STEAMED	Dryopteris expansa	60106		Kuhnlein, 1990	525.00	125.39	68.00	2.60	1			
WOOD FERN	ROOT STOCKS	STEAMED	Dryopteris expansa	60106		Kuhnlein, 1990						2.50		1.00
WEIGHTED AVERAGE			•				525.00	125.39	68.00	2.60	27.30			1.00
LICORICE FERN	RHIZOMES	RAW	Polypodium glycyrrhiza	60103	1	Kuhnlein, 1990	157.00	37.50	70.00		24.00	0.90		4.60
LUPINE	ROOTS	RAW	Lupinus nootkatensis	60104		Kuhnlein, 1990	297.00	70.94			15.40			0.40
LUPINE	ROOTS	RAW	Lupinus nootkatensis	60104		Kuhnlein, 1990			82.00			2.00		

SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
GOOSEBERRY PURPLE	BERRIES	RAW															
RASPBERRY	BERRIES	RAW															
MOUNTAIN SORREL	LEAVES/STEM	RAW															
MOUNTAIN SORREL	LEAVES/STEM	RAW						0.30									
MOUNTAIN SORREL	LEAVES/STEM	RAW															
WEIGHTED AVERAGE								0.30									
KELP	PLANT	RAW															
KELP	PLANT	RAW															
KELP	PLANT	RAW												0.10			
KELP	PLANT	RAW															
KELP	PLANT	RAW															
WEIGHTED AVERAGE														0.10			
GREENS		1	1	<u> </u>		†		1				1	†			†	†
COW-PARSNIP		PEELED, RAW	0.09														
FIREDWEED	SHOOTS	PEELED, RAW															
FIREDWEED	SHOOTS	PEELED, RAW	1			1		1		1		1	1	1	1	1	1
WEIGHTED AVERAGE		,															
LAMBSQUARTERS		RAW	0.24														
LAMBSQUARTERS		RAW						1									1
WEIGHTED AVERAGE			0.24														
SALMON BERRY	SHOOTS	PEELED, RAW	0.04														
SALMON BERRY	SHOOTS	PEELED, RAW															
WEIGHTED AVERAGE		,	0.04														
SEAWEED		DRIED															
SHEEP SORREL		RAW															
SHEEP SORREL		RAW															
WEIGHTED AVERAGE																	
STINGING NETTLE		RAW	0.02														
STINGING NETTLE		RAW													1		
WEIGHTED AVERAGE			0.02														
THIMBLEBERRY	SHOOTS	PEELED, RAW	0.00														
THIMBLEBERRY	SHOOTS	PEELED, RAW															
WEIGHTED AVERAGE			0.00														
ROOTS																	
CINQUEFOIL	ROOTS	STEAMED															1
CINQUEFOIL	ROOTS	STEAMED															
WEIGHTED AVERAGE																	
CLOVER	RHIZOMES	STEAMED															
WOOD FERN	ROOT STOCKS	STEAMED															1
WOOD FERN	ROOT STOCKS	STEAMED														1	1
WEIGHTED AVERAGE																	
LICORICE FERN	RHIZOMES	RAW															
LUPINE	ROOTS	RAW	0.03														1
LUPINE	ROOTS	RAW						1	1		İ						1

GOOSEBERRY PURPLE RASPBERRY MOUNTAIN SORREL	BERRIES	D 4 ***				SD T n-6	18:2n-6	SD 18:2n-6	10.511 0	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
RASPBERRY		RAW			, ,											
	BERRIES	RAW														
INIOCITIAIN SOUNEL		RAW														
MOUNTAIN SORREL	LEAVES/STEM	RAW					0.10									
MOUNTAIN SORREL	LEAVES/STEM	RAW														
WEIGHTED AVERAGE							0.10									
KELP	PLANT	RAW														
	PLANT	RAW														
KELP	PLANT	RAW														
KELP	PLANT	RAW														1
KELP	PLANT	RAW														1
WEIGHTED AVERAGE																
GREENS										1						
COW-PARSNIP		PEELED, RAW														
FIREDWEED	SHOOTS	PEELED, RAW														
FIREDWEED	SHOOTS	PEELED, RAW			1					<u> </u>						\vdash
WEIGHTED AVERAGE		, ,														
LAMBSQUARTERS		RAW														
LAMBSQUARTERS		RAW			1											+
WEIGHTED AVERAGE																
SALMON BERRY	SHOOTS	PEELED, RAW														
SALMON BERRY	SHOOTS	PEELED, RAW			1											+
WEIGHTED AVERAGE		, ,														
SEAWEED		DRIED														
SHEEP SORREL		RAW														
SHEEP SORREL		RAW														1
WEIGHTED AVERAGE																
STINGING NETTLE		RAW														
STINGING NETTLE		RAW														
WEIGHTED AVERAGE																
THIMBLEBERRY	SHOOTS	PEELED, RAW														
THIMBLEBERRY	SHOOTS	PEELED, RAW														
WEIGHTED AVERAGE																
ROOTS																
CINQUEFOIL	ROOTS	STEAMED														Ť
CINQUEFOIL	ROOTS	STEAMED														
WEIGHTED AVERAGE																
CLOVER	RHIZOMES	STEAMED														
WOOD FERN		STEAMED														
WOOD FERN	ROOT STOCKS	STEAMED								İ						1
WEIGHTED AVERAGE																
LICORICE FERN	RHIZOMES	RAW														
LUPINE	ROOTS	RAW														T
LUPINE	ROOTS	RAW		<u> </u>	1	1				†	<u> </u>		<u> </u>			<u> </u>

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
GOOSEBERRY PURPLE	BERRIES	RAW														
RASPBERRY	BERRIES	RAW														
MOUNTAIN SORREL	LEAVES/STEM	RAW														
MOUNTAIN SORREL	LEAVES/STEM	RAW														
MOUNTAIN SORREL	LEAVES/STEM	RAW														
WEIGHTED AVERAGE																
KELP	PLANT	RAW														
KELP	PLANT	RAW														
KELP	PLANT	RAW														
