

NDB No. 35182
Acorn stew (Apache) (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.78		1	A	1				
Energy.....kcal	95		0	NC	4				
Energy.....kJ	399		0	NC	4				
Protein (N x 6.25).....g	6.81		1	A	1				
Total lipid (fat).....g	3.47		1	A	1				
Ash.....g	0.72		1	A	1				
Carbohydrate, by difference.....g	9.22		0	NC	4				
Fiber, total dietary.....g	0.7		1	A	1				
Sugars, total.....g	0.34		1	A	1				
Sucrose.....g	0.16		1	A	1				
Glucose (dextrose).....g	0.00		1	A	1				
Fructose.....g	0.00		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.19		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	6.57		1	A	1				
Minerals:									
Calcium, Ca.....mg	14		1	A	1				
Iron, Fe.....mg	1.00		1	A	1				
Magnesium, Mg.....mg	12		1	A	1				
Phosphorus, P.....mg	62		1	A	1				
Potassium, K.....mg	110		1	A	1				
Sodium, Na.....mg	130		1	A	1				
Zinc, Zn.....mg	1.60		1	A	1				
Copper, Cu.....mg	0.030		1	A	1				
Manganese, Mn.....mg	0.140		1	A	1				
Selenium, Se.....µg	8.3		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.175		1	A	1				
Riboflavin.....mg	0.125		1	A	1				
Niacin.....mg	2.140		1	A	1				
Pantothenic acid.....mg	0.212		1	A	1				
Vitamin B-6.....mg	0.055		1	A	1				
Folate, total.....µg	33		1	A	1				
Folic acid.....µg	15		1	A	1				
Folate, food.....µg	18		0	AS	1				
Folate, DFE.....µg	44		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.68		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	0		0	NC	4				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.30		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.12		1	A	1				
Tocopherol, gamma.....mg	0.23		1	A	1				
Tocopherol, delta.....mg	0.05		1	A	1				
Tocotrienol, alpha.....mg	0.02		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				
Tocotrienol, gamma.....mg	0.00		1	A	1				

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			of Data Points	Deriv Code	Source Code			
Tocotrienol, delta.....mg	0.00		1	A	1			
Vitamin D (D2 + D3).....µg								
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	0.0		1	A	1			
Dihydrophylloquinone.....µg	0.0		1	A	1			
Menaquinone-4.....µg	0.9		1	A	1			
Lipids:								
Fatty acids, total saturated.....g	1.280		0	NC	4			
4:0.....g								
6:0.....g								
8:0.....g	0.000		1	A	1			
10:0.....g	0.000		1	A	1			
12:0.....g	0.000		1	A	1			
13:0.....g								
14:0.....g	0.090		1	A	1			
15:0.....g	0.010		1	A	1			
16:0.....g	0.750		1	A	1			
17:0.....g	0.040		1	A	1			
18:0.....g	0.390		1	A	1			
20:0.....g	0.000		1	A	1			
22:0.....g	0.000		1	A	1			
24:0.....g	0.000		1	A	1			
Fatty acids, total monounsaturated.....g	1.680		0	NC	4			
14:1.....g	0.020		1	A	1			
15:1.....g	0.000		1	A	1			
16:1 undifferentiated.....g	0.110		1	A	1			
17:1.....g	0.030		1	A	1			
18:1 undifferentiated.....g	1.510		1	A	1			
20:1.....g	0.010		1	A	1			
22:1 undifferentiated.....g	0.000		1	A	1			
24:1 c.....g	0.000		1	A	1			
Fatty acids, total polyunsaturated.....g	0.297		0	NC	4			
18:2 undifferentiated.....g	0.260		1	A	1			
18:3 undifferentiated.....g	0.010		1	A	1			
18:4.....g	0.020		1	A	1			
20:2 n-6 c,c.....g	0.007		1	A	1			
20:3 undifferentiated.....g	0.000		1	A	1			
20:4 undifferentiated.....g	0.000		1	A	1			
20:5 n-3 (EPA).....g	0.000		1	A	1			
21:5.....g	0.000		1	A	1			
22:4.....g	0.000		1	A	1			
22:5 n-3 (DPA).....g	0.000		1	A	1			
22:6 n-3 (DHA).....g	0.000		1	A	1			
Fatty acids, total trans.....g								
Cholesterol.....mg	20		1	A	1			
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.040		0	A	1			
Threonine.....g	0.360		0	A	1			
Isoleucine.....g	0.350		0	A	1			
Leucine.....g	0.620		0	A	1			
Lysine.....g	0.580		0	A	1			
Methionine.....g	0.160		0	A	1			
Cystine.....g	0.090		0	A	1			
Phenylalanine.....g	0.330		0	A	1			
Tyrosine.....g	0.250		0	A	1			
Valine.....g	0.390		0	A	1			
Arginine.....g	0.470		0	A	1			
Histidine.....g	0.230		0	A	1			
Alanine.....g	0.450		0	A	1			
Aspartic acid.....g	0.830		0	A	1			

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glutamic acid.....g	1.510		0	A	1				
Glycine.....g	0.420		0	A	1				
Proline.....g	0.460		0	A	1				
Serine.....g	0.330		0	A	1				
Hydroxyproline.....g									

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

Common Measures:

Footnotes:

1 Boiled stew made with water, beef or deer, prepared acorns, dumpling strips, salt, and pepper.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35193
 Agave, cooked (Southwest)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.40		1	A		1			
Energy.....kcal	135		0	NC		4			
Energy.....kJ	563		0	NC		4			
Protein (N x 6.25).....g	0.99		0	BFSN		4			
Total lipid (fat).....g	0.29		0	BFSN		4			
Ash.....g	1.32		1	A		1			
Carbohydrate, by difference.....g	32.00		0	NC		4			
Fiber, total dietary.....g	10.6		1	A		1			
Sugars, total.....g	20.87		1	A		1			
Sucrose.....g	1.72		1	A		1			
Glucose (dextrose).....g	1.58		1	A		1			
Fructose.....g	17.57		1	A		1			
Lactose.....g	0.00		1	A		1			
Maltose.....g	0.00		1	A		1			
Galactose.....g	0.00		1	A		1			
Starch.....g	0.24		1	A		1			
Minerals:									
Calcium, Ca.....mg	460		1	A		1			
Iron, Fe.....mg	3.55		1	A		1			
Magnesium, Mg.....mg	39		1	A		1			
Phosphorus, P.....mg	9		1	A		1			
Potassium, K.....mg	59		1	A		1			
Sodium, Na.....mg	13		1	A		1			
Zinc, Zn.....mg	0.25		1	A		1			
Copper, Cu.....mg	0.112		1	A		1			
Manganese, Mn.....mg	0.142		1	A		1			
Selenium, Se.....µg	0.2		1	A		1			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	A		1			
Thiamin.....mg	0.012		1	A		1			
Riboflavin.....mg	0.099		1	A		1			
Niacin.....mg	0.162		1	A		1			
Pantothenic acid.....mg	0.041		1	A		1			
Vitamin B-6.....mg	0.087		1	A		1			
Folate, total.....µg	3		1	A		1			
Folic acid.....µg	0		0	Z		7			
Folate, food.....µg	3		1	A		1			
Folate, DFE.....µg	3		0	NC		4			
Choline, total.....mg	8.8		0	AS		1			
Betaine.....mg	0.4		1	A		1			
Vitamin B-12.....µg	0.00		0	Z		7			
Vitamin B-12, added.....µg	0.00		0	Z		7			
Vitamin A, RAE.....µg	6		0	AS		1			
Retinol.....µg	0		0	Z		7			
Carotene, beta.....µg	68		1	A		1			
Carotene, alpha.....µg	0		1	A		1			
Cryptoxanthin, beta.....µg	0		1	A		1			
Vitamin A, IU.....IU	113		0	AS		1			
Lycopene.....µg	0		1	A		1			
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.36		1	A		1			
Vitamin E, added.....mg	0.00		0	Z		7			
Tocopherol, beta.....mg	0.00		1	A		1			
Tocopherol, gamma.....mg	0.00		1	A		1			
Tocopherol, delta.....mg	0.00		1	A		1			
Tocotrienol, alpha.....mg	0.00		1	A		1			
Tocotrienol, beta.....mg	0.00		1	A		1			

NDB No. 35193
Agave, cooked (Southwest)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Tocotrienol, gamma.....mg	0.00		1	A	1			
Tocotrienol, delta.....mg	0.00		1	A	1			
Vitamin D (D2 + D3).....µg	0.0		0	Z	7			
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	0		0	Z	7			
Vitamin K (phylloquinone).....µg	4.9		1	A	1			
Dihydrophyloquinone.....µg	0.0		1	A	1			
Menaquinone-4.....µg								
<u>Lipids:</u>								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7			
Phytosterols.....mg								
<u>Amino Acids:</u>								
Tryptophan.....g								
Threonine.....g								
Isoleucine.....g								
Leucine.....g								
Lysine.....g								
Methionine.....g								
Cystine.....g								
Phenylalanine.....g								
Tyrosine.....g								
Valine.....g								
Arginine.....g								
Histidine.....g								
Alanine.....g								
Aspartic acid.....g								
Glutamic acid.....g								
Glycine.....g								
Proline.....g								
Serine.....g								
Hydroxyproline.....g								
<u>Others:</u>								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35194
 Agave, dried (Southwest)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.64		1	A	1				
Energy.....kcal	341		0	NC	4				
Energy.....kJ	1427		0	NC	4				
Protein (N x 6.25).....g	1.71		1	A	1				
Total lipid (fat).....g	0.69		1	A	1				
Ash.....g	3.98		1	A	1				
Carbohydrate, by difference.....g	81.98		0	NC	4				
Fiber, total dietary.....g	15.6		1	A	1				
Sugars, total.....g	50.70		1	A	1				
Sucrose.....g	4.39		1	A	1				
Glucose (dextrose).....g	3.48		1	A	1				
Fructose.....g	42.83		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	0.91		1	A	1				
Minerals:									
Calcium, Ca.....mg	770		1	A	1				
Iron, Fe.....mg	3.64		1	A	1				
Magnesium, Mg.....mg	207		1	A	1				
Phosphorus, P.....mg	37		1	A	1				
Potassium, K.....mg	767		1	A	1				
Sodium, Na.....mg	14		1	A	1				
Zinc, Zn (1).....mg	12.10		1	A	1				
Copper, Cu.....mg	0.189		1	A	1				
Manganese, Mn.....mg	0.337		1	A	1				
Selenium, Se.....µg	0.6		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1				
Thiamin.....mg	0.021		1	A	1				
Riboflavin.....mg	0.644		1	A	1				
Niacin.....mg	0.870		1	A	1				
Pantothenic acid.....mg	0.150		1	A	1				
Vitamin B-6.....mg	0.216		1	A	1				
Folate, total.....µg	7		1	A	1				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	7		1	A	1				
Folate, DFE.....µg	7		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7				
Vitamin B-12, added.....µg	0.00		0	NR	4				
Vitamin A, RAE.....µg	1		0	AS	1				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg	11		1	A	1				
Carotene, alpha.....µg	0		1	A	1				
Cryptoxanthin, beta.....µg	0		1	A	1				
Vitamin A, IU.....IU	18		0	AS	1				
Lycopene.....µg	0		1	A	1				
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.76		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.03		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35194
Agave, dried (Southwest)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Tocotrienol, gamma.....mg	0.00		1	A	1			
Tocotrienol, delta.....mg	0.00		1	A	1			
Vitamin D (D2 + D3).....µg	0.0		0	Z	7			
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	0		0	Z	7			
Vitamin K (phylloquinone).....µg	0.5		1	A	1			
Dihydrophyloquinone.....µg	0.0		1	A	1			
Menaquinone-4.....µg								
<u>Lipids:</u>								
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7			
Phytosterols.....mg								
<u>Others:</u>								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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Common Measures:

Footnotes:

1 Dried on galvanized wire.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35192
 Agave, raw (Southwest)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.83		1	A	1				
Energy.....kcal	68		0	NC	4				
Energy.....kJ	286		0	NC	4				
Protein (N x 6.25).....g	0.52		1	A	1				
Total lipid (fat).....g	0.15		1	A	1				
Ash.....g	1.27		1	A	1				
Carbohydrate, by difference.....g	16.23		0	NC	4				
Fiber, total dietary.....g	6.6		1	A	1				
Sugars, total.....g	2.58		1	A	1				
Sucrose.....g	0.41		1	A	1				
Glucose (dextrose).....g	1.19		1	A	1				
Fructose.....g	0.98		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	0.24		1	A	1				
Minerals:									
Calcium, Ca.....mg	417		1	A	1				
Iron, Fe.....mg	1.80		1	A	1				
Magnesium, Mg.....mg	55		1	A	1				
Phosphorus, P.....mg	7		1	A	1				
Potassium, K.....mg	127		1	A	1				
Sodium, Na.....mg	14		1	A	1				
Zinc, Zn.....mg	0.15		1	A	1				
Copper, Cu.....mg	0.138		1	A	1				
Manganese, Mn.....mg	0.094		1	A	1				
Selenium, Se.....µg	0.4		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.0		1	A	1				
Thiamin.....mg	0.029		1	A	1				
Riboflavin.....mg	0.039		1	A	1				
Niacin.....mg	0.162		1	A	1				
Pantothenic acid.....mg	0.041		1	A	1				
Vitamin B-6.....mg	0.055		1	A	1				
Folate, total.....µg	7		1	A	1				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	7		1	A	1				
Folate, DFE.....µg	7		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	2		0	AS	1				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg	22		1	A	1				
Carotene, alpha.....µg	0		1	A	1				
Cryptoxanthin, beta.....µg	0		1	A	1				
Vitamin A, IU.....IU	37		0	AS	1				
Lycopene.....µg	0		1	A	1				
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.23		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35192
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	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Tocotrienol, gamma.....mg	0.00		1	A	1		
Tocotrienol, delta.....mg	0.00		1	A	1		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		
Vitamin D2 (ergocalciferol).....µg							
Vitamin D3 (cholecalciferol).....µg							
Vitamin D.....IU	0		0	Z	7		
Vitamin K (phylloquinone).....µg	5.3		1	A	1		
Dihydrophyloquinone.....µg	0.0		1	A	1		
Menaquinone-4.....µg							
<u>Lipids:</u>							
Fatty acids, total saturated.....g							
Fatty acids, total monounsaturated.....g							
Fatty acids, total polyunsaturated.....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		
Phytosterols.....mg							
<u>Amino Acids:</u>							
Tryptophan.....g	0.008		0	A	1		
Threonine.....g	0.014		0	A	1		
Isoleucine.....g	0.014		0	A	1		
Leucine.....g	0.025		0	A	1		
Lysine.....g	0.028		0	A	1		
Methionine.....g	0.009		0	A	1		
Cystine.....g	0.008		0	A	1		
Phenylalanine.....g	0.019		0	A	1		
Tyrosine.....g	0.009		0	A	1		
Valine.....g	0.022		0	A	1		
Arginine.....g	0.106		0	A	1		
Histidine.....g	0.008		0	A	1		
Alanine.....g	0.024		0	A	1		
Aspartic acid.....g	0.041		0	A	1		
Glutamic acid.....g	0.052		0	A	1		
Glycine.....g	0.019		0	A	1		
Proline.....g	0.013		0	A	1		
Serine.....g	0.021		0	A	1		
Hydroxyproline.....g							
<u>Others:</u>							
Alcohol, ethyl.....g	0.0		0	Z	7		
Caffeine.....mg	0		0	Z	7		
Theobromine.....mg	0		0	Z	7		

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35225

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	26		1	AI	13			
Phytosterols.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35001

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.30		1	AI	13				
Energy.....kcal	353		0	NC	4				
Energy.....kJ	1479		0	NC	4				
Protein (N x 6.25).....g	3.40		1	AI	13				
Total lipid (fat).....g	31.80		1	AI	13				
Ash.....g	4.10		0	NP	4				
Carbohydrate, by difference.....g	13.40		0	NC	4				
Fiber, total dietary.....g	0.5		1	AI	13				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1	AI	13				
Iron, Fe.....mg	0.30		1	AI	13				
Magnesium, Mg.....mg	7		1	AI	13				
Phosphorus, P.....mg	46		1	AI	13				
Potassium, K.....mg	70		1	AI	13				
Sodium, Na.....mg	21		1	AI	13				
Zinc, Zn.....mg	0.18		1	AI	13				
Copper, Cu.....mg	0.030		1	AI	13				
Manganese, Mn.....mg	0.130		1	AI	13				
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.9		1	AI	13				
Thiamin.....mg	0.040		1	AI	13				
Riboflavin.....mg	0.050		1	AI	13				
Niacin.....mg	0.550		1	AI	13				
Pantothenic acid.....mg	0.020		1	AI	13				
Vitamin B-6.....mg	0.010		1	AI	13				
Folate, total.....µg	3		1	AI	13				
Folic acid.....µg									
Folate, food.....µg	3		1	AI	13				
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	696		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	2.36		1	AI	13				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	7.700		1	AI	13				

NDB No. 35001

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Fatty acids, total saturated.....g	7.700			AI		13			
Fatty acids, total monounsaturated.....g	14.400		1	AI		13			
Fatty acids, total polyunsaturated.....g	8.400		1	AI		13			
18:2 undifferentiated.....g	7.100		0	AI		13			
18:3 undifferentiated.....g	0.530		0	AI		13			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	AI		13			
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35003

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.20		1	AI	13				
Energy.....kcal	258		0	NC	4				
Energy.....kJ	1079		0	NC	4				
Protein (N x 6.25).....g	21.70		1	AI	13				
Total lipid (fat).....g	18.60		1	AI	13				
Ash.....g	3.60		0	NP	4				
Carbohydrate, by difference.....g	0.90		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16		1	AI	13				
Iron, Fe.....mg	4.55		1	AI	13				
Magnesium, Mg.....mg	20		1	AI	13				
Phosphorus, P.....mg	170		1	AI	13				
Potassium, K.....mg	228		1	AI	13				
Sodium, Na.....mg	95		1	AI	13				
Zinc, Zn.....mg	3.83		1	AI	13				
Copper, Cu.....mg	0.190		1	AI	13				
Manganese, Mn.....mg	0.060		1	AI	13				
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.2		1	AI	13				
Thiamin.....mg	0.180		1	AI	13				
Riboflavin.....mg	0.660		1	AI	13				
Niacin.....mg	4.260		1	AI	13				
Pantothenic acid.....mg	1.950		1	AI	13				
Vitamin B-6.....mg	0.230		1	AI	13				
Folate, total.....µg	4		1	AI	13				
Folic acid.....µg									
Folate, food.....µg	4		1	AI	13				
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	4.83		1	AI	13				
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	559		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	5.100		1	AI	13				

NDB No. 35003

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Fatty acids, total saturated.....g	5.100			AI		13			
Fatty acids, total monounsaturated.....g	8.700		1	AI		13			
Fatty acids, total polyunsaturated.....g	3.600		1	AI		13			
18:2 undifferentiated.....g	0.510		0	AI		13			
18:3 undifferentiated.....g	0.310		0	AI		13			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	89		1	AI		13			
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35004

Ascidians (tunughnak) (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	7		1	AI	13			
Phytosterols.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35007
 Bear, black, meat (Alaska Native)
Ursus americanus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.20		1	AI	13				
Energy.....kcal	155		0	NC	4				
Energy.....kJ	649		0	NC	4				
Protein (N x 6.25).....g	20.10		1	AI	13				
Total lipid (fat).....g	8.30		1	AI	13				
Ash.....g	0.40		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	7.20		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	162		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.160		1	AI	13				
Riboflavin.....mg	0.680		1	AI	13				
Niacin.....mg	3.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	260		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35007

Bear, black, meat (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35008

Bear, polar, meat, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35015

Blackberries, wild, raw (Alaska Native) (1)

Rubus spp.

Crowberries

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.05	0.508	3	JO	11		138.23		
Energy.....kcal	52		0	NC	4		82		
Energy.....kJ	219		0	NC	4		344		
Protein (N x 5.3).....g	0.84	0.548	3	JO	11		1.31		
Total lipid (fat).....g	1.07	0.295	3	JO	11		1.67		
Ash.....g	0.21		2	A	1		0.33		
Carbohydrate, by difference.....g	9.84		0	NC	4		15.45		
Fiber, total dietary.....g	3.2		2	A	1		5.0		
Sugars, total.....g	3.65		2	A	1		5.73		
Sucrose.....g	0.01		2	A	1		0.01		
Glucose (dextrose).....g	1.69		2	A	1		2.65		
Fructose.....g	1.95		2	A	1		3.07		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	0.00		2	A	1		0.00		
Minerals:									
Calcium, Ca.....mg	5	0.500	3	JO	11		7		
Iron, Fe.....mg	0.21	0.061	3	JO	11		0.33		
Magnesium, Mg.....mg	4	0.275	3	JO	11		6		
Phosphorus, P.....mg	11	3.375	3	JO	11		17		
Potassium, K.....mg	75		2	A	1		118		
Sodium, Na.....mg	6	3.125	3	JO	11		10		
Zinc, Zn.....mg	0.15	0.048	3	JO	11		0.24		
Copper, Cu.....mg	0.222	0.193	3	JO	11		0.349		
Manganese, Mn.....mg	0.287	0.078	3	JO	11		0.451		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.7		2	A	1		7.4		
Thiamin.....mg	0.060		2	A	1		0.094		
Riboflavin.....mg	0.144		2	A	1		0.226		
Niacin.....mg	0.314		2	A	1		0.493		
Pantothenic acid.....mg	1.258		2	A	1		1.975		
Vitamin B-6.....mg	0.039		2	A	1		0.061		
Folate, total.....µg	11		2	A	1		17		
Folic acid.....µg	0		2	Z	7		0		
Folate, food.....µg	11		2	A	1		17		
Folate, DFE.....µg	11		0	NC	4		17		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	5		0	NC	4		7		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	27		2	A	1		43		
Carotene, alpha.....µg	0		2	A	1		0		
Cryptoxanthin, beta.....µg	0		2	A	1		0		
Vitamin A, IU.....IU	46		0	AS	1		72		
Lycopene.....µg	0		2	A	1		0		
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.91		2	A	1		1.44		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.02		2	A	1		0.04		
Tocopherol, gamma.....mg	0.05		2	A	1		0.08		
Tocopherol, delta.....mg	0.02		2	A	1		0.04		
Tocotrienol, alpha.....mg	0.02		2	A	1		0.03		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		

NDB No. 35015

Blackberries, wild, raw (Alaska Native) (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.08		2	A	1		0.13		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	5.9		2	A	1		9.3		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	0.0		2	A	1		0.0		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 157g: 1 cup

Footnotes:

1 The mineral and vitamin content of berries harvested in the wild and in specific regions of the country may differ from commercially produced berries.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35017

Blueberries, wild, frozen (Alaska Native)

Vaccinium alaskanese and Ovalifolium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.70		1	AI	13				
Energy.....kcal	44		0	NC	4				
Energy.....kJ	186		0	NC	4				
Protein (N x 5.3).....g	0.70		1	AI	13				
Total lipid (fat).....g	0.00		1	AI	13				
Ash.....g	0.20		0	NP	4				
Carbohydrate, by difference.....g	10.40		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15		1	AI	13				
Iron, Fe.....mg	1.10		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.2		1	AI	13				
Thiamin.....mg	0.030		1	AI	13				
Riboflavin.....mg	0.100		1	AI	13				
Niacin.....mg	0.400		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	163		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35017

Blueberries, wild, frozen (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35155

Blueberries, wild, raw (Alaska Native) (1)

Vaccinium alaskaenese

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.48		2	A	1				
Energy.....kcal	61		0	NC	4				
Energy.....kJ	255		0	NC	4				
Protein (N x 5.3).....g	1.22		2	A	1				
Total lipid (fat).....g	0.76		2	A	1				
Ash.....g	0.23		2	A	1				
Carbohydrate, by difference.....g	12.31		0	NC	4				
Fiber, total dietary.....g	2.6		2	A	1				
Sugars, total.....g	6.46		2	A	1				
Sucrose.....g	0.01		2	A	1				
Glucose (dextrose).....g	3.10		2	A	1				
Fructose.....g	3.35		2	A	1				
Lactose.....g	0.00		2	A	1				
Maltose.....g	0.00		2	A	1				
Galactose.....g	0.00		2	A	1				
Starch.....g	0.00		2	A	1				
Minerals:									
Calcium, Ca.....mg	13		2	A	1				
Iron, Fe.....mg	0.37		2	A	1				
Magnesium, Mg.....mg	7		2	A	1				
Phosphorus, P.....mg	29		2	A	1				
Potassium, K.....mg	75		2	A	1				
Sodium, Na.....mg	6		2	A	1				
Zinc, Zn.....mg	0.20		2	A	1				
Copper, Cu.....mg	0.030		2	A	1				
Manganese, Mn.....mg	2.000		2	A	1				
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	18.3		2	A	1				
Thiamin.....mg	0.067		2	A	1				
Riboflavin.....mg	0.414		2	A	1				
Niacin.....mg	0.597		2	A	1				
Pantothenic acid.....mg	0.265		1	A	1				
Vitamin B-6.....mg	0.026		2	A	1				
Folate, total.....µg	33		2	A	1				
Folic acid.....µg	0		2	Z	7				
Folate, food.....µg	33		2	A	1				
Folate, DFE.....µg	33		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	6		0	AS	1				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg	69		2	A	1				
Carotene, alpha.....µg	0		2	A	1				
Cryptoxanthin, beta.....µg	0		2	A	1				
Vitamin A, IU.....IU	115		0	AS	1				
Lycopene.....µg	0		1	A	1				
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.69		2	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.01		2	A	1				
Tocopherol, gamma.....mg	0.19		2	A	1				
Tocopherol, delta.....mg	0.01		2	A	1				
Tocotrienol, alpha.....mg	0.04		2	A	1				
Tocotrienol, beta.....mg	0.00		2	A	1				
Tocotrienol, gamma.....mg	0.46		2	A	1				

NDB No. 35155

Blueberries, wild, raw (Alaska Native) (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, delta.....mg	0.00		2	A		1			
Vitamin D (D2 + D3).....µg	0.0			Z		7			
Vitamin D.....IU	0		0	Z		7			
Vitamin K (phylloquinone).....µg	17.2		2	A		1			
Dihydrophylloquinone.....µg	0.0		2	A		1			
Menaquinone-4.....µg	0.0		2	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg									

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

Common Measures:

Footnotes:

1 The mineral and vitamin content of berries harvested in the wild and in specific regions of the country may differ from commercially produced berries.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35240
Bread, blue corn, somiviki (Hopi)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.289		0	NC					4
4:0.....g	0.005		1	A					1
6:0.....g	0.000		1	A					1
8:0.....g	0.003		1	A					1
10:0.....g	0.005		1	A					1
12:0.....g	0.003		1	A					1
13:0.....g									
14:0.....g	0.003		1	A					1
15:0.....g	0.002		1	A					1
16:0.....g	0.217		1	A					1
17:0.....g	0.003		1	A					1
18:0.....g	0.037		1	A					1
20:0.....g	0.005		1	A					1
22:0.....g	0.003		1	A					1
24:0.....g	0.003		1	A					1
Fatty acids, total monounsaturated.....g	0.347		0	NC					4
14:1.....g	0.000		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.002		0	AS					1
16:1 c.....g	0.002		1	A					1
16:1 t.....g	0.000		1	A					1
17:1.....g	0.000		1	A					1
18:1 undifferentiated.....g	0.342		0	AS					1
18:1 c.....g	0.338		1	A					1
18:1 t.....g	0.004		1	A					1
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.003		1	A					1
22:1 undifferentiated.....g	0.000		0	AS					1
22:1 c.....g	0.000		1	A					1
22:1 t.....g	0.000		1	A					1
24:1 c.....g	0.000		1	A					1
Fatty acids, total polyunsaturated.....g	0.779		0	NC					4
18:2 undifferentiated.....g	0.757		0	AS					1
18:2 n-6 c,c.....g	0.753		1	A					1
18:2 CLAs.....g	0.000		1	A					1
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.004		1	A					1
18:3 undifferentiated.....g	0.023		0	AS					1
18:3 n-3 c,c,c (ALA).....g	0.023		1	A					1
18:3 n-6 c,c,c.....g	0.000		1	A					1
18:3i.....g									
18:4.....g	0.000		1	A					1
20:2 n-6 c,c.....g	0.000		1	A					1
20:3 undifferentiated.....g	0.000		0	AS					1
20:3 n-3.....g	0.000		1	A					1
20:3 n-6.....g	0.000		1	A					1
20:4 undifferentiated.....g	0.000		1	A					1
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A					1
21:5.....g									
22:4.....g	0.000		1	A					1
22:5 n-3 (DPA).....g	0.000		1	A					1
22:6 n-3 (DHA).....g	0.000		1	A					1
Fatty acids, total trans.....g	0.008		0	NC					4
Fatty acids, total trans-monoenoic.....g	0.004		0	NC					4
Fatty acids, total trans-polyenoic.....g	0.004		0	NC					4
Cholesterol.....mg									
Phytosterols.....mg									

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

NDB No. 35240
Bread, blue corn, somiviki (Hopi)

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

food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35140
Bread, kneel down (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	0.3		1	A	1		0.1	
Dihydrophyloquinone.....µg	0.5		1	A	1		0.1	
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	0.353		0	NC	4		0.100	
4:0.....g								
6:0.....g								
8:0.....g	0.000		1	A	1		0.000	
10:0.....g	0.000		1	A	1		0.000	
12:0.....g	0.000		1	A	1		0.000	
13:0.....g								
14:0.....g	0.000		1	A	1		0.000	
15:0.....g	0.000		1	A	1		0.000	
16:0.....g	0.286		1	A	1		0.081	
17:0.....g	0.000		1	A	1		0.000	
18:0.....g	0.048		1	A	1		0.014	
20:0.....g	0.012		1	A	1		0.003	
22:0.....g	0.007		1	A	1		0.002	
24:0.....g								
Fatty acids, total monounsaturated.....g	0.603		0	NC	4		0.171	
14:1.....g	0.000		1	A	1		0.000	
15:1.....g	0.000		1	A	1		0.000	
16:1 undifferentiated.....g	0.000		1	A	1		0.000	
17:1.....g	0.000		1	A	1		0.000	
18:1 undifferentiated.....g	0.595		1	A	1		0.169	
20:1.....g	0.008		1	A	1		0.002	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.847		0	NC	4		0.240	
18:2 undifferentiated.....g	0.816		1	A	1		0.231	
18:3 undifferentiated.....g	0.031		0	A	1		0.009	
18:3 n-3 c,c,c (ALA).....g	0.031		1	A	1		0.009	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	
18:3i.....g								
18:4.....g								
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		1	A	1		0.000	
20:4 n-6.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 35140
Bread, kneel down (Navajo)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35176

Buffalo, free range, top round steak, cooked (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.595		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.001		1	A		1			
13:0.....g									
14:0.....g	0.018		1	A		1			
15:0.....g	0.008		1	A		1			
16:0.....g	0.264		1	A		1			
17:0.....g	0.023		1	A		1			
18:0.....g	0.278		1	A		1			
20:0.....g	0.003		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	0.614		0	NC		4			
14:1.....g	0.002		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.026		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.582		0	AS		1			
18:1 c.....g	0.525		1	A		1			
18:1 t.....g	0.057		1	A		1			
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.004		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.171		0	NC		4			
18:2 undifferentiated.....g	0.113		0	AS		1			
18:2 n-6 c,c.....g	0.082		1	A		1			
18:2 CLAs.....g									
18:2 t,t.....g	0.031		1	A		1			
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.029		0	AS		1			
18:3 n-3 c,c,c (ALA).....g	0.029		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.009		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.020		1	A		1			
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.088		0	NC		4			
Fatty acids, total trans-monoenoic.....g	0.057		0	NC		4			
Fatty acids, total trans-polyenoic.....g	0.031		0	NC		4			
Cholesterol.....mg	82		1	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.341		0	A		1			
Threonine.....g	1.287		0	A		1			
Isoleucine.....g	1.407		0	A		1			
Leucine.....g	2.593		0	A		1			
Lysine.....g	2.266		0	A		1			
Methionine.....g	0.905		0	A		1			

NDB No. 35176

Buffalo, free range, top round steak, cooked (Shoshone Bannock)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cystine.....g	0.347		0	A		1			
Phenylalanine.....g	1.251		0	A		1			
Tyrosine.....g	1.093		0	A		1			
Valine.....g	1.454		0	A		1			
Arginine.....g	1.929		0	A		1			
Histidine.....g	1.068		0	A		1			
Alanine.....g	1.831		0	A		1			
Aspartic acid.....g	2.839		0	A		1			
Glutamic acid.....g	4.645		0	A		1			
Glycine.....g	1.371		0	A		1			
Proline.....g	1.224		0	A		1			
Serine.....g	1.332		0	A		1			
Hydroxyproline.....g									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35174

Buffalo, free range, top round steak, raw (Shoshone Bannock)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.96		1	A	1				
Energy.....kcal	97		0	NC	4				
Energy.....kJ	408		0	NC	4				
Protein (N x 6.25).....g	21.44		1	A	1				
Total lipid (fat).....g	1.30		1	A	1				
Ash.....g	0.94		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NR	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1	A	1				
Iron, Fe.....mg	2.61		1	A	1				
Magnesium, Mg.....mg	22		1	A	1				
Phosphorus, P.....mg	200		1	A	1				
Potassium, K.....mg	355		1	A	1				
Sodium, Na.....mg	43		1	A	1				
Zinc, Zn.....mg	3.00		1	A	1				
Copper, Cu.....mg	0.117		1	A	1				
Manganese, Mn.....mg	0.011		1	A	1				
Selenium, Se.....µg	7.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.153		1	A	1				
Riboflavin.....mg	0.325		1	A	1				
Niacin.....mg	6.920		1	A	1				
Pantothenic acid.....mg	0.760		1	A	1				
Vitamin B-6.....mg	0.780		1	A	1				
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.15		1	A	1				
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.418		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.001		1	A	1				

NDB No. 35174

Buffalo, free range, top round steak, raw (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.013		1	A			1		
15:0.....g	0.006		1	A			1		
16:0.....g	0.187		1	A			1		
17:0.....g	0.016		1	A			1		
18:0.....g	0.192		1	A			1		
20:0.....g	0.003		1	A			1		
22:0.....g	0.000		1	A			1		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.425		0	NC			4		
14:1.....g	0.001		1	A			1		
15:1.....g	0.000		1	A			1		
16:1 undifferentiated.....g	0.022		1	A			1		
17:1.....g	0.000		1	A			1		
18:1 undifferentiated.....g	0.400		0	AS			1		
18:1 c.....g	0.358		1	A			1		
18:1 t.....g	0.042		1	A			1		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.002		1	A			1		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.098		0	NC			4		
18:2 undifferentiated.....g	0.068		0	AS			1		
18:2 n-6 c,c.....g	0.045		1	A			1		
18:2 CLAs.....g									
18:2 t,t.....g	0.023		1	A			1		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.016		0	AS			1		
18:3 n-3 c,c,c (ALA).....g	0.016		1	A			1		
18:3 n-6 c,c,c.....g	0.000		1	A			1		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A			1		
20:3 undifferentiated.....g	0.004		1	A			1		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.010		1	A			1		
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.065		0	NC			4		
Fatty acids, total trans-monoenoic.....g	0.042		0	NC			4		
Fatty acids, total trans-polyenoic.....g	0.023		0	NC			4		
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.225		0	A			1		
Threonine.....g	0.849		0	A			1		
Isoleucine.....g	0.928		0	A			1		
Leucine.....g	1.710		0	A			1		
Lysine.....g	1.494		0	A			1		
Methionine.....g	0.597		0	A			1		
Cystine.....g	0.229		0	A			1		
Phenylalanine.....g	0.825		0	A			1		
Tyrosine.....g	0.721		0	A			1		
Valine.....g	0.959		0	A			1		
Arginine.....g	1.272		0	A			1		
Histidine.....g	0.704		0	A			1		
Alanine.....g	1.207		0	A			1		

NDB No. 35174

Buffalo, free range, top round steak, raw (Shoshone Bannock)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Aspartic acid.....g	1.872		0	A		1			
Glutamic acid.....g	3.063		0	A		1			
Glycine.....g	0.904		0	A		1			
Proline.....g	0.807		0	A		1			
Serine.....g	0.878		0	A		1			
Hydroxyproline.....g	0.065		1	A		1			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35021

Caribou, bone marrow, raw (Alaska Native)

Rangifer tarandus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.40		1	AI	13				
Energy.....kcal	786		0	NC	4				
Energy.....kJ	3290		0	NC	4				
Protein (N x 6.25).....g	6.70		1	AI	13				
Total lipid (fat).....g	84.40		1	AI	13				
Ash.....g	1.50		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	4.50		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	107		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.040		1	AI	13				
Riboflavin.....mg									
Niacin.....mg	0.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	240		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

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

Common Measures:

NDB No. 35021

Caribou, bone marrow, raw (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.10		1	AI	13				
Energy.....kcal	326		0	NC	4				
Energy.....kJ	1365		0	NC	4				
Protein (N x 6.25).....g	10.80		1	AI	13				
Total lipid (fat).....g	31.40		1	AI	13				
Ash.....g	0.60		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		1	AI	13				
Iron, Fe.....mg	4.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	58		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.050		1	AI	13				
Niacin.....mg	0.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	400		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35162

Caribou, hind quarter meat, raw (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.60		1	A	1				
Energy.....kcal	122		0	NC	4				
Energy.....kJ	508		0	NC	4				
Protein (N x 6.25).....g	22.63		1	A	1				
Total lipid (fat).....g	3.37		1	A	1				
Ash.....g	1.23		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	5		1	A	1				
Iron, Fe.....mg	4.10		1	A	1				
Magnesium, Mg.....mg	26		1	A	1				
Phosphorus, P.....mg	230		1	A	1				
Potassium, K.....mg	320		1	A	1				
Sodium, Na.....mg	52		1	A	1				
Zinc, Zn.....mg	2.10		1	A	1				
Copper, Cu.....mg	0.270		1	A	1				
Manganese, Mn.....mg	0.037		1	A	1				
Selenium, Se.....µg	12.5		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.442		1	A	1				
Riboflavin.....mg	0.962		1	A	1				
Niacin.....mg	7.150		1	A	1				
Pantothenic acid.....mg	2.090		1	A	1				
Vitamin B-6.....mg	0.351		1	A	1				
Folate, total.....µg	4		1	A	1				
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg	4		1	A	1				
Folate, DFE.....µg	4		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	7.05		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	94		0	AS	1				
Retinol.....µg	94		6	A	1				
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	312		0	AS	1				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.69		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.09		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35162

Caribou, hind quarter meat, raw (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Tocotrienol, gamma.....mg	0.00		1	A	1			
Tocotrienol, delta.....mg	0.00		1	A	1			
Vitamin D (D2 + D3).....µg								
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	1.4		1	A	1			
Dihydrophyloquinone.....µg	0.0		1	A	1			
Menaquinone-4.....µg	0.0		1	A	1			
Lipids:								
Fatty acids, total saturated.....g	1.270		0	NC	4			
4:0.....g								
6:0.....g								
8:0.....g	0.000		1	A	1			
10:0.....g	0.000		1	A	1			
12:0.....g	0.000		1	A	1			
13:0.....g								
14:0.....g	0.030		1	A	1			
15:0.....g	0.000		1	A	1			
16:0.....g	0.610		1	A	1			
17:0.....g	0.030		1	A	1			
18:0.....g	0.590		1	A	1			
20:0.....g	0.010		1	A	1			
22:0.....g	0.000		1	A	1			
24:0.....g	0.000		1	A	1			
Fatty acids, total monounsaturated.....g	0.940		0	NC	4			
14:1.....g	0.000		1	A	1			
15:1.....g	0.000		1	A	1			
16:1 undifferentiated.....g	0.070		1	A	1			
17:1.....g	0.000		1	A	1			
18:1 undifferentiated.....g	0.860		1	A	1			
20:1.....g	0.010		1	A	1			
22:1 undifferentiated.....g	0.000		1	A	1			
24:1 c.....g	0.000		1	A	1			
Fatty acids, total polyunsaturated.....g	0.560		0	NC	4			
18:2 undifferentiated.....g	0.260		1	A	1			
18:3 undifferentiated.....g	0.100		1	A	1			
18:4.....g	0.000		1	A	1			
20:2 n-6 c,c.....g	0.000		1	A	1			
20:3 undifferentiated.....g	0.000		1	A	1			
20:4 undifferentiated.....g	0.100		1	A	1			
20:5 n-3 (EPA).....g	0.030		1	A	1			
21:5.....g	0.000		1	A	1			
22:4.....g	0.000		1	A	1			
22:5 n-3 (DPA).....g	0.050		1	A	1			
22:6 n-3 (DHA).....g	0.020		1	A	1			
Fatty acids, total trans.....g								
Cholesterol.....mg	81		1	A	1			
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg								

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

Common Measures:

NDB No. 35162

Caribou, hind quarter meat, raw (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35211

Caribou, hind quarter, meat, cooked (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.47		2	A	1		43.21	66.78	
Energy.....kcal	159		0	NC	4		105	162	
Energy.....kJ	664		0	NC	4		438	677	
Protein.....g	28.81		2	A	1		19.02	29.39	
Total lipid (fat).....g	4.82		2	A	1		3.18	4.91	
Ash.....g	1.05		2	A	1		0.70	1.08	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Sucrose.....g	0.00		0	Z	7		0.00	0.00	
Glucose (dextrose).....g	0.00		0	Z	7		0.00	0.00	
Fructose.....g	0.00		0	Z	7		0.00	0.00	
Lactose.....g	0.00		0	Z	7		0.00	0.00	
Maltose.....g	0.00		0	Z	7		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	0.00		0	Z	7		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	5		2	A	1		3	5	
Iron, Fe.....mg	4.80		2	A	1		3.17	4.90	
Magnesium, Mg.....mg	24		2	A	1		16	24	
Phosphorus, P.....mg	215		2	A	1		142	219	
Potassium, K.....mg	245		2	A	1		162	250	
Sodium, Na.....mg	45		2	A	1		30	46	
Zinc, Zn.....mg	4.30		2	A	1		2.84	4.39	
Copper, Cu.....mg	0.325		2	A	1		0.214	0.331	
Manganese, Mn.....mg	0.043		2	A	1		0.029	0.044	
Selenium, Se.....µg	16.5		2	A	1		10.9	16.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.291		2	A	1		0.192	0.297	
Riboflavin.....mg	0.814		2	A	1		0.537	0.830	
Niacin.....mg	5.890		2	A	1		3.887	6.008	
Pantothenic acid.....mg	1.487		2	A	1		0.981	1.516	
Vitamin B-6.....mg	0.373		2	A	1		0.246	0.381	
Folate, total.....µg	4		2	A	1		2	4	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	4		1	A	1		3	4	
Folate, DFE.....µg	4		0	NC	4		3	4	
Choline, total.....mg	120.4		0	AS	1		79.4	122.8	
Betaine.....mg									
Vitamin B-12.....µg	6.47		2	A	1		4.27	6.60	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	94		0	AS	1		62	95	
Retinol.....µg	94		6	A	1		62	95	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	312		0	AS	1		206	318	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.88		2	A	1		0.58	0.90	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.05		2	A	1		0.03	0.05	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	

NDB No. 35211

Caribou, hind quarter, meat, cooked (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	1.8		2	A	1		1.2	1.8	
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg	1.2		2	A	1		0.8	1.3	
Lipids:									
Fatty acids, total saturated.....g	1.880		0	NC	4		1.241	1.917	
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.060		2	A	1		0.040	0.061	
15:0.....g	0.010		2	A	1		0.007	0.010	
16:0.....g	0.950		2	A	1		0.627	0.969	
17:0.....g	0.040		2	A	1		0.026	0.041	
18:0.....g	0.795		2	A	1		0.525	0.811	
20:0.....g	0.015		2	A	1		0.010	0.015	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.010		2	A	1		0.007	0.010	
Fatty acids, total monounsaturated.....g	1.495		0	NC	4		0.987	1.525	
14:1.....g	0.005		2	A	1		0.003	0.005	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.085		2	A	1		0.056	0.087	
17:1.....g	0.010		2	A	1		0.007	0.010	
18:1 undifferentiated.....g	1.380		2	A	1		0.911	1.408	
20:1.....g	0.015		2	A	1		0.010	0.015	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.725		0	NC	4		0.478	0.739	
18:2 undifferentiated.....g	0.345		2	A	1		0.228	0.352	
18:3 undifferentiated.....g	0.130		2	A	1		0.086	0.133	
18:4.....g	0.010		2	A	1		0.007	0.010	
20:2 n-6 c,c.....g	0.005		2	A	1		0.003	0.005	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.125		2	A	1		0.083	0.128	
20:5 n-3 (EPA).....g	0.035		2	A	1		0.023	0.036	
21:5.....g	0.000		2	A	1		0.000	0.000	
22:4.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.060		2	A	1		0.040	0.061	
22:6 n-3 (DHA).....g	0.015		2	A	1		0.010	0.015	
Fatty acids, total trans.....g									
Cholesterol.....mg	107		2	A	1		71	110	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg									

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

Common Measures:

Measure 1 = 66g: .5 cup

Measure 2 = 102g: 1 piece

NDB No. 35211

Caribou, hind quarter, meat, cooked (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35023
 Caribou, liver, raw (Alaska Native)
Rangifer tarandus

Refuse:0%

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35160

Caribou, rump meat, half dried (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.04		1	A	1				
Energy.....kcal	255		0	NC	4				
Energy.....kJ	1068		0	NC	4				
Protein (N x 6.25).....g	52.06		1	A	1				
Total lipid (fat).....g	5.23		1	A	1				
Ash.....g	3.15		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	14		1	A	1				
Iron, Fe.....mg	11.00		1	A	1				
Magnesium, Mg.....mg	60		1	A	1				
Phosphorus, P.....mg	480		1	A	1				
Potassium, K.....mg	710		1	A	1				
Sodium, Na.....mg	390		1	A	1				
Zinc, Zn.....mg	9.40		1	A	1				
Copper, Cu.....mg	0.600		1	A	1				
Manganese, Mn.....mg	0.099		1	A	1				
Selenium, Se.....µg	30.5		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.333		1	A	1				
Riboflavin.....mg	1.240		1	A	1				
Niacin.....mg	13.200		1	A	1				
Pantothenic acid.....mg	2.940		1	A	1				
Vitamin B-6.....mg	0.620		1	A	1				
Folate, total.....µg	3		1	A	1				
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg	3		1	A	1				
Folate, DFE.....µg	3		0	NC	4				
Choline, total.....mg	202.7		0	AS	1				
Betaine.....mg	29.3		1	A	1				
Vitamin B-12.....µg	7.16		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	52		0	NC	4				
Retinol.....µg	52		0	O	4				
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	173		0	NC	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.09		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.16		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35160

Caribou, rump meat, half dried (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Tocotrienol, gamma.....mg	0.00		1	A	1			
Tocotrienol, delta.....mg	0.00		1	A	1			
Vitamin D (D2 + D3).....µg								
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	1.1		1	A	1			
Dihydrophyloquinone.....µg	0.0		1	A	1			
Menaquinone-4.....µg	0.6		1	A	1			
Lipids:								
Fatty acids, total saturated.....g	1.550		0	NC	4			
4:0.....g								
6:0.....g								
8:0.....g	0.000		1	A	1			
10:0.....g	0.000		1	A	1			
12:0.....g	0.000		1	A	1			
13:0.....g								
14:0.....g	0.040		1	A	1			
15:0.....g	0.010		1	A	1			
16:0.....g	0.790		1	A	1			
17:0.....g	0.040		1	A	1			
18:0.....g	0.670		1	A	1			
20:0.....g	0.000		1	A	1			
22:0.....g	0.000		1	A	1			
24:0.....g	0.000		1	A	1			
Fatty acids, total monounsaturated.....g	1.190		0	NC	4			
14:1.....g	0.000		1	A	1			
15:1.....g	0.000		1	A	1			
16:1 undifferentiated.....g	0.080		1	A	1			
17:1.....g	0.020		1	A	1			
18:1 undifferentiated.....g	1.070		1	A	1			
20:1.....g	0.020		1	A	1			
22:1 undifferentiated.....g	0.000		1	A	1			
24:1 c.....g	0.000		1	A	1			
Fatty acids, total polyunsaturated.....g	0.630		0	NC	4			
18:2 undifferentiated.....g	0.330		1	A	1			
18:3 undifferentiated.....g	0.040		1	A	1			
18:4.....g	0.000		1	A	1			
20:2 n-6 c,c.....g	0.020		1	A	1			
20:3 undifferentiated.....g	0.010		1	A	1			
20:4 undifferentiated.....g	0.150		1	A	1			
20:5 n-3 (EPA).....g	0.020		1	A	1			
21:5.....g	0.000		1	A	1			
22:4.....g	0.000		1	A	1			
22:5 n-3 (DPA).....g	0.040		1	A	1			
22:6 n-3 (DHA).....g	0.020		1	A	1			
Fatty acids, total trans.....g								
Cholesterol.....mg	141		1	A	1			
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g								
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg								

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

Common Measures:

Calories Factors:

NDB No. 35160

Caribou, rump meat, half dried (Alaska Native)

Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35161

Caribou, shoulder meat, dried (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	33.81		1	A	1				
Energy.....kcal	271		0	NC	4				
Energy.....kJ	1132		0	NC	4				
Protein (N x 6.25).....g	59.38		1	A	1				
Total lipid (fat).....g	3.67		1	A	1				
Ash.....g	4.68		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	14		1	A	1				
Iron, Fe.....mg	11.00		1	A	1				
Magnesium, Mg.....mg	62		1	A	1				
Phosphorus, P.....mg	550		1	A	1				
Potassium, K.....mg	810		1	A	1				
Sodium, Na.....mg	950		1	A	1				
Zinc, Zn.....mg	9.40		1	A	1				
Copper, Cu.....mg	0.780		1	A	1				
Manganese, Mn.....mg	0.110		1	A	1				
Selenium, Se.....µg	36.8		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.312		1	A	1				
Riboflavin.....mg	1.300		1	A	1				
Niacin.....mg	14.800		1	A	1				
Pantothenic acid.....mg	4.150		1	A	1				
Vitamin B-6.....mg	0.499		1	A	1				
Folate, total.....µg	8		1	A	1				
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg	8		1	A	1				
Folate, DFE.....µg	8		0	NC	4				
Choline, total.....mg	257.7		0	AS	1				
Betaine.....mg	42.8		1	A	1				
Vitamin B-12.....µg	15.10		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	11		0	NC	4				
Retinol.....µg	11		0	T	4				
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	37		0	NC	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.07		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.03		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35161

Caribou, shoulder meat, dried (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Tocotrienol, gamma.....mg	0.00		1	A	1			
Tocotrienol, delta.....mg	0.00		1	A	1			
Vitamin D (D2 + D3).....µg	0.0			Z	7			
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	0		0	T	4			
Vitamin K (phylloquinone).....µg	0.0		1	A	1			
Dihydrophyloquinone.....µg	0.0		1	A	1			
Menaquinone-4.....µg	0.0		1	A	1			
Lipids:								
Fatty acids, total saturated.....g	1.586		0	NC	4			
4:0.....g								
6:0.....g								
8:0.....g	0.000		1	A	1			
10:0.....g	0.000		1	A	1			
12:0.....g	0.000		1	A	1			
13:0.....g								
14:0.....g	0.060		1	A	1			
15:0.....g	0.015		1	A	1			
16:0.....g	0.861		1	A	1			
17:0.....g	0.030		1	A	1			
18:0.....g	0.604		1	A	1			
20:0.....g	0.008		1	A	1			
22:0.....g	0.000		1	A	1			
24:0.....g	0.008		1	A	1			
Fatty acids, total monounsaturated.....g	1.201		0	NC	4			
14:1.....g	0.000		1	A	1			
15:1.....g	0.000		1	A	1			
16:1 undifferentiated.....g	0.076		1	A	1			
17:1.....g	0.015		1	A	1			
18:1 undifferentiated.....g	1.087		1	A	1			
20:1.....g	0.023		1	A	1			
22:1 undifferentiated.....g	0.000		1	A	1			
24:1 c.....g	0.000		1	A	1			
Fatty acids, total polyunsaturated.....g	0.370		0	NC	4			
18:2 undifferentiated.....g	0.211		1	A	1			
18:3 undifferentiated.....g	0.068		1	A	1			
18:4.....g	0.000		1	A	1			
20:2 n-6 c,c.....g	0.000		1	A	1			
20:3 undifferentiated.....g	0.000		1	A	1			
20:4 undifferentiated.....g	0.045		1	A	1			
20:5 n-3 (EPA).....g	0.015		1	A	1			
21:5.....g	0.000		1	A	1			
22:4.....g	0.000		1	A	1			
22:5 n-3 (DPA).....g	0.023		1	A	1			
22:6 n-3 (DHA).....g	0.008		1	A	1			
Fatty acids, total trans.....g								
Cholesterol.....mg	164		1	A	1			
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg								

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

Common Measures:

NDB No. 35161

Caribou, shoulder meat, dried (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.50		1	AI	13				
Energy.....kcal	260		0	NC	4				
Energy.....kJ	1088		0	NC	4				
Protein (N x 6.25).....g	13.70		1	AI	13				
Total lipid (fat).....g	22.80		1	AI	13				
Ash.....g	1.00		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		1	AI	13				
Iron, Fe.....mg	2.80		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	150		0	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.120		1	AI	13				
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	190		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

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

Common Measures:

NDB No. 35025

Caribou, tongue, raw (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35195

Cattail, Narrow Leaf Shoots (Northern Plains Indians)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	22.8		2	A	1	4.3		
Dihydrophylloquinone.....µg	0.0		2	A	1	0.0		
Menaquinone-4.....µg	0.0		2	A	1	0.0		

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

Common Measures:

Measure 1 = 19g: 1 shoot

Footnotes:

1 Includes only 5-methyltetrahydrofolate.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A		1			
Dihydrophyloquinone.....µg	0.0		1	A		1			
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.075		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.000		1	A		1			
15:0.....g	0.000		1	A		1			
16:0.....g	0.061		1	A		1			
17:0.....g	0.000		1	A		1			
18:0.....g	0.011		1	A		1			
20:0.....g	0.002		1	A		1			
22:0.....g	0.001		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	0.135		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.002		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.132		1	A		1			
20:1.....g	0.001		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.151		0	NC		4			
18:2 undifferentiated.....g	0.144		1	A		1			
18:3 undifferentiated.....g	0.007		0	A		1			
18:3 n-3 c,c,c (ALA).....g	0.007		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A		1			
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Footnotes:

1 Weight of serving based on limited sampling and may vary widely.

NDB No. 35133

Chilchen (Red Berry Beverage) (Navajo)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35026

Chiton, leathery, gumboots (Alaska Native)

Katharina tunicata

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.60		1	AI	13				
Energy.....kcal	83		0	NC	4				
Energy.....kJ	346		0	NC	4				
Protein (N x 6.25).....g	17.10		1	AI	13				
Total lipid (fat).....g	1.60		1	AI	13				
Ash.....g	2.70		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	121		1	AI	13				
Iron, Fe.....mg	16.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	AI	13				
Thiamin.....mg	0.050		1	AI	13				
Riboflavin.....mg	0.340		1	AI	13				
Niacin.....mg	4.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	1650		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35026

Chiton, leathery, gum boots (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35204

Chokecherries, raw, pitted (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.72	1.644	3	A	1		93.51		
Energy.....kcal	162		0	NC	4		249		
Energy.....kJ	677		0	NC	4		1043		
Protein.....g	3.04	0.724	3	A	1		4.68		
Total lipid (fat).....g	1.69	0.225	3	A	1		2.60		
Ash.....g	0.93	0.165	3	A	1		1.43		
Carbohydrate, by difference.....g	33.62		0	NC	4		51.77		
Fiber, total dietary.....g	20.0	0.721	3	A	1		30.8		
Sugars, total.....g	9.37	0.555	3	A	1		14.43		
Sucrose.....g	0.07	0.000	3	A	1		0.11		
Glucose (dextrose).....g	4.95	0.277	3	A	1		7.62		
Fructose.....g	4.35	0.357	3	A	1		6.70		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60	6.688	3	A	1		92		
Iron, Fe.....mg	0.69	0.120	3	A	1		1.06		
Magnesium, Mg.....mg	27	1.114	3	A	1		41		
Phosphorus, P.....mg	67	6.334	3	A	1		103		
Potassium, K.....mg	379	48.347	3	A	1		583		
Sodium, Na.....mg	5	1.097	3	A	1		7		
Zinc, Zn.....mg	0.33	0.053	3	A	1		0.51		
Copper, Cu.....mg	0.186	0.048	3	A	1		0.286		
Manganese, Mn.....mg	0.417	0.033	3	A	1		0.642		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.5		2	A	1		8.5		
Thiamin.....mg	0.034	0.002	3	A	1		0.052		
Riboflavin.....mg	0.173	0.037	3	A	1		0.267		
Niacin.....mg	0.628	0.053	3	A	1		0.967		
Pantothenic acid.....mg	0.398	0.036	3	A	1		0.613		
Vitamin B-6.....mg	0.198	0.022	3	A	1		0.304		
Folate, total (1).....µg	2		1	A	1		2		
Folic acid.....µg									
Folate, food.....µg	2		1	A	1		2		
Folate, DFE.....µg									
Choline, total.....mg	10.7		0	AS	1		16.4		
Betaine.....mg	0.4		1	A	1		0.6		
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	8		3	AS	1		13		
Retinol.....µg									
Carotene, beta.....µg	90	18.290	3	A	1		139		
Carotene, alpha.....µg	2	1.090	3	A	1		3		
Cryptoxanthin, beta.....µg	19	2.487	3	A	1		30		
Vitamin A, IU.....IU	168		3	AS	1		259		
Lycopene.....µg	0	0.000	3	A	1		0		
Lutein + zeaxanthin.....µg	347	27.224	3	A	1		534		
Vitamin E (alpha-tocopherol).....mg	0.35	0.032	3	A	1		0.54		
Tocopherol, beta.....mg	0.03	0.006	3	A	1		0.05		
Tocopherol, gamma.....mg	1.06	0.202	3	A	1		1.64		
Tocopherol, delta.....mg	0.09	0.024	3	A	1		0.14		
Tocotrienol, alpha.....mg	0.01	0.006	3	A	1		0.02		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.00	0.005	3	A	1		0.01		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		

NDB No. 35204

Chokecherries, raw, pitted (Northern Plains Indians)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	21.1	3.112	3	A	1		32.5		
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4.....µg	0.0	0.000	3	A	1		0.0		

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

Common Measures:

Measure 1 = 154g: 1 cup

Footnotes:

1 Includes only 5-methyltetrahydrofolate.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35179
 Chokecherries, raw, pitted (Shoshone Bannock)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.50		1	A	1				
Energy.....kcal	156		0	NC	4				
Energy.....kJ	652		0	NC	4				
Protein (N x 6.25).....g	2.89		1	A	1				
Total lipid (fat).....g	0.98		1	A	1				
Ash.....g	0.75		1	A	1				
Carbohydrate, by difference.....g	33.88		0	NC	4				
Fiber, total dietary.....g	17.0		1	A	1				
Sugars, total.....g	14.22		1	A	1				
Sucrose.....g	0.00		1	A	1				
Glucose (dextrose).....g	8.85		1	A	1				
Fructose.....g	5.38		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	0.87		1	A	1				
Minerals:									
Calcium, Ca.....mg	40		1	A	1				
Iron, Fe.....mg	0.40		1	A	1				
Magnesium, Mg.....mg	21		1	A	1				
Phosphorus, P.....mg	45		1	A	1				
Potassium, K.....mg	309		1	A	1				
Sodium, Na.....mg	2		1	A	1				
Zinc, Zn.....mg	0.19		1	A	1				
Copper, Cu.....mg	0.068		1	A	1				
Manganese, Mn.....mg	0.192		1	A	1				
Selenium, Se.....µg	1.7		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	A	1				
Thiamin.....mg	0.029		1	A	1				
Riboflavin.....mg	0.058		1	A	1				
Niacin.....mg	0.672		1	A	1				
Pantothenic acid.....mg	0.330		1	A	1				
Vitamin B-6.....mg	0.193		1	A	1				
Folate, total.....µg	10		1	A	1				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	10		1	A	1				
Folate, DFE.....µg	10		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	2		0	AS	1				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg	26		1	A	1				
Carotene, alpha.....µg	0		1	A	1				
Cryptoxanthin, beta.....µg	0		1	A	1				
Vitamin A, IU.....IU	43		0	AS	1				
Lycopene.....µg	0		1	A	1				
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.75		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.04		1	A	1				
Tocopherol, gamma.....mg	0.82		1	A	1				
Tocopherol, delta.....mg	0.07		1	A	1				
Tocotrienol, alpha.....mg	0.07		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35179

Chokecherries, raw, pitted (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Tocotrienol, gamma.....mg	0.00		1	A					
Tocotrienol, delta.....mg	0.00		1	A					
Vitamin D (D2 + D3).....µg	0.0			Z		7			
Vitamin D.....IU	0		0	Z		7			
Vitamin K (phylloquinone).....µg	29.3		1	A		1			
Dihydrophyloquinone.....µg	0.0		1	A		1			
Menaquinone-4.....µg	0.0		1	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35027

Cloudberries, raw (Alaska Native)

Rubus chamaemorus L.

baked apple berry, salmonberry, yellowberry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.00		1	AI	13				
Energy.....kcal	51		0	NC	4				
Energy.....kJ	214		0	NC	4				
Protein (N x 5.3).....g	2.40		1	AI	13				
Total lipid (fat).....g	0.80		1	AI	13				
Ash.....g	1.20		0	NP	4				
Carbohydrate, by difference.....g	8.60		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		1	AI	13				
Iron, Fe.....mg	0.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	35		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	158.0		1	AI	13				
Thiamin.....mg	0.050		1	AI	13				
Riboflavin.....mg	0.070		1	AI	13				
Niacin.....mg	0.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	210		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35027
Cloudberry, raw (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35028
Cockles, raw (Alaska Native)
Clinocardium nuttallii

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.80		1	AI	13				
Energy.....kcal	79		0	NC	4				
Energy.....kJ	331		0	NC	4				
Protein (N x 6.25).....g	13.50		1	AI	13				
Total lipid (fat).....g	0.70		1	AI	13				
Ash.....g	2.30		0	NP	4				
Carbohydrate, by difference.....g	4.70		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		1	AI	13				
Iron, Fe.....mg	16.20		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.200		1	AI	13				
Niacin.....mg	3.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

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

Common Measures:

NDB No. 35028
Cockles, raw (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35134
Corn, dried (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.9		1	A					1
Dihydrophyloquinone.....µg	0.0		1	A					1
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.820		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					1
10:0.....g	0.000		1	A					1
12:0.....g	0.000		1	A					1
13:0.....g									
14:0.....g	0.000		1	A					1
15:0.....g	0.000		1	A					1
16:0.....g	0.655		1	A					1
17:0.....g	0.005		1	A					1
18:0.....g	0.122		1	A					1
20:0.....g	0.028		1	A					1
22:0.....g	0.010		1	A					1
24:0.....g									
Fatty acids, total monounsaturated.....g	1.483		0	NC					4
14:1.....g	0.000		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.007		1	A					1
17:1.....g	0.000		1	A					1
18:1 undifferentiated.....g	1.458		1	A					1
20:1.....g	0.018		1	A					1
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.900		0	NC					4
18:2 undifferentiated.....g	1.831		1	A					1
18:3 undifferentiated.....g	0.069		0	A					1
18:3 n-3 c,c,c (ALA).....g	0.069		1	A					1
18:3 n-6 c,c,c.....g	0.000		1	A					1
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A					1
20:3 undifferentiated.....g	0.000		1	A					1
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A					1
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 35134
Corn, dried (Navajo)

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.974		0	NC	4		0.560		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	1.599		1	A	1		0.453		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.297		1	A	1		0.084		
20:0.....g	0.058		1	A	1		0.016		
22:0.....g	0.020		1	A	1		0.006		
24:0.....g									
Fatty acids, total monounsaturated.....g	3.750		0	NC	4		1.063		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.021		1	A	1		0.006		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	3.692		1	A	1		1.047		
20:1.....g	0.037		1	A	1		0.010		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.543		0	NC	4		1.288		
18:2 undifferentiated.....g	4.419		1	A	1		1.253		
18:3 undifferentiated.....g	0.124		0	AS	1		0.035		
18:3 n-3 c,c,c (ALA).....g	0.124		1	A	1		0.035		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.094		0	A	1		0.027		
Threonine.....g	0.431		0	A	1		0.122		
Isoleucine.....g	0.485		0	A	1		0.137		
Leucine.....g	1.468		0	A	1		0.416		
Lysine.....g	0.498		0	A	1		0.141		
Methionine.....g	0.293		0	A	1		0.083		
Cystine.....g	0.200		0	A	1		0.057		
Phenylalanine.....g	0.642		0	A	1		0.182		
Tyrosine.....g	0.465		0	A	1		0.132		
Valine.....g	0.655		0	A	1		0.186		

NDB No. 35183

Corn, dried, yellow (Northern Plains Indians)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Arginine.....g	0.581		0	A	1	0.165		
Histidine.....g	0.313		0	A	1	0.089		
Alanine.....g	1.156		0	A	1	0.328		
Aspartic acid.....g	1.013		0	A	1	0.287		
Glutamic acid.....g	2.358		0	A	1	0.668		
Glycine.....g	0.539		0	A	1	0.153		
Proline.....g	1.047		0	A	1	0.297		
Serine.....g	0.732		0	A	1	0.207		
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg								

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35186

Corned beef and potatoes in tortilla (Apache)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	3.1		2	A					1
Dihydrophyloquinone.....µg	1.8		2	A					1
Menaquinone-4.....µg	1.8		2	A					1
Lipids:									
Fatty acids, total saturated.....g	3.366		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A					1
10:0.....g	0.000		2	A					1
12:0.....g	0.000		2	A					1
13:0.....g									
14:0.....g	0.178		2	A					1
15:0.....g	0.027		2	A					1
16:0.....g	1.801		2	A					1
17:0.....g	0.071		2	A					1
18:0.....g	1.272		2	A					1
20:0.....g	0.018		2	A					1
22:0.....g	0.000		2	A					1
24:0.....g									
Fatty acids, total monounsaturated.....g	3.345		0	NC					4
14:1.....g	0.028		2	A					1
15:1.....g	0.000		2	A					1
16:1 undifferentiated.....g	0.186		2	A					1
17:1.....g	0.000		2	A					1
18:1 undifferentiated.....g	3.091		2	A					1
20:1.....g	0.039		2	A					1
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.864		0	NC					4
18:2 undifferentiated.....g	0.781		2	A					1
18:3 undifferentiated.....g	0.070		0	AS					1
18:3 n-3 c,c,c (ALA).....g	0.070		2	A					1
18:3 n-6 c,c,c.....g	0.000		2	A					1
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.014		2	A					1
20:3 undifferentiated.....g	0.000		2	A					1
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A					1
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	11		2	A					1
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 35186

Corned beef and potatoes in tortilla (Apache)

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35131
 Cornmeal, blue (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A					1
Dihydrophyloquinone.....µg	0.0		1	A					1
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.886		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A					1
10:0.....g	0.000		2	A					1
12:0.....g	0.000		2	A					1
13:0.....g									
14:0.....g	0.000		2	A					1
15:0.....g	0.000		2	A					1
16:0.....g	0.713		2	A					1
17:0.....g	0.000		2	A					1
18:0.....g	0.132		2	A					1
20:0.....g	0.025		2	A					1
22:0.....g	0.016		2	A					1
24:0.....g									
Fatty acids, total monounsaturated.....g	1.679		0	NC					4
14:1.....g	0.000		2	A					1
15:1.....g	0.000		2	A					1
16:1 undifferentiated.....g	0.003		2	A					1
17:1.....g	0.000		2	A					1
18:1 undifferentiated.....g	1.661		2	A					1
20:1.....g	0.015		2	A					1
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.465		0	NC					4
18:2 undifferentiated.....g	2.404		2	A					1
18:3 undifferentiated.....g	0.000		2	A					1
18:3 n-3 c,c,c (ALA).....g	0.061		2	A					1
18:3 n-6 c,c,c.....g	0.000		2	A					1
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		2	A					1
20:3 undifferentiated.....g	0.000		2	A					1
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A					1
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 35131
Cornmeal, blue (Navajo)

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35136
 Cornmeal, white (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.4		1	A					1
Dihydrophyloquinone.....µg	0.6		1	A					1
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.853		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					1
10:0.....g	0.000		1	A					1
12:0.....g	0.000		1	A					1
13:0.....g									
14:0.....g	0.000		1	A					1
15:0.....g	0.000		1	A					1
16:0.....g	0.671		1	A					1
17:0.....g	0.000		1	A					1
18:0.....g	0.133		1	A					1
20:0.....g	0.029		1	A					1
22:0.....g	0.020		1	A					1
24:0.....g									
Fatty acids, total monounsaturated.....g	1.532		0	NC					4
14:1.....g	0.000		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.000		1	A					1
17:1.....g	0.000		1	A					1
18:1 undifferentiated.....g	1.515		1	A					1
20:1.....g	0.017		1	A					1
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.078		0	NC					4
18:2 undifferentiated.....g	2.024		1	A					1
18:3 undifferentiated.....g	0.054		0	A					1
18:3 n-3 c,c,c (ALA).....g	0.054		1	A					1
18:3 n-6 c,c,c.....g	0.000		1	A					1
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A					1
20:3 undifferentiated.....g	0.000		1	A					1
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A					1
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		1	A					1
Threonine.....g	0.345		1	A					1
Isoleucine.....g	0.404		1	A					1
Leucine.....g	1.375		1	A					1
Lysine.....g	0.319		1	A					1
Methionine.....g	0.258		1	A					1
Cystine.....g	0.217		1	A					1
Phenylalanine.....g	0.543		1	A					1
Tyrosine.....g	0.412		1	A					1
Valine.....g	0.554		1	A					1