KELP	PLANT	RAW														
KELP	PLANT	RAW														
WEIGHTED AVERAGE																
GREENS																
COW-PARSNIP		PEELED, RAW														
FIREDWEED	SHOOTS	PEELED, RAW														
FIREDWEED	SHOOTS	PEELED, RAW														
WEIGHTED AVERAGE																
LAMBSQUARTERS		RAW														
LAMBSQUARTERS		RAW														
WEIGHTED AVERAGE																
SALMON BERRY	SHOOTS	PEELED, RAW														
SALMON BERRY	SHOOTS	PEELED, RAW														
WEIGHTED AVERAGE																
SEAWEED		DRIED														
SHEEP SORREL		RAW														
SHEEP SORREL		RAW														
WEIGHTED AVERAGE																
STINGING NETTLE		RAW														
STINGING NETTLE		RAW														
WEIGHTED AVERAGE																
THIMBLEBERRY	SHOOTS	PEELED, RAW														
THIMBLEBERRY	SHOOTS	PEELED, RAW														
WEIGHTED AVERAGE																
ROOTS																
CINQUEFOIL	ROOTS	STEAMED														
CINQUEFOIL	ROOTS	STEAMED														
WEIGHTED AVERAGE																
CLOVER	RHIZOMES	STEAMED														
WOOD FERN	ROOT STOCKS	STEAMED														
WOOD FERN	ROOT STOCKS	STEAMED														
WEIGHTED AVERAGE																
LICORICE FERN	RHIZOMES	RAW														
LUPINE	ROOTS	RAW														
LUPINE	ROOTS	RAW														

SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
GOOSEBERRY PURPLE	BERRIES	RAW																
RASPBERRY	BERRIES	RAW																
MOUNTAIN SORREL	LEAVES/STEM	RAW																
MOUNTAIN SORREL	LEAVES/STEM	RAW											0.10					
MOUNTAIN SORREL	LEAVES/STEM	RAW																
WEIGHTED AVERAGE													0.10					
KELP	PLANT	RAW																
KELP	PLANT	RAW																
KELP	PLANT	RAW																
KELP	PLANT	RAW																
KELP	PLANT	RAW																
WEIGHTED AVERAGE																		
GREENS																		
COW-PARSNIP		PEELED, RAW																
FIREDWEED	SHOOTS	PEELED, RAW																
FIREDWEED	SHOOTS	PEELED, RAW										,						
WEIGHTED AVERAGE																		
LAMBSQUARTERS		RAW																
LAMBSQUARTERS		RAW																
WEIGHTED AVERAGE																		
SALMON BERRY	SHOOTS	PEELED, RAW																
SALMON BERRY	SHOOTS	PEELED, RAW																
WEIGHTED AVERAGE																		
SEAWEED		DRIED																
SHEEP SORREL		RAW																
SHEEP SORREL		RAW																
WEIGHTED AVERAGE																		
STINGING NETTLE		RAW																
STINGING NETTLE		RAW																
WEIGHTED AVERAGE																		
THIMBLEBERRY	SHOOTS	PEELED, RAW																
THIMBLEBERRY	SHOOTS	PEELED, RAW																
WEIGHTED AVERAGE																		
ROOTS																		
CINQUEFOIL	ROOTS	STEAMED																
CINQUEFOIL	ROOTS	STEAMED																
WEIGHTED AVERAGE																		
CLOVER	RHIZOMES	STEAMED																
WOOD FERN	ROOT STOCKS	STEAMED																
WOOD FERN	ROOT STOCKS	STEAMED																
WEIGHTED AVERAGE																		
LICORICE FERN	RHIZOMES	RAW																
LUPINE	ROOTS	RAW																
LUPINE	ROOTS	RAW																

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
GOOSEBERRY PURPLE	BERRIES	RAW														
RASPBERRY	BERRIES	RAW														
MOUNTAIN SORREL	LEAVES/STEM	RAW													41.57	
MOUNTAIN SORREL	LEAVES/STEM	RAW														
MOUNTAIN SORREL	LEAVES/STEM	RAW														
WEIGHTED AVERAGE															41.57	
KELP	PLANT	RAW													4.37	
KELP	PLANT	RAW													28.36	
KELP	PLANT	RAW														
KELP	PLANT	RAW											1.490	0.226		
KELP	PLANT	RAW							1	1						
WEIGHTED AVERAGE													1.490	0.226	16.37	
GREENS									1	1						
COW-PARSNIP		PEELED, RAW					0.90								3.50	
FIREDWEED	SHOOTS	PEELED, RAW					0.80									
FIREDWEED	SHOOTS	PEELED, RAW								1						
WEIGHTED AVERAGE		,					0.80									
LAMBSQUARTERS		RAW														
LAMBSQUARTERS		RAW					1.50	1							70.00	
WEIGHTED AVERAGE							1.50	+							70.00	
SALMON BERRY	SHOOTS	PEELED, RAW														
SALMON BERRY	SHOOTS	PEELED, RAW					1.00							1	7.50	
WEIGHTED AVERAGE	5110 0 15	rees, rarii					1.00								7.50	
SEAWEED		DRIED					25.00								7.50	
SHEEP SORREL		RAW														
SHEEP SORREL		RAW					1.10							1	33.50	
WEIGHTED AVERAGE							1.10								33.50	
STINGING NETTLE		RAW														
STINGING NETTLE		RAW					1.40								1.50	
WEIGHTED AVERAGE							1.40								1.50	
THIMBLEBERRY	SHOOTS	PEELED, RAW														
THIMBLEBERRY	SHOOTS	PEELED, RAW					1.00								5.90	
WEIGHTED AVERAGE							1.00								5.90	
ROOTS																
CINQUEFOIL	ROOTS	STEAMED														