NDB No. 35136
Cornmeal, white (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Arginine.....g	0.474		1	A	1			
Histidine.....g	0.292		1	A	1			
Alanine.....g	0.836		1	A	1			
Aspartic acid.....g	0.724		1	A	1			
Glutamic acid.....g	2.043		1	A	1			
Glycine.....g	0.399		1	A	1			
Proline.....g	0.906		1	A	1			
Serine.....g	0.510		1	A	1			
Hydroxyproline.....g								

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35137
 Cornmeal, yellow (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.2		1	A		1			
Dihydrophyloquinone.....µg	0.0		1	A		1			
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.043		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.000		1	A		1			
15:0.....g	0.000		1	A		1			
16:0.....g	0.778		1	A		1			
17:0.....g	0.000		1	A		1			
18:0.....g	0.219		1	A		1			
20:0.....g	0.033		1	A		1			
22:0.....g	0.013		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	2.143		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.000		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	2.126		1	A		1			
20:1.....g	0.017		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.352		0	NC		4			
18:2 undifferentiated.....g	2.292		1	A		1			
18:3 undifferentiated.....g	0.060		0	A		1			
18:3 n-3 c,c,c (ALA).....g	0.060		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A		1			
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		1	A		1			
Threonine.....g	0.307		1	A		1			
Isoleucine.....g	0.370		1	A		1			
Leucine.....g	1.275		1	A		1			
Lysine.....g	0.301		1	A		1			
Methionine.....g	0.230		1	A		1			
Cystine.....g	0.184		1	A		1			
Phenylalanine.....g	0.499		1	A		1			
Tyrosine.....g	0.294		1	A		1			
Valine.....g	0.494		1	A		1			

NDB No. 35137
Cornmeal, yellow (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Arginine.....g	0.421		1	A	1			
Histidine.....g	0.265		1	A	1			
Alanine.....g	0.769		1	A	1			
Aspartic acid.....g	0.662		1	A	1			
Glutamic acid.....g	1.875		1	A	1			
Glycine.....g	0.360		1	A	1			
Proline.....g	0.854		1	A	1			
Serine.....g	0.471		1	A	1			
Hydroxyproline.....g								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35029

Cranberries, wild, bush, raw (Alaska Native)

Viburnum edule

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.00		1	AI	13				
Energy.....kcal	55		0	NC	4				
Energy.....kJ	232		0	NC	4				
Protein (N x 5.3).....g	1.10		1	AI	13				
Total lipid (fat).....g	0.20		1	AI	13				
Ash.....g	0.40		0	NP	4				
Carbohydrate, by difference.....g	12.30		0	NC	4				
Fiber, total dietary.....g	6.7		1	AI	13				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		1	AI	13				
Iron, Fe.....mg	1.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	15		1	AI	13				
Potassium, K.....mg	140		1	AI	13				
Sodium, Na.....mg	26		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	15.0		1	AI	13				
Thiamin.....mg	0.000		1	AI	13				
Riboflavin.....mg	0.010		1	AI	13				
Niacin.....mg	0.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	1060		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35029

Cranberries, wild, bush, raw (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35030

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

Vaccinium vitis-idaea

lingenberry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.70		1	AI	13				
Energy.....kcal	55		0	NC	4				
Energy.....kJ	230		0	NC	4				
Protein (N x 5.3).....g	0.40		1	AI	13				
Total lipid (fat).....g	0.50		1	AI	13				
Ash.....g	0.20		0	NP	4				
Carbohydrate, by difference.....g	12.20		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		1	AI	13				
Iron, Fe.....mg	0.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	21		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	21.0		1	AI	13				
Thiamin.....mg	0.020		1	AI	13				
Riboflavin.....mg	0.080		1	AI	13				
Niacin.....mg	0.400		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	90		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35030

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35080

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	18		1	AI	13			
Phytosterols.....mg								

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate3.87

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35069

Duck, scoter, white-winged, meat (Alaska Native)

Melanitta fusca

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.00		1	AI	13				
Energy.....kcal	84		0	NC	4				
Energy.....kJ	353		0	NC	4				
Protein (N x 5.3).....g	20.20		1	AI	13				
Total lipid (fat).....g	0.40		1	AI	13				
Ash.....g	0.40		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35172

Elk, free range, ground, cooked patties (Shoshone Bannock)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.78		1	A	1				
Energy.....kcal	143		0	NC	4				
Energy.....kJ	598		0	NC	4				
Protein (N x 6.25).....g	29.45		1	A	1				
Total lipid (fat).....g	2.80		1	A	1				
Ash.....g	0.78		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	NR	4				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	5		1	A	1				
Iron, Fe.....mg	9.06		1	A	1				
Magnesium, Mg.....mg	26		1	A	1				
Phosphorus, P.....mg	236		1	A	1				
Potassium, K.....mg	379		1	A	1				
Sodium, Na.....mg	56		1	A	1				
Zinc, Zn.....mg	7.79		1	A	1				
Copper, Cu.....mg	0.204		1	A	1				
Manganese, Mn.....mg	0.043		1	A	1				
Selenium, Se.....µg	23.5		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.175		1	A	1				
Riboflavin.....mg	0.497		1	A	1				
Niacin.....mg	7.850		1	A	1				
Pantothenic acid.....mg	1.030		1	A	1				
Vitamin B-6.....mg	0.782		1	A	1				
Folate, total.....µg	1		1	A	1				
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg	1		1	A	1				
Folate, DFE.....µg	1		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	4.25		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	0		0	AS	1				
Retinol.....µg									
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	0		0	AS	1				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.79		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35172

Elk, free range, ground, cooked patties (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1				
Tocotrienol, delta.....mg	0.00		1	A	1				
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.138		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.003		1	A	1				
13:0.....g									
14:0.....g	0.093		1	A	1				
15:0.....g	0.016		1	A	1				
16:0.....g	0.712		1	A	1				
17:0.....g	0.019		1	A	1				
18:0.....g	0.292		1	A	1				
20:0.....g	0.003		1	A	1				
22:0.....g	0.000		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	0.952		0	NC	4				
14:1.....g	0.037		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.286		1	A	1				
17:1.....g	0.000		1	A	1				
18:1 undifferentiated.....g	0.623		0	AS	1				
18:1 c.....g	0.589		1	A	1				
18:1 t.....g	0.034		1	A	1				
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.006		1	A	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.239		0	NC	4				
18:2 undifferentiated.....g	0.151		0	AS	1				
18:2 n-6 c,c.....g	0.120		1	A	1				
18:2 CLAs.....g									
18:2 t,t.....g	0.031		1	A	1				
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.048		0	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.048		1	A	1				
18:3 n-6 c,c,c.....g	0.000		1	A	1				
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1				
20:3 undifferentiated.....g	0.008		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.032		1	A	1				
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.065		0	NC	4				
Fatty acids, total trans-monoenoic.....g	0.034		0	NC	4				
Fatty acids, total trans-polyenoic.....g	0.031		0	NC	4				
Cholesterol.....mg	70		1	A	1				

NDB No. 35172

Elk, free range, ground, cooked patties (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Phytosterols.....mg								
<u>Amino Acids:</u>								
Tryptophan.....g	0.270		0	A	1			
Threonine.....g	1.206		0	A	1			
Isoleucine.....g	1.380		0	A	1			
Leucine.....g	2.647		0	A	1			
Lysine.....g	2.288		0	A	1			
Methionine.....g	0.911		0	A	1			
Cystine.....g	0.365		0	A	1			
Phenylalanine.....g	1.285		0	A	1			
Tyrosine.....g	1.099		0	A	1			
Valine.....g	1.493		0	A	1			
Arginine.....g	1.990		0	A	1			
Histidine.....g	0.999		0	A	1			
Alanine.....g	1.883		0	A	1			
Aspartic acid.....g	2.903		0	A	1			
Glutamic acid.....g	4.884		0	A	1			
Glycine.....g	1.481		0	A	1			
Proline.....g	1.298		0	A	1			
Serine.....g	1.440		0	A	1			
Hydroxyproline.....g								
<u>Others:</u>								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35173

Elk, free range, ground, raw (Shoshone Bannock)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.68		1	A	1				
Energy.....kcal	97		0	NC	4				
Energy.....kJ	405		0	NC	4				
Protein (N x 6.25).....g	20.14		1	A	1				
Total lipid (fat).....g	1.80		1	A	1				
Ash.....g	0.75		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	4		1	A	1				
Iron, Fe.....mg	7.17		1	A	1				
Magnesium, Mg.....mg	22		1	A	1				
Phosphorus, P.....mg	196		1	A	1				
Potassium, K.....mg	328		1	A	1				
Sodium, Na.....mg	49		1	A	1				
Zinc, Zn.....mg	5.82		1	A	1				
Copper, Cu.....mg	0.159		1	A	1				
Manganese, Mn.....mg	0.038		1	A	1				
Selenium, Se.....µg	14.3		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.180		1	A	1				
Riboflavin.....mg	0.309		1	A	1				
Niacin.....mg	5.970		1	A	1				
Pantothenic acid.....mg	0.840		1	A	1				
Vitamin B-6.....mg	0.630		1	A	1				
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.45		1	A	1				
Vitamin A, RAE.....µg	0		0	AS	1				
Vitamin A, IU.....IU	0		0	AS	1				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 35173

Elk, free range, ground, raw (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.706		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.002		1	A		1			
13:0.....g									
14:0.....g	0.059		1	A		1			
15:0.....g	0.010		1	A		1			
16:0.....g	0.440		1	A		1			
17:0.....g	0.012		1	A		1			
18:0.....g	0.182		1	A		1			
20:0.....g	0.001		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	0.574		0	NC		4			
14:1.....g	0.022		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.171		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.377		0	AS		1			
18:1 c.....g	0.356		1	A		1			
18:1 t.....g	0.021		1	A		1			
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.004		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.130		0	NC		4			
18:2 undifferentiated.....g	0.086		0	AS		1			
18:2 n-6 c,c.....g	0.068		1	A		1			
18:2 CLAs.....g									
18:2 t,t.....g	0.018		1	A		1			
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.024		0	AS		1			
18:3 n-3 c,c,c (ALA).....g	0.024		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.004		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.016		1	A		1			
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.039		0	NC		4			
Fatty acids, total trans-monoenoic.....g	0.021		0	NC		4			
Fatty acids, total trans-polyenoic.....g	0.018		0	NC		4			
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0	A		1			
Threonine.....g	0.825		0	A		1			
Isoleucine.....g	0.944		0	A		1			
Leucine.....g	1.811		0	A		1			
Lysine.....g	1.565		0	A		1			
Methionine.....g	0.623		0	A		1			
Cystine.....g	0.250		0	A		1			
Phenylalanine.....g	0.879		0	A		1			

NDB No. 35173

Elk, free range, ground, raw (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.879			A		1			
Tyrosine.....g	0.752		0	A		1			
Valine.....g	1.021		0	A		1			
Arginine.....g	1.361		0	A		1			
Histidine.....g	0.683		0	A		1			
Alanine.....g	1.288		0	A		1			
Aspartic acid.....g	1.986		0	A		1			
Glutamic acid.....g	3.341		0	A		1			
Glycine.....g	1.013		0	A		1			
Proline.....g	0.888		0	A		1			
Serine.....g	0.985		0	A		1			
Hydroxyproline.....g	0.094		1	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35178

Elk, free range, roast, eye of round, cooked (Shoshone Bannock)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.58		1	A	1				
Energy.....kcal	148		0	NC	4				
Energy.....kJ	619		0	NC	4				
Protein (N x 6.25).....g	30.56		1	A	1				
Total lipid (fat).....g	2.85		1	A	1				
Ash.....g	1.32		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	NR	4				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	4		1	A	1				
Iron, Fe.....mg	2.68		1	A	1				
Magnesium, Mg.....mg	26		1	A	1				
Phosphorus, P.....mg	236		1	A	1				
Potassium, K.....mg	369		1	A	1				
Sodium, Na.....mg	50		1	A	1				
Zinc, Zn.....mg	4.80		1	A	1				
Copper, Cu.....mg	0.154		1	A	1				
Manganese, Mn.....mg	0.016		1	A	1				
Selenium, Se.....µg	20.5		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.164		1	A	1				
Riboflavin.....mg	0.358		1	A	1				
Niacin.....mg	7.960		1	A	1				
Pantothenic acid.....mg	0.900		1	A	1				
Vitamin B-6.....mg	0.914		1	A	1				
Folate, total.....µg	1		1	A	1				
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg	1		1	A	1				
Folate, DFE.....µg	1		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.95		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	0		0	AS	1				
Retinol.....µg									
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	0		0	AS	1				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.47		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Tocotrienol, gamma.....mg	0.00		1	A	1			
Tocotrienol, delta.....mg	0.00		1	A	1			
Vitamin D (D2 + D3).....µg								
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg								
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	1.125		0	NC	4			
4:0.....g								
6:0.....g								
8:0.....g	0.000		1	A	1			
10:0.....g	0.000		1	A	1			
12:0.....g	0.003		1	A	1			
13:0.....g								
14:0.....g	0.105		1	A	1			
15:0.....g	0.013		1	A	1			
16:0.....g	0.821		1	A	1			
17:0.....g	0.014		1	A	1			
18:0.....g	0.166		1	A	1			
20:0.....g	0.003		1	A	1			
22:0.....g	0.000		1	A	1			
24:0.....g								
Fatty acids, total monounsaturated.....g	1.353		0	NC	4			
14:1.....g	0.063		1	A	1			
15:1.....g	0.000		1	A	1			
16:1 undifferentiated.....g	0.496		1	A	1			
17:1.....g	0.000		1	A	1			
18:1 undifferentiated.....g	0.786		0	AS	1			
18:1 c.....g	0.767		1	A	1			
18:1 t.....g	0.019		1	A	1			
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.008		1	A	1			
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.137		0	NC	4			
18:2 undifferentiated.....g	0.092		0	AS	1			
18:2 n-6 c,c.....g	0.071		1	A	1			
18:2 CLAs.....g								
18:2 t,t.....g	0.021		1	A	1			
18:2 i.....g								
18:2 t not further defined.....g								
18:3 undifferentiated.....g	0.025		0	AS	1			
18:3 n-3 c,c,c (ALA).....g	0.025		1	A	1			
18:3 n-6 c,c,c.....g	0.000		1	A	1			
18:3i.....g								
18:4.....g								
20:2 n-6 c,c.....g	0.000		1	A	1			
20:3 undifferentiated.....g	0.005		1	A	1			
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.015		1	A	1			
20:4 n-6.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.040		0	NC	4			
Fatty acids, total trans-monoenoic.....g	0.019		0	NC	4			
Fatty acids, total trans-polyenoic.....g	0.021		0	NC	4			
Cholesterol.....mg	63		1	A	1			

NDB No. 35178

Elk, free range, roast, eye of round, cooked (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.353		0	A		1			
Threonine.....g	1.154		0	A		1			
Isoleucine.....g	1.476		0	A		1			
Leucine.....g	2.724		0	A		1			
Lysine.....g	2.390		0	A		1			
Methionine.....g	0.998		0	A		1			
Cystine.....g	0.390		0	A		1			
Phenylalanine.....g	1.322		0	A		1			
Tyrosine.....g	1.162		0	A		1			
Valine.....g	2.368		0	A		1			
Arginine.....g	2.041		0	A		1			
Histidine.....g	1.114		0	A		1			
Alanine.....g	1.910		0	A		1			
Aspartic acid.....g	3.009		0	A		1			
Glutamic acid.....g	5.005		0	A		1			
Glycine.....g	1.407		0	A		1			
Proline.....g	1.268		0	A		1			
Serine.....g	1.557		0	A		1			
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35177

Elk, free range, roast, eye of round, raw (Shoshone Bannock)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.54		1	A	1				
Energy.....kcal	98		0	NC	4				
Energy.....kJ	409		0	NC	4				
Protein (N x 6.25).....g	19.74		1	A	1				
Total lipid (fat).....g	2.10		1	A	1				
Ash.....g	0.94		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	4		1	A	1				
Iron, Fe.....mg	2.27		1	A	1				
Magnesium, Mg.....mg	24		1	A	1				
Phosphorus, P.....mg	215		1	A	1				
Potassium, K.....mg	367		1	A	1				
Sodium, Na.....mg	43		1	A	1				
Zinc, Zn.....mg	4.16		1	A	1				
Copper, Cu.....mg	0.144		1	A	1				
Manganese, Mn.....mg	0.011		1	A	1				
Selenium, Se.....µg	15.8		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.159		1	A	1				
Riboflavin.....mg	0.270		1	A	1				
Niacin.....mg	6.630		1	A	1				
Pantothenic acid.....mg	0.630		1	A	1				
Vitamin B-6.....mg	0.893		1	A	1				
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.77		1	A	1				
Vitamin A, RAE.....µg	0		0	AS	1				
Vitamin A, IU.....IU	0		0	AS	1				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Elk, free range, roast, eye of round, raw (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Fatty acids, total saturated.....g	0.828		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.002		1	A		1			
13:0.....g									
14:0.....g	0.072		1	A		1			
15:0.....g	0.010		1	A		1			
16:0.....g	0.584		1	A		1			
17:0.....g	0.011		1	A		1			
18:0.....g	0.147		1	A		1			
20:0.....g	0.002		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g									
Fatty acids, total monounsaturated.....g	0.897		0	NC		4			
14:1.....g	0.038		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.309		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.545		0	AS		1			
18:1 c.....g	0.529		1	A		1			
18:1 t.....g	0.016		1	A		1			
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.005		1	A		1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.122		0	NC		4			
18:2 undifferentiated.....g	0.082		0	AS		1			
18:2 n-6 c,c.....g	0.066		1	A		1			
18:2 CLAs.....g									
18:2 t,t.....g	0.016		1	A		1			
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.021		0	AS		1			
18:3 n-3 c,c,c (ALA).....g	0.021		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A		1			
20:3 undifferentiated.....g	0.004		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.015		1	A		1			
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.032		0	NC		4			
Fatty acids, total trans-monoenoic.....g	0.016		0	NC		4			
Fatty acids, total trans-polyenoic.....g	0.016		0	NC		4			
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0	A		1			
Threonine.....g	0.746		0	A		1			
Isoleucine.....g	0.954		0	A		1			
Leucine.....g	1.760		0	A		1			
Lysine.....g	1.544		0	A		1			
Methionine.....g	0.645		0	A		1			
Cystine.....g	0.252		0	A		1			
Phenylalanine.....g	0.854		0	A		1			

NDB No. 35177

Elk, free range, roast, eye of round, raw (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.854			A		1			
Tyrosine.....g	0.751		0	A		1			
Valine.....g	1.530		0	A		1			
Arginine.....g	1.319		0	A		1			
Histidine.....g	0.720		0	A		1			
Alanine.....g	1.234		0	A		1			
Aspartic acid.....g	1.944		0	A		1			
Glutamic acid.....g	3.234		0	A		1			
Glycine.....g	0.909		0	A		1			
Proline.....g	0.819		0	A		1			
Serine.....g	1.006		0	A		1			
Hydroxyproline.....g	0.046		1	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35038

Fireweed, young leaves, raw (Alaska Native)

Chamerion angustifolium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.20		1	AI	13				
Energy.....kcal	44		0	NC	4				
Energy.....kJ	186		0	NC	4				
Protein (N x 5.3).....g	3.00		1	AI	13				
Total lipid (fat).....g	0.80		1	AI	13				
Ash.....g	2.70		0	NP	4				
Carbohydrate, by difference.....g	6.30		0	NC	4				
Fiber, total dietary.....g	6.0		1	AI	13				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		1	AI	13				
Iron, Fe.....mg	2.10		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	166		1	AI	13				
Potassium, K.....mg	251		1	AI	13				
Sodium, Na.....mg	50		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	99.0		1	AI	13				
Thiamin.....mg	0.040		1	AI	13				
Riboflavin.....mg	0.860		1	AI	13				
Niacin.....mg	1.400		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	5720		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35038

Fireweed, young leaves, raw (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35152

Fish, Salmon, Chum, raw (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.34		1	A	1				
Energy.....kcal	116		0	NC	4				
Energy.....kJ	484		0	NC	4				
Protein (N x 6.25).....g	20.69		1	A	1				
Total lipid (fat).....g	3.67		1	A	1				
Ash.....g	1.27		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	7		1	A	1				
Iron, Fe.....mg	0.56		1	A	1				
Magnesium, Mg.....mg	26		1	A	1				
Phosphorus, P.....mg	230		1	A	1				
Potassium, K.....mg	370		1	A	1				
Sodium, Na.....mg	59		1	A	1				
Zinc, Zn.....mg	0.54		1	A	1				
Copper, Cu.....mg	0.137		0	BFSN	4				
Manganese, Mn.....mg	0.030		0	BFSN	4				
Selenium, Se.....µg	39.7		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.156		1	A	1				
Riboflavin.....mg	0.217		1	A	1				
Niacin.....mg	8.790		1	A	1				
Pantothenic acid.....mg	1.020		1	A	1				
Vitamin B-6.....mg	0.189		1	A	1				
Folate, total.....µg	18		1	A	1				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	18		0	BFSN	4				
Folate, DFE.....µg	18		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	8.08		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	32		0	NC	4				
Retinol.....µg	32		0	T	4				
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	105		0	NC	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.49		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35152

Fish, Salmon, Chum, raw (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg	0.00		1	A					1
Tocotrienol, delta.....mg	0.00		1	A					1
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.3		1	A					1
Dihydrophyloquinone.....µg	0.0		1	A					1
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.547		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					1
10:0.....g	0.000		1	A					1
12:0.....g	0.000		1	A					1
13:0.....g									
14:0.....g	0.140		1	A					1
15:0.....g	0.010		1	A					1
16:0.....g	0.300		1	A					1
17:0.....g	0.010		1	A					1
18:0.....g	0.080		1	A					1
20:0.....g	0.007		1	A					1
22:0.....g	0.000		1	A					1
24:0.....g	0.000		1	A					1
Fatty acids, total monounsaturated.....g	0.940		0	NC					4
14:1.....g	0.000		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.110		1	A					1
17:1.....g	0.000		1	A					1
18:1 undifferentiated.....g	0.470		1	A					1
20:1.....g	0.170		1	A					1
22:1 undifferentiated.....g	0.170		1	A					1
24:1 c.....g	0.020		1	A					1
Fatty acids, total polyunsaturated.....g	0.770		0	NC					4
18:2 undifferentiated.....g	0.030		1	A					1
18:3 undifferentiated.....g	0.040		1	A					1
18:4.....g	0.040		1	A					1
20:2 n-6 c,c.....g	0.000		1	A					1
20:3 undifferentiated.....g	0.000		1	A					1
20:4 undifferentiated.....g	0.030		1	A					1
20:5 n-3 (EPA).....g	0.170		1	A					1
21:5.....g	0.000		1	A					1
22:4.....g	0.000		1	A					1
22:5 n-3 (DPA).....g	0.050		1	A					1
22:6 n-3 (DHA).....g	0.410		1	A					1
Fatty acids, total trans.....g									
Cholesterol.....mg	59		1	A					1
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.320		0	A					1
Threonine.....g	0.920		0	A					1
Isoleucine.....g	0.920		0	A					1
Leucine.....g	1.520		0	A					1
Lysine.....g	1.730		0	A					1
Methionine.....g	0.770		0	A					1
Cystine.....g	0.300		0	A					1
Phenylalanine.....g	0.840		0	A					1
Tyrosine.....g	1.100		0	A					1
Valine.....g	1.030		0	A					1
Arginine.....g	1.150		0	A					1
Histidine.....g	0.510		0	A					1
Alanine.....g	1.190		0	A					1

NDB No. 35152

Fish, Salmon, Chum, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	2.490		0	A	1			
Glutamic acid.....g	2.890		0	A	1			
Glycine.....g	0.900		0	A	1			
Proline.....g	0.690		0	A	1			
Serine.....g	0.780		0	A	1			
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35016

Fish, blackfish, whole (Alaska Native)

Dallia pectoralis

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.10		1	AI	13				
Energy.....kcal	82		0	NC	4				
Energy.....kJ	342		0	NC	4				
Protein (N x 6.25).....g	15.50		1	AI	13				
Total lipid (fat).....g	1.75		1	AI	13				
Ash.....g	1.65		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	236		1	AI	13				
Iron, Fe.....mg	4.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	287		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.370		1	AI	13				
Niacin.....mg	1.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	1202		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35016

Fish, blackfish, whole (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35034

Fish, devilfish, meat (Alaska Native)

Myoxocephalus

Gray Whale

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.80		1	AI	13				
Energy.....kcal	97		0	NC	4				
Energy.....kJ	407		0	NC	4				
Protein (N x 6.25).....g	11.70		1	AI	13				
Total lipid (fat).....g	5.30		1	AI	13				
Ash.....g	1.50		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		1	AI	13				
Iron, Fe.....mg	0.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	3		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.0		1	AI	13				
Thiamin.....mg	0.090		1	AI	13				
Riboflavin.....mg	0.100		1	AI	13				
Niacin.....mg	1.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	1020		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35034

Fish, devilfish, meat (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35188

Fish, halibut, cooked, with skin (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.82	1.866	3	A	1				
Energy.....kcal	113		0	NC	4				
Energy.....kJ	473		0	NC	4				
Protein.....g	22.13	1.977	3	A	1				
Total lipid (fat).....g	2.73	1.407	3	A	1				
Ash.....g	1.39	0.031	3	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	33	5.476	3	A	1				
Iron, Fe.....mg	0.36	0.064	3	A	1				
Magnesium, Mg.....mg	29	0.731	3	A	1				
Phosphorus, P.....mg	275	8.686	3	A	1				
Potassium, K.....mg	501	0.882	3	A	1				
Sodium, Na.....mg	86	5.622	3	A	1				
Zinc, Zn.....mg	0.75	0.086	3	A	1				
Copper, Cu.....mg	0.041	0.000	3	A	1				
Manganese, Mn.....mg	0.011	0.000	3	A	1				
Selenium, Se.....µg	60.6	6.673	3	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.083	0.009	3	A	1				
Riboflavin.....mg	0.176	0.009	3	A	1				
Niacin.....mg	6.247	0.424	3	A	1				
Pantothenic acid.....mg	0.486	0.046	3	A	1				
Vitamin B-6.....mg	0.266	0.020	3	A	1				
Folate, total.....µg	22	3.684	3	A	1				
Folic acid.....µg									
Folate, food.....µg	22	3.684	3	A	1				
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.55	0.212	3	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	48		0	NC	4				
Retinol.....µg	48		0	BFSN	4				
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	160		0	NC	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	1.05	0.054	3	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.01	0.007	3	A	1				
Tocopherol, gamma.....mg	0.00	0.000	3	A	1				
Tocopherol, delta.....mg	0.00	0.000	3	A	1				
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1				
Tocotrienol, beta.....mg	0.00	0.000	3	A	1				

NDB No. 35188

Fish, halibut, cooked, with skin (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1				
Tocotrienol, delta.....mg	0.00	0.000	3	A	1				
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1				
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1				
Menaquinone-4.....µg	0.0	0.033	3	A	1				
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.498		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1				
10:0.....g	0.000	0.000	3	A	1				
12:0.....g	0.000	0.000	3	A	1				
13:0.....g									
14:0.....g	0.078	0.031	3	A	1				
15:0.....g	0.007	0.002	3	A	1				
16:0.....g	0.333	0.116	3	A	1				
17:0.....g	0.004	0.001	3	A	1				
18:0.....g	0.074	0.022	3	A	1				
20:0.....g	0.003	0.001	3	A	1				
22:0.....g	0.000	0.000	3	A	1				
24:0.....g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturated.....g	0.842		0	NC	4				
14:1.....g	0.004	0.002	3	A	1				
15:1.....g	0.000	0.000	3	A	1				
16:1 undifferentiated.....g	0.211	0.085	3	A	1				
17:1.....g	0.000	0.000	3	A	1				
18:1 undifferentiated.....g	0.541	0.214	3	A	1				
20:1.....g	0.085	0.033	3	A	1				
22:1 undifferentiated.....g	0.000	0.000	3	AS	1				
22:1 c.....g	0.000	0.000	3	A	1				
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.731		0	NC	4				
18:2 undifferentiated.....g	0.018	0.006	3	A	1				
18:3 undifferentiated.....g	0.009	0.004	3	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.009	0.004	3	A	1				
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1				
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.008	0.003	3	A	1				
20:3 undifferentiated.....g	0.003	0.001	3	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.036	0.008	3	A	1				
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.243	0.099	3	A	1				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.052	0.022	3	A	1				
22:6 n-3 (DHA).....g	0.363	0.113	3	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	75	4.351	3	A	1				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.335		0	A	1				
Threonine.....g	1.029		0	A	1				
Isoleucine.....g	1.017		0	A	1				
Leucine.....g	1.723		0	A	1				
Lysine.....g	1.962		0	A	1				

NDB No. 35188

Fish, halibut, cooked, with skin (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Methionine.....g	0.861		0	A	1			
Cystine.....g	0.383		0	A	1			
Phenylalanine.....g	0.885		0	A	1			
Tyrosine.....g	0.754		0	A	1			
Valine.....g	1.113		0	A	1			
Arginine.....g	1.304		0	A	1			
Histidine.....g	0.538		0	A	1			
Alanine.....g	1.280		0	A	1			
Aspartic acid.....g	3.014		0	A	1			
Glutamic acid.....g	3.421		0	A	1			
Glycine.....g	1.005		0	A	1			
Proline.....g	0.790		0	A	1			
Serine.....g	0.981		0	A	1			
Hydroxyproline.....g	0.107	0.003	3	A	1			
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35149

Fish, halibut, raw, with skin (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data	Deriv Code	Source Code			
Proximates:								
Water.....g	73.44	1.584	4	A	1			
Energy.....kcal	116		0	NC	4			
Energy.....kJ	484		0	NC	4			
Protein.....g	20.53	0.539	4	A	1			
Total lipid (fat).....g	2.92	0.964	4	A	1			
Ash.....g	1.30	0.004	4	A	1			
Carbohydrate, by difference.....g	1.81		0	NC	4			
Fiber, total dietary.....g	0.0		0	Z	7			
Sugars, total.....g	0.00		0	Z	7			
Sucrose.....g	0.00		0	Z	7			
Glucose (dextrose).....g	0.00		0	Z	7			
Fructose.....g	0.00		0	Z	7			
Lactose.....g	0.00		0	Z	7			
Maltose.....g	0.00		0	Z	7			
Galactose.....g	0.00		0	Z	7			
Starch.....g	0.00		0	Z	7			
Minerals:								
Calcium, Ca.....mg	20	1.099	4	A	1			
Iron, Fe.....mg	0.27	0.021	4	A	1			
Magnesium, Mg.....mg	26	0.498	4	A	1			
Phosphorus, P.....mg	244	4.023	4	A	1			
Potassium, K.....mg	449	12.127	4	A	1			
Sodium, Na.....mg	79	3.888	4	A	1			
Zinc, Zn.....mg	0.61	0.045	4	A	1			
Copper, Cu.....mg	0.042	0.002	3	A	1			
Manganese, Mn.....mg	0.011	0.000	3	A	1			
Selenium, Se.....µg	51.1	2.841	4	A	1			
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1			
Thiamin.....mg	0.066	0.005	4	A	1			
Riboflavin.....mg	0.072	0.003	4	A	1			
Niacin.....mg	5.762	0.815	4	A	1			
Pantothenic acid.....mg	0.377	0.047	4	A	1			
Vitamin B-6.....mg	0.390	0.006	4	A	1			
Folate, total.....µg	15	2.315	4	A	1			
Folic acid.....µg	0		0	Z	7			
Folate, food.....µg	15		1	A	1			
Folate, DFE.....µg	15		0	NC	4			
Choline, total.....mg								
Betaine.....mg								
Vitamin B-12.....µg	1.78	0.115	4	A	1			
Vitamin B-12, added.....µg	0.00		0	Z	7			
Vitamin A, RAE.....µg	47		0	NC	4			
Retinol.....µg	47		0	T	4			
Carotene, beta.....µg	0		0	Z	7			
Carotene, alpha.....µg	0		0	Z	7			
Cryptoxanthin, beta.....µg	0		0	Z	7			
Vitamin A, IU.....IU	157		0	NC	4			
Lycopene.....µg	0		0	Z	7			
Lutein + zeaxanthin.....µg	0		0	Z	7			
Vitamin E (alpha-tocopherol).....mg	1.90	0.989	4	A	1			
Vitamin E, added.....mg	0.00		0	Z	7			
Tocopherol, beta.....mg	0.03	0.020	4	A	1			
Tocopherol, gamma.....mg	0.00	0.000	4	A	1			
Tocopherol, delta.....mg	0.00	0.000	4	A	1			
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1			
Tocotrienol, beta.....mg	0.00	0.000	4	A	1			

NDB No. 35149

Fish, halibut, raw, with skin (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
Tocotrienol, gamma.....mg	0.05	0.055	4	A		1			
Tocotrienol, delta.....mg	0.00	0.000	4	A		1			
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0	0.000	4	A		1			
Dihydrophyloquinone.....µg	0.0	0.000	4	A		1			
Menaquinone-4.....µg	0.1	0.033	3	A		1			
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.726		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	4	A		1			
10:0.....g	0.000	0.000	4	A		1			
12:0.....g	0.000	0.000	4	A		1			
13:0.....g									
14:0.....g	0.088	0.027	4	A		1			
15:0.....g	0.008	0.002	4	A		1			
16:0.....g	0.383	0.097	4	A		1			
17:0.....g	0.004	0.001	4	A		1			
18:0.....g	0.088	0.018	4	A		1			
20:0.....g	0.005	0.001	4	A		1			
22:0.....g	0.000	0.000	4	A		1			
24:0.....g	0.000	0.000	4	A		1			
Fatty acids, total monounsaturated.....g	1.195		0	NC		4			
14:1.....g	0.004	0.001	4	A		1			
15:1.....g	0.000	0.000	4	A		1			
16:1 undifferentiated.....g	0.231	0.075	4	A		1			
17:1.....g	0.000	0.000	4	A		1			
18:1 undifferentiated.....g	0.591	0.190	4	A		1			
20:1.....g	0.106	0.035	4	A		1			
22:1 undifferentiated.....g	0.002	0.000	4	JA		6			
22:1 c.....g	0.000	0.000	3	A		1			
22:1 t.....g									
24:1 c.....g	0.010		1	A		1			
Fatty acids, total polyunsaturated.....g	0.912		0	NC		4			
18:2 undifferentiated.....g	0.018	0.006	4	A		1			
18:3 undifferentiated.....g	0.009	0.003	4	JA		6			
18:3 n-3 c,c,c (ALA).....g	0.012	0.004	3	A		1			
18:3 n-6 c,c,c.....g	0.000	0.000	3	A		1			
18:3i.....g									
18:4.....g	0.000		1	A		1			
20:2 n-6 c,c.....g	0.010	0.003	4	A		1			
20:3 undifferentiated.....g	0.003	0.001	4	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.028	0.009	4	A		1			
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.217	0.091	4	A		1			
21:5.....g	0.000		1	A		1			
22:4.....g	0.000		1	A		1			
22:5 n-3 (DPA).....g	0.059	0.020	4	A		1			
22:6 n-3 (DHA).....g	0.393	0.091	4	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	72	0.344	4	A		1			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.311		0	A		1			
Threonine.....g	0.954		0	A		1			
Isoleucine.....g	0.943		0	A		1			
Leucine.....g	1.598		0	A		1			
Lysine.....g	1.820		0	A		1			

NDB No. 35149

Fish, halibut, raw, with skin (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine.....g	0.799		0	A		1			
Cystine.....g	0.355		0	A		1			
Phenylalanine.....g	0.821		0	A		1			
Tyrosine.....g	0.699		0	A		1			
Valine.....g	1.032		0	A		1			
Arginine.....g	1.210		0	A		1			
Histidine.....g	0.499		0	A		1			
Alanine.....g	1.187		0	A		1			
Aspartic acid.....g	2.796		0	A		1			
Glutamic acid.....g	3.174		0	A		1			
Glycine.....g	0.932		0	A		1			
Proline.....g	0.732		0	A		1			
Serine.....g	0.910		0	A		1			
Hydroxyproline.....g	0.183	0.066	3	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35039

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

Clupea harengus pallasi Valenciennes & *Macrocystis integrifolia*

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.80		1	AI	13				
Energy.....kcal	63		0	NC	4				
Energy.....kJ	263		0	NC	4				
Protein (N x 6.25).....g	11.30		1	AI	13				
Total lipid (fat).....g	0.80		1	AI	13				
Ash.....g	3.50		0	NP	4				
Carbohydrate, by difference.....g	2.60		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	161		1	AI	13				
Iron, Fe.....mg	3.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	61		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg	0.130		1	AI	13				
Niacin.....mg	2.700		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	89		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35039

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35040

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

Clupea harengus pallasi Valenciennes

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	27.30		1	AI	13				
Energy.....kcal	312		0	NC	4				
Energy.....kJ	1306		0	NC	4				
Protein (N x 6.25).....g	60.40		1	AI	13				
Total lipid (fat).....g	6.60		1	AI	13				
Ash.....g	2.90		0	NP	4				
Carbohydrate, by difference.....g	2.80		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	808		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.050		1	AI	13				
Riboflavin.....mg	0.170		1	AI	13				
Niacin.....mg	4.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

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

Common Measures:

NDB No. 35040

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35041

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	40		1	AI		13			
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35042

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

Clupea harengus pallasi Valenciennes

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	18.20		1	AI	13				
Energy.....kcal	489		0	NC	4				
Energy.....kJ	2048		0	NC	4				
Protein (N x 6.25).....g	44.50		1	AI	13				
Total lipid (fat).....g	34.60		1	AI	13				
Ash.....g	2.70		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	684		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg									
Niacin.....mg	2.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	1300		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

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

Common Measures:

NDB No. 35042

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35047

Fish, lingcod, liver (Alaska Native)

Ophiodon elongatus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.90		1	AI	13				
Energy.....kcal	424		0	NC	4				
Energy.....kJ	1776		0	NC	4				
Protein (N x 6.25).....g	5.60		1	AI	13				
Total lipid (fat).....g	42.00		1	AI	13				
Ash.....g	0.50		0	NP	4				
Carbohydrate, by difference.....g	6.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	AI	13				
Iron, Fe.....mg	1.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	123		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	AI	13				
Thiamin.....mg	0.220		1	AI	13				
Riboflavin.....mg									
Niacin.....mg	4.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	9100		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35047

Fish, lingcod, liver (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35046

Fish, lingcod, meat, raw (Alaska Native)

Ophiodon elongatus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.00		1	AI	13				
Energy.....kcal	79		0	NC	4				
Energy.....kJ	330		0	NC	4				
Protein (N x 6.25).....g	17.90		1	AI	13				
Total lipid (fat).....g	0.80		1	AI	13				
Ash.....g	1.30		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	433		1	AI	13				
Sodium, Na.....mg	59		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.110		1	AI	13				
Riboflavin.....mg	0.360		1	AI	13				
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	230		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

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

Common Measures:

NDB No. 35046

Fish, lingcod, meat, raw (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35060

Fish, pike, northern, liver (Alaska Native)

Esox lucius

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.80		1	AI	13				
Energy.....kcal	156		0	NC	4				
Energy.....kJ	651		0	NC	4				
Protein (N x 6.25).....g	16.60		1	AI	13				
Total lipid (fat).....g	8.00		1	AI	13				
Ash.....g	1.30		0	NP	4				
Carbohydrate, by difference.....g	4.30		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		1	AI	13				
Iron, Fe.....mg	2.10		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	412		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg	0.700		1	AI	13				
Niacin.....mg	5.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	860		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35060

Fish, pike, northern, liver (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35171

Fish, salmon, chum, dried (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	22.79		2	A	1				
Energy.....kcal	378		0	NC	4				
Energy.....kJ	1581		0	NC	4				
Protein (N x 6.25).....g	62.09		2	A	1				
Total lipid (fat).....g	14.38		2	A	1				
Ash.....g	3.69		2	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	155		2	A	1				
Iron, Fe.....mg	2.20		2	A	1				
Magnesium, Mg.....mg	68		2	A	1				
Phosphorus, P.....mg	650		2	A	1				
Potassium, K.....mg	910		2	A	1				
Sodium, Na.....mg	190		2	A	1				
Zinc, Zn.....mg	1.40		2	A	1				
Copper, Cu.....mg	0.254		2	A	1				
Manganese, Mn.....mg	0.071		2	A	1				
Selenium, Se.....µg	103.8		2	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.356		2	A	1				
Riboflavin.....mg	0.463		2	A	1				
Niacin.....mg	14.650		2	A	1				
Pantothenic acid.....mg	2.760		2	A	1				
Vitamin B-6.....mg	0.681		2	A	1				
Folate, total.....µg	12		2	A	1				
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg	12		2	A	1				
Folate, DFE.....µg	12		0	NC	4				
Choline, total.....mg	231.2		0	AS	1				
Betaine.....mg	10.6		2	A	1				
Vitamin B-12.....µg	28.60		2	A	1				
Vitamin A, RAE.....µg	16		0	AS	1				
Retinol.....µg	16		1	A	1				
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	53		0	AS	1				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.82		2	A	1				
Tocopherol, beta.....mg	0.00		2	A	1				
Tocopherol, gamma.....mg	0.05		2	A	1				
Tocopherol, delta.....mg	0.00		2	A	1				
Tocotrienol, alpha.....mg	0.00		2	A	1				
Tocotrienol, beta.....mg	0.00		2	A	1				
Tocotrienol, gamma.....mg	0.00		2	A	1				
Tocotrienol, delta.....mg	0.00		2	A	1				

NDB No. 35171

Fish, salmon, chum, dried (Alaska Native)

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35150

Fish, salmon, coho (silver), raw (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.38		1	A	1				
Energy.....kcal	140		0	NC	4				
Energy.....kJ	587		0	NC	4				
Protein (N x 6.25).....g	22.56		1	A	1				
Total lipid (fat).....g	5.57		1	A	1				
Ash.....g	1.24		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	5		1	A	1				
Iron, Fe.....mg	0.55		1	A	1				
Magnesium, Mg.....mg	28		1	A	1				
Phosphorus, P.....mg	240		1	A	1				
Potassium, K.....mg	380		1	A	1				
Sodium, Na.....mg	58		1	A	1				
Zinc, Zn.....mg	0.41		0	O	4				
Copper, Cu.....mg	0.051		0	O	4				
Manganese, Mn.....mg									
Selenium, Se.....µg	27.6		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.152		1	A	1				
Riboflavin.....mg	0.189		1	A	1				
Niacin.....mg	7.930		1	A	1				
Pantothenic acid.....mg	1.230		1	A	1				
Vitamin B-6.....mg	0.225		1	A	1				
Folate, total.....µg	13		1	A	1				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	13		0	NR	4				
Folate, DFE.....µg	13		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	8.52		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	30		0	NC	4				
Retinol.....µg	30		0	O	4				
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	100		0	NC	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.81		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.01		1	A	1				
Tocopherol, gamma.....mg	0.01		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35150

Fish, salmon, coho (silver), raw (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, gamma.....mg	0.00		1	A		1			
Tocotrienol, delta.....mg	0.00		1	A		1			
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.2		1	A		1			
Dihydrophyloquinone.....µg	0.0		1	A		1			
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.904		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.157		1	A		1			
15:0.....g	0.012		1	A		1			
16:0.....g	0.605		1	A		1			
17:0.....g	0.012		1	A		1			
18:0.....g	0.109		1	A		1			
20:0.....g	0.009		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	1.790		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.169		1	A		1			
17:1.....g	0.012		1	A		1			
18:1 undifferentiated.....g	0.629		1	A		1			
20:1.....g	0.581		1	A		1			
22:1 undifferentiated.....g	0.363		1	A		1			
24:1 c.....g	0.036		1	A		1			
Fatty acids, total polyunsaturated.....g	2.410		0	T		4			
18:2 undifferentiated.....g	0.089		1	A		1			
18:2 n-6 c,c.....g	0.089		0	AI		13			
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.089		1	A		1			
18:3 n-3 c,c,c (ALA).....g	0.089		0	AI		13			
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.089		1	A		1			
20:2 n-6 c,c.....g	0.022		1	A		1			
20:3 undifferentiated.....g	0.000		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.067		1	A		1			
20:4 n-6.....g	0.670		0	AI		13			
20:5 n-3 (EPA).....g	0.491		1	A		1			
21:5.....g	0.022		1	A		1			
22:4.....g	0.000		1	A		1			
22:5 n-3 (DPA).....g	0.178		1	A		1			
22:6 n-3 (DHA).....g	1.385		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	58		1	A		1			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.330		0	A		1			
Threonine.....g	0.970		0	A		1			

NDB No. 35150

Fish, salmon, coho (silver), raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Isoleucine.....g	0.900		0	A	1			
Leucine.....g	1.610		0	A	1			
Lysine.....g	1.810		0	A	1			
Methionine.....g	0.710		0	A	1			
Cystine.....g	0.250		0	A	1			
Phenylalanine.....g	0.910		0	A	1			
Tyrosine.....g	0.720		0	A	1			
Valine.....g	1.030		0	A	1			
Arginine.....g	1.140		0	A	1			
Histidine.....g	0.490		0	A	1			
Alanine.....g	1.290		0	A	1			
Aspartic acid.....g	2.650		0	A	1			
Glutamic acid.....g	3.100		0	A	1			
Glycine.....g	0.970		0	A	1			
Proline.....g	0.780		0	A	1			
Serine.....g	0.840		0	A	1			
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35153

Fish, salmon, king (chinook), raw (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.96		2	JO	11				
Energy.....kcal	187		0	NC	4				
Energy.....kJ	781		0	NC	4				
Protein (N x 6.25).....g	20.25		2	JO	11				
Total lipid (fat).....g	11.73		2	JO	11				
Ash.....g	1.25		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	42		2	JO	11				
Iron, Fe.....mg	0.79		2	JO	11				
Magnesium, Mg.....mg	24		1	A	1				
Phosphorus, P.....mg	208		2	JO	11				
Potassium, K.....mg	370		1	A	1				
Sodium, Na.....mg	48		1	A	1				
Zinc, Zn.....mg	0.52		1	A	1				
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg	31.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.161		1	A	1				
Riboflavin.....mg	0.169		2	JO	11				
Niacin.....mg	8.415		2	JO	11				
Pantothenic acid.....mg	0.987		1	A	1				
Vitamin B-6.....mg	0.271		1	A	1				
Folate, total.....µg	15		1	A	1				
Folic acid.....µg									
Folate, food.....µg	15		1	A	1				
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	7.38		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	136		0	NC	4				
Retinol.....µg	136		0	T	4				
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	453		0	NC	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	1.49		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.01		1	A	1				
Tocopherol, gamma.....mg	0.03		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35153

Fish, salmon, king (chinook), raw (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Tocotrienol, gamma.....mg	0.00		1	A	1			
Tocotrienol, delta.....mg	0.00		1	A	1			
Vitamin D (D2 + D3).....µg								
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	0.3		1	A	1			
Dihydrophyloquinone.....µg	0.0		1	A	1			
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	1.870		0	NC	4			
4:0.....g								
6:0.....g								
8:0.....g	0.000		1	A	1			
10:0.....g	0.000		1	A	1			
12:0.....g	0.000		1	A	1			
13:0.....g								
14:0.....g	0.300		1	A	1			
15:0.....g	0.020		1	A	1			
16:0.....g	1.230		1	A	1			
17:0.....g	0.020		1	A	1			
18:0.....g	0.290		1	A	1			
20:0.....g	0.010		1	A	1			
22:0.....g	0.000		1	A	1			
24:0.....g	0.000		1	A	1			
Fatty acids, total monounsaturated.....g	4.090		0	NC	4			
14:1.....g	0.010		1	A	1			
15:1.....g	0.000		1	A	1			
16:1 undifferentiated.....g	0.550		1	A	1			
17:1.....g	0.020		1	A	1			
18:1 undifferentiated.....g	2.100		1	A	1			
20:1.....g	0.760		1	A	1			
22:1 undifferentiated.....g	0.580		1	A	1			
24:1 c.....g	0.070		1	A	1			
Fatty acids, total polyunsaturated.....g	1.599		0	NC	4			
18:2 undifferentiated.....g	0.090		1	A	1			
18:3 undifferentiated.....g	0.070		1	A	1			
18:4.....g	0.050		1	A	1			
20:2 n-6 c,c.....g	0.020		1	A	1			
20:3 undifferentiated.....g	0.000		1	A	1			
20:4 undifferentiated.....g	0.080		1	A	1			
20:5 n-3 (EPA).....g	0.440		1	A	1			
21:5.....g	0.020		1	A	1			
22:4.....g	0.000		1	A	1			
22:5 n-3 (DPA).....g	0.120		1	A	1			
22:6 n-3 (DHA).....g	0.710		1	A	1			
Fatty acids, total trans.....g								
Cholesterol.....mg	61		1	A	1			
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

NDB No. 35153

Fish, salmon, king (chinook), raw (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35065

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

Oncorhynchus tshawytscha

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.20		1	AI	13				
Energy.....kcal	266		0	NC	4				
Energy.....kJ	1113		0	NC	4				
Protein (N x 6.25).....g	30.70		1	AI	13				
Total lipid (fat).....g	15.90		1	AI	13				
Ash.....g	2.20		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	38		1	AI	13				
Iron, Fe.....mg	1.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.050		1	AI	13				
Riboflavin.....mg	0.140		1	AI	13				
Niacin.....mg	10.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	50		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35065

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35068

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

Oncorhynchus tshawytscha

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.80		1	AI	13				
Energy.....kcal	156		0	NC	4				
Energy.....kJ	651		0	NC	4				
Protein (N x 6.25).....g	16.60		1	AI	13				
Total lipid (fat).....g	8.00		1	AI	13				
Ash.....g	1.30		0	NP	4				
Carbohydrate, by difference.....g	4.30		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		1	AI	13				
Iron, Fe.....mg	2.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	412		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg	0.700		1	AI	13				
Niacin.....mg	5.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	3140		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35068

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35066

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

Oncorhynchus tshawytscha

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.70		1	AI	13				
Energy.....kcal	150		0	NC	4				
Energy.....kJ	627		0	NC	4				
Protein (N x 6.25).....g	23.20		1	AI	13				
Total lipid (fat).....g	5.90		1	AI	13				
Ash.....g	3.20		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60		1	AI	13				
Iron, Fe.....mg	1.80		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.100		1	AI	13				
Niacin.....mg	8.500		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	319		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35066

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35067

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	107		1	AI	13			
Phytosterols.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35168

Fish, salmon, king, with skin, kippered, (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.52		1	A	1				
Energy.....kcal	209		0	NC	4				
Energy.....kJ	876		0	NC	4				
Protein (N x 6.25).....g	23.19		1	A	1				
Total lipid (fat).....g	12.95		1	A	1				
Ash.....g	3.21		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	55		1	A	1				
Iron, Fe.....mg	0.55		1	A	1				
Magnesium, Mg.....mg	29		1	A	1				
Phosphorus, P.....mg	270		1	A	1				
Potassium, K.....mg	390		1	A	1				
Sodium, Na.....mg	870		1	A	1				
Zinc, Zn.....mg	0.77		1	A	1				
Copper, Cu.....mg	0.148		1	A	1				
Manganese, Mn.....mg	0.037		1	A	1				
Selenium, Se.....µg	30.5		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.043		1	A	1				
Riboflavin.....mg	0.201		1	A	1				
Niacin.....mg	8.610		1	A	1				
Pantothenic acid.....mg	0.822		1	A	1				
Vitamin B-6.....mg	0.378		1	A	1				
Folate, total.....µg	3		1	A	1				
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg	3		1	A	1				
Folate, DFE.....µg	3		0	NC	4				
Choline, total.....mg	98.9		0	AS	1				
Betaine.....mg	3.6		1	A	1				
Vitamin B-12.....µg	3.65		1	A	1				
Vitamin A, RAE.....µg	12		0	NC	4				
Retinol.....µg									
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	41		0	BFFN	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.42		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				
Tocotrienol, gamma.....mg	0.00		1	A	1				

NDB No. 35168

Fish, salmon, king, with skin, kippered, (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, delta.....mg	0.00		1	A		1			
Vitamin D (D2 + D3).....µg	1.2		1	A		1			
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	46		1	A		1			
Vitamin K (phylloquinone).....µg	0.0		1	A		1			
Dihydrophylloquinone.....µg	0.0		1	A		1			
Menquinone-4.....µg	1.8		1	A		1			
Lipids:									
Fatty acids, total saturated.....g	2.440		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.490		1	A		1			
15:0.....g	0.040		1	A		1			
16:0.....g	1.520		1	A		1			
17:0.....g	0.060		1	A		1			
18:0.....g	0.330		1	A		1			
20:0.....g	0.000		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	5.860		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.680		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	2.440		1	A		1			
20:1.....g	1.530		1	A		1			
22:1 undifferentiated.....g	1.100		1	A		1			
24:1 c.....g	0.110		1	A		1			
Fatty acids, total polyunsaturated.....g	2.090		0	NC		4			
18:2 undifferentiated.....g	0.160		1	A		1			
18:3 undifferentiated.....g	0.170		1	A		1			
18:4.....g	0.160		1	A		1			
20:2 n-6 c,c.....g	0.030		1	A		1			
20:3 undifferentiated.....g	0.030		1	A		1			
20:4 undifferentiated.....g	0.140		1	A		1			
20:5 n-3 (EPA).....g	0.460		1	A		1			
21:5.....g	0.020		1	A		1			
22:4.....g	0.020		1	A		1			
22:5 n-3 (DPA).....g	0.110		1	A		1			
22:6 n-3 (DHA).....g	0.790		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	67		1	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.256		0	A		1			
Threonine.....g	1.022		0	A		1			
Isoleucine.....g	0.909		0	A		1			
Leucine.....g	1.656		0	A		1			
Lysine.....g	1.902		0	A		1			
Methionine.....g	0.625		0	A		1			
Cystine.....g	0.199		0	A		1			
Phenylalanine.....g	0.899		0	A		1			
Tyrosine.....g	0.757		0	A		1			
Valine.....g	1.117		0	A		1			
Arginine.....g	1.363		0	A		1			
Histidine.....g	0.549		0	A		1			
Alanine.....g	1.476		0	A		1			
Aspartic acid.....g	2.205		0	A		1			

NDB No. 35168

Fish, salmon, king, with skin, kippered, (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Glutamic acid.....g	3.048		0	A		1			
Glycine.....g	1.230		0	A		1			
Proline.....g	1.079		0	A		1			
Serine.....g	0.909		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35166

Fish, salmon, red, (sockeye), canned, smoked (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.49		1	A	1				
Energy.....kcal	206		0	NC	4				
Energy.....kJ	862		0	NC	4				
Protein (N x 6.25).....g	35.19		1	A	1				
Total lipid (fat).....g	7.26		1	A	1				
Ash.....g	2.75		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	69		1	A	1				
Iron, Fe.....mg	1.50		1	A	1				
Magnesium, Mg.....mg	39		1	A	1				
Phosphorus, P.....mg	350		1	A	1				
Potassium, K.....mg	470		1	A	1				
Sodium, Na.....mg	600		1	A	1				
Zinc, Zn.....mg	1.10		1	A	1				
Copper, Cu.....mg	0.148		1	A	1				
Manganese, Mn.....mg	0.051		1	A	1				
Selenium, Se.....µg	44.8		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.021		1	A	1				
Riboflavin.....mg	0.358		1	A	1				
Niacin.....mg	13.100		1	A	1				
Pantothenic acid.....mg	0.656		1	A	1				
Vitamin B-6.....mg	0.182		1	A	1				
Folate, total.....µg	4		1	A	1				
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg	4		1	A	1				
Folate, DFE.....µg	4		0	NC	4				
Choline, total.....mg	106.9		0	AS	1				
Betaine.....mg	5.0		1	A	1				
Vitamin B-12.....µg	7.43		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	19		0	NC	4				
Retinol.....µg	19		0	BFSN	4				
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	63		0	BFSN	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.45		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35166

Fish, salmon, red, (sockeye), canned, smoked (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Tocotrienol, gamma.....mg	0.00		1	A	1			
Tocotrienol, delta.....mg	0.00		1	A	1			
Vitamin D (D2 + D3).....µg								
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	0.0		1	A	1			
Dihydrophyloquinone.....µg	0.0		1	A	1			
Menaquinone-4.....µg	0.5		1	A	1			
<u>Lipids:</u>								
Fatty acids, total saturated.....g	1.480		0	NC	4			
4:0.....g								
6:0.....g								
8:0.....g	0.000		1	A	1			
10:0.....g	0.000		1	A	1			
12:0.....g	0.000		1	A	1			
13:0.....g								
14:0.....g	0.210		1	A	1			
15:0.....g	0.030		1	A	1			
16:0.....g	1.060		1	A	1			
17:0.....g	0.000		1	A	1			
18:0.....g	0.180		1	A	1			
20:0.....g	0.000		1	A	1			
22:0.....g	0.000		1	A	1			
24:0.....g	0.000		1	A	1			
Fatty acids, total monounsaturated.....g	2.290		0	NC	4			
14:1.....g	0.000		1	A	1			
15:1.....g	0.000		1	A	1			
16:1 undifferentiated.....g	0.250		1	A	1			
17:1.....g	0.000		1	A	1			
18:1 undifferentiated.....g	1.250		1	A	1			
20:1.....g	0.460		1	A	1			
22:1 undifferentiated.....g	0.300		1	A	1			
24:1 c.....g	0.030		1	A	1			
Fatty acids, total polyunsaturated.....g	2.210		0	NC	4			
18:2 undifferentiated.....g	0.100		1	A	1			
18:3 undifferentiated.....g	0.100		1	A	1			
18:4.....g	0.100		1	A	1			
20:2 n-6 c,c.....g	0.020		1	A	1			
20:3 undifferentiated.....g	0.020		1	A	1			
20:4 undifferentiated.....g	0.110		1	A	1			
20:5 n-3 (EPA).....g	0.600		1	A	1			
21:5.....g	0.020		1	A	1			
22:4.....g	0.000		1	A	1			
22:5 n-3 (DPA).....g	0.170		1	A	1			
22:6 n-3 (DHA).....g	0.970		1	A	1			
Fatty acids, total trans.....g								
Cholesterol.....mg	93		0	BFFN	4			
Phytosterols.....mg								
<u>Amino Acids:</u>								
Tryptophan.....g	0.350		0	A	1			
Threonine.....g	1.530		0	A	1			
Isoleucine.....g	1.450		0	A	1			
Leucine.....g	2.510		0	A	1			
Lysine.....g	2.740		0	A	1			
Methionine.....g	0.910		0	A	1			
Cystine.....g	0.250		0	A	1			
Phenylalanine.....g	1.390		0	A	1			
Tyrosine.....g	1.150		0	A	1			
Valine.....g	1.720		0	A	1			
Arginine.....g	2.010		0	A	1			
Histidine.....g	0.820		0	A	1			
Alanine.....g	2.110		0	A	1			

NDB No. 35166

Fish, salmon, red, (sockeye), canned, smoked (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	3.260		0	A	1			
Glutamic acid.....g	4.510		0	A	1			
Glycine.....g	1.870		0	A	1			
Proline.....g	1.700		0	A	1			
Serine.....g	1.320		0	A	1			
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35167

Fish, salmon, red, (sockeye), kippered (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.41		1	A	1				
Energy.....kcal	141		0	NC	4				
Energy.....kJ	589		0	NC	4				
Protein (N x 6.25).....g	24.50		1	A	1				
Total lipid (fat).....g	4.75		1	A	1				
Ash.....g	2.25		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	54		1	A	1				
Iron, Fe.....mg	0.49		1	A	1				
Magnesium, Mg.....mg	31		1	A	1				
Phosphorus, P.....mg	280		1	A	1				
Potassium, K.....mg	400		1	A	1				
Sodium, Na.....mg	460		1	A	1				
Zinc, Zn.....mg	0.75		1	A	1				
Copper, Cu.....mg	0.148		1	A	1				
Manganese, Mn.....mg	0.037		1	A	1				
Selenium, Se.....µg	33.5		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.094		1	A	1				
Riboflavin.....mg	0.230		1	A	1				
Niacin.....mg	8.520		1	A	1				
Pantothenic acid.....mg	0.917		1	A	1				
Vitamin B-6.....mg	0.287		1	A	1				
Folate, total.....µg	6		1	A	1				
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg	6		1	A	1				
Folate, DFE.....µg	6		0	NC	4				
Choline, total.....mg	88.2		0	AS	1				
Betaine.....mg	4.2		1	A	1				
Vitamin B-12.....µg	4.98		1	A	1				
Vitamin A, RAE.....µg	15		0	NC	4				
Retinol.....µg	14		0	BFFN	4				
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	50		0	T	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.44		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				
Tocotrienol, gamma.....mg	0.00		1	A	1				
Tocotrienol, delta.....mg	0.00		1	A	1				

NDB No. 35167

Fish, salmon, red, (sockeye), kippered (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Vitamin D (D2 + D3).....µg	2.0		1	A	1			
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	80		1	A	1			
Vitamin K (phylloquinone).....µg	0.0		1	A	1			
Dihydrophyloquinone.....µg	0.0		1	A	1			
Menaquinone-4.....µg	0.0		1	A	1			
Lipids:								
Fatty acids, total saturated.....g	0.800		0	NC	4			
4:0.....g								
6:0.....g								
8:0.....g	0.000		1	A	1			
10:0.....g	0.000		1	A	1			
12:0.....g	0.000		1	A	1			
13:0.....g								
14:0.....g	0.120		1	A	1			
15:0.....g	0.020		1	A	1			
16:0.....g	0.570		1	A	1			
17:0.....g	0.000		1	A	1			
18:0.....g	0.090		1	A	1			
20:0.....g	0.000		1	A	1			
22:0.....g	0.000		1	A	1			
24:0.....g	0.000		1	A	1			
Fatty acids, total monounsaturated.....g	1.830		0	NC	4			
14:1.....g	0.000		1	A	1			
15:1.....g	0.000		1	A	1			
16:1 undifferentiated.....g	0.150		1	A	1			
17:1.....g	0.000		1	A	1			
18:1 undifferentiated.....g	0.670		1	A	1			
20:1.....g	0.580		1	A	1			
22:1 undifferentiated.....g	0.400		1	A	1			
24:1 c.....g	0.030		1	A	1			
Fatty acids, total polyunsaturated.....g	1.130		0	NC	4			
18:2 undifferentiated.....g	0.060		1	A	1			
18:3 undifferentiated.....g	0.060		1	A	1			
18:4.....g	0.060		1	A	1			
20:2 n-6 c,c.....g	0.010		1	A	1			
20:3 undifferentiated.....g	0.010		1	A	1			
20:4 undifferentiated.....g	0.060		1	A	1			
20:5 n-3 (EPA).....g	0.260		1	A	1			
21:5.....g	0.000		1	A	1			
22:4.....g	0.000		1	A	1			
22:5 n-3 (DPA).....g	0.070		1	A	1			
22:6 n-3 (DHA).....g	0.540		1	A	1			
Fatty acids, total trans.....g								
Cholesterol.....mg	68		1	A	1			
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 35167

Fish, salmon, red, (sockeye), kippered (Alaska Native)

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35157

Fish, salmon, red, canned, bones removed (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.82		1	A	1				
Energy.....kcal	161		0	NC	4				
Energy.....kJ	674		0	NC	4				
Protein (N x 6.25).....g	27.31		1	A	1				
Total lipid (fat).....g	5.76		1	A	1				
Ash.....g	1.96		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	28		1	A	1				
Iron, Fe.....mg	1.90		1	A	1				
Magnesium, Mg.....mg	32		1	A	1				
Phosphorus, P.....mg	260		1	A	1				
Potassium, K.....mg	370		1	A	1				
Sodium, Na.....mg	390		1	A	1				
Zinc, Zn.....mg	0.66		1	A	1				
Copper, Cu.....mg	0.148		1	A	1				
Manganese, Mn.....mg	0.037		1	A	1				
Selenium, Se.....µg	40.3		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.015		1	A	1				
Riboflavin.....mg	0.206		1	A	1				
Niacin.....mg	10.100		1	A	1				
Pantothenic acid.....mg	0.725		1	A	1				
Vitamin B-6.....mg	0.103		1	A	1				
Folate, total.....µg	7		1	A	1				
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg	7		1	A	1				
Folate, DFE.....µg	7		0	NC	4				
Choline, total.....mg	82.0		0	AS	1				
Betaine.....mg	3.3		1	A	1				
Vitamin B-12.....µg	4.91		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	65		0	NC	4				
Retinol.....µg	65		0	NR	4				
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	216		0	NC	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.61		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.03		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35157

Fish, salmon, red, canned, bones removed (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg	0.00		1	A					1
Tocotrienol, delta.....mg	0.00		1	A					1
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A					1
Dihydrophyloquinone.....µg	0.0		1	A					1
Menaquinone-4.....µg	0.0		1	A					1
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.920		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					1
10:0.....g	0.000		1	A					1
12:0.....g	0.000		1	A					1
13:0.....g									
14:0.....g	0.170		1	A					1
15:0.....g	0.030		1	A					1
16:0.....g	0.590		1	A					1
17:0.....g	0.020		1	A					1
18:0.....g	0.110		1	A					1
20:0.....g	0.000		1	A					1
22:0.....g	0.000		1	A					1
24:0.....g	0.000		1	A					1
Fatty acids, total monounsaturated.....g	2.290		0	NC					4
14:1.....g	0.000		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.150		1	A					1
17:1.....g	0.000		1	A					1
18:1 undifferentiated.....g	0.660		1	A					1
20:1.....g	0.750		1	A					1
22:1 undifferentiated.....g	0.690		1	A					1
24:1 c.....g	0.040		1	A					1
Fatty acids, total polyunsaturated.....g	1.610		0	NC					4
18:2 undifferentiated.....g	0.080		1	A					1
18:3 undifferentiated.....g	0.080		1	A					1
18:4.....g	0.120		1	A					1
20:2 n-6 c,c.....g	0.020		1	A					1
20:3 undifferentiated.....g	0.010		1	A					1
20:4 undifferentiated.....g	0.090		1	A					1
20:5 n-3 (EPA).....g	0.330		1	A					1
21:5.....g	0.020		1	A					1
22:4.....g	0.000		1	A					1
22:5 n-3 (DPA).....g	0.110		1	A					1
22:6 n-3 (DHA).....g	0.750		1	A					1
Fatty acids, total trans.....g									
Cholesterol.....mg	69		1	A					1
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.350		0	A					1
Threonine.....g	1.250		0	A					1
Isoleucine.....g	1.220		0	A					1
Leucine.....g	2.040		0	A					1
Lysine.....g	2.310		0	A					1
Methionine.....g	0.750		0	A					1
Cystine.....g	0.200		0	A					1
Phenylalanine.....g	1.140		0	A					1
Tyrosine.....g	0.940		0	A					1
Valine.....g	1.450		0	A					1
Arginine.....g	1.640		0	A					1
Histidine.....g	0.690		0	A					1
Alanine.....g	1.690		0	A					1

NDB No. 35157

Fish, salmon, red, canned, bones removed (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	2.680		0	A	1			
Glutamic acid.....g	3.640		0	A	1			
Glycine.....g	1.430		0	A	1			
Proline.....g	1.220		0	A	1			
Serine.....g	1.040		0	A	1			
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35151

Fish, salmon, sockeye (red), raw (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.64		1	A	1				
Energy.....kcal	153		0	NC	4				
Energy.....kJ	641		0	NC	4				
Protein (N x 6.25).....g	21.94		1	A	1				
Total lipid (fat).....g	7.28		1	A	1				
Ash.....g	1.29		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	7		1	A	1				
Iron, Fe.....mg	0.53		1	A	1				
Magnesium, Mg.....mg	27		1	A	1				
Phosphorus, P.....mg	240		1	A	1				
Potassium, K.....mg	360		1	A	1				
Sodium, Na.....mg	60		1	A	1				
Zinc, Zn.....mg	0.52		1	A	1				
Copper, Cu.....mg	0.052		0	O	4				
Manganese, Mn.....mg	0.014		0	O	4				
Selenium, Se.....µg	29.9		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.253		1	A	1				
Riboflavin.....mg	0.297		1	A	1				
Niacin.....mg	8.040		1	A	1				
Pantothenic acid.....mg	1.140		1	A	1				
Vitamin B-6.....mg	0.282		1	A	1				
Folate, total.....µg	11		1	A	1				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	11		1	A	1				
Folate, DFE.....µg	11		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	7.82		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	58		0	NC	4				
Retinol.....µg	58		0	O	4				
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	193		0	NC	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	1.25		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.01		1	A	1				
Tocopherol, gamma.....mg	0.04		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35151