CINQUEFOIL	ROOTS	STEAMED					9.50									
WEIGHTED AVERAGE							9.50	1								
CLOVER	RHIZOMES	STEAMED					6.50									
WOOD FERN	ROOT STOCKS	STEAMED														
WOOD FERN	ROOT STOCKS	STEAMED					3.70			1						
WEIGHTED AVERAGE							3.70									
LICORICE FERN	RHIZOMES	RAW					8.20									
LUPINE	ROOTS	RAW					5.20									
LUPINE	ROOTS	RAW					7.80				1		1			

SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
GOOSEBERRY PURPLE	BERRIES	RAW			30.00	7.60	0.50	0.10	0.04	0.009	0.10	0.050	34.00	3.3	0 11.00	1.50
RASPBERRY	BERRIES	RAW			47.00		1.00		0.06		0.40		36.00		29.00)
MOUNTAIN SORREL	LEAVES/STEM	RAW														
MOUNTAIN SORREL	LEAVES/STEM	RAW														
MOUNTAIN SORREL	LEAVES/STEM	RAW			116.00		3.20		0.10		0.60		87.00		75.00	
WEIGHTED AVERAGE					116.00		3.20		0.10		0.60		87.00		75.00	
KELP	PLANT	RAW														
KELP	PLANT	RAW														
KELP	PLANT	RAW														
KELP	PLANT	RAW														
KELP	PLANT	RAW			160.00		0.90		16.00		0.50		60.00		120.00	
WEIGHTED AVERAGE					160.00		0.90		16.00		0.50		60.00		120.00	
GREENS																
COW-PARSNIP		PEELED, RAW	16.10	4.30	29.00	8.40	0.20	0.04	0.10	0.010	0.40	0.760	16.00	3.7	0 11.00	3.00
FIREDWEED	SHOOTS	PEELED, RAW														
FIREDWEED	SHOOTS	PEELED, RAW			32.00	7.50	0.50	0.11	0.70	0.550	0.70	0.490	31.00	5.1	0 20.00	10.00
WEIGHTED AVERAGE					32.00	7.50	0.50	0.11	0.70	0.550	0.70	0.490	31.00	5.1	0 20.00	10.00
LAMBSQUARTERS		RAW			246.00	0.25	1.80	1.60	2.30	0.460	2.30	0.550	49.00	10.0	0 41.00	10.00
LAMBSQUARTERS		RAW														
WEIGHTED AVERAGE					246.00	0.25	1.80	1.60	2.30	0.460	2.30	0.550	49.00	10.0	0 41.00	10.00
SALMON BERRY	SHOOTS	PEELED, RAW			8.00	1.90	0.30	0.05	0.10	0.000	0.20	0.040	27.00	1.2	0 17.00	3.30
SALMON BERRY	SHOOTS	PEELED, RAW														
WEIGHTED AVERAGE					8.00	1.90	0.30	0.05	0.10	0.000	0.20	0.040	27.00	1.2	0 17.00	3.30
SEAWEED		DRIED			230.00		2.90		1.70		1.70		474.00		623.00)
SHEEP SORREL		RAW			57.00	6.30	2.30	0.60	1.20	0.460	1.20	0.240	45.00	1.2	0 31.00	8.70
SHEEP SORREL		RAW														
WEIGHTED AVERAGE					57.00	6.30	2.30	0.60	1.20	0.460	1.20	0.240	45.00	1.2	0 31.00	8.70
STINGING NETTLE		RAW			236.00	5.30	1.00	0.07	1.90	0.100	1.90	1.400	73.00	20.0	0 63.00	23.00
STINGING NETTLE		RAW														
WEIGHTED AVERAGE					236.00	5.30	1.00	0.07	1.90	0.100	1.90	1.400	73.00	20.0	0 63.00	23.00
THIMBLEBERRY	SHOOTS	PEELED, RAW			24.00	12.00	0.40	0.12	0.40	0.270	0.40	0.060	26.00	2.4	0 29.00	4.70
THIMBLEBERRY	SHOOTS	PEELED, RAW														
WEIGHTED AVERAGE					24.00	12.00	0.40	0.12	0.40	0.270	0.40	0.060	26.00	2.4	0 29.00	4.70
ROOTS																
CINQUEFOIL	ROOTS	STEAMED														
CINQUEFOIL	ROOTS	STEAMED			37.00		3.50		1.10		1.10		109.00		60.00)
WEIGHTED AVERAGE					37.00		3.50		1.10		1.10		109.00		60.00	
CLOVER	RHIZOMES	STEAMED			34.00		4.50		0.30		0.30		38.00		68.00)
WOOD FERN	ROOT STOCKS	STEAMED			56.00	4.40	0.80	0.06	1.50	0.110	1.50	0.770	63.00	29.0	0 44.00	17.00
WOOD FERN	ROOT STOCKS	STEAMED														
WEIGHTED AVERAGE					56.00	4.40	0.80	0.06	1.50	0.110	1.50	0.770	63.00	29.0	0 44.00	17.00
LICORICE FERN	RHIZOMES	RAW			84.00		4.40		0.70		0.70		37.00		53.00	
LUPINE	ROOTS	RAW														
LUPINE	ROOTS	RAW			31.00		10.00		0.20		0.20		33.00		78.00	

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
GOOSEBERRY PURPLE	BERRIES	RAW	0.00	0.00			240.00	36.00			
RASPBERRY	BERRIES	RAW	0.00		0.330		176.00				
MOUNTAIN SORREL	LEAVES/STEM	RAW									
MOUNTAIN SORREL	LEAVES/STEM	RAW									
MOUNTAIN SORREL	LEAVES/STEM	RAW	18.00		1.740						
WEIGHTED AVERAGE			18.00		1.740						
KELP	PLANT	RAW									
KELP	PLANT	RAW									
KELP	PLANT	RAW									
KELP	PLANT	RAW									
KELP	PLANT	RAW	610.00		0.060						
WEIGHTED AVERAGE			610.00		0.060						
GREENS											
COW-PARSNIP		PEELED, RAW	0.70	0.39	0.064	0.011					
FIREDWEED	SHOOTS	PEELED, RAW									
FIREDWEED	SHOOTS	PEELED, RAW	0.60		0.181	0.007					
WEIGHTED AVERAGE			0.60		0.181	0.007					
LAMBSQUARTERS		RAW	0.80	0.36	0.632	0.070					
LAMBSQUARTERS		RAW									
WEIGHTED AVERAGE			0.80	0.36	0.632	0.070					
SALMON BERRY	SHOOTS	PEELED, RAW			0.732	0.348					
SALMON BERRY	SHOOTS	PEELED, RAW	2.50								
WEIGHTED AVERAGE			2.50		0.732	0.348					
SEAWEED		DRIED	3300.00		1.610						
SHEEP SORREL		RAW	2.30	0.10	0.924	0.380					
SHEEP SORREL		RAW									
WEIGHTED AVERAGE			2.30	0.10	0.924	0.380					
STINGING NETTLE		RAW	0.80	0.07	0.740	0.087					
STINGING NETTLE		RAW									
WEIGHTED AVERAGE			0.80	0.07	0.740	0.087					