Fish, salmon, sockeye (red), raw (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Tocotrienol, gamma.....mg	0.00		1	A	1			
Tocotrienol, delta.....mg	0.00		1	A	1			
Vitamin D (D2 + D3).....µg								
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	0.3		1	A	1			
Dihydrophyloquinone.....µg	0.0		1	A	1			
Menaquinone-4.....µg								
<u>Lipids:</u>								
Fatty acids, total saturated.....g	1.007		0	NC	4			
4:0.....g								
6:0.....g								
8:0.....g	0.000		1	A	1			
10:0.....g	0.000		1	A	1			
12:0.....g	0.000		1	A	1			
13:0.....g								
14:0.....g	0.170		1	A	1			
15:0.....g	0.020		1	A	1			
16:0.....g	0.670		1	A	1			
17:0.....g	0.010		1	A	1			
18:0.....g	0.130		1	A	1			
20:0.....g	0.007		1	A	1			
22:0.....g	0.000		1	A	1			
24:0.....g	0.000		1	A	1			
Fatty acids, total monounsaturated.....g	2.200		0	NC	4			
14:1.....g	0.010		1	A	1			
15:1.....g	0.000		1	A	1			
16:1 undifferentiated.....g	0.200		1	A	1			
17:1.....g	0.010		1	A	1			
18:1 undifferentiated.....g	0.880		1	A	1			
20:1.....g	0.610		1	A	1			
22:1 undifferentiated.....g	0.450		1	A	1			
24:1 c.....g	0.040		1	A	1			
Fatty acids, total polyunsaturated.....g	1.370		0	NC	4			
18:2 undifferentiated.....g	0.070		1	A	1			
18:3 undifferentiated.....g	0.070		1	A	1			
18:4.....g	0.070		1	A	1			
20:2 n-6 c,c.....g	0.010		1	A	1			
20:3 undifferentiated.....g	0.000		1	A	1			
20:4 undifferentiated.....g	0.080		1	A	1			
20:5 n-3 (EPA).....g	0.330		1	A	1			
21:5.....g	0.010		1	A	1			
22:4.....g	0.000		1	A	1			
22:5 n-3 (DPA).....g	0.100		1	A	1			
22:6 n-3 (DHA).....g	0.630		1	A	1			
Fatty acids, total trans.....g								
Cholesterol.....mg	64		1	A	1			
Phytosterols.....mg								
<u>Amino Acids:</u>								
Tryptophan.....g	0.310		0	A	1			
Threonine.....g	0.990		0	A	1			
Isoleucine.....g	0.970		0	A	1			
Leucine.....g	1.520		0	A	1			
Lysine.....g	1.760		0	A	1			
Methionine.....g	0.780		0	A	1			
Cystine.....g	0.310		0	A	1			
Phenylalanine.....g	0.820		0	A	1			
Tyrosine.....g	0.660		0	A	1			
Valine.....g	1.120		0	A	1			
Arginine.....g	1.120		0	A	1			
Histidine.....g	0.500		0	A	1			
Alanine.....g	1.350		0	A	1			

NDB No. 35151

Fish, salmon, sockeye (red), raw (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	2.790		0	A	1			
Glutamic acid.....g	3.030		0	A	1			
Glycine.....g	0.940		0	A	1			
Proline.....g	0.650		0	A	1			
Serine.....g	0.840		0	A	1			
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35064

Fish, salmon, tipnuk, fermented (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.80		1	AI	13				
Energy.....kcal	159		0	NC	4				
Energy.....kJ	665		0	NC	4				
Protein (N x 6.25).....g	15.90		1	AI	13				
Total lipid (fat).....g	10.60		1	AI	13				
Ash.....g	2.00		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	46		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.130		1	AI	13				
Riboflavin.....mg	0.150		1	AI	13				
Niacin.....mg	1.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	780		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35064

Fish, salmon, tipnuk, fermented (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35169

Fish, sheefish, raw (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.62		1	A	1				
Energy.....kcal	115		0	NC	4				
Energy.....kJ	479		0	NC	4				
Protein (N x 6.25).....g	22.25		1	A	1				
Total lipid (fat).....g	2.84		1	A	1				
Ash.....g	1.58		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	140		1	A	1				
Iron, Fe.....mg	0.50		1	A	1				
Magnesium, Mg.....mg	25		1	A	1				
Phosphorus, P.....mg	300		1	A	1				
Potassium, K.....mg	390		1	A	1				
Sodium, Na.....mg	52		1	A	1				
Zinc, Zn.....mg	0.60		1	A	1				
Copper, Cu.....mg	0.148		1	A	1				
Manganese, Mn.....mg	0.037		1	A	1				
Selenium, Se.....µg	42.3		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.041		1	A	1				
Riboflavin.....mg	0.126		1	A	1				
Niacin.....mg	2.120		1	A	1				
Pantothenic acid.....mg	0.648		1	A	1				
Vitamin B-6.....mg	0.162		1	A	1				
Folate, total.....µg	9		1	A	1				
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg	9		1	A	1				
Folate, DFE.....µg	9		0	NC	4				
Choline, total.....mg	108.9		0	AS	1				
Betaine.....mg	123.7		1	A	1				
Vitamin B-12.....µg	5.90		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	0		0	AS	1				
Retinol.....µg									
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	0		0	AS	1				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.44		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.01		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg	0.00		1	A					1
Tocotrienol, delta.....mg	0.00		1	A					1
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A					1
Dihydrophyloquinone.....µg	0.0		1	A					1
Menaquinone-4.....µg	0.0		1	A					1
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.490		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					1
10:0.....g	0.000		1	A					1
12:0.....g	0.000		1	A					1
13:0.....g									
14:0.....g	0.080		1	A					1
15:0.....g	0.000		1	A					1
16:0.....g	0.350		1	A					1
17:0.....g	0.000		1	A					1
18:0.....g	0.060		1	A					1
20:0.....g	0.000		1	A					1
22:0.....g	0.000		1	A					1
24:0.....g	0.000		1	A					1
Fatty acids, total monounsaturated.....g	1.080		0	NC					4
14:1.....g	0.000		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.260		1	A					1
17:1.....g	0.000		1	A					1
18:1 undifferentiated.....g	0.540		1	A					1
20:1.....g	0.190		1	A					1
22:1 undifferentiated.....g	0.080		1	A					1
24:1 c.....g	0.010		1	A					1
Fatty acids, total polyunsaturated.....g	0.700		0	NC					4
18:2 undifferentiated.....g	0.030		1	A					1
18:3 undifferentiated.....g	0.040		1	A					1
18:4.....g	0.010		1	A					1
20:2 n-6 c,c.....g	0.000		1	A					1
20:3 undifferentiated.....g	0.000		1	A					1
20:4 undifferentiated.....g	0.050		1	A					1
20:5 n-3 (EPA).....g	0.170		1	A					1
21:5.....g	0.000		1	A					1
22:4.....g	0.000		1	A					1
22:5 n-3 (DPA).....g	0.080		1	A					1
22:6 n-3 (DHA).....g	0.320		1	A					1
Fatty acids, total trans.....g									
Cholesterol.....mg	56		1	A					1
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.210		0	A					1
Threonine.....g	0.940		0	A					1
Isoleucine.....g	0.860		0	A					1
Leucine.....g	1.520		0	A					1
Lysine.....g	1.820		0	A					1
Methionine.....g	0.630		0	A					1
Cystine.....g	0.200		0	A					1
Phenylalanine.....g	0.850		0	A					1
Tyrosine.....g	0.680		0	A					1
Valine.....g	1.000		0	A					1
Arginine.....g	1.310		0	A					1
Histidine.....g	0.520		0	A					1
Alanine.....g	1.400		0	A					1

NDB No. 35169

Fish, sheefish, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Aspartic acid.....g	2.070		0	A	1				
Glutamic acid.....g	2.950		0	A	1				
Glycine.....g	1.500		0	A	1				
Proline.....g	1.150		0	A	1				
Serine.....g	0.850		0	A	1				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35091

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

Coregonus nasus

sheefish

Refuse:0%

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35088

Fish, whitefish, broad, liver (Alaska Native)

Coregonus nasus

sheefish

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.10		1	AI	13				
Energy.....kcal	104		0	NC	4				
Energy.....kJ	435		0	NC	4				
Protein (N x 6.25).....g	11.00		1	AI	13				
Total lipid (fat).....g	4.40		1	AI	13				
Ash.....g	3.40		0	NP	4				
Carbohydrate, by difference.....g	5.10		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53		1	AI	13				
Iron, Fe.....mg	8.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	297		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.180		1	AI	13				
Riboflavin.....mg	0.540		1	AI	13				
Niacin.....mg	2.700		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	1510		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35088

Fish, whitefish, broad, liver (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35165

Fish, whitefish, dried (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	20.59		1	A	1				
Energy.....kcal	371		0	NC	4				
Energy.....kJ	1551		0	NC	4				
Protein (N x 6.25).....g	62.44		1	A	1				
Total lipid (fat).....g	13.44		1	A	1				
Ash.....g	5.57		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	NR	4				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	810		1	A	1				
Iron, Fe.....mg	4.10		1	A	1				
Magnesium, Mg.....mg	85		1	A	1				
Phosphorus, P.....mg	1040		1	A	1				
Potassium, K.....mg	1080		1	A	1				
Sodium, Na.....mg	200		1	A	1				
Zinc, Zn.....mg	5.00		1	A	1				
Copper, Cu.....mg	0.180		1	A	1				
Manganese, Mn.....mg	0.230		1	A	1				
Selenium, Se.....µg	113.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.053		1	A	1				
Riboflavin.....mg	0.438		1	A	1				
Niacin.....mg	11.200		1	A	1				
Pantothenic acid.....mg	2.570		1	A	1				
Vitamin B-6.....mg	0.365		1	A	1				
Folate, total.....µg	11		1	A	1				
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg	11		1	A	1				
Folate, DFE.....µg	11		0	NC	4				
Choline, total.....mg	205.6		0	AS	1				
Betaine.....mg	88.3		1	A	1				
Vitamin B-12.....µg	18.40		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	39		0	NC	4				
Retinol.....µg	39		0	T	4				
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	131		0	NC	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.66		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35165

Fish, whitefish, dried (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg	0.00		1	A					1
Tocotrienol, delta.....mg	0.00		1	A					1
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	1.3		1	A					1
Dihydrophyloquinone.....µg	0.0		1	A					1
Menaquinone-4.....µg	0.5		1	A					1
<u>Lipids:</u>									
Fatty acids, total saturated.....g	2.850		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					1
10:0.....g	0.000		1	A					1
12:0.....g	0.060		1	A					1
13:0.....g									
14:0.....g	0.320		1	A					1
15:0.....g	0.090		1	A					1
16:0.....g	1.900		1	A					1
17:0.....g	0.080		1	A					1
18:0.....g	0.400		1	A					1
20:0.....g	0.000		1	A					1
22:0.....g	0.000		1	A					1
24:0.....g	0.000		1	A					1
Fatty acids, total monounsaturated.....g	4.380		0	NC					4
14:1.....g	0.010		1	A					1
15:1.....g	0.020		1	A					1
16:1 undifferentiated.....g	1.420		1	A					1
17:1.....g	0.000		1	A					1
18:1 undifferentiated.....g	2.450		1	A					1
20:1.....g	0.390		1	A					1
22:1 undifferentiated.....g	0.070		1	A					1
24:1 c.....g	0.020		1	A					1
Fatty acids, total polyunsaturated.....g	2.160		0	NC					4
18:2 undifferentiated.....g	0.260		1	A					1
18:3 undifferentiated.....g	0.280		1	A					1
18:4.....g	0.060		1	A					1
20:2 n-6 c,c.....g	0.050		1	A					1
20:3 undifferentiated.....g	0.050		1	A					1
20:4 undifferentiated.....g	0.170		1	A					1
20:5 n-3 (EPA).....g	0.420		1	A					1
21:5.....g	0.010		1	A					1
22:4.....g	0.030		1	A					1
22:5 n-3 (DPA).....g	0.180		1	A					1
22:6 n-3 (DHA).....g	0.650		1	A					1
Fatty acids, total trans.....g									
Cholesterol.....mg	266		1	A					1
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.580		0	A					1
Threonine.....g	2.470		0	A					1
Isoleucine.....g	2.260		0	A					1
Leucine.....g	4.110		0	A					1
Lysine.....g	4.770		0	A					1
Methionine.....g	1.740		0	A					1
Cystine.....g	0.500		0	A					1
Phenylalanine.....g	2.340		0	A					1
Tyrosine.....g	1.740		0	A					1
Valine.....g	2.610		0	A					1
Arginine.....g	3.610		0	A					1
Histidine.....g	1.300		0	A					1
Alanine.....g	3.780		0	A					1

NDB No. 35165

Fish, whitefish, dried (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Aspartic acid.....g	5.670		0	A	1				
Glutamic acid.....g	8.100		0	A	1				
Glycine.....g	4.370		0	A	1				
Proline.....g	2.980		0	A	1				
Serine.....g	2.340		0	A	1				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35158

Fish, whitefish, eggs (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.24		2	JA	6				
Energy.....kcal	104		0	NC	4				
Energy.....kJ	436		0	NC	4				
Protein (N x 6.25).....g	14.66		2	JA	6				
Total lipid (fat).....g	2.88		2	JA	6				
Ash.....g	1.33		1	A	1				
Carbohydrate, by difference.....g	4.89		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	46		2	JA	6				
Iron, Fe.....mg	5.95		2	JA	6				
Magnesium, Mg.....mg	30		1	A	1				
Phosphorus, P.....mg	306		2	JA	6				
Potassium, K.....mg	190		1	A	1				
Sodium, Na.....mg	160		1	A	1				
Zinc, Zn.....mg	2.10		1	A	1				
Copper, Cu.....mg	0.220		1	A	1				
Manganese, Mn.....mg	0.220		1	A	1				
Selenium, Se.....µg	92.8		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.0		0	O	4				
Thiamin.....mg	0.088		2	JA	6				
Riboflavin.....mg	0.403		1	A	1				
Niacin.....mg	0.956		2	JA	6				
Pantothenic acid.....mg	1.060		1	A	1				
Vitamin B-6.....mg	0.159		1	A	1				
Folate, total.....µg	53		1	A	1				
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg	53		1	A	1				
Folate, DFE.....µg	53		0	NC	4				
Choline, total.....mg	247.5		0	AS	1				
Betaine.....mg	8.2		1	A	1				
Vitamin B-12.....µg	56.40		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	91		0	NC	4				
Retinol.....µg	91		0	T	4				
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	305		0	NC	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	2.68		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.01		1	A	1				
Tocopherol, gamma.....mg	0.02		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35158

Fish, whitefish, eggs (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, gamma.....mg	0.00		1	A		1			
Tocotrienol, delta.....mg	0.00		1	A		1			
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.6		1	A		1			
Dihydrophyloquinone.....µg	0.0		1	A		1			
Menaquinone-4.....µg	0.6		1	A		1			
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.496		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.045		1	A		1			
15:0.....g	0.009		1	A		1			
16:0.....g	0.361		1	A		1			
17:0.....g	0.018		1	A		1			
18:0.....g	0.063		1	A		1			
20:0.....g	0.000		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	1.046		0	NC		4			
14:1.....g	0.000		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.254		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	0.742		1	A		1			
20:1.....g	0.045		1	A		1			
22:1 undifferentiated.....g	0.000		1	A		1			
24:1 c.....g	0.005		1	A		1			
Fatty acids, total polyunsaturated.....g	1.073		0	NC		4			
18:2 undifferentiated.....g	0.073		1	A		1			
18:3 undifferentiated.....g	0.073		1	A		1			
18:4.....g	0.037		1	A		1			
20:2 n-6 c,c.....g	0.018		1	A		1			
20:3 undifferentiated.....g	0.028		1	A		1			
20:4 undifferentiated.....g	0.124		1	A		1			
20:5 n-3 (EPA).....g	0.225		1	A		1			
21:5.....g	0.005		1	A		1			
22:4.....g	0.028		1	A		1			
22:5 n-3 (DPA).....g	0.133		1	A		1			
22:6 n-3 (DHA).....g	0.330		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	439		1	A		1			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.280		0	A		1			
Threonine.....g	1.010		0	A		1			
Isoleucine.....g	1.070		0	A		1			
Leucine.....g	1.640		0	A		1			
Lysine.....g	1.600		0	A		1			
Methionine.....g	0.560		0	A		1			
Cystine.....g	0.230		0	A		1			
Phenylalanine.....g	0.900		0	A		1			
Tyrosine.....g	0.760		0	A		1			
Valine.....g	1.280		0	A		1			
Arginine.....g	1.060		0	A		1			
Histidine.....g	0.530		0	A		1			
Alanine.....g	1.640		0	A		1			

NDB No. 35158

Fish, whitefish, eggs (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	1.580		0	A	1			
Glutamic acid.....g	2.180		0	A	1			
Glycine.....g	0.500		0	A	1			
Proline.....g	1.100		0	A	1			
Serine.....g	1.180		0	A	1			
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35089

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	55		1	AI	13			
Phytosterols.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35185
Frybread, made with lard (Apache)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A					1
Dihydrophyloquinone.....µg	0.0		1	A					1
Menaquinone-4.....µg	0.0		1	A					1
Lipids:									
Fatty acids, total saturated.....g	3.631		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					1
10:0.....g	0.000		2	A					1
12:0.....g	0.000		2	A					1
13:0.....g									
14:0.....g	0.165		2	A					1
15:0.....g	0.020		2	A					1
16:0.....g	2.105		2	A					1
17:0.....g	0.061		2	A					1
18:0.....g	1.250		2	A					1
20:0.....g	0.019		2	A					1
22:0.....g	0.010		2	A					1
24:0.....g									
Fatty acids, total monounsaturated.....g	3.500		0	NC					4
14:1.....g	0.021		2	A					1
15:1.....g	0.000		2	A					1
16:1 undifferentiated.....g	0.165		2	A					1
17:1.....g	0.000		2	A					1
18:1 undifferentiated.....g	3.258		2	A					1
20:1.....g	0.056		2	A					1
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.306		0	NC					4
18:2 undifferentiated.....g	1.211		2	A					1
18:3 undifferentiated.....g	0.075		0	AS					1
18:3 n-3 c,c,c (ALA).....g	0.075		2	A					1
18:3 n-6 c,c,c.....g	0.000		2	A					1
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.020		2	A					1
20:3 undifferentiated.....g	0.000		2	A					1
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A					1
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		2	A					1
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 35185
Frybread, made with lard (Apache)

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35142
Frybread, made with lard (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.8		2	A	1			1.2	
Dihydrophyloquinone.....µg	0.8		2	A	1			1.1	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.621		0	NC	4			7.023	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1			0.000	
10:0.....g	0.000	0.000	3	A	1			0.000	
12:0.....g	0.004	0.004	3	A	1			0.006	
13:0.....g									
14:0.....g	0.238	0.071	3	A	1			0.361	
15:0.....g	0.032	0.017	3	A	1			0.048	
16:0.....g	2.548	0.298	3	A	1			3.873	
17:0.....g	0.101	0.038	3	A	1			0.154	
18:0.....g	1.676	0.281	3	A	1			2.548	
20:0.....g	0.022	0.002	3	A	1			0.033	
22:0.....g	0.000	0.000	3	A	1			0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.411		0	NC	4			6.705	
14:1.....g	0.032	0.017	3	A	1			0.048	
15:1.....g	0.000	0.000	3	A	1			0.000	
16:1 undifferentiated.....g	0.234	0.038	3	A	1			0.356	
17:1.....g	0.058	0.019	3	A	1			0.089	
18:1 undifferentiated.....g	4.024	0.623	3	A	1			6.116	
20:1.....g	0.063	0.003	3	A	1			0.096	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.055		0	NC	4			1.603	
18:2 undifferentiated.....g	0.978	0.042	3	A	1			1.487	
18:3 undifferentiated.....g	0.004		3	A	1			0.006	
18:3 n-3 c,c,c (ALA).....g	0.051	0.007	3	A	1			0.077	
18:3 n-6 c,c,c.....g	0.004	0.004	3	A	1			0.006	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c,c.....g	0.018	0.005	3	A	1			0.027	
20:3 undifferentiated.....g	0.000	0.000	3	A	1			0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1			0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	7	1.250	3	A	1			10	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 152g: 1 piece

Footnotes:

1 Weight of serving based on limited samples and may vary widely.

NDB No. 35142
Frybread, made with lard (Navajo)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35233

Hazelnuts, beaked (Northern Plains Indians)

Corylus cornuta Marsh.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.92		1	A	1		0.02	1.68	
Energy.....kcal	628		0	NC	4		3	178	
Energy.....kJ	2629		0	NC	4		11	745	
Protein (N x 5.3).....g	14.89		1	A	1		0.06	4.22	
Total lipid (fat).....g	52.99		1	A	1		0.21	15.02	
Ash.....g	3.22		1	A	1		0.01	0.91	
Carbohydrate, by difference.....g	22.98		0	NC	4		0.09	6.51	
Fiber, total dietary.....g	9.8		1	A	1		0.0	2.8	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	441		1	A	1		2	125	
Iron, Fe.....mg	3.12		1	A	1		0.01	0.88	
Magnesium, Mg.....mg	235		1	A	1		1	67	
Phosphorus, P.....mg	411		1	A	1		2	117	
Potassium, K.....mg	738		1	A	1		3	209	
Sodium, Na.....mg	2		1	A	1		0	0	
Zinc, Zn.....mg	2.06		1	A	1		0.01	0.58	
Copper, Cu.....mg	1.200		1	A	1		0.005	0.340	
Manganese, Mn.....mg	7.600		1	A	1		0.030	2.155	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.480		1	A	1		0.002	0.136	
Riboflavin.....mg	0.160		1	A	1		0.001	0.045	
Niacin.....mg	3.190		1	A	1		0.013	0.904	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.550		1	A	1		0.002	0.156	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

Measure 1 = 0.4g: 1 nut

NDB No. 35233

Hazelnuts, beaked (Northern Plains Indians)

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35043

Huckleberries, raw (Alaska Native)

Vaccinium alaskaense

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	90.70		1	AI	13				
Energy.....kcal	37		0	NC	4				
Energy.....kJ	156		0	NC	4				
Protein (N x 5.3).....g	0.40		1	AI	13				
Total lipid (fat).....g	0.10		1	AI	13				
Ash.....g	0.10		0	NP	4				
Carbohydrate, by difference.....g	8.70		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15		1	AI	13				
Iron, Fe.....mg	0.30		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	10		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.8		1	AI	13				
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.030		1	AI	13				
Niacin.....mg	0.300		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	79		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35043

Huckleberries, raw (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35196
Lambsquarters, raw (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.23		1	A	1		0.77		
Energy.....kcal	47		0	NC	4		0		
Energy.....kJ	197		0	NC	4		2		
Protein (N x 6.25).....g	4.21		1	A	1		0.04		
Total lipid (fat).....g	0.28		1	A	1		0.00		
Ash.....g	3.32		1	A	1		0.03		
Carbohydrate, by difference.....g	6.96		0	NC	4		0.06		
Fiber, total dietary.....g	6.3		1	A	1		0.1		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	366		1	A	1		3		
Iron, Fe.....mg	1.16		1	A	1		0.01		
Magnesium, Mg.....mg	163		1	A	1		1		
Phosphorus, P.....mg	63		1	A	1		1		
Potassium, K.....mg	1270		1	A	1		11		
Sodium, Na.....mg	7		1	A	1		0		
Zinc, Zn.....mg	0.72		1	A	1		0.01		
Copper, Cu.....mg	0.120		1	A	1		0.001		
Manganese, Mn.....mg	1.490		1	A	1		0.013		
Selenium, Se.....µg	1.1		1	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.029		1	A	1		0.000		
Riboflavin.....mg	0.300		1	A	1		0.003		
Niacin.....mg	0.790		1	A	1		0.007		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.184		1	A	1		0.002		
Folate, total (1).....µg	48		1	A	1		0		
Folic acid.....µg									
Folate, food.....µg	48		1	A	1		0		
Folate, DFE.....µg									
Choline, total.....mg	20.0		0	AS	1		0.2		
Betaine.....mg	331.7		1	A	1		3.0		
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	98		1	AS	1		1		
Retinol.....µg									
Carotene, beta.....µg	1171		1	A	1		11		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg	0		1	A	1		0		
Vitamin A, IU.....IU	1952		1	AS	1		18		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	3616		1	A	1		33		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	346.6		1	A	1		3.1		
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 35196

Lambsquarters, raw (Northern Plains Indians)

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

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.9g: 1 leaf

Footnotes:

1 Includes only 5-methyltetrahydrofolate.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35197

Lambsquarters, steamed (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.02		1	A	1		55.26		
Energy.....kcal	48		0	NC	4		31		
Energy.....kJ	199		0	NC	4		129		
Protein (N x 6.25).....g	4.06		1	A	1		2.64		
Total lipid (fat).....g	0.16		1	A	1		0.11		
Ash.....g	3.30		1	A	1		2.14		
Carbohydrate, by difference.....g	7.47		0	NC	4		4.86		
Fiber, total dietary.....g	5.2		1	A	1		3.4		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	349		1	A	1		227		
Iron, Fe.....mg	1.15		1	A	1		0.75		
Magnesium, Mg.....mg	164		1	A	1		107		
Phosphorus, P.....mg	56		1	A	1		36		
Potassium, K.....mg	1070		1	A	1		696		
Sodium, Na.....mg	4		1	A	1		2		
Zinc, Zn.....mg	0.61		1	A	1		0.40		
Copper, Cu.....mg	0.100		1	A	1		0.065		
Manganese, Mn.....mg	1.560		1	A	1		1.014		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.9		1	A	1		3.2		
Thiamin.....mg	0.047		1	A	1		0.030		
Riboflavin.....mg	0.270		1	A	1		0.176		
Niacin.....mg	0.623		1	A	1		0.405		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.232		1	A	1		0.151		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	194		1	AS	1		126		
Vitamin A, IU.....IU	3882		1	AS	1		2523		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	6162		1	A	1		4005		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

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

Common Measures:

Measure 1 = 65g: 1 cup

NDB No. 35197

Lambsquarters, steamed (Northern Plains Indians)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.80		1	AI	13				
Energy.....kcal	135		0	NC	4				
Energy.....kJ	566		0	NC	4				
Protein (N x 5.3).....g	5.80		1	AI	13				
Total lipid (fat).....g	2.40		1	AI	13				
Ash.....g	1.40		0	NP	4				
Carbohydrate, by difference.....g	22.60		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	67		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.0		1	AI	13				
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg	0.070		1	AI	13				
Niacin.....mg	1.300		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	16		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35132
Melon, banana (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	4.9		1	A	1			
Dihydrophyloquinone.....µg	0.0		1	A	1			
Menaquinone-4.....µg								
<u>Amino Acids:</u>								
Tryptophan.....g								
Threonine.....g								
Isoleucine.....g								
Leucine.....g								
Lysine.....g								
Methionine.....g								
Cystine.....g								
Phenylalanine.....g								
Tyrosine.....g								
Valine.....g								
Arginine.....g								
Histidine.....g								
Alanine.....g								
Aspartic acid.....g								
Glutamic acid.....g								
Glycine.....g								
Proline.....g								
Serine.....g								
Hydroxyproline.....g								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35051

Moose, liver, braised (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Fatty acids, total monounsaturated.....g	0.650		1	AI	13				
Fatty acids, total polyunsaturated.....g	1.070		1	AI	13				
18:2 undifferentiated.....g									
18:3 undifferentiated.....g	0.450		1	AI	13				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	389		1	AI	13				
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35049

Moose, meat, raw (Alaska Native)

Alces alces

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.79		1	AI	13				
Energy.....kcal	103		0	NC	4				
Energy.....kJ	430		0	NC	4				
Protein (N x 6.25).....g	22.30		1	AI	13				
Total lipid (fat).....g	1.50		1	AI	13				
Ash.....g	1.41		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	5		1	AI	13				
Iron, Fe.....mg	3.28		1	AI	13				
Magnesium, Mg.....mg	23		1	AI	13				
Phosphorus, P.....mg	165		1	AI	13				
Potassium, K.....mg	317		1	AI	13				
Sodium, Na.....mg	65		1	AI	13				
Zinc, Zn.....mg	2.80		1	AI	13				
Copper, Cu.....mg	0.067		1	AI	13				
Manganese, Mn.....mg	0.008		1	AI	13				
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.0		1	AI	13				
Thiamin.....mg	0.070		1	AI	13				
Riboflavin.....mg	0.240		1	AI	13				
Niacin.....mg	5.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		0	NC	4				
Vitamin A, IU.....IU	0		0	O	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 35049
Moose, meat, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	0.220		0	T	4			
Fatty acids, total monounsaturated.....g	0.150		0	O	4			
Fatty acids, total polyunsaturated.....g	1.200		0	O	4			
18:2 undifferentiated.....g	0.400		1	AI	13			
18:3 undifferentiated.....g	0.800		0	O	4			
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	54		1	AI	13			
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35052
Mouse nuts, roots (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	77.20		1	AI	13				
Energy.....kcal	81		0	NC	4				
Energy.....kJ	338		0	NC	4				
Protein (N x 6.25).....g	3.90		1	AI	13				
Total lipid (fat).....g	0.10		1	AI	13				
Ash.....g	2.70		0	NP	4				
Carbohydrate, by difference.....g	16.10		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	175		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	16.0		1	AI	13				
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.040		1	AI	13				
Niacin.....mg	0.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35052

Mouse nuts, roots (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35053

Mouse nuts, seedlings (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.00		1	AI	13				
Energy.....kcal	104		0	NC	4				
Energy.....kJ	436		0	NC	4				
Protein (N x 6.25).....g	7.30		1	AI	13				
Total lipid (fat).....g	1.10		1	AI	13				
Ash.....g	2.30		0	NP	4				
Carbohydrate, by difference.....g	16.30		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		1	AI	13				
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	150		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.0		1	AI	13				
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.140		1	AI	13				
Niacin.....mg	1.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35053

Mouse nuts, seedlings (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35130

Mush, blue corn with ash (Navajo)

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

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

Common Measures:

Footnotes:

1 Serving weight is based on limited samples and may vary widely.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35141
Mutton, cooked, roasted (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<u>Lipids:</u>									
Fatty acids, total saturated.....g	5.142		0	NC	4		1.458		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.012		1	A	1		0.003		
12:0.....g	0.010		1	A	1		0.003		
13:0.....g									
14:0.....g	0.258		1	A	1		0.073		
15:0.....g	0.063		1	A	1		0.018		
16:0.....g	2.474		1	A	1		0.701		
17:0.....g	0.158		1	A	1		0.045		
18:0.....g	2.145		1	A	1		0.608		
20:0.....g	0.022		1	A	1		0.006		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	4.459		0	NC	4		1.264		
14:1.....g	0.012		1	A	1		0.003		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.206		1	A	1		0.058		
17:1.....g	0.085		1	A	1		0.024		
18:1 undifferentiated.....g	4.149		1	A	1		1.176		
20:1.....g	0.007		1	A	1		0.002		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.814		0	NC	4		0.231		
18:2 undifferentiated.....g	0.396		1	A	1		0.112		
18:3 undifferentiated.....g	0.172		0	A	1		0.049		
18:3 n-3 c,c,c (ALA).....g	0.147		1	A	1		0.042		
18:3 n-6 c,c,c.....g	0.025		1	A	1		0.007		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.074		1	A	1		0.021		
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	109		1	A	1		31		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.257		1	A	1		0.073		
Threonine.....g	1.403		1	A	1		0.398		
Isoleucine.....g	1.588		1	A	1		0.450		
Leucine.....g	2.764		1	A	1		0.784		
Lysine.....g	2.999		1	A	1		0.850		
Methionine.....g	0.918		1	A	1		0.260		
Cystine.....g	0.348		1	A	1		0.099		
Phenylalanine.....g	1.399		1	A	1		0.397		
Tyrosine.....g	1.162		1	A	1		0.329		
Valine.....g	1.678		1	A	1		0.476		
Arginine.....g	2.178		1	A	1		0.617		
Histidine.....g	0.975		1	A	1		0.276		
Alanine.....g	1.964		1	A	1		0.557		
Aspartic acid.....g	3.122		1	A	1		0.885		
Glutamic acid.....g	5.167		1	A	1		1.465		
Glycine.....g	1.651		1	A	1		0.468		

NDB No. 35141
Mutton, cooked, roasted (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Proline.....g	1.411		1	A	1		0.400		
Serine.....g	1.332		1	A	1		0.378		
Hydroxyproline.....g	0.244		1	A	1		0.069		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35054
Octopus (Alaska Native)

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35057

Oil, bearded seal (Oogruk) (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.02	0.018	4	JA	6				
Energy.....kcal	899		0	NC	4				
Energy.....kJ	3760		0	NC	4				
Protein.....g	0.56	0.429	4	JA	6				
Total lipid (fat).....g	99.60	0.266	4	JA	6				
Ash.....g	0.00	0.000	3	JO	11				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0	0.000	3	JA	6				
Iron, Fe.....mg	0.00	0.000	3	JA	6				
Magnesium, Mg.....mg	0		2	A	1				
Phosphorus, P.....mg	0	0.000	3	JA	6				
Potassium, K.....mg	0		2	A	1				
Sodium, Na.....mg	0		1	A	1				
Zinc, Zn.....mg	0.00		2	A	1				
Copper, Cu.....mg	0.000		2	A	1				
Manganese, Mn.....mg	0.000		2	A	1				
Selenium, Se.....µg	3.3		2	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.011		2	JA	6				
Riboflavin.....mg	0.000		2	JA	6				
Niacin.....mg	0.000		2	JA	6				
Pantothenic acid.....mg	0.000		1	A	1				
Vitamin B-6.....mg	0.000		1	A	1				
Folate, total.....µg	2		1	A	1				
Folic acid.....µg									
Folate, food.....µg	2		1	A	1				
Folate, DFE.....µg									
Choline, total.....mg	0.1		0	AS	1				
Betaine.....mg	0.0		1	A	1				
Vitamin B-12.....µg	0.00		1	A	1				
Vitamin A, RAE.....µg	10		1	AS	1				
Retinol.....µg	10		1	A	1				
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	33		1	AS	1				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	10.28	0.208	3	A	1				
Tocopherol, beta.....mg	0.00	0.000	3	A	1				
Tocopherol, gamma.....mg	0.00	0.000	3	A	1				
Tocopherol, delta.....mg	0.00	0.000	3	A	1				
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1				
Tocotrienol, beta.....mg	0.00	0.000	3	A	1				
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1				
Tocotrienol, delta.....mg	0.00	0.000	3	A	1				
Vitamin D (D2 + D3).....µg	0.7		1	A	1				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	30		1	A	1				
Vitamin K (phylloquinone).....µg	0.0		2	A	1				
Dihydrophylloquinone.....µg	0.0		2	A	1				
Menaquinone-4.....µg	1.4		2	A	1				