THIMBLEBERRY	SHOOTS	PEELED, RAW	1.00	0.40	0.167	0.064					
THIMBLEBERRY	SHOOTS	PEELED, RAW									
WEIGHTED AVERAGE			1.00	0.40	0.167	0.064					
ROOTS											
CINQUEFOIL	ROOTS	STEAMED									
CINQUEFOIL	ROOTS	STEAMED	65.00		0.837						
WEIGHTED AVERAGE			65.00		0.837						
CLOVER	RHIZOMES	STEAMED			0.322						
WOOD FERN	ROOT STOCKS	STEAMED	1.40	0.45	3.190	1.100					
WOOD FERN	ROOT STOCKS	STEAMED									
WEIGHTED AVERAGE			1.40	0.45	3.190	1.100					
LICORICE FERN	RHIZOMES	RAW	1.60		2.620						
LUPINE	ROOTS	RAW									
LUPINE	ROOTS	RAW	123.00		0.534						

SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
WEIGHTED AVERAGE							297.00	70.94			15.40	2.00		0.40
RICEROOTS	BULBS	RAW	Fritillaria camschatecensis	60105	4	Kuhnlein, 1990	411.00	98.17						0.30
RICEROOTS	BULBS	RAW	Fritillaria camschatecensis	60105		Kuhnlein, 1990						2.90		
WEIGHTED AVERAGE						·	411.00	98.17	74.00	9.10	221.80	2.90		0.30
OTHER PLANT FOODS								0.00						
COTTONWOOD TREE	INNER BACK	RAW	Populus trichocarpa	50108	1	Kuhnlein, 1990	112.00	26.75			27.00	0.20		0.50
LABRADOR TEA	LEAVES	DRIED	Ledum decumbent	50117		Kuhnlein, 1990			42.00					0.50 0.70
WILD CRABAPPLE	FRUITS	RAW	Pyrus fusca	50134		Kuhnlein, 1990	343.00	81.92			17.70	1.20	0.28	
WILD CRABAPPLE	FRUITS	RAW	Pyrus fusca	50134		Kuhnlein, 1990								
WEIGHTED AVERAGE			,			,	343.00	81.92	79.00	3.10	17.70	1.20	0.28	1.60
WILLOW, ARCTIC		RAW	Salix arctica	50138	1	Kuhnlein & Soueida, 1992			69.00					
WILLOW, NETTED		RAW	Salix reticulata	50139	_	Kuhnlein et al, 1991								2.00
WILLOW, NETTED		RAW	Salix reticulata	50139	_	Kuhnlein & Soueida, 1992			67.00		25.90			2.00
WEIGHTED AVERAGE						,			67.00		25.90			2.00
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SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
WEIGHTED AVERAGE			0.03			5 (5)		5.5.2.5									
RICEROOTS	BULBS	RAW	0.07														
RICEROOTS	BULBS	RAW								<u> </u>		1					<u> </u>
WEIGHTED AVERAGE			0.07														
OTHER PLANT FOODS																	
COTTONWOOD TREE	INNER BACK	RAW															
LABRADOR TEA	LEAVES	DRIED															
WILD CRABAPPLE	FRUITS	RAW	0.48														
WILD CRABAPPLE	FRUITS	RAW															
WEIGHTED AVERAGE			0.48														
WILLOW, ARCTIC		RAW															
WILLOW, NETTED		RAW						0.60									1
WILLOW, NETTED		RAW															1
WEIGHTED AVERAGE								0.60									
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SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
WEIGHTED AVERAGE		TALL	55 22.011 5	22.011 2	52 22.011 0	1110(0)	55 1110	10.211 0	55 10.211 0	10.511 0	52 10.011 0	201211 0	55 20.211 0	20.511 0	55 20.511 0	201111 0	DD 201111 0	22.21.0
	BULBS	RAW																
		RAW									<u> </u>							
WEIGHTED AVERAGE	BCEBS	Tu I II																
OTHER PLANT FOODS																		
	INNER BACK	RAW																
		DRIED																
		RAW																
		RAW																
WEIGHTED AVERAGE	TROTIS	KA W																
WILLOW, ARCTIC		RAW																
WILLOW, NETTED		RAW						0.10										
WILLOW, NETTED		RAW						0.10										
WEIGHTED AVERAGE		IXA W						0.10										
WEIGHTED AVERAGE								0.10										
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SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
WEIGHTED AVERAGE					(0)					1011						
	BULBS	RAW														
	BULBS	RAW							1		<u> </u>			1	1	
WEIGHTED AVERAGE																
OTHER PLANT FOODS																
	INNER BACK	RAW														
		DRIED														
	FRUITS	RAW														
	FRUITS	RAW														
WEIGHTED AVERAGE																
WILLOW, ARCTIC		RAW														
WILLOW, NETTED		RAW										0.10				
WILLOW, NETTED		RAW														
WEIGHTED AVERAGE												0.10				
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SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
WEIGHTED AVERAGE						` '												
	BULBS	RAW																
		RAW																
WEIGHTED AVERAGE																		
OTHER PLANT FOODS																		
	INNER BACK	RAW																
		DRIED																
		RAW																
		RAW																
WEIGHTED AVERAGE																		
WILLOW, ARCTIC		RAW																
WILLOW, NETTED		RAW									0.20							
WILLOW, NETTED		RAW								1					1		1	
WEIGHTED AVERAGE											0.20							
																	1	

SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
WEIGHTED AVERAGE							7.80									
RICEROOTS	BULBS	RAW														
RICEROOTS	BULBS	RAW					1.90								29.00	
WEIGHTED AVERAGE							1.90								29.00	
OTHER PLANT FOODS																
COTTONWOOD TREE	INNER BACK	RAW					1.50									
LABRADOR TEA		DRIED													98.00	
WILD CRABAPPLE	FRUITS	RAW														
WILD CRABAPPLE	FRUITS	RAW					6.00									
WEIGHTED AVERAGE							6.00									
WILLOW, ARCTIC		RAW							404.00							
WILLOW, NETTED		RAW														
WILLOW, NETTED		RAW														
WEIGHTED AVERAGE																
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SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
WEIGHTED AVERAGE					31.00		10.00		0.20		0.20		33.00		78.00	,
RICEROOTS	BULBS	RAW			10.00	2.70	2.20	0.80	0.20	1.600	0.70	0.210	61.00	13.00	23.00	4.70
RICEROOTS	BULBS	RAW	36.50													
WEIGHTED AVERAGE			36.50		10.00	2.70	2.20	0.80	0.20	1.600	0.70	0.210	61.00	13.00	23.00	4.70
OTHER PLANT FOODS																
COTTONWOOD TREE	INNER BACK	RAW	68.60		10.00		0.30		0.40		0.40		39.00		8.00	,
LABRADOR TEA	LEAVES	DRIED			215.00		184.00		2.40		2.40		93.00		73.00	,
WILD CRABAPPLE	FRUITS	RAW			29.00	19.00	0.60	0.18	0.50	0.370	0.20	0.010	33.00	4.60	28.00	0.60
WILD CRABAPPLE	FRUITS	RAW														
WEIGHTED AVERAGE					29.00	19.00	0.60	0.18	0.50	0.370	0.20	0.010	33.00	4.60	28.00	0.60
WILLOW, ARCTIC		RAW			188.00		2.90		12.00		4.10		72.00		89.00	,
WILLOW, NETTED		RAW														
WILLOW, NETTED		RAW			267.00		5.70		0.20		3.50		89.00		167.00	,
WEIGHTED AVERAGE					267.00		5.70		0.20		3.50		89.00		167.00	

SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
WEIGHTED AVERAGE			123.00		0.534						
	BULBS	RAW	18.40								
	BULBS	RAW									
WEIGHTED AVERAGE			18.40	3.00	0.436	0.151					
OTHER PLANT FOODS											
	INNER BACK	RAW			0.070						
	LEAVES	DRIED	3.70		45.400						
	FRUITS	RAW	21.20			0.137					
	FRUITS	RAW									
WEIGHTED AVERAGE			21.20	20.00	0.326	0.137					
WILLOW, ARCTIC		RAW	2.60		2.900						
WILLOW, NETTED		RAW									
WILLOW, NETTED		RAW	43.00		0.010						
WEIGHTED AVERAGE			43.00		0.010						
			.2.30		5.510						
										 	
										 	
										 	
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SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO(G)	PROT (G)	SD PROT	FAT (G)
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SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18·4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
BI LCIES	1711(1	TREI	55 1711	110111(0)	SD I I CITI	1 11 3 (3)	55 1115	10.511 5	52 10.511 5	10.111 5	5D 10. III 5	20.311 3	5D 20.5H 3	20.311 3	5D 20.5H 3	22.511 5	22.311 3
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SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18·2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
ET HEIBS		11121	52 22.61. 5	22.01. 5	22 22:01: 2	1110(0)	55 1110	10.211 0	55 10.211 0	10.011 0	DD TOIGH 0	20.211 0	DD 20.211 0	20.011 0	55 20.011 0	201.111.0	55 201111 0	
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SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
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SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
STEELIS			02 22.1	1,10110 2 111	55 21	1 5111 (0)	55 1 5111	5111 0.0	51111010	51111210	51111110	52 1	51111010	55 10.0	511110.0	52 10.0	51112010	DD 20.0
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SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
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SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
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SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
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SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
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SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18·4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
BI LCIES	1711(1	TREI	55 1711	110111(0)	SD I I CITI	1 11 3 (3)	55 1115	10.511 5	52 10.511 5	10.111 5	5D 10. III 5	20.311 3	5D 20.5H 3	20.311 3	5D 20.5H 3	22.511 5	22.311 3
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SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18·2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
ET HEIBS		11121	52 22.61. 5	22.01. 5	22 22:01: 2	1110(0)	55 1110	10.211 0	55 10.211 0	10.011 0	DD TOIGHT 0	20.211 0	DD 20.211 0	20.011 0	55 20.011 0	201.111.0	55 201111 0	
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SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
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SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