NDB No. 35057

Oil, bearded seal (Oogruk) (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	10.926		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A					1
10:0.....g	0.000	0.000	3	A					1
12:0.....g	0.080	0.006	3	A					1
13:0.....g									
14:0.....g	2.520	0.057	3	A					1
15:0.....g	0.310	0.065	3	A					1
16:0.....g	6.903	0.295	3	A					1
17:0.....g	0.157	0.037	3	A					1
18:0.....g	0.940	0.131	3	A					1
20:0.....g	0.017	0.009	3	A					1
22:0.....g	0.000	0.000	3	A					1
24:0.....g	0.000	0.000	3	A					1
Fatty acids, total monounsaturated.....g	47.080		0	NC					4
14:1.....g	0.750	0.092	3	A					1
15:1.....g	0.107	0.071	3	A					1
16:1 undifferentiated.....g	18.883	3.038	3	A					1
17:1.....g	0.287	0.143	3	A					1
18:1 undifferentiated.....g	21.487	2.328	3	A					1
20:1.....g	4.847	0.369	3	A					1
22:1 undifferentiated.....g	0.640	0.154	3	A					1
24:1 c.....g	0.080	0.046	3	A					1
Fatty acids, total polyunsaturated.....g	33.001		0	NC					4
18:2 undifferentiated.....g	0.873	0.075	4	JA					6
18:3 undifferentiated.....g	0.855	0.065	4	JA					6
18:4.....g	1.217	0.192	3	A					1
20:2 n-6 c,c.....g	0.240	0.021	3	A					1
20:3 undifferentiated.....g	0.183	0.026	3	A					1
20:4 undifferentiated.....g	1.343	0.200	3	A					1
20:5 n-3 (EPA).....g	9.710	0.066	3	A					1
21:5.....g	0.350	0.110	3	A					1
22:4.....g	0.170	0.093	3	A					1
22:5 n-3 (DPA).....g	5.613	0.087	3	A					1
22:6 n-3 (DHA).....g	12.377	3.118	3	A					1
Fatty acids, total trans.....g									
Cholesterol.....mg	52	0.285	3	A					1
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35014

Oil, beluga, whale (Alaska Native)

Delphinapterus leucas

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1	AI	13				
Energy.....kcal	900		0	NC	4				
Energy.....kJ	3766		0	NC	4				
Protein.....g	0.00		1	A	1				
Total lipid (fat).....g	100.00		1	AI	13				
Ash.....g	0.00		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	NR	4				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	0		1	A	1				
Iron, Fe.....mg	0.00		1	A	1				
Magnesium, Mg.....mg	0		1	A	1				
Phosphorus, P.....mg	0		1	A	1				
Potassium, K.....mg	0		1	A	1				
Sodium, Na.....mg	0		1	A	1				
Zinc, Zn.....mg	0.00		1	A	1				
Copper, Cu.....mg	0.000		1	A	1				
Manganese, Mn.....mg	0.000		1	A	1				
Selenium, Se.....µg	3.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.000		1	AI	13				
Riboflavin.....mg	0.000		1	AI	13				
Niacin.....mg	0.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	694		0	NC	4				
Retinol.....µg									
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	2310		0	T	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	8.27		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				
Tocotrienol, gamma.....mg	0.00		1	A	1				

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Tocotrienol, delta.....mg	0.00		1	A	1		
Vitamin D (D2 + D3).....µg	5.7		1	A	1		
Vitamin D2 (ergocalciferol).....µg							
Vitamin D3 (cholecalciferol).....µg							
Vitamin D.....IU	228		1	A	1		
Vitamin K (phylloquinone).....µg	0.0		1	A	1		
Dihydrophylloquinone.....µg	0.0		1	A	1		
Menquinone-4.....µg	2.0		1	A	1		
Lipids:							
Fatty acids, total saturated.....g	14.490		0	NC	4		
4:0.....g							
6:0.....g							
8:0.....g	0.000		1	A	1		
10:0.....g	0.120		1	A	1		
12:0.....g	0.980		1	A	1		
13:0.....g							
14:0.....g	5.940		1	A	1		
15:0.....g	0.230		1	A	1		
16:0.....g	6.570		1	A	1		
17:0.....g	0.000		1	A	1		
18:0.....g	0.650		1	A	1		
20:0.....g	0.000		1	A	1		
22:0.....g	0.000		1	A	1		
24:0.....g	0.000		1	A	1		
Fatty acids, total monounsaturated.....g	54.190		0	NC	4		
14:1.....g	1.430		1	A	1		
15:1.....g	0.090		1	A	1		
16:1 undifferentiated.....g	20.330		1	A	1		
17:1.....g	0.000		1	A	1		
18:1 undifferentiated.....g	19.160		1	A	1		
20:1.....g	9.560		1	A	1		
22:1 undifferentiated.....g	3.520		1	A	1		
24:1 c.....g	0.100		1	A	1		
Fatty acids, total polyunsaturated.....g	10.800		0	NC	4		
18:2 undifferentiated.....g	0.710		1	A	1		
18:3 undifferentiated.....g	0.470		1	A	1		
18:4.....g	0.360		1	A	1		
20:2 n-6 c,c.....g	0.110		1	A	1		
20:3 undifferentiated.....g	0.050		1	A	1		
20:4 undifferentiated.....g	0.490		1	A	1		
20:5 n-3 (EPA).....g	2.800		1	A	1		
21:5.....g	0.120		1	A	1		
22:4.....g	0.160		1	A	1		
22:5 n-3 (DPA).....g	1.590		1	A	1		
22:6 n-3 (DHA).....g	3.940		1	A	1		
Fatty acids, total trans.....g							
Cholesterol.....mg							
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g							
Caffeine.....mg	0		0	Z	7		
Theobromine.....mg	0		0	Z	7		

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

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

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35156
 Oil, spotted seal (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.25		1	A	1				
Energy.....kcal	894		0	NC	4				
Energy.....kJ	3740		0	NC	4				
Protein (N x 6.25).....g	0.00		1	A	1				
Total lipid (fat).....g	99.32		1	A	1				
Ash.....g	0.00		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	0		1	A	1				
Iron, Fe.....mg	0.00		1	A	1				
Magnesium, Mg.....mg	0		1	A	1				
Phosphorus, P.....mg	0		1	A	1				
Potassium, K.....mg	0		1	A	1				
Sodium, Na.....mg	0		1	A	1				
Zinc, Zn.....mg	0.00		1	A	1				
Copper, Cu.....mg	0.000		1	A	1				
Manganese, Mn.....mg	0.000		1	A	1				
Selenium, Se.....µg	2.2		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.000		0	Z	7				
Riboflavin.....mg	0.000		0	Z	7				
Niacin.....mg	0.000		0	Z	7				
Pantothenic acid.....mg	0.000		0	Z	7				
Vitamin B-6.....mg	0.000		0	Z	7				
Folate, total.....µg	0		0	Z	7				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	0		0	Z	7				
Folate, DFE.....µg	0		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	1044		0	AS	1				
Retinol.....µg	1044		1	A	1				
Carotene, beta.....µg	0		0	Z	7				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	3480		0	AS	1				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	6.28		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				

NDB No. 35156
Oil, spotted seal (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Tocotrienol, gamma.....mg	0.00		1	A	1			
Tocotrienol, delta.....mg	0.00		1	A	1			
Vitamin D (D2 + D3).....µg	0.7		1	A	1			
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	30		1	A	1			
Vitamin K (phylloquinone).....µg	0.0		1	A	1			
Dihydrophyloquinone.....µg	0.0		1	A	1			
Menaquinone-4.....µg	2.1		1	A	1			
<u>Lipids:</u>								
Fatty acids, total saturated.....g	14.740		0	NC	4			
4:0.....g								
6:0.....g								
8:0.....g	0.000		1	A	1			
10:0.....g	0.000		1	A	1			
12:0.....g	0.100		1	A	1			
13:0.....g								
14:0.....g	4.880		1	A	1			
15:0.....g	0.280		1	A	1			
16:0.....g	8.810		1	A	1			
17:0.....g	0.000		1	A	1			
18:0.....g	0.670		1	A	1			
20:0.....g	0.000		1	A	1			
22:0.....g	0.000		1	A	1			
24:0.....g	0.000		1	A	1			
Fatty acids, total monounsaturated.....g	54.520		0	NC	4			
14:1.....g	0.560		1	A	1			
15:1.....g	0.060		1	A	1			
16:1 undifferentiated.....g	10.960		1	A	1			
17:1.....g	0.000		1	A	1			
18:1 undifferentiated.....g	21.940		1	A	1			
20:1.....g	15.020		1	A	1			
22:1 undifferentiated.....g	5.850		1	A	1			
24:1 c.....g	0.130		1	A	1			
Fatty acids, total polyunsaturated.....g	18.060		0	NC	4			
18:2 undifferentiated.....g	0.950		1	A	1			
18:3 undifferentiated.....g	0.790		1	A	1			
18:4.....g	0.970		1	A	1			
20:2 n-6 c,c.....g	0.200		1	A	1			
20:3 undifferentiated.....g	0.100		1	A	1			
20:4 undifferentiated.....g	0.720		1	A	1			
20:5 n-3 (EPA).....g	3.930		1	A	1			
21:5.....g	0.280		1	A	1			
22:4.....g	0.160		1	A	1			
22:5 n-3 (DPA).....g	3.440		1	A	1			
22:6 n-3 (DHA).....g	6.520		1	A	1			
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								
<u>Others:</u>								
Alcohol, ethyl.....g								
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

NDB No. 35156
Oil, spotted seal (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35084
Oil, walrus (Alaska Native)

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35087

Oil, whale, bow head (Alaska Native)

Balaena mysticetus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1	AI	13				
Energy.....kcal	900		0	NC	4				
Energy.....kJ	3766		0	NC	4				
Protein (N x 6.25).....g	0.00		1	AI	13				
Total lipid (fat).....g	100.00		1	AI	13				
Ash.....g	0.00		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1	AI	13				
Iron, Fe.....mg	0.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.000		1	AI	13				
Riboflavin.....mg	0.000		1	AI	13				
Niacin.....mg	0.000		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	2810		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35087

Oil, whale, bow head (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35058

Oopah (tunicate), whole animal (Alaska Native)

Tunicata

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.20		1	AI	13				
Energy.....kcal	67		0	NC	4				
Energy.....kJ	279		0	NC	4				
Protein (N x 6.25).....g	11.70		1	AI	13				
Total lipid (fat).....g	2.20		1	AI	13				
Ash.....g	2.80		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53		1	AI	13				
Iron, Fe.....mg	20.70		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	103		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg									
Riboflavin.....mg	0.100		1	AI	13				
Niacin.....mg	0.900		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35058

Oopah (tunicate), whole animal (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35059

Owl, horned, flesh, raw (Alaska Native)

Bubo virginianus

Refuse:0%

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35234

Piki bread, made from blue cornmeal (Hopi)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.98		1	A	1		2.51	1.71	
Energy.....kcal	390		0	NC	4		109	74	
Energy.....kJ	1630		0	NC	4		456	310	
Protein (N x 6.25).....g	9.06		1	A	1		2.54	1.72	
Total lipid (fat).....g	7.16		1	A	1		2.00	1.36	
Ash.....g	2.58		1	A	1		0.72	0.49	
Carbohydrate, by difference.....g	72.22		0	NC	4		20.22	13.72	
Fiber, total dietary.....g	9.2		1	A	1		2.6	1.7	
Sugars, total.....g	1.60		1	A	1		0.45	0.30	
Sucrose.....g	1.60		1	A	1		0.45	0.30	
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	
Fructose.....g	0.00		1	A	1		0.00	0.00	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	61.30		1	A	1		17.16	11.65	
Minerals:									
Calcium, Ca (2).....mg	184		1	A	1		52	35	
Iron, Fe (2).....mg	6.11		1	A	1		1.71	1.16	
Magnesium, Mg (2).....mg	181		1	A	1		51	34	
Phosphorus, P (2).....mg	374		1	A	1		105	71	
Potassium, K (2).....mg	604		1	A	1		169	115	
Sodium, Na (2).....mg	60		1	A	1		17	11	
Zinc, Zn.....mg	3.75		1	A	1		1.05	0.71	
Copper, Cu.....mg	0.286		1	A	1		0.080	0.054	
Manganese, Mn.....mg	1.820		1	A	1		0.510	0.346	
Selenium, Se.....µg	14.6		1	A	1		4.1	2.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.160		1	A	1		0.045	0.030	
Riboflavin.....mg	0.050		1	A	1		0.014	0.010	
Niacin.....mg	2.920		1	A	1		0.818	0.555	
Pantothenic acid.....mg	0.720		1	A	1		0.202	0.137	
Vitamin B-6.....mg	0.542		1	A	1		0.152	0.103	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Vitamin A, IU.....IU	3		0	AS	1		1	1	
Lycopene.....µg	0		1	A	1		0	0	
Lutein + zeaxanthin.....µg	9		1	A	1		2	2	
Vitamin E (alpha-tocopherol).....mg	0.76		1	A	1		0.21	0.14	
Tocopherol, beta.....mg	0.03		1	A	1		0.01	0.01	
Tocopherol, gamma.....mg	4.83		1	A	1		1.35	0.92	
Tocopherol, delta.....mg	0.15		1	A	1		0.04	0.03	
Tocotrienol, alpha.....mg	0.31		1	A	1		0.09	0.06	
Tocotrienol, beta.....mg	0.02		1	A	1		0.01	0.00	
Tocotrienol, gamma.....mg	0.64		1	A	1		0.18	0.12	
Tocotrienol, delta.....mg	0.05		1	A	1		0.01	0.01	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.2		1	A	1		0.1	0.0	
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0		1	A	1		0.0	0.0	

Piki bread, made from blue cornmeal (Hopi)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.819		0	NC	4		0.229	0.156	
4:0.....g	0.006		1	A	1		0.002	0.001	
6:0.....g	0.002		1	A	1		0.001	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.012		1	A	1		0.003	0.002	
12:0.....g	0.001		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.003		1	A	1		0.001	0.001	
15:0.....g	0.002		1	A	1		0.001	0.000	
16:0.....g	0.561		1	A	1		0.157	0.107	
17:0.....g	0.005		1	A	1		0.001	0.001	
18:0.....g	0.181		1	A	1		0.051	0.034	
20:0.....g	0.030		1	A	1		0.008	0.006	
22:0.....g	0.007		1	A	1		0.002	0.001	
24:0.....g	0.009		1	A	1		0.003	0.002	
Fatty acids, total monounsaturated.....g	1.783		0	NC	4		0.499	0.339	
14:1.....g	0.001		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.007		0	AS	1		0.002	0.001	
16:1 c.....g	0.007		1	A	1		0.002	0.001	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.003		1	A	1		0.001	0.001	
18:1 undifferentiated.....g	1.747		0	AS	1		0.489	0.332	
18:1 c.....g	1.744		1	A	1		0.488	0.331	
18:1 t.....g	0.003		1	A	1		0.001	0.001	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.021		1	A	1		0.006	0.004	
22:1 undifferentiated.....g	0.003		0	AS	1		0.001	0.001	
22:1 c.....g	0.003		1	A	1		0.001	0.001	
22:1 t.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.001		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.623		0	NC	4		0.454	0.308	
18:2 undifferentiated.....g	1.568		0	AS	1		0.439	0.298	
18:2 n-6 c,c.....g	1.565		1	A	1		0.438	0.297	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.003		1	A	1		0.001	0.001	
18:3 undifferentiated.....g	0.045		0	AS	1		0.013	0.009	
18:3 n-3 c,c,c (ALA).....g	0.045		1	A	1		0.013	0.009	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.001		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.002		0	AS	1		0.001	0.000	
20:3 n-3.....g	0.002		1	A	1		0.001	0.000	
20:3 n-6.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.003		1	A	1		0.001	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.002		1	A	1		0.001	0.000	
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.002		1	A	1		0.001	0.000	
Fatty acids, total trans.....g	0.006		0	NC	4		0.002	0.001	
Fatty acids, total trans-monoenoic.....g	0.003		0	NC	4		0.001	0.001	
Fatty acids, total trans-polyenoic.....g	0.003		0	NC	4		0.001	0.001	
Cholesterol.....mg									
Phytosterols.....mg									

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

NDB No. 35234

Piki bread, made from blue cornmeal (Hopi)

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

food, or similar food.

Common Measures:

Measure 1 = 28g: 1 piece

Measure 2 = 19g: 1 piece

Footnotes:

1 Weight of serving (piece) based on limited samples and may vary widely.

2 Elevated levels from Juniper or saltbush ash

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35207
Pinon Nuts, roasted (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.210		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					1
10:0.....g	0.000		1	A					1
12:0.....g	0.000		1	A					1
13:0.....g									
14:0.....g	0.000		1	A					1
15:0.....g	0.000		1	A					1
16:0.....g	2.290		1	A					1
17:0.....g	0.000		1	A					1
18:0.....g	0.750		1	A					1
20:0.....g	0.130		1	A					1
22:0.....g	0.040		1	A					1
24:0.....g	0.000		1	A					1
Fatty acids, total monounsaturated.....g	15.570		0	NC					4
14:1.....g	0.000		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.060		1	A					1
17:1.....g	0.000		1	A					1
18:1 undifferentiated.....g	15.300		1	A					1
20:1.....g	0.210		1	A					1
22:1 undifferentiated.....g	0.000		1	A					1
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.420		0	NC					4
18:2 undifferentiated.....g	14.200		1	A					1
18:3 undifferentiated.....g	0.070		0	AS					1
18:3 n-3 c,c,c (ALA).....g	0.070		1	A					1
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		1	A					1
20:2 n-6 c,c.....g	0.080		1	A					1
20:3 undifferentiated.....g	0.000		1	A					1
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A					1
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A					1
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A					1
22:6 n-3 (DHA).....g	0.000		1	A					1
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35206

Plums, wild (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.68		1	A	1		123.45		
Energy.....kcal	91		0	NC	4		147		
Energy.....kJ	381		0	NC	4		613		
Protein (N x 6.25).....g	0.43		1	A	1		0.69		
Total lipid (fat).....g	0.17		1	A	1		0.27		
Ash.....g	0.77		1	A	1		1.25		
Carbohydrate, by difference.....g	21.95		0	NC	4		35.33		
Fiber, total dietary.....g	6.0		1	A	1		9.7		
Sugars, total.....g	10.61		1	A	1		17.08		
Sucrose.....g	0.07		1	A	1		0.12		
Glucose (dextrose).....g	5.07		1	A	1		8.16		
Fructose.....g	5.47		1	A	1		8.80		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		1	A	1		18		
Iron, Fe.....mg	0.17		1	A	1		0.28		
Magnesium, Mg.....mg	8		1	A	1		13		
Phosphorus, P.....mg	30		1	A	1		48		
Potassium, K.....mg	364		1	A	1		586		
Sodium, Na.....mg	4		1	A	1		6		
Zinc, Zn.....mg	0.09		1	A	1		0.15		
Copper, Cu.....mg	0.035		1	A	1		0.056		
Manganese, Mn.....mg	0.076		1	A	1		0.122		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	10.3		1	A	1		16.6		
Thiamin.....mg	0.005		1	A	1		0.008		
Riboflavin.....mg	0.042		1	A	1		0.067		
Niacin.....mg	0.367		1	A	1		0.591		
Pantothenic acid.....mg	0.301		1	A	1		0.484		
Vitamin B-6.....mg	0.093		1	A	1		0.150		
Folate, total (1).....µg	1		1	A	1		1		
Folic acid.....µg									
Folate, food.....µg	1		1	A	1		1		
Folate, DFE.....µg									
Choline, total.....mg	5.2		0	AS	1		8.3		
Betaine.....mg	0.2		1	A	1		0.4		
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	173		1	AS	1		279		
Retinol.....µg									
Carotene, beta.....µg	1930		1	A	1		3107		
Carotene, alpha.....µg	140		1	A	1		225		
Cryptoxanthin, beta.....µg	157		1	A	1		253		
Vitamin A, IU.....IU	3464		1	AS	1		5577		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	920		1	A	1		1481		
Vitamin E (alpha-tocopherol).....mg	0.53		1	A	1		0.85		
Tocopherol, beta.....mg	0.01		1	A	1		0.02		
Tocopherol, gamma.....mg	0.41		1	A	1		0.66		
Tocopherol, delta.....mg	0.05		1	A	1		0.08		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		

NDB No. 35206

Plums, wild (Northern Plains Indians)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Vitamin D (D2 + D3).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	11.2		1	A	1	18.0		
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0		
Menaquinone-4.....µg	0.0		1	A	1	0.0		

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

Common Measures:

Measure 1 = 161g: 1 cup

Footnotes:

1 Includes only 5-methyltetrahydrofolate.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35201

Prairie Turnips, boiled (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.68		2	A	1		9.48		
Energy.....kcal	129		0	NC	4		18		
Energy.....kJ	541		0	NC	4		76		
Protein.....g	1.64		2	A	1		0.23		
Total lipid (fat).....g	0.32		2	A	1		0.04		
Ash.....g	0.36		2	A	1		0.05		
Carbohydrate, by difference.....g	29.99		0	NC	4		4.20		
Fiber, total dietary.....g	7.2		1	A	1		1.0		
Sugars, total.....g	4.74		2	A	1		0.66		
Sucrose.....g	0.75		2	A	1		0.11		
Glucose (dextrose).....g	0.38		2	A	1		0.05		
Fructose.....g	0.07		2	A	1		0.01		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	3.53		2	A	1		0.49		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	15.80		2	A	1		2.21		
Minerals:									
Calcium, Ca.....mg	103		2	A	1		14		
Iron, Fe.....mg	0.95		2	A	1		0.13		
Magnesium, Mg.....mg	49		2	A	1		7		
Phosphorus, P.....mg	20		2	A	1		3		
Potassium, K.....mg	108		2	A	1		15		
Sodium, Na.....mg	4		2	A	1		1		
Zinc, Zn.....mg	0.28		2	A	1		0.04		
Copper, Cu.....mg	0.038		2	A	1		0.005		
Manganese, Mn.....mg	0.209		2	A	1		0.029		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.0		2	A	1		0.3		
Thiamin.....mg	0.126		2	A	1		0.018		
Riboflavin.....mg	0.039		2	A	1		0.005		
Niacin.....mg	0.708		2	A	1		0.099		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.379		2	A	1		0.053		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 35201

Prairie Turnips, boiled (Northern Plains Indians)

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

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 bulb

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35200

Prairie Turnips, raw (Northern Plains Indians)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		2	A	1	0.0			
Dihydrophylloquinone.....µg	0.0		2	A	1	0.0			
Menaquinone-4.....µg	0.0		2	A	1	0.0			

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

Common Measures:

Measure 1 = 12.6g: 1 bulb peeled

Footnotes:

1 Includes only 5-methyltetrahydrofolate.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35199

Prickly pears, broiled (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.83		1	A	1		5.69		
Energy.....kcal	91		0	NC	4		7		
Energy.....kJ	379		0	NC	4		28		
Protein (N x 6.25).....g	0.39		1	A	1		0.03		
Total lipid (fat).....g	0.31		1	A	1		0.02		
Ash.....g	1.90		1	A	1		0.14		
Carbohydrate, by difference.....g	21.57		0	NC	4		1.62		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.2		1	A	1		0.5		
Thiamin.....mg	0.018		1	A	1		0.001		
Riboflavin.....mg	0.044		1	A	1		0.003		
Niacin.....mg	1.000		1	A	1		0.075		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.146		1	A	1		0.011		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

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

Common Measures:

Measure 1 = 7.5g: 1 pad

NDB No. 35199

Prickly pears, broiled (Northern Plains Indians)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35198

Prickly pears, raw (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.22		1	A	1		16.95	54.43	
Energy.....kcal	42		0	NC	4		8	26	
Energy.....kJ	176		0	NC	4		33	108	
Protein (N x 6.25).....g	0.12		1	A	1		0.02	0.07	
Total lipid (fat).....g	0.11		1	A	1		0.02	0.07	
Ash.....g	0.38		1	A	1		0.07	0.23	
Carbohydrate, by difference.....g	10.17		0	NC	4		1.93	6.21	
Fiber, total dietary.....g	5.3		1	A	1		1.0	3.2	
Sugars, total.....g	1.02		1	A	1		0.19	0.62	
Sucrose.....g	0.38		1	A	1		0.07	0.23	
Glucose (dextrose).....g	0.44		1	A	1		0.08	0.27	
Fructose.....g	0.21		1	A	1		0.04	0.13	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	180		1	A	1		34	110	
Iron, Fe.....mg	0.20		1	A	1		0.04	0.12	
Magnesium, Mg.....mg	69		1	A	1		13	42	
Phosphorus, P.....mg	11		1	A	1		2	7	
Potassium, K.....mg	130		1	A	1		25	79	
Sodium, Na.....mg	4		1	A	1		1	2	
Zinc, Zn.....mg	0.14		1	A	1		0.03	0.08	
Copper, Cu.....mg	0.019		1	A	1		0.004	0.011	
Manganese, Mn.....mg	0.583		1	A	1		0.111	0.356	
Selenium, Se.....µg	0.1		1	A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.0		1	A	1		2.1	6.7	
Thiamin.....mg	0.008		1	A	1		0.002	0.005	
Riboflavin.....mg	0.032		1	A	1		0.006	0.020	
Niacin.....mg	0.293		1	A	1		0.056	0.179	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.079		1	A	1		0.015	0.048	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg	4.3		0	AS	1		0.8	2.6	
Betaine.....mg	0.3		1	A	1		0.1	0.2	
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phyloquinone).....µg	2.9		1	A	1		0.6	1.8	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0		1	A	1		0.0	0.0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 35198

Prickly pears, raw (Northern Plains Indians)

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

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 19g: 1 pad peeled

Measure 2 = 61g: 1 pad

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35202

Raspberries, wild (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	84.48		1	A	1		109.82		
Energy.....kcal	62		0	NC	4		81		
Energy.....kJ	261		0	NC	4		339		
Protein (N x 6.25).....g	1.12		1	A	1		1.45		
Total lipid (fat).....g	0.28		1	A	1		0.37		
Ash.....g	0.28		1	A	1		0.36		
Carbohydrate, by difference.....g	13.85		0	NC	4		18.00		
Fiber, total dietary.....g	7.5		1	A	1		9.8		
Sugars, total.....g	5.54		1	A	1		7.21		
Sucrose.....g	0.07		1	A	1		0.10		
Glucose (dextrose).....g	2.43		1	A	1		3.16		
Fructose.....g	3.04		1	A	1		3.95		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36		1	A	1		47		
Iron, Fe.....mg	0.64		1	A	1		0.84		
Magnesium, Mg.....mg	26		1	A	1		33		
Phosphorus, P.....mg	41		1	A	1		53		
Potassium, K.....mg	175		1	A	1		228		
Sodium, Na.....mg	4		1	A	1		5		
Zinc, Zn.....mg	0.47		1	A	1		0.61		
Copper, Cu.....mg	0.097		1	A	1		0.126		
Manganese, Mn.....mg	0.368		1	A	1		0.478		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	26.4		1	A	1		34.3		
Thiamin.....mg	0.018		1	A	1		0.023		
Riboflavin.....mg	0.080		1	A	1		0.104		
Niacin.....mg	1.030		1	A	1		1.339		
Pantothenic acid.....mg	0.300		1	A	1		0.390		
Vitamin B-6.....mg	0.104		1	A	1		0.135		
Folate, total (1).....µg	5		1	A	1		7		
Folic acid.....µg									
Folate, food.....µg	5		1	A	1		7		
Folate, DFE.....µg									
Choline, total.....mg	9.5		0	AS	1		12.4		
Betaine.....mg	0.5		1	A	1		0.7		
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	2		1	AS	1		3		
Retinol.....µg									
Carotene, beta.....µg	13		1	A	1		17		
Carotene, alpha.....µg	2		1	A	1		2		
Cryptoxanthin, beta.....µg	31		1	A	1		40		
Vitamin A, IU.....IU	50		1	AS	1		64		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	130		1	A	1		169		
Vitamin E (alpha-tocopherol).....mg	0.57		1	A	1		0.74		
Tocopherol, beta.....mg	0.04		1	A	1		0.05		
Tocopherol, gamma.....mg	2.22		1	A	1		2.89		
Tocopherol, delta.....mg	2.40		1	A	1		3.12		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		

NDB No. 35202

Raspberries, wild (Northern Plains Indians)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	6.6		1	A	1		8.6		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		

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

Common Measures:

Measure 1 = 130g: 1 cup

Footnotes:

1 Includes only 5-methyltetrahydrofolate.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35063

Rhubarb, wild, leaves (Alaska Native)

Polygenum alaskanum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	83.50		1	AI	13				
Energy.....kcal	61		0	NC	4				
Energy.....kJ	255		0	NC	4				
Protein (N x 5.3).....g	4.20		1	AI	13				
Total lipid (fat).....g	0.50		1	AI	13				
Ash.....g	1.90		0	NP	4				
Carbohydrate, by difference.....g	9.90		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	87		0	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	33.0		1	AI	13				
Thiamin.....mg	0.100		1	AI	13				
Riboflavin.....mg									
Niacin.....mg	0.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	4480		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35063

Rhubarb, wild, leaves (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35203

Rose Hips, wild (Northern Plains Indians)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.66		1	A	1		74.50		
Energy.....kcal	162		0	NC	4		206		
Energy.....kJ	679		0	NC	4		863		
Protein (N x 6.25).....g	1.60		1	A	1		2.03		
Total lipid (fat).....g	0.34		1	A	1		0.44		
Ash.....g	1.18		1	A	1		1.50		
Carbohydrate, by difference.....g	38.22		0	NC	4		48.54		
Fiber, total dietary.....g	24.1		1	A	1		30.6		
Sugars, total.....g	2.58		1	A	1		3.28		
Sucrose.....g	0.07		1	A	1		0.09		
Glucose (dextrose).....g	1.34		1	A	1		1.71		
Fructose.....g	1.16		1	A	1		1.48		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	169		1	A	1		215		
Iron, Fe.....mg	1.06		1	A	1		1.35		
Magnesium, Mg.....mg	69		1	A	1		87		
Phosphorus, P.....mg	61		1	A	1		77		
Potassium, K.....mg	429		1	A	1		545		
Sodium, Na.....mg	4		1	A	1		5		
Zinc, Zn.....mg	0.25		1	A	1		0.31		
Copper, Cu.....mg	0.113		1	A	1		0.143		
Manganese, Mn.....mg	1.020		1	A	1		1.295		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	426.0		1	A	1		541.0		
Thiamin.....mg	0.016		1	A	1		0.020		
Riboflavin.....mg	0.166		1	A	1		0.211		
Niacin.....mg	1.300		1	A	1		1.651		
Pantothenic acid.....mg	0.800		1	A	1		1.016		
Vitamin B-6.....mg	0.076		1	A	1		0.097		
Folate, total (1).....µg	3		1	A	1		4		
Folic acid.....µg									
Folate, food.....µg	3		1	A	1		4		
Folate, DFE.....µg									
Choline, total.....mg	12.0		0	AS	1		15.2		
Betaine.....mg	2.9		1	A	1		3.6		
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	217		1	AS	1		276		
Retinol.....µg									
Carotene, beta.....µg	2350		1	A	1		2985		
Carotene, alpha.....µg	31		1	A	1		39		
Cryptoxanthin, beta.....µg	483		1	A	1		613		
Vitamin A, IU.....IU	4345		1	AS	1		5518		
Lycopene.....µg	6800		1	A	1		8636		
Lutein + zeaxanthin.....µg	2001		1	A	1		2541		
Vitamin E (alpha-tocopherol).....mg	5.84		1	A	1		7.42		
Tocopherol, beta.....mg	0.05		1	A	1		0.06		
Tocopherol, gamma.....mg	1.34		1	A	1		1.70		
Tocopherol, delta.....mg	0.14		1	A	1		0.18		
Tocotrienol, alpha.....mg	0.01		1	A	1		0.02		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.07		1	A	1		0.09		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		

NDB No. 35203

Rose Hips, wild (Northern Plains Indians)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	25.9		1	A	1	32.9			
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0			
Menaquinone-4.....µg	0.0		1	A	1	0.0			

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

Common Measures:

Measure 1 = 127g: 1 cup

Footnotes:

1 Includes only 5-methyltetrahydrofolate.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35190

Salmon, red (sockeye), filets with skin, smoked (Alaska Native) (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	23.93		2	A	1		25.84	32.54	
Energy.....kcal	345		0	NC	4		373	470	
Energy.....kJ	1445		0	NC	4		1561	1965	
Protein (N x 6.25).....g	60.62		2	A	1		65.47	82.45	
Total lipid (fat).....g	11.43		2	A	1		12.34	15.54	
Ash.....g	6.19		2	A	1		6.68	8.41	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Sucrose.....g	0.00		0	Z	7		0.00	0.00	
Glucose (dextrose).....g	0.00		0	Z	7		0.00	0.00	
Fructose.....g	0.00		0	Z	7		0.00	0.00	
Lactose.....g	0.00		0	Z	7		0.00	0.00	
Maltose.....g	0.00		0	Z	7		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	0.00		0	Z	7		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	58		2	A	1		62	78	
Iron, Fe.....mg	1.06		2	A	1		1.15	1.45	
Magnesium, Mg.....mg	58		2	A	1		62	78	
Phosphorus, P.....mg	650		2	A	1		702	884	
Potassium, K.....mg	960		2	A	1		1037	1306	
Sodium, Na.....mg	51		1	A	1		55	69	
Zinc, Zn.....mg	1.14		2	A	1		1.23	1.55	
Copper, Cu.....mg	0.148		2	A	1		0.160	0.201	
Manganese, Mn.....mg	0.051		2	A	1		0.056	0.070	
Selenium, Se.....µg	76.0		2	A	1		82.1	103.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.494		2	A	1		0.533	0.671	
Riboflavin.....mg	0.543		2	A	1		0.587	0.739	
Niacin.....mg	22.750		2	A	1		24.570	30.940	
Pantothenic acid.....mg	2.745		2	A	1		2.965	3.733	
Vitamin B-6.....mg	0.816		2	A	1		0.881	1.110	
Folate, total.....µg	9		2	A	1		10	12	
Folic acid.....µg	0		1	Z	7		0	0	
Folate, food.....µg	9		2	A	1		10	12	
Folate, DFE.....µg	9		0	NC	4		10	12	
Choline, total.....mg	223.8		0	AS	1		241.7	304.4	
Betaine.....mg	6.8		2	A	1		7.4	9.3	
Vitamin B-12.....µg	18.10		2	A	1		19.55	24.62	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	31		0	AS	1		33	42	
Retinol.....µg	31		2	A	1		33	42	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	103		0	AS	1		111	140	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.20		2	A	1		1.30	1.64	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.03		2	A	1		0.03	0.03	
Tocopherol, gamma.....mg	0.03		2	A	1		0.03	0.04	
Tocopherol, delta.....mg	0.03		2	A	1		0.03	0.03	
Tocotrienol, alpha.....mg	0.01		2	A	1		0.02	0.02	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	