STEELIS			02 22.1	1,10110 2 111	55 21	1 5111 (0)	55 1 5111	5111 0.0	51111010	51111210	51111110	52 1	51111010	55 10.0	511110.0	52 10.0	51112010	DD 20.0
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SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
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SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
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SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
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SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18·4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
BI LCIES	1711(1	TREI	55 1711	110111(0)	SD I I CITI	1 11 3 (3)	55 1115	10.511 5	52 10.511 5	10.111 5	5D 10. III 5	20.311 3	5D 20.5H 3	20.311 3	5D 20.5H 3	22.511 5	22.311 3
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SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18·2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
ET HEIBS		11121	52 22.61. 5	22.01. 5	22 22:01: 2	1110(0)	55 1110	10.211 0	55 10.211 0	10.011 0	DD TOIGHT 0	20.211 0	DD 20.211 0	20.011 0	55 20.011 0	201.111.0	55 201111 0	
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SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
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SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
STECHS			02 22.1	1,10110 2 111	55 21	1 5111 (0)	55 1 5111	5111 0.0	51111010	51111210	51111110	52 1	51111010	55 10.0	511110.0	52 10.0	51112010	DD 20.0
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SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
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SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
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SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
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SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
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SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18·4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
BI LCIES	1711(1	TREI	55 1711	110111(0)	SD I I CITI	1 11 3 (3)	55 1115	10.511 5	52 10.511 5	10.111 5	5D 10. III 5	20.311 3	5D 20.5H 3	20.311 3	5D 20.5H 3	22.511 5	22.311 3
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SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18·2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
ET HEIBS		11121	52 22.611 5	22.01. 5	22 22:01: 2	1110(0)	55 1110	10.211 0	55 10.211 0	10.011 0	DD TOIGHT 0	20.211 0	DD 20.211 0	20.011 0	55 20.011 0	201.111.0	55 201111 0	
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SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
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SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
STECHS			02 22.1	1,10110 2 111	55 21	1 5111 (0)	55 1 5111	5111 0.0	51111010	51111210	51111110	52 1	51111010	55 10.0	511110.0	52 10.0	51112010	DD 20.0
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SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
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SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
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SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
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SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO(G)	PROT (G)	SD PROT	FAT (G)
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SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18·4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
BI LCIES	1711(1	TREI	55 1711	110111(0)	SD I I CITI	1 11 3 (3)	55 1115	10.511 5	52 10.511 5	10.111 5	5D 10. III 5	20.311 3	5D 20.5H 3	20.311 3	5D 20.5H 3	22.511 5	22.311 3
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SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18·2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
ET HEIBS		11121	52 22.611 5	22.01. 5	22 22:01: 2	1110(0)	55 1110	10.211 0	55 10.211 0	10.011 0	DD TOIGHT 0	20.211 0	DD 20.211 0	20.011 0	55 20.011 0	201.111.0	55 201111 0	
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SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
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SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
STECHS			02 22.1	1,10110 2 111	55 21	1 5111 (0)	55 1 5111	5111 0.0	51111010	51111210	51111110	52 1	51111010	55 10.0	511110.0	52 10.0	51112010	DD 20.0
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SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
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SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
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SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
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SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18·4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
BI LCIES	1711(1	TREI	55 1711	110111(0)	SD I I CITI	1 11 3 (3)	55 1115	10.511 5	52 10.511 5	10.111 5	5D 10. III 5	20.311 3	5D 20.5H 3	20.311 3	5D 20.5H 3	22.511 5	22.311 3
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SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18·2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
ET HEIBS		11121	52 22.61. 5	22.01. 5	22 22:01: 2	1110(0)	55 1110	10.211 0	55 10.211 0	10.011 0	DD TOIGH 0	20.211 0	DD 20.211 0	20.011 0	55 20.011 0	201.111.0	55 201111 0	
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SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
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SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
STECHS			02 22.1	1,10110 2 111	55 21	1 5111 (0)	55 1 5111	5111 0.0	51111010	51111210	51111110	52 1	51111010	55 10.0	511110.0	52 10.0	51112010	DD 20.0
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SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
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SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
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SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
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SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
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SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18·4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
BI LCIES	1711(1	TREI	55 1711	110111(0)	SD I I CITI	1 11 3 (3)	55 1115	10.511 5	52 10.311 3	10.111 5	5D 10. III 5	20.311 3	5D 20.5H 3	20.311 3	5D 20.5H 3	22.511 5	22.311 3
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SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18·2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
ET HEIBS		11121	52 22.61. 5	22.01. 5	22 22:01: 2	1110(0)	55 1110	10.211 0	55 10.211 0	10.011 0	DD TOIGH 0	20.211 0	DD 20.211 0	20.011 0	55 20.011 0	201.111.0	55 201111 0	
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SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
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SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
STECHS			02 22.1	1,10110 2 111	55 21	1 5111 (0)	55 1 5111	5111 0.0	51111010	51111210	51111110	52 1	51111010	55 10.0	511110.0	52 10.0	51112010	DD 20.0
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SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
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SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
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SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO(G)	PROT (G)	SD PROT	FAT (G)
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SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18·4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
BI LCIES	1711(1	TREI	55 1711	110111(0)	SD I I CITI	1 11 3 (3)	55 1115	10.511 5	52 10.511 5	10.111 5	5D 10. III 5	20.311 3	5D 20.5H 3	20.311 3	5D 20.5H 3	22.511 5	22.311 3
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ET HEIBS		11121	52 22.611 5	22.01. 5	22 22:01: 2	1110(0)	55 1110	10.211 0	55 10.211 0	10.011 0	DD TOIGHT 0	20.211 0	DD 20.211 0	20.011 0	55 20.011 0	201.111.0	55 201111 0	
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SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
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STECHS			02 22.1	1,10110 2 111	55 21	1 5111 (0)	55 1 5111	5111 0.0	51111010	51111210	51111110	52 1	51111010	55 10.0	511110.0	52 10.0	51112010	DD 20.0
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SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
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SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
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SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