NDB No. 35190

Salmon, red (sockeye), filets with skin, smoked (Alaska Native) (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg	0.9		2	A	1		1.0	1.3	
Lipids:									
Fatty acids, total saturated.....g	2.593		0	NC	4		2.801	3.527	
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.004		2	A	1		0.004	0.005	
13:0.....g									
14:0.....g	0.375		2	A	1		0.405	0.510	
15:0.....g	0.050		2	A	1		0.054	0.068	
16:0.....g	1.760		2	A	1		1.901	2.394	
17:0.....g	0.070		2	A	1		0.076	0.095	
18:0.....g	0.330		2	A	1		0.356	0.449	
20:0.....g	0.005		2	A	1		0.005	0.007	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	4.025		0	NC	4		4.347	5.474	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.370		2	A	1		0.400	0.503	
17:1.....g	0.045		2	A	1		0.049	0.061	
18:1 undifferentiated.....g	2.175		2	A	1		2.349	2.958	
20:1.....g	0.860		2	A	1		0.929	1.170	
22:1 undifferentiated.....g	0.540		2	A	1		0.583	0.734	
24:1 c.....g	0.035		2	A	1		0.038	0.048	
Fatty acids, total polyunsaturated.....g	3.469		0	NC	4		3.747	4.718	
18:2 undifferentiated.....g	0.185		2	A	1		0.200	0.252	
18:3 undifferentiated.....g	0.130		2	A	1		0.140	0.177	
18:4.....g	0.145		2	A	1		0.157	0.197	
20:2 n-6 c,c.....g	0.030		2	A	1		0.032	0.041	
20:3 undifferentiated.....g	0.030		2	A	1		0.032	0.041	
20:4 undifferentiated.....g	0.185		2	A	1		0.200	0.252	
20:5 n-3 (EPA).....g	0.905		2	A	1		0.977	1.231	
21:5.....g	0.025		2	A	1		0.027	0.034	
22:4.....g	0.005		2	A	1		0.005	0.007	
22:5 n-3 (DPA).....g	0.310		2	A	1		0.335	0.422	
22:6 n-3 (DHA).....g	1.520		2	A	1		1.642	2.067	
Fatty acids, total trans.....g									
Cholesterol.....mg	155		2	A	1		167	210	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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Common Measures:

Measure 1 = 108g: 1 filet

Measure 2 = 136g: 1 strip

NDB No. 35190

Salmon, red (sockeye), filets with skin, smoked (Alaska Native) (1)

Footnotes:

1 If no salt added during smoking process, sodium = 51 mg/100 g edible portion.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35154

Salmonberries, raw (Alaska Native)

Rubus spectabilis

akpiks

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.21		1	A	1				
Energy.....kcal	47		0	NC	4				
Energy.....kJ	195		0	NC	4				
Protein (N x 5.3).....g	0.85		1	A	1				
Total lipid (fat).....g	0.33		1	A	1				
Ash.....g	0.56		1	A	1				
Carbohydrate, by difference.....g	10.05		0	NC	4				
Fiber, total dietary.....g	1.9		1	A	1				
Sugars, total.....g	3.66		1	A	1				
Sucrose.....g	0.02		1	A	1				
Glucose (dextrose).....g	1.90		1	A	1				
Fructose.....g	1.75		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g	0.00		1	A	1				
Starch.....g	0.00		1	A	1				
Minerals:									
Calcium, Ca.....mg	13		1	A	1				
Iron, Fe.....mg	0.40		1	A	1				
Magnesium, Mg.....mg	15		1	A	1				
Phosphorus, P.....mg	27		1	A	1				
Potassium, K.....mg	110		1	A	1				
Sodium, Na.....mg	14		1	A	1				
Zinc, Zn.....mg	0.28		1	A	1				
Copper, Cu.....mg	0.030		1	A	1				
Manganese, Mn.....mg	1.100		1	A	1				
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	9.2		1	A	1				
Thiamin.....mg	0.041		1	A	1				
Riboflavin.....mg	0.062		1	A	1				
Niacin.....mg	0.466		1	A	1				
Pantothenic acid.....mg	0.167		1	A	1				
Vitamin B-6.....mg	0.078		1	A	1				
Folate, total.....µg	17		1	A	1				
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg	17		1	A	1				
Folate, DFE.....µg	17		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	50		0	NC	4				
Retinol.....µg									
Carotene, beta.....µg	277		1	A	1				
Carotene, alpha.....µg	41		1	A	1				
Cryptoxanthin, beta.....µg	0		1	A	1				
Vitamin A, IU.....IU	496		1	AS	1				
Lycopene.....µg	0		1	A	1				
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.61		1	A	1				
Tocopherol, beta.....mg	0.06		1	A	1				
Tocopherol, gamma.....mg	0.37		1	A	1				
Tocopherol, delta.....mg	0.09		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				
Tocotrienol, gamma.....mg	0.00		1	A	1				
Tocotrienol, delta.....mg	0.00		1	A	1				

NDB No. 35154
Salmonberries, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	14.8		1	A		1			
Dihydrophyloquinone.....µg	0.0		1	A		1			
Menaquinone-4.....µg	0.0		1	A		1			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35070

Sea cucumber, yane (Alaska Native)

Stichopus californicus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.70		1	AI	13				
Energy.....kcal	56		0	NC	4				
Energy.....kJ	233		0	NC	4				
Protein (N x 6.25).....g	13.00		1	AI	13				
Total lipid (fat).....g	0.40		1	AI	13				
Ash.....g	2.80		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		1	AI	13				
Iron, Fe.....mg	0.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.050		1	AI	13				
Riboflavin.....mg	0.940		1	AI	13				
Niacin.....mg	3.200		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	310		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35070

Sea cucumber, yane (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35231

Sea lion, Steller, fat (Alaska Native) (1)

Eumetopias jubatus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.70		1	A	1				
Energy.....kcal	850		0	NC	4				
Energy.....kJ	3555		0	NC	4				
Protein (N x 6.25).....g	0.90		1	A	1				
Total lipid (fat).....g	94.00		2	A	1				
Ash (2).....g	0.20		1	BFZY	4				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	97		1	AS	1				
Vitamin A, IU.....IU	323		1	AS	1				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		1	A	1				
Vitamin D.....IU	0		1	A	1				
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.200		1	A	1				
Cholesterol.....mg	95		2	A	1				
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 35231

Sea lion, Steller, fat (Alaska Native) (1)

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

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

- 1 Nutrient values vary, depending on proportion of fat to meat.
- 2 If salted fat, ash could be higher and fat lower on a 100-gram basis.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35228
 Sea lion, Steller, heart (Alaska Native)
Eumetopias jubatus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.20		0	O					
Energy.....kcal	102		0	NC					
Energy.....kJ	426		0	NC					
Protein (N x 6.25).....g	17.00		0	O					
Total lipid (fat).....g	3.30		1	A					
Ash.....g	1.00		0	O					
Carbohydrate, by difference.....g	1.00		0	O					
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A					
Iron, Fe.....mg	6.70		1	A					
Magnesium, Mg.....mg	22		1	A					
Phosphorus, P.....mg	263		1	A					
Potassium, K.....mg	319		1	A					
Sodium, Na.....mg	115		1	A					
Zinc, Zn.....mg	2.24		1	A					
Copper, Cu.....mg	0.306		1	A					
Manganese, Mn.....mg	0.037		1	A					
Selenium, Se.....µg	122.0		1	A					

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35227

Sea lion, Steller, kidney (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
<u>Amino Acids:</u>								
Tryptophan.....g	1.200		1	A	1			
Threonine.....g								
Isoleucine.....g	0.100		1	A	1			
Leucine.....g								
Lysine.....g	0.100		1	A	1			
Methionine.....g								
Cystine.....g	0.100		1	A	1			
Phenylalanine.....g	0.100		1	A	1			
Tyrosine.....g	0.100		1	A	1			
Valine.....g	0.100		1	A	1			
Arginine.....g	0.100		1	A	1			
Histidine.....g	0.200		1	A	1			
Alanine.....g	0.100		1	A	1			
Aspartic acid.....g	0.000		1	A	1			
Glutamic acid.....g	0.100		1	A	1			
Glycine.....g								
Proline.....g								
Serine.....g								
Hydroxyproline.....g								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35226

Sea lion, Steller, liver (Alaska Native)

Eumetopias jubatus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.27		0	NC	4				
Energy.....kcal	137		0	NC	4				
Energy.....kJ	572		0	NC	4				
Protein (N x 6.25).....g	22.90		1	A	1				
Total lipid (fat).....g	5.00		1	A	1				
Ash.....g	0.83		1	A	1				
Carbohydrate, by difference.....g	0.00		1	A	1				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		1	A	1				
Iron, Fe.....mg	9.00		1	A	1				
Magnesium, Mg.....mg	22		1	A	1				
Phosphorus, P.....mg	396		1	A	1				
Potassium, K.....mg	291		1	A	1				
Sodium, Na.....mg	88		1	A	1				
Zinc, Zn.....mg	4.10		1	A	1				
Copper, Cu.....mg	1.890		1	A	1				
Manganese, Mn.....mg	0.700		1	A	1				
Selenium, Se.....µg	693.0		1	A	1				
Lipids:									
Fatty acids, total saturated.....g	1.300		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g									
17:0.....g									
18:0.....g	0.700		1	A	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.900		1	A	1				
Fatty acids, total polyunsaturated.....g	0.200		1	A	1				
Fatty acids, total trans.....g	0.000		1	A	1				
Cholesterol.....mg	359		1	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.400		0	A	1				
Threonine.....g	1.300		0	A	1				
Isoleucine.....g	1.400		0	A	1				
Leucine.....g									
Lysine.....g									
Methionine.....g	0.300		0	A	1				
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g	0.100		0	A	1				
Arginine.....g	3.400		0	A	1				
Histidine.....g	0.500		0	A	1				
Alanine.....g	0.100		0	A	1				
Aspartic acid.....g	0.200		0	A	1				

NDB No. 35226

Sea lion, Steller, liver (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glutamic acid.....g									
Glycine.....g									
Proline.....g	0.100		0	A		1			
Serine.....g	0.300		0	A		1			
Hydroxyproline.....g									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35229

Sea lion, Steller, meat (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g									
15:0.....g									
16:0.....g									
17:0.....g									
18:0.....g									
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.100		1	A		1			
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64		2	A		1			
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35230

Sea lion, Steller, meat with fat (Alaska Native) (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan.....g	1.600		1	A	1				
Threonine.....g									
Isoleucine.....g									
Leucine.....g	0.100		1	A	1				
Lysine.....g									
Methionine.....g	0.000		1	A	1				
Cystine.....g	0.100		1	A	1				
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g	0.200		1	A	1				
Alanine.....g									
Aspartic acid.....g	0.100		1	A	1				
Glutamic acid.....g	0.000		1	A	1				
Glycine.....g	0.000		1	A	1				
Proline.....g	0.100		1	A	1				
Serine.....g	0.000		1	A	1				
Hydroxyproline.....g									

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

Common Measures:

Footnotes:

1 Based on limited sampling. Nutrient values, particularly fat and protein, vary widely with variations in proportion of meat to fat.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35055

Seal, bearded (Oogruk), meat, dried (Alaska Native)

Oogruk

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.60		1	AI	13				
Energy.....kcal	351		0	NC	4				
Energy.....kJ	1469		0	NC	4				
Protein (N x 6.25).....g	82.60		1	AI	13				
Total lipid (fat).....g	2.30		1	AI	13				
Ash.....g	3.50		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	49.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	784		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.130		1	AI	13				
Riboflavin.....mg	0.630		1	AI	13				
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	393		0	NC	4				
Vitamin A, IU.....IU	1310		1	AI	13				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 35055

Seal, bearded (Oogruk), meat, dried (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.600		1	AI		13			
Fatty acids, total monounsaturated.....g	1.330		1	AI		13			
Fatty acids, total polyunsaturated.....g	0.370		1	AI		13			
18:2 undifferentiated.....g	0.030		0	AI		13			
18:3 undifferentiated.....g	0.020		0	AI		13			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.795		0	A		1			
Threonine.....g	3.228		0	A		1			
Isoleucine.....g	3.134		0	A		1			
Leucine.....g	6.386		0	A		1			
Lysine.....g	6.690		0	A		1			
Methionine.....g	1.684		0	A		1			
Cystine.....g	0.444		0	A		1			
Phenylalanine.....g	3.275		0	A		1			
Tyrosine.....g	2.152		0	A		1			
Valine.....g	3.228		0	A		1			
Arginine.....g	4.655		0	A		1			
Histidine.....g	2.947		0	A		1			
Alanine.....g	4.725		0	A		1			
Aspartic acid.....g	6.877		0	A		1			
Glutamic acid.....g	11.041		0	A		1			
Glycine.....g	4.351		0	A		1			
Proline.....g	3.789		0	A		1			
Serine.....g	2.994		0	A		1			
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35164

Seal, bearded (Oogruk), meat, dried, in oil (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	35.48		1	A	1				
Energy.....kcal	367		0	NC	4				
Energy.....kJ	1535		0	NC	4				
Protein (N x 6.25).....g	35.31		1	A	1				
Total lipid (fat).....g	25.08		1	A	1				
Ash.....g	1.42		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	7		1	A	1				
Iron, Fe.....mg	17.00		1	A	1				
Magnesium, Mg.....mg	29		1	A	1				
Phosphorus, P.....mg	240		1	A	1				
Potassium, K.....mg	400		1	A	1				
Sodium, Na.....mg	120		1	A	1				
Zinc, Zn.....mg	3.10		1	A	1				
Copper, Cu.....mg	0.270		1	A	1				
Manganese, Mn.....mg	0.037		1	A	1				
Selenium, Se.....µg	90.8		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.011		1	A	1				
Riboflavin.....mg	0.364		1	A	1				
Niacin.....mg	6.520		1	A	1				
Pantothenic acid.....mg	0.727		1	A	1				
Vitamin B-6.....mg	0.091		1	A	1				
Folate, total.....µg	11		1	A	1				
Folic acid.....µg	0		1	Z	7				
Folate, food.....µg	11		1	A	1				
Folate, DFE.....µg	11		0	NC	4				
Choline, total.....mg	68.1		0	AS	1				
Betaine.....mg	60.9		1	A	1				
Vitamin B-12.....µg	5.85		1	A	1				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1947		0	O	4				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.55		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.00		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				
Tocotrienol, gamma.....mg	0.00		1	A	1				
Tocotrienol, delta.....mg	0.00		1	A	1				
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A	1				

NDB No. 35164

Seal, bearded (Oogruk), meat, dried, in oil (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35170

Seal, bearded (Oogruk), meat, low quadrant, raw (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.35		1	A	1				
Energy.....kcal	186		0	NC	4				
Energy.....kJ	778		0	NC	4				
Protein (N x 6.25).....g	23.63		1	A	1				
Total lipid (fat).....g	10.17		1	A	1				
Ash.....g	0.80		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	4		1	A	1				
Iron, Fe.....mg	17.00		1	A	1				
Magnesium, Mg.....mg	17		1	A	1				
Phosphorus, P.....mg	140		1	A	1				
Potassium, K.....mg	210		1	A	1				
Sodium, Na.....mg	57		1	A	1				
Zinc, Zn.....mg	2.60		1	A	1				
Copper, Cu.....mg	0.148		1	A	1				
Manganese, Mn.....mg	0.037		1	A	1				
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	121		0	BFSN	4				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.227		0	A	1				
Threonine.....g	0.923		0	A	1				
Isoleucine.....g	0.896		0	A	1				
Leucine.....g	1.826		0	A	1				
Lysine.....g	1.913		0	A	1				
Methionine.....g	0.482		0	A	1				
Cystine.....g	0.127		0	A	1				
Phenylalanine.....g	0.937		0	A	1				
Tyrosine.....g	0.616		0	A	1				
Valine.....g	0.923		0	A	1				
Arginine.....g	1.331		0	A	1				
Histidine.....g	0.843		0	A	1				
Alanine.....g	1.351		0	A	1				
Aspartic acid.....g	1.967		0	A	1				
Glutamic acid.....g	3.158		0	A	1				
Glycine.....g	1.244		0	A	1				
Proline.....g	1.084		0	A	1				
Serine.....g	0.856		0	A	1				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				

NDB No. 35170

Seal, bearded (Oogruk), meat, low quadrant, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Caffeine.....mg	0		0	z		7			
Theobromine.....mg	0		0	z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35175

Seal, bearded (Oogruk), meat, partially dried (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A		1			
Dihydrophyloquinone.....µg	1.6		1	A		1			
Menaquinone-4.....µg	0.0		1	A		1			
Amino Acids:									
Tryptophan.....g	0.601		0	A		1			
Threonine.....g	2.438		0	A		1			
Isoleucine.....g	2.367		0	A		1			
Leucine.....g	4.822		0	A		1			
Lysine.....g	5.052		0	A		1			
Methionine.....g	1.272		0	A		1			
Cystine.....g	0.336		0	A		1			
Phenylalanine.....g	2.473		0	A		1			
Tyrosine.....g	1.625		0	A		1			
Valine.....g	2.438		0	A		1			
Arginine.....g	3.515		0	A		1			
Histidine.....g	2.226		0	A		1			
Alanine.....g	3.568		0	A		1			
Aspartic acid.....g	5.193		0	A		1			
Glutamic acid.....g	8.337		0	A		1			
Glycine.....g	3.285		0	A		1			
Proline.....g	2.862		0	A		1			
Serine.....g	2.261		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35056

Seal, bearded (Oogruk), meat, raw (Alaska Native)

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35072
Seal, ringed, liver (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	90		1	AI	13			
Phytosterols.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35184
Smelt, dried (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	16.92		1	A	1				
Energy.....kcal	386		0	NC	4				
Energy.....kJ	1614		0	NC	4				
Protein (N x 6.25).....g	56.19		1	A	1				
Total lipid (fat).....g	17.90		1	A	1				
Ash.....g	8.25		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	1600		1	A	1				
Iron, Fe.....mg	5.40		1	A	1				
Magnesium, Mg.....mg	89		1	A	1				
Phosphorus, P.....mg	1400		1	A	1				
Potassium, K.....mg	1000		1	A	1				
Sodium, Na.....mg	420		1	A	1				
Zinc, Zn.....mg	6.70		1	A	1				
Copper, Cu.....mg	0.148		1	A	1				
Manganese, Mn.....mg	0.720		1	A	1				
Selenium, Se.....µg	194.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.073		1	A	1				
Riboflavin.....mg	0.262		1	A	1				
Niacin.....mg	5.970		1	A	1				
Pantothenic acid.....mg	2.290		1	A	1				
Vitamin B-6.....mg	0.176		1	A	1				
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	19.10		1	A	1				
Vitamin A, RAE.....µg	139		0	AS	1				
Vitamin A, IU.....IU	463		0	AS	1				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	4.51		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.08		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				
Tocotrienol, gamma.....mg	0.00		1	A	1				
Tocotrienol, delta.....mg	0.00		1	A	1				
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A	1				
Dihydrophylloquinone.....µg	0.0		1	A	1				

NDB No. 35184
Smelt, dried (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35073

Soup, fish, homemade (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	84.00		1	AI	13				
Energy.....kcal	72		0	NC	4				
Energy.....kJ	300		0	NC	4				
Protein (N x 6.25).....g	7.40		1	AI	13				
Total lipid (fat).....g	2.20		1	AI	13				
Ash.....g	0.80		0	NP	4				
Carbohydrate, by difference.....g	5.60		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		1	AI	13				
Iron, Fe.....mg	0.50		1	AI	13				
Magnesium, Mg.....mg	1		1	AI	13				
Phosphorus, P.....mg	112		1	AI	13				
Potassium, K.....mg	128		1	AI	13				
Sodium, Na.....mg	30		1	AI	13				
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg	0.010		1	AI	13				
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	AI	13				
Thiamin.....mg	0.070		1	AI	13				
Riboflavin.....mg	0.020		1	AI	13				
Niacin.....mg	2.640		1	AI	13				
Pantothenic acid.....mg	0.010		1	AI	13				
Vitamin B-6.....mg	0.010		1	AI	13				
Folate, total.....µg	1		1	AI	13				
Folic acid.....µg									
Folate, food.....µg	1		1	AI	13				
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	40		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.500		1	AI	13				

NDB No. 35073

Soup, fish, homemade (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1	AI	13				
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35074

Sourdock, young leaves (Alaska Native)

Rumex articus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.70		1	AI	13				
Energy.....kcal	42		0	NC	4				
Energy.....kJ	174		0	NC	4				
Protein (N x 6.25).....g	2.30		1	AI	13				
Total lipid (fat).....g	0.70		1	AI	13				
Ash.....g	0.80		0	NP	4				
Carbohydrate, by difference.....g	6.50		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		1	AI	13				
Iron, Fe.....mg	0.80		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	55		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	68.0		1	AI	13				
Thiamin.....mg	0.090		1	AI	13				
Riboflavin.....mg	0.540		1	AI	13				
Niacin.....mg	1.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	11900		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35074

Sourdock, young leaves (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35139

Squash, Indian, cooked, boiled (Navajo)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	96.21		1	A	1		27.28		
Energy.....kcal	16		0	NC	4		4		
Energy.....kJ	65		0	NC	4		18		
Protein (N x 6.25).....g	0.31		1	A	1		0.09		
Total lipid (fat).....g	0.15		1	A	1		0.04		
Ash.....g	0.10		1	A	1		0.03		
Carbohydrate, by difference.....g	3.22		0	NC	4		0.91		
Fiber, total dietary.....g	1.5		1	A	1		0.4		
Sugars, total.....g	2.02		1	A	1		0.57		
Sucrose.....g	0.44		1	A	1		0.12		
Glucose (dextrose).....g	0.69		1	A	1		0.20		
Fructose.....g	0.89		1	A	1		0.25		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	0.00		1	A	1		0.00		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010		1	A	1		0.003		
Riboflavin.....mg	0.015		1	A	1		0.004		
Niacin.....mg	0.102		1	A	1		0.029		
Pantothenic acid.....mg	0.060		1	A	1		0.017		
Vitamin B-6.....mg	0.033		1	A	1		0.009		
Folate, total.....µg	7		1	A	1		2		
Folic acid.....µg									
Folate, food.....µg	7		1	A	1		2		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

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

Common Measures:

NDB No. 35139

Squash, Indian, cooked, boiled (Navajo)

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg								
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35075

Squirrel, ground, meat (Alaska Native)

Citellus undulatus

Refuse:0%

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35181

Steelhead trout, boiled, canned (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.59		1	A	1				
Energy.....kcal	159		0	NC	4				
Energy.....kJ	664		0	NC	4				
Protein (N x 6.25).....g	21.11		1	A	1				
Total lipid (fat).....g	8.26		1	A	1				
Ash.....g	1.24		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	30		1	A	1				
Iron, Fe.....mg	0.64		1	A	1				
Magnesium, Mg.....mg	25		1	A	1				
Phosphorus, P.....mg	249		1	A	1				
Potassium, K.....mg	365		1	A	1				
Sodium, Na.....mg	118		1	A	1				
Zinc, Zn.....mg	0.57		1	A	1				
Copper, Cu.....mg	0.058		1	A	1				
Manganese, Mn.....mg	0.011		1	A	1				
Selenium, Se.....µg	26.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	5.79		1	A	1				
Vitamin A, RAE.....µg	20		0	NC	4				
Vitamin A, IU.....IU	65		0	O	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	2.15		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.01		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				
Tocotrienol, gamma.....mg	0.00		1	A	1				
Tocotrienol, delta.....mg	0.00		1	A	1				
Vitamin D (D2 + D3).....µg	15.1		1	A	1				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	604		1	A	1				
Vitamin K (phylloquinone).....µg	0.0		1	A	1				
Dihydrophyloquinone.....µg	0.0		1	A	1				

Steelhead trout, boiled, canned (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Menaquinone-4.....µg	0.2		1	A		1			
Lipids:									
Fatty acids, total saturated.....g	1.530		0	NC		4			
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A		1			
10:0.....g	0.000		1	A		1			
12:0.....g	0.000		1	A		1			
13:0.....g									
14:0.....g	0.358		1	A		1			
15:0.....g	0.019		1	A		1			
16:0.....g	0.921		1	A		1			
17:0.....g	0.011		1	A		1			
18:0.....g	0.209		1	A		1			
20:0.....g	0.012		1	A		1			
22:0.....g	0.000		1	A		1			
24:0.....g	0.000		1	A		1			
Fatty acids, total monounsaturated.....g	2.223		0	NC		4			
14:1.....g	0.007		1	A		1			
15:1.....g	0.000		1	A		1			
16:1 undifferentiated.....g	0.492		1	A		1			
17:1.....g	0.000		1	A		1			
18:1 undifferentiated.....g	1.496		1	A		1			
20:1.....g	0.228		1	A		1			
22:1 undifferentiated.....g	0.000		0	AS		1			
22:1 c.....g	0.000		1	A		1			
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.225		0	NC		4			
18:2 undifferentiated.....g	0.077		1	A		1			
18:3 undifferentiated.....g	0.051		0	AS		1			
18:3 n-3 c,c,c (ALA).....g	0.051		1	A		1			
18:3 n-6 c,c,c.....g	0.000		1	A		1			
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.014		1	A		1			
20:3 undifferentiated.....g	0.007		1	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.030		1	A		1			
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.376		1	A		1			
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.130		1	A		1			
22:6 n-3 (DHA).....g	0.540		1	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	59		1	A		1			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg									

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

Common Measures:

Calories Factors:

NDB No. 35181

Steelhead trout, boiled, canned (Alaska Native)

Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35180

Steelhead trout, dried, flesh (Shoshone Bannock)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.49		1	A	1				
Energy.....kcal	382		0	NC	4				
Energy.....kJ	1597		0	NC	4				
Protein (N x 6.25).....g	77.27		1	A	1				
Total lipid (fat).....g	8.06		1	A	1				
Ash.....g	10.58		1	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	85		1	A	1				
Iron, Fe.....mg	2.96		1	A	1				
Magnesium, Mg.....mg	84		1	A	1				
Phosphorus, P.....mg	976		1	A	1				
Potassium, K.....mg	1720		1	A	1				
Sodium, Na.....mg	2850		1	A	1				
Zinc, Zn.....mg	1.79		1	A	1				
Copper, Cu.....mg	0.217		1	A	1				
Manganese, Mn.....mg	0.079		1	A	1				
Selenium, Se.....µg	105.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	22.40		1	A	1				
Vitamin A, RAE.....µg	64		0	NC	4				
Vitamin A, IU.....IU	213		0	NC	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	2.41		1	A	1				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.05		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Tocotrienol, alpha.....mg	0.00		1	A	1				
Tocotrienol, beta.....mg	0.00		1	A	1				
Tocotrienol, gamma.....mg	0.00		1	A	1				
Tocotrienol, delta.....mg	0.00		1	A	1				
Vitamin D (D2 + D3).....µg	15.7		1	A	1				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	628		1	A	1				
Vitamin K (phylloquinone).....µg	0.0		1	A	1				
Dihydrophyloquinone.....µg	0.0		1	A	1				
Menaquinone-4.....µg	1.5		1	A	1				

NDB No. 35180

Steelhead trout, dried, flesh (Shoshone Bannock)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.829		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					1
10:0.....g	0.000		1	A					1
12:0.....g	0.000		1	A					1
13:0.....g									
14:0.....g	0.091		1	A					1
15:0.....g	0.014		1	A					1
16:0.....g	0.547		1	A					1
17:0.....g	0.016		1	A					1
18:0.....g	0.154		1	A					1
20:0.....g	0.007		1	A					1
22:0.....g	0.000		1	A					1
24:0.....g	0.000		1	A					1
Fatty acids, total monounsaturated.....g	1.228		0	NC					4
14:1.....g	0.007		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.159		1	A					1
17:1.....g	0.000		1	A					1
18:1 undifferentiated.....g	0.858		1	A					1
20:1.....g	0.204		1	A					1
22:1 undifferentiated.....g	0.000		0	AS					1
22:1 c.....g	0.000		1	A					1
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.739		0	NC					4
18:2 undifferentiated.....g	0.060		1	A					1
18:3 undifferentiated.....g	0.037		0	AS					1
18:3 n-3 c,c,c (ALA).....g	0.037		1	A					1
18:3 n-6 c,c,c.....g	0.000		1	A					1
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.029		1	A					1
20:3 undifferentiated.....g	0.012		1	A					1
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.047		1	A					1
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.266		1	A					1
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.208		1	A					1
22:6 n-3 (DHA).....g	1.080		1	A					1
Fatty acids, total trans.....g									
Cholesterol.....mg	227		1	A					1
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z					7
Caffeine.....mg	0		0	Z					7
Theobromine.....mg	0		0	Z					7

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 35180

Steelhead trout, dried, flesh (Shoshone Bannock)

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35144

Stew, dumpling with mutton (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	1.7		1	A	1		5.2		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.709		0	NC	4		5.265		
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.082		2	A	1		0.251		
15:0.....g	0.021		2	A	1		0.064		
16:0.....g	0.808		2	A	1		2.489		
17:0.....g	0.056		2	A	1		0.174		
18:0.....g	0.736		2	A	1		2.268		
20:0.....g	0.006		2	A	1		0.019		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.533		0	NC	4		4.721		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.061		2	A	1		0.187		
17:1.....g	0.027		2	A	1		0.084		
18:1 undifferentiated.....g	1.438		2	A	1		4.429		
20:1.....g	0.007		2	A	1		0.021		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.274		0	NC	4		0.845		
18:2 undifferentiated.....g	0.193		2	A	1		0.594		
18:3 undifferentiated.....g	0.007		0	A	1		0.022		
18:3 n-3 c,c,c (ALA).....g	0.053		2	A	1		0.163		
18:3 n-6 c,c,c.....g	0.007		2	A	1		0.022		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c,c.....g	0.002		2	A	1		0.005		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.013		2	A	1		0.039		
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	28		2	A	1		87		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 308g: 1 serving

Footnotes:

1 Weight of serving based on limited sampling and may vary widely.

NDB No. 35144

Stew, dumpling with mutton (Navajo)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.7		1	A	1			2.9	
Dihydrophyloquinone.....µg	0.0		1	A	1			0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.733		0	NC	4			3.011	
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1			0.000	
10:0.....g	0.000		1	A	1			0.000	
12:0.....g	0.000		1	A	1			0.000	
13:0.....g									
14:0.....g	0.034		1	A	1			0.142	
15:0.....g	0.008		1	A	1			0.034	
16:0.....g	0.392		1	A	1			1.609	
17:0.....g	0.024		1	A	1			0.098	
18:0.....g	0.271		1	A	1			1.113	
20:0.....g	0.004		1	A	1			0.015	
22:0.....g	0.000		1	A	1			0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.897		0	NC	4			3.688	
14:1.....g	0.003		1	A	1			0.012	
15:1.....g	0.000		1	A	1			0.000	
16:1 undifferentiated.....g	0.038		1	A	1			0.157	
17:1.....g	0.016		1	A	1			0.067	
18:1 undifferentiated.....g	0.835		1	A	1			3.434	
20:1.....g	0.004		1	A	1			0.018	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.287		0	NC	4			1.178	
18:2 undifferentiated.....g	0.232		1	A	1			0.954	
18:3 undifferentiated.....g	0.023		0	A	1			0.095	
18:3 n-3 c,c,c (ALA).....g	0.021		1	A	1			0.086	
18:3 n-6 c,c,c.....g	0.002		1	A	1			0.009	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1			0.000	
20:3 undifferentiated.....g	0.000		1	A	1			0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.008		1	A	1			0.034	
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1	A	1			53	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.043		1	A	1			0.177	
Threonine.....g	0.238		1	A	1			0.978	
Isoleucine.....g	0.252		1	A	1			1.036	
Leucine.....g	0.536		1	A	1			2.203	
Lysine.....g	0.435		1	A	1			1.788	
Methionine.....g	0.157		1	A	1			0.645	
Cystine.....g	0.074		1	A	1			0.304	
Phenylalanine.....g	0.257		1	A	1			1.056	
Tyrosine.....g	0.183		1	A	1			0.752	
Valine.....g	0.294		1	A	1			1.208	

NDB No. 35145

Stew, hominy with mutton (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Arginine.....g	0.390		1	A	1	1.602		
Histidine.....g	0.164		1	A	1	0.674		
Alanine.....g	0.423		1	A	1	1.739		
Aspartic acid.....g	0.526		1	A	1	2.162		
Glutamic acid.....g	0.986		1	A	1	4.052		
Glycine.....g	0.447		1	A	1	1.837		
Proline.....g	0.385		1	A	1	1.582		
Serine.....g	0.251		1	A	1	1.031		
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 411g: 1 serving

Footnotes:

1 Weight of serving based on limited samples and may vary widely.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35048
 Stew, moose (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.10		1	AI	13				
Energy.....kcal	55		0	NC	4				
Energy.....kJ	230		0	NC	4				
Protein (N x 6.25).....g	6.60		1	AI	13				
Total lipid (fat).....g	0.50		1	AI	13				
Ash.....g	0.80		0	NP	4				
Carbohydrate, by difference.....g	6.00		0	NC	4				
Fiber, total dietary.....g	0.5		1	AI	13				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		1	AI	13				
Iron, Fe.....mg	1.52		1	AI	13				
Magnesium, Mg.....mg	6		1	AI	13				
Phosphorus, P.....mg	16		1	AI	13				
Potassium, K.....mg	100		1	AI	13				
Sodium, Na.....mg	222		1	AI	13				
Zinc, Zn.....mg	0.12		1	AI	13				
Copper, Cu.....mg	0.020		1	AI	13				
Manganese, Mn.....mg	0.090		1	AI	13				
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1	AI	13				
Thiamin.....mg	0.060		1	AI	13				
Riboflavin.....mg	0.080		1	AI	13				
Niacin.....mg	1.500		1	AI	13				
Pantothenic acid.....mg	0.040		1	AI	13				
Vitamin B-6.....mg	0.030		1	AI	13				
Folate, total.....µg	5		1	AI	13				
Folic acid.....µg									
Folate, food.....µg	5		1	AI	13				
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1043		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.010		1	AI	13				

NDB No. 35048
Stew, moose (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	0.010			AI	13			
Fatty acids, total monounsaturated.....g	0.010		1	AI	13			
Fatty acids, total polyunsaturated.....g	0.020		1	AI	13			
18:2 undifferentiated.....g	0.010		1	AI	13			
18:3 undifferentiated.....g	0.020		1	AI	13			
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35146

Stew, mutton, corn, squash (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	1.8		1	A	1		5.5		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.735		0	NC	4		5.257		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.083		1	A	1		0.251		
15:0.....g	0.017		1	A	1		0.052		
16:0.....g	0.869		1	A	1		2.633		
17:0.....g	0.059		1	A	1		0.179		
18:0.....g	0.694		1	A	1		2.103		
20:0.....g	0.007		1	A	1		0.021		
22:0.....g	0.006		1	A	1		0.018		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.748		0	NC	4		5.296		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.068		1	A	1		0.206		
17:1.....g	0.029		1	A	1		0.088		
18:1 undifferentiated.....g	1.640		1	A	1		4.969		
20:1.....g	0.011		1	A	1		0.033		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.383		0	NC	4		1.160		
18:2 undifferentiated.....g	0.310		1	A	1		0.939		
18:3 undifferentiated.....g	0.062		0	A	1		0.188		
18:3 n-3 c,c,c (ALA).....g	0.054		1	A	1		0.164		
18:3 n-6 c,c,c.....g	0.008		1	A	1		0.024		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.011		1	A	1		0.033		
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	43		1	A	1		130		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.057		1	A	1		0.173		
Threonine.....g	0.306		1	A	1		0.927		
Isoleucine.....g	0.336		1	A	1		1.018		
Leucine.....g	0.678		1	A	1		2.054		
Lysine.....g	0.560		1	A	1		1.697		
Methionine.....g	0.211		1	A	1		0.639		
Cystine.....g	0.090		1	A	1		0.273		
Phenylalanine.....g	0.330		1	A	1		1.000		
Tyrosine.....g	0.233		1	A	1		0.706		
Valine.....g	0.385		1	A	1		1.166		