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SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO(G)	PROT (G)	SD PROT	FAT (G)
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SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18·4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
BI LCIES	1711(1	TREI	55 1711	110111(0)	SD I I CITI	1 11 3 (3)	55 1115	10.511 5	52 10.311 3	10.111 5	5D 10. III 5	20.311 3	5D 20.5H 3	20.311 3	5D 20.5H 3	22.511 5	22.311 3
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SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18·2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
ET HEIBS		11121	52 22.61. 5	22.01. 5	22 22:01: 2	1110(0)	55 1110	10.211 0	55 10.211 0	10.011 0	DD TOIGHT 0	20.211 0	DD 20.211 0	20.011 0	55 20.011 0	201.111.0	55 201111 0	
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SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
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SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
STECHS			02 22.1	1,10110 2 111	55 21	1 5111 (0)	55 1 5111	5111 0.0	51111010	51111210	51111110	52 1	51111010	55 10.0	511110.0	52 10.0	51112010	DD 20.0
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SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
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SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
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SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
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SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
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SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18·4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3
BI LCIES	1711(1	TREI	55 1711	110111(0)	SD I I CITI	1 11 3 (3)	55 1115	10.511 5	52 10.511 5	10.111 5	5D 10. III 5	20.311 3	5D 20.5H 3	20.311 3	5D 20.5H 3	22.511 5	22.311 3
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SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18·2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6
ET HEIBS		11121	52 22.61. 5	22.01. 5	22 22:01: 2	1110(0)	55 1110	10.211 0	55 10.211 0	10.011 0	DD TOIGHT 0	20.211 0	DD 20.211 0	20.011 0	55 20.011 0	201.111.0	55 201111 0	
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SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
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SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
STECHS			02 22.1	1,10110 2 111	55 21	1 5111 (0)	55 1 5111	5111 0.0	51111010	51111210	51111110	52 1	51111010	55 10.0	511110.0	52 10.0	51112010	DD 20.0
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SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
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SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
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SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
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SPECIES	PART	PREP	SCIENTIFIC NAME	FOOD CODE	N	Reference	KJOULE (calc)	KCALORIES	H2O (G)	SD H20	CHO (G)	PROT (G)	SD PROT	FAT (G)
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SPECIES	PART	PREP	SD FAT	T PUFA (G)	SD T PUFA	T n-3 (G)	SD T n-3	18:3n-3	SD 18:3n-3	18:4n-3	SD 18:4n-3	20:3n-3	SD 20:3n-3	20:5n-3	SD 20:5n-3	22:3n-3	22:5n-3

SPECIES	PART	PREP	SD 22:5n-3	22:6n-3	SD 22:6n-3	T n-6 (G)	SD T n-6	18:2n-6	SD 18:2n-6	18:3n-6	SD18:3n-6	20:2n-6	SD 20:2n-6	20:3n-6	SD 20:3n-6	20:4n-6	SD 20:4n-6	22:2n-6

SPECIES	PART	PREP	22:4n-6	SD 22:4n-6	T MUFA (G)	SD T MUFA	Mono 12:1	Mono 14:1	SD 14:1	Mono 16:1	SD 16:1	Mono 18:1	SD 18:1	Mono 20:1	SD 20:1	Mono 22:1
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SPECIES	PART	PREP	SD 22:1	Mono 24:1	SD 24:1	T SFA (G)	SD T SFA	SFA 8:0	SFA 10:0	SFA 12:0	SFA 14:0	SD 14:0	SFA 16:0	SD 16:0	SFA 18:0	SD 18:0	SFA 20:0	SD 20:0
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SPECIES	PART	PREP	SFA 22:0	SD 22:0	SFA 24:0	SD 24:0	FIBER (G)	SD FIBER	VITA RAE	SD VIT A	VIT D (mcg)	SD VIT D	VIT E (mg)	SD VIT E	VIT C (MG)	S.D. for Vit C
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SPECIES	PART	PREP	FOL (MCG)	SD Folate	CA (MG)	SD Ca	FE (MG)	SD Fe	CU (MG)	SD Cu	ZN(MG)	SD Zn	P(MG)	SD P	MG (MG)	SD Mg
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SPECIES	PART	PREP	NA (MG)	SD Na	MN (MG)	SD Mn	K (MG)	SD K	SE (MG)	SD Se	
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