NDB No. 35146

Stew, mutton, corn, squash (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Arginine.....g	0.470		1	A	1	1.424		
Histidine.....g	0.217		1	A	1	0.657		
Alanine.....g	0.550		1	A	1	1.667		
Aspartic acid.....g	0.679		1	A	1	2.057		
Glutamic acid.....g	1.241		1	A	1	3.760		
Glycine.....g	0.553		1	A	1	1.675		
Proline.....g	0.474		1	A	1	1.436		
Serine.....g	0.314		1	A	1	0.951		
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 303g: 1 serving

Footnotes:

1 Weight of serving based on limited sampling and may vary widely.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.085		0	NC	4		0.192		
4:0.....g	0.005		1	A	1		0.011		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.002		1	A	1		0.005		
12:0.....g	0.002		1	A	1		0.005		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.002		1	A	1		0.005		
16:0.....g	0.053		1	A	1		0.120		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.019		1	A	1		0.043		
20:0.....g	0.002		1	A	1		0.005		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.080		0	NC	4		0.181		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		0	AS	1		0.000		
16:1 c.....g	0.000		1	A	1		0.000		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.080		0	AS	1		0.181		
18:1 c.....g	0.080		1	A	1		0.181		
18:1 t.....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		1	A	1		0.000		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.122		0	NC	4		0.277		
18:2 undifferentiated.....g	0.086		0	AS	1		0.195		
18:2 n-6 c,c.....g	0.086		1	A	1		0.195		
18:2 CLAs.....g	0.000		1	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		1	A	1		0.000		
18:3 undifferentiated.....g	0.036		0	AS	1		0.081		
18:3 n-3 c,c,c (ALA).....g	0.036		1	A	1		0.081		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg	0	0.000	3	A	1		0		
Phytosterols.....mg									
Stigmasterol.....mg	2	0.156	3	A	1		5		
Campesterol.....mg	1	0.099	3	A	1		2		
Beta-sitosterol.....mg	4	0.475	3	A	1		10		

NDB No. 35236

Stew, pinto bean and hominy, badufsuki (Hopi)

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

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

Common Measures:

Measure 1 = 227g: 8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35148
Stew, steamed corn (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.7		1	A					1
Dihydrophyloquinone.....µg	0.0		1	A					1
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.603		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					1
10:0.....g	0.000		1	A					1
12:0.....g	0.000		1	A					1
13:0.....g									
14:0.....g	0.083		1	A					1
15:0.....g	0.021		1	A					1
16:0.....g	0.834		1	A					1
17:0.....g	0.048		1	A					1
18:0.....g	0.609		1	A					1
20:0.....g	0.007		1	A					1
22:0.....g	0.000		1	A					1
24:0.....g									
Fatty acids, total monounsaturated.....g	1.497		0	NC					4
14:1.....g	0.004		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.069		1	A					1
17:1.....g	0.025		1	A					1
18:1 undifferentiated.....g	1.391		1	A					1
20:1.....g	0.008		1	A					1
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.392		0	NC					4
18:2 undifferentiated.....g	0.272		1	A					1
18:3 undifferentiated.....g	0.052		0	A					1
18:3 n-3 c,c,c (ALA).....g	0.045		1	A					1
18:3 n-6 c,c,c.....g	0.007		1	A					1
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A					1
20:3 undifferentiated.....g	0.000		1	A					1
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.015		1	A					1
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 35148
Stew, steamed corn (Navajo)

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35024

Stew/soup, caribou (Alaska Native)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	90.00		1	AI	13				
Energy.....kcal	41		0	NC	4				
Energy.....kJ	170		0	NC	4				
Protein (N x 6.25).....g	3.80		1	AI	13				
Total lipid (fat).....g	0.70		1	AI	13				
Ash.....g	0.70		0	NP	4				
Carbohydrate, by difference.....g	4.80		0	NC	4				
Fiber, total dietary.....g	0.1		1	AI	13				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		1	AI	13				
Iron, Fe.....mg	0.20		1	AI	13				
Magnesium, Mg.....mg	5		1	AI	13				
Phosphorus, P.....mg	12		1	AI	13				
Potassium, K.....mg	84		1	AI	13				
Sodium, Na.....mg	72		1	AI	13				
Zinc, Zn.....mg	0.10		1	AI	13				
Copper, Cu.....mg	0.030		1	AI	13				
Manganese, Mn.....mg	0.080		1	AI	13				
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		1	AI	13				
Thiamin.....mg	0.020		1	AI	13				
Riboflavin.....mg	0.010		1	AI	13				
Niacin.....mg	0.270		1	AI	13				
Pantothenic acid.....mg	0.100		1	AI	13				
Vitamin B-6.....mg	0.060		1	AI	13				
Folate, total.....µg	3		1	AI	13				
Folic acid.....µg									
Folate, food.....µg	3		1	AI	13				
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1607		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.010		1	AI	13				

NDB No. 35024

Stew/soup, caribou (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.010			AI	13			
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g	0.020		1	AI	13			
18:2 undifferentiated.....g								
18:3 undifferentiated.....g	0.020		1	AI	13			
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35205

Stinging Nettles, blanched (Northern Plains Indians)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	498.6		1	A	1		443.8		
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		

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

Common Measures:

Measure 1 = 89g: 1 cup

Footnotes:

1 Includes only 5-methyl tetrahydrofolate (THF).

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35147
 Tamales (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.396		0	NC	4		4.456		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.165		1	A	1		0.307		
15:0.....g	0.024		1	A	1		0.045		
16:0.....g	1.395		1	A	1		2.595		
17:0.....g	0.059		1	A	1		0.110		
18:0.....g	0.743		1	A	1		1.382		
20:0.....g	0.010		1	A	1		0.018		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.739		0	NC	4		5.094		
14:1.....g	0.039		1	A	1		0.073		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.188		1	A	1		0.349		
17:1.....g	0.046		1	A	1		0.086		
18:1 undifferentiated.....g	2.439		1	A	1		4.536		
20:1.....g	0.027		1	A	1		0.050		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.688		0	NC	4		1.279		
18:2 undifferentiated.....g	0.646		1	A	1		1.202		
18:3 undifferentiated.....g	0.029		0	A	1		0.054		
18:3 n-3 c,c,c (ALA).....g	0.029		1	A	1		0.054		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.013		1	A	1		0.024		
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	17		1	A	1		31		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.052		1	A	1		0.097		
Threonine.....g	0.239		1	A	1		0.444		
Isoleucine.....g	0.271		1	A	1		0.504		
Leucine.....g	0.568		1	A	1		1.056		
Lysine.....g	0.427		1	A	1		0.794		
Methionine.....g	0.150		1	A	1		0.279		
Cystine.....g	0.083		1	A	1		0.154		
Phenylalanine.....g	0.275		1	A	1		0.512		
Tyrosine.....g	0.204		1	A	1		0.379		
Valine.....g	0.318		1	A	1		0.591		

NDB No. 35147
Tamales (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Arginine.....g	0.391		1	A	1	0.727		
Histidine.....g	0.196		1	A	1	0.364		
Alanine.....g	0.422		1	A	1	0.785		
Aspartic acid.....g	0.556		1	A	1	1.034		
Glutamic acid.....g	1.029		1	A	1	1.914		
Glycine.....g	0.384		1	A	1	0.714		
Proline.....g	0.382		1	A	1	0.710		
Serine.....g	0.273		1	A	1	0.508		
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 186g: 1 piece

Footnotes:

1 Weight of serving based on limited samples and may vary widely.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35237

Tamales, masa and pork filling (Hopi)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.39	0.055	3	A	1		70.50		
Energy.....kcal	168		0	NC	4		190		
Energy.....kJ	704		0	NC	4		795		
Protein.....g	13.19	0.220	3	A	1		14.90		
Total lipid (fat).....g	4.70	0.092	3	A	1		5.31		
Ash.....g	1.45	0.071	3	A	1		1.63		
Carbohydrate, by difference.....g	18.28		0	NC	4		20.65		
Fiber, total dietary.....g	3.3	0.058	3	A	1		3.7		
Sugars, total.....g	1.57	0.076	3	A	1		1.77		
Sucrose.....g	0.48	0.024	3	A	1		0.54		
Glucose (dextrose).....g	0.49	0.046	3	A	1		0.55		
Fructose.....g	0.60	0.037	3	A	1		0.68		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	15.13	0.384	3	A	1		17.10		
Minerals:									
Calcium, Ca.....mg	18	0.694	3	A	1		20		
Iron, Fe.....mg	0.66	0.008	3	A	1		0.75		
Magnesium, Mg.....mg	35	1.235	3	A	1		40		
Phosphorus, P.....mg	141	5.548	3	A	1		159		
Potassium, K.....mg	250	8.969	3	A	1		282		
Sodium, Na.....mg	298	22.519	3	A	1		336		
Zinc, Zn.....mg	1.27	0.007	3	A	1		1.43		
Copper, Cu.....mg	0.087	0.002	3	A	1		0.098		
Manganese, Mn.....mg	0.160	0.007	3	A	1		0.181		
Selenium, Se.....µg	32.6	1.670	3	A	1		36.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.167	0.003	3	A	1		0.188		
Riboflavin.....mg	0.070	0.000	3	A	1		0.079		
Niacin.....mg	2.823	0.107	3	A	1		3.190		
Pantothenic acid.....mg	0.820		1	A	1		0.926		
Vitamin B-6.....mg	0.262	0.004	3	A	1		0.296		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.22	0.003	3	A	1		0.24		
Vitamin A, RAE.....µg	81		1	AS	1		92		
Vitamin A, IU.....IU	1548		1	AS	1		1749		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	616		1	A	1		696		
Vitamin E (alpha-tocopherol).....mg	1.11		2	A	1		1.26		
Tocopherol, beta.....mg	0.03		2	A	1		0.03		
Tocopherol, gamma.....mg	0.95		2	A	1		1.07		
Tocopherol, delta.....mg	0.02		2	A	1		0.02		
Tocotrienol, alpha.....mg	0.05		2	A	1		0.06		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma.....mg	0.24		2	A	1		0.28		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	3.2		1	A	1		3.6		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	2.7		1	A	1		3.0		

Tamales, masa and pork filling (Hopi)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.383		0	NC	4		1.562		
4:0.....g	0.002	0.000	3	A	1		0.003		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.004	0.000	3	A	1		0.004		
12:0.....g	0.004	0.000	3	A	1		0.005		
13:0.....g									
14:0.....g	0.049	0.003	3	A	1		0.056		
15:0.....g	0.002	0.000	3	A	1		0.002		
16:0.....g	0.910	0.041	3	A	1		1.028		
17:0.....g	0.008	0.001	3	A	1		0.009		
18:0.....g	0.388	0.022	3	A	1		0.438		
20:0.....g	0.010	0.000	3	A	1		0.011		
22:0.....g	0.003	0.000	3	A	1		0.003		
24:0.....g	0.004	0.000	3	A	1		0.004		
Fatty acids, total monounsaturated.....g	1.649		0	NC	4		1.863		
14:1.....g	0.001	0.000	3	A	1		0.001		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.089	0.003	3	AS	1		0.101		
16:1 c.....g	0.089	0.003	3	A	1		0.101		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.008	0.000	3	A	1		0.009		
18:1 undifferentiated.....g	1.517	0.061	3	AS	1		1.714		
18:1 c.....g	1.508	0.061	3	A	1		1.704		
18:1 t.....g	0.009	0.000	3	A	1		0.010		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.031	0.002	3	A	1		0.035		
22:1 undifferentiated.....g	0.001	0.000	3	AS	1		0.001		
22:1 c.....g	0.001	0.000	3	A	1		0.001		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.002	0.000	3	A	1		0.003		
Fatty acids, total polyunsaturated.....g	1.009		0	NC	4		1.140		
18:2 undifferentiated.....g	0.911	0.044	3	AS	1		1.029		
18:2 n-6 c,c.....g	0.904	0.044	3	A	1		1.022		
18:2 CLAs.....g	0.004	0.000	3	A	1		0.004		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.003	0.000	3	A	1		0.003		
18:3 undifferentiated.....g	0.032	0.001	3	AS	1		0.036		
18:3 n-3 c,c,c (ALA).....g	0.031	0.001	3	A	1		0.035		
18:3 n-6 c,c,c.....g	0.001	0.000	3	A	1		0.001		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.013	0.001	3	A	1		0.014		
20:3 undifferentiated.....g	0.006	0.000	3	AS	1		0.007		
20:3 n-3.....g	0.002	0.000	3	A	1		0.002		
20:3 n-6.....g	0.004	0.000	3	A	1		0.005		
20:4 undifferentiated.....g	0.035	0.001	3	A	1		0.040		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1		0.001		
21:5.....g									
22:4.....g	0.006	0.000	3	A	1		0.007		
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1		0.003		
22:6 n-3 (DHA).....g	0.002	0.000	3	A	1		0.002		
Fatty acids, total trans.....g	0.012		0	NC	4		0.014		
Fatty acids, total trans-monoenoic.....g	0.009		0	NC	4		0.010		
Fatty acids, total trans-polyenoic.....g	0.003		0	NC	4		0.003		
Cholesterol.....mg	27	0.911	3	A	1		31		
Phytosterols.....mg									

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

NDB No. 35237

Tamales, masa and pork filling (Hopi)

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

food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35238

Tea, herbal, brewed, Hohoysi (Hopi)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.64	0.035	3	A	1				
Energy.....kcal	2		0	NC	4				
Energy.....kJ	10		0	NC	4				
Protein.....g	0.12	0.000	3	A	1				
Total lipid (fat).....g	0.20	0.021	3	A	1				
Ash.....g	0.13	0.003	3	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5	0.000	3	A	1				
Iron, Fe.....mg	0.03	0.000	3	A	1				
Magnesium, Mg.....mg	0	0.000	3	A	1				
Phosphorus, P.....mg	0	0.000	3	A	1				
Potassium, K.....mg	44	6.652	3	A	1				
Sodium, Na.....mg	27	3.903	3	A	1				
Zinc, Zn.....mg	0.05	0.003	3	A	1				
Copper, Cu.....mg	0.007	0.000	3	A	1				
Manganese, Mn.....mg	0.004	0.000	3	A	1				
Selenium, Se.....µg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35078

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	99.70		1	AI	13				
Energy.....kcal	1		0	NC	4				
Energy.....kJ	3		0	NC	4				
Protein (N x 6.25).....g	0.00		1	AI	13				
Total lipid (fat).....g	0.00		1	AI	13				
Ash.....g	0.10		0	NP	4				
Carbohydrate, by difference.....g	0.20		1	AI	13				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		1	AI	13				
Iron, Fe.....mg	0.08		1	AI	13				
Magnesium, Mg.....mg	1		1	AI	13				
Phosphorus, P.....mg	0		1	AI	13				
Potassium, K.....mg	9		1	AI	13				
Sodium, Na.....mg	132		1	AI	13				
Zinc, Zn.....mg	0.04		1	AI	13				
Copper, Cu.....mg	0.020		1	AI	13				
Manganese, Mn.....mg	0.040		1	AI	13				
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	AI	13				
Thiamin.....mg	0.010		1	AI	13				
Riboflavin.....mg	0.000		1	AI	13				
Niacin.....mg	0.000		1	AI	13				
Pantothenic acid.....mg	0.010		1	AI	13				
Vitamin B-6.....mg	0.000		1	AI	13				
Folate, total.....µg	1		1	AI	13				
Folic acid.....µg									
Folate, food.....µg	1		1	AI	13				
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	AI	13				
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		1	AI	13				

NDB No. 35078

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.000			AI	13			
Fatty acids, total monounsaturated.....g	0.000		1	AI	13			
Fatty acids, total polyunsaturated.....g	0.000		1	AI	13			
18:2 undifferentiated.....g	0.000		1	AI	13			
18:3 undifferentiated.....g	0.000		1	AI	13			
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		1	AI	13			
Phytosterols.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35187
Tennis Bread, plain (Apache)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.2		1	A					1
Dihydrophyloquinone.....µg	0.0		1	A					1
Menaquinone-4.....µg	0.0		1	A					1
Lipids:									
Fatty acids, total saturated.....g	0.270		0	NC					4
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A					1
10:0.....g	0.000		1	A					1
12:0.....g	0.000		1	A					1
13:0.....g									
14:0.....g	0.000		1	A					1
15:0.....g	0.000		1	A					1
16:0.....g	0.250		1	A					1
17:0.....g	0.000		1	A					1
18:0.....g	0.020		1	A					1
20:0.....g	0.000		1	A					1
22:0.....g	0.000		1	A					1
24:0.....g	0.000		1	A					1
Fatty acids, total monounsaturated.....g	0.120		0	NC					4
14:1.....g	0.000		1	A					1
15:1.....g	0.000		1	A					1
16:1 undifferentiated.....g	0.000		1	A					1
17:1.....g	0.000		1	A					1
18:1 undifferentiated.....g	0.120		1	A					1
20:1.....g	0.000		1	A					1
22:1 undifferentiated.....g	0.000		1	A					1
24:1 c.....g	0.000		1	A					1
Fatty acids, total polyunsaturated.....g	0.590		0	NC					4
18:2 undifferentiated.....g	0.560		1	A					1
18:3 undifferentiated.....g	0.030		1	A					1
18:4.....g	0.000		1	A					1
20:2 n-6 c,c.....g	0.000		1	A					1
20:3 undifferentiated.....g	0.000		1	A					1
20:4 undifferentiated.....g	0.000		1	A					1
20:5 n-3 (EPA).....g	0.000		1	A					1
21:5.....g	0.000		1	A					1
22:4.....g	0.000		1	A					1
22:5 n-3 (DPA).....g	0.000		1	A					1
22:6 n-3 (DHA).....g	0.000		1	A					1
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.287		0	NC	4		0.163		
4:0.....g	0.006		1	A	1		0.003		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.005		1	A	1		0.003		
10:0.....g	0.006		1	A	1		0.003		
12:0.....g	0.004		1	A	1		0.002		
13:0.....g									
14:0.....g	0.004		1	A	1		0.002		
15:0.....g	0.003		1	A	1		0.002		
16:0.....g	0.222		1	A	1		0.127		
17:0.....g	0.001		1	A	1		0.001		
18:0.....g	0.029		1	A	1		0.016		
20:0.....g	0.003		1	A	1		0.002		
22:0.....g	0.002		1	A	1		0.001		
24:0.....g	0.002		1	A	1		0.001		
Fatty acids, total monounsaturated.....g	0.229		0	NC	4		0.131		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.002		0	AS	1		0.001		
16:1 c.....g	0.002		1	A	1		0.001		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.223		0	AS	1		0.127		
18:1 c.....g	0.223		1	A	1		0.127		
18:1 t.....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.004		1	A	1		0.002		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		1	A	1		0.000		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.689		0	NC	4		0.393		
18:2 undifferentiated.....g	0.662		0	AS	1		0.377		
18:2 n-6 c,c.....g	0.662		1	A	1		0.377		
18:2 CLAs.....g	0.000		1	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		1	A	1		0.000		
18:3 undifferentiated.....g	0.027		0	AS	1		0.015		
18:3 n-3 c,c,c (ALA).....g	0.027		1	A	1		0.015		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg									
Phytosterols.....mg									

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

NDB No. 35239

Tortilla, blue corn, Sakw avikaviki (Hopi)

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

food, or similar food.

Common Measures:

Measure 1 = 57g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35143

Tortilla, includes plain and from mutton sandwich (Navajo)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.4		2	A	1		0.9		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.296		0	NC	4		0.583		
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.008		2	A	1		0.015		
15:0.....g	0.002		2	A	1		0.004		
16:0.....g	0.211		2	A	1		0.415		
17:0.....g	0.005		2	A	1		0.009		
18:0.....g	0.066		2	A	1		0.130		
20:0.....g	0.002		2	A	1		0.003		
22:0.....g	0.004		2	A	1		0.007		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.185		0	NC	4		0.365		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.004		2	A	1		0.008		
17:1.....g	0.002		2	A	1		0.003		
18:1 undifferentiated.....g	0.175		2	A	1		0.346		
20:1.....g	0.004		2	A	1		0.009		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.391		0	NC	4		0.771		
18:2 undifferentiated.....g	0.372		2	A	1		0.733		
18:3 undifferentiated.....g	0.000		0	A	1		0.000		
18:3 n-3 c,c,c (ALA).....g	0.019		2	A	1		0.038		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.060		1	A	1		0.118		
Threonine.....g	0.182		1	A	1		0.358		
Isoleucine.....g	0.286		1	A	1		0.563		
Leucine.....g	0.530		1	A	1		1.044		
Lysine.....g	0.157		1	A	1		0.309		
Methionine.....g	0.122		1	A	1		0.240		
Cystine.....g	0.166		1	A	1		0.327		
Phenylalanine.....g	0.375		1	A	1		0.739		
Tyrosine.....g	0.204		1	A	1		0.402		
Valine.....g	0.326		1	A	1		0.642		

NDB No. 35143

Tortilla, includes plain and from mutton sandwich (Navajo)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				Confidence
			Points	Code	Code	Code			
Arginine.....g	0.283		1	A	1			0.557	
Histidine.....g	0.165		1	A	1			0.325	
Alanine.....g	0.227		1	A	1			0.447	
Aspartic acid.....g	0.296		1	A	1			0.583	
Glutamic acid.....g	2.613		1	A	1			5.147	
Glycine.....g	0.268		1	A	1			0.528	
Proline.....g	0.878		1	A	1			1.730	
Serine.....g	0.351		1	A	1			0.691	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 197g: 1 serving

Footnotes:

1 Weight of serving based on limited samples and may vary widely.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.50		1	AI	13				
Energy.....kcal	125		0	NC	4				
Energy.....kJ	523		0	NC	4				
Protein (N x 6.25).....g	21.00		1	AI	13				
Total lipid (fat).....g	3.00		1	AI	13				
Ash.....g	1.00		0	NP	4				
Carbohydrate, by difference.....g	3.50		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	14.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	208		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.080		1	AI	13				
Riboflavin.....mg	1.910		1	AI	13				
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	81200		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

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

Common Measures:

NDB No. 35083

Walrus, liver, raw (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35082

Walrus, meat and subcutaneous fat raw (Alaska Native)

Odohenus rosmarus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.90		1	AI	13				
Energy.....kcal	282		0	NC	4				
Energy.....kJ	1180		0	NC	4				
Protein (N x 6.25).....g	16.30		1	AI	13				
Total lipid (fat).....g	24.10		1	AI	13				
Ash.....g	0.70		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	9.40		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	125		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.080		1	AI	13				
Riboflavin.....mg	0.320		1	AI	13				
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	550		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

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

Common Measures:

NDB No. 35082

Walrus, meat and subcutaneous fat raw (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35079

Walrus, meat, dried (Alaska Native)

Odohenus rosmarus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.80		1	AI	13				
Energy.....kcal	251		0	NC	4				
Energy.....kJ	1052		0	NC	4				
Protein (N x 6.25).....g	57.00		1	AI	13				
Total lipid (fat).....g	2.60		1	AI	13				
Ash.....g	1.60		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	43.00		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	415		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.210		1	AI	13				
Riboflavin.....mg	0.790		1	AI	13				
Niacin.....mg	10.100		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	410		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

NDB No. 35079

Walrus, meat, dried (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	80		1	AI	13			
Phytosterols.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35010

Whale, beluga, eyes (Alaska Native)

Delphinapterus leucas

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.10		1	AI	13				
Energy.....kcal	291		0	NC	4				
Energy.....kJ	1217		0	NC	4				
Protein (N x 6.25).....g	19.60		1	AI	13				
Total lipid (fat).....g	23.30		1	AI	13				
Ash.....g	1.30		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	187		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	561		0	NC	4				
Vitamin A, IU.....IU	1870		0	NC	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Others:									

NDB No. 35010

Whale, beluga, eyes (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35012

Whale, beluga, flipper, raw (Alaska Native)

Delphinapterus leucas

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.50		1	AI	13				
Energy.....kcal	271		0	NC	4				
Energy.....kJ	1135		0	NC	4				
Protein (N x 6.25).....g	19.00		1	AI	13				
Total lipid (fat).....g	21.70		1	AI	13				
Ash.....g	1.80		0	NP	4				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		0	Z	7				
Glucose (dextrose).....g	0.00		0	Z	7				
Fructose.....g	0.00		0	Z	7				
Lactose.....g	0.00		0	Z	7				
Maltose.....g	0.00		0	Z	7				
Galactose.....g	0.00		0	Z	7				
Starch.....g	0.00		0	Z	7				
Minerals:									
Calcium, Ca.....mg	11		1	AI	13				
Iron, Fe.....mg	2.80		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	153		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	279		0	NC	4				
Vitamin A, IU.....IU	930		0	NC	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Others:									

NDB No. 35012

Whale, beluga, flipper, raw (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35013

Whale, beluga, liver, raw (Alaska Native)

Delphinapterus leucas

Refuse:0%

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35009

Whale, beluga, meat, dried (Alaska Native)

Delphinapterus leucas

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	22.39		2	JA	6		10.08		
Energy.....kcal	327		0	NC	4		147		
Energy.....kJ	1370		0	NC	4		617		
Protein (N x 6.25).....g	69.86		2	JA	6		31.44		
Total lipid (fat).....g	5.34		2	JA	6		2.40		
Ash.....g	2.69		1	A	1		1.21		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Sucrose.....g	0.00		0	Z	7		0.00		
Glucose (dextrose).....g	0.00		0	Z	7		0.00		
Fructose.....g	0.00		0	Z	7		0.00		
Lactose.....g	0.00		0	Z	7		0.00		
Maltose.....g	0.00		0	Z	7		0.00		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g	0.00		0	Z	7		0.00		
Minerals:									
Calcium, Ca.....mg	22		2	JA	6		10		
Iron, Fe.....mg	72.35		2	JA	6		32.56		
Magnesium, Mg.....mg	63		1	A	1		28		
Phosphorus, P.....mg	549		2	JA	6		247		
Potassium, K.....mg	800		1	A	1		360		
Sodium, Na.....mg	220		1	A	1		99		
Zinc, Zn.....mg	7.80		1	A	1		3.51		
Copper, Cu.....mg	0.320		1	A	1		0.144		
Manganese, Mn.....mg	0.130		1	A	1		0.059		
Selenium, Se.....µg	103.0		1	A	1		46.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.039		1	A	1		0.018		
Riboflavin.....mg	0.519		1	A	1		0.234		
Niacin.....mg	15.200		1	A	1		6.840		
Pantothenic acid.....mg	1.680		1	A	1		0.756		
Vitamin B-6.....mg	0.131		1	A	1		0.059		
Folate, total.....µg	10		1	A	1		5		
Folic acid.....µg	0		1	Z	7		0		
Folate, food.....µg	10		1	A	1		5		
Folate, DFE.....µg	10		0	NC	4		5		
Choline, total.....mg	131.7		0	AS	1		59.3		
Betaine.....mg	23.8		1	A	1		10.7		
Vitamin B-12.....µg	7.31		1	A	1		3.29		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg									
Carotene, beta.....µg	0		0	O	4		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.27		0	NR	4		0.12		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.00		1	A	1		0.00		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

NDB No. 35009

Whale, beluga, meat, dried (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0		
Dihydrophyloquinone.....µg	1.3		1	A	1		0.6		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.204		0	NC	4		0.542		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.007		1	A	1		0.003		
13:0.....g									
14:0.....g	0.246		1	A	1		0.111		
15:0.....g	0.027		1	A	1		0.012		
16:0.....g	0.698		1	A	1		0.314		
17:0.....g	0.027		1	A	1		0.012		
18:0.....g	0.200		1	A	1		0.090		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	3.345		0	NC	4		1.505		
14:1.....g	0.033		1	A	1		0.015		
15:1.....g	0.013		1	A	1		0.006		
16:1 undifferentiated.....g	1.091		1	A	1		0.491		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.330		1	A	1		0.599		
20:1.....g	0.638		1	A	1		0.287		
22:1 undifferentiated.....g	0.239		1	A	1		0.108		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.319		0	NC	4		0.144		
18:2 undifferentiated.....g	0.047		1	A	1		0.021		
18:3 undifferentiated.....g	0.027		1	A	1		0.012		
18:4.....g	0.013		1	A	1		0.006		
20:2 n-6 c,c.....g	0.013		1	A	1		0.006		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.033		1	A	1		0.015		
20:5 n-3 (EPA).....g	0.060		1	A	1		0.027		
21:5.....g	0.000		1	A	1		0.000		
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.040		1	A	1		0.018		
22:6 n-3 (DHA).....g	0.086		1	A	1		0.039		
Fatty acids, total trans.....g									
Cholesterol.....mg	122		1	A	1		55		
Phytosterols.....mg	0		0	Z	7		0		
Amino Acids:									
Tryptophan.....g	0.797		0	JA	6		0.359		
Threonine.....g	2.726		0	JA	6		1.227		
Isoleucine.....g	2.684		0	JA	6		1.208		
Leucine.....g	5.778		0	JA	6		2.600		
Lysine.....g	6.313		0	JA	6		2.841		
Methionine.....g	1.353		0	JA	6		0.609		
Cystine.....g	0.419		0	JA	6		0.189		
Phenylalanine.....g	2.947		0	JA	6		1.326		
Tyrosine.....g	1.887		0	JA	6		0.849		
Valine.....g	2.810		0	JA	6		1.265		
Arginine.....g	3.838		0	JA	6		1.727		
Histidine.....g	2.999		0	JA	6		1.350		
Alanine.....g	4.268		0	JA	6		1.920		

NDB No. 35009

Whale, beluga, meat, dried (Alaska Native)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	5.841		0	JA	6	2.628		
Glutamic acid.....g	9.595		0	JA	6	4.318		
Glycine.....g	4.079		0	JA	6	1.836		
Proline.....g	3.481		0	JA	6	1.567		
Serine.....g	2.422		0	JA	6	1.090		
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

Common Measures:

Measure 1 = 45g: 1 strip

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35011

Whale, beluga, meat, raw (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.092		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		0	BFSN	4				
10:0.....g	0.000		0	BFSN	4				
12:0.....g	0.001		0	BFSN	4				
13:0.....g									
14:0.....g	0.018		0	BFSN	4				
15:0.....g	0.003		0	BFSN	4				
16:0.....g	0.052		0	BFSN	4				
17:0.....g	0.003		0	BFSN	4				
18:0.....g	0.015		0	BFSN	4				
20:0.....g	0.000		0	BFSN	4				
22:0.....g	0.000		0	BFSN	4				
24:0.....g	0.000		0	BFSN	4				
Fatty acids, total monounsaturated.....g	0.337		0	NC	4				
14:1.....g	0.004		0	BFSN	4				
15:1.....g	0.001		0	BFSN	4				
16:1 undifferentiated.....g	0.120		0	BFSN	4				
17:1.....g	0.000		0	BFSN	4				
18:1 undifferentiated.....g	0.147		0	BFSN	4				
20:1.....g	0.048		0	BFSN	4				
22:1 undifferentiated.....g	0.018		0	BFSN	4				
24:1 c.....g	0.000		0	BFSN	4				
Fatty acids, total polyunsaturated.....g	0.025		0	NC	4				
18:2 undifferentiated.....g	0.003		0	BFSN	4				
18:3 undifferentiated.....g	0.002		0	BFSN	4				
18:4.....g	0.001		0	BFSN	4				
20:2 n-6 c,c.....g	0.001		0	BFSN	4				
20:3 undifferentiated.....g	0.000		0	BFSN	4				
20:4 undifferentiated.....g	0.004		0	BFSN	4				
20:5 n-3 (EPA).....g	0.004		0	BFSN	4				
21:5.....g	0.000		0	BFSN	4				
22:4.....g	0.000		0	BFSN	4				
22:5 n-3 (DPA).....g	0.003		0	BFSN	4				
22:6 n-3 (DHA).....g	0.006		0	BFSN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	80		1	MA	12				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 35011

Whale, beluga, meat, raw (Alaska Native)

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35086

Whale, bow head, skin and subcutaneous fat (muktuk) (Alaska Native)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	54		1	AI	13			
Phytosterols.....mg								

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35085

Whale, bow head, subcutaneous fat (blubber) (Alaska Native)

Balaena mysticetus

Refuse:0%

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35092

Willow, leaves in oil (Alaska Native)

Salix pulchra Cham.

Refuse:0%

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35093

Willow, young leaves, chopped (Alaska Native)

Salix pulchra Cham.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.70		1	AI	13				
Energy.....kcal	122		0	NC	4				
Energy.....kJ	509		0	NC	4				
Protein (N x 5.3).....g	6.10		1	AI	13				
Total lipid (fat).....g	1.60		1	AI	13				
Ash.....g	2.90		0	NP	4				
Carbohydrate, by difference.....g	20.70		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	130		1	AI	13				
Iron, Fe.....mg	2.60		1	AI	13				
Magnesium, Mg.....mg									
Phosphorus, P.....mg	126		1	AI	13				
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	190.0		1	AI	13				
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg	2.300		1	AI	13				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	18700		1	AI	13				
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

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

Common Measures:

NDB No. 35093

Willow, young leaves, chopped (Alaska Native)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35232

Wocas, dried seeds, Oregon, yellow pond lily (Klamath)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.147		0	NC	4		0.042		
4:0.....g	0.005		1	A	1		0.001		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.002		1	A	1		0.001		
12:0.....g	0.002		1	A	1		0.001		
13:0.....g									
14:0.....g	0.004		1	A	1		0.001		
15:0.....g	0.001		1	A	1		0.000		
16:0.....g	0.083		1	A	1		0.024		
17:0.....g	0.005		1	A	1		0.001		
18:0.....g	0.020		1	A	1		0.006		
20:0.....g	0.006		1	A	1		0.002		
22:0.....g	0.009		1	A	1		0.003		
24:0.....g	0.010		1	A	1		0.003		
Fatty acids, total monounsaturated.....g	0.100		0	NC	4		0.028		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.001		0	AS	1		0.000		
16:1 c.....g	0.001		1	A	1		0.000		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.094		0	AS	1		0.027		
18:1 c.....g	0.089		1	A	1		0.025		
18:1 t.....g	0.005		1	A	1		0.001		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.004		1	A	1		0.001		
22:1 undifferentiated.....g	0.001		0	AS	1		0.000		
22:1 c.....g	0.001		1	A	1		0.000		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.161		0	NC	4		0.046		
18:2 undifferentiated.....g	0.144		0	AS	1		0.041		
18:2 n-6 c,c.....g	0.139		1	A	1		0.039		
18:2 CLAs.....g	0.000		1	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.005		1	A	1		0.001		
18:3 undifferentiated.....g	0.009		0	AS	1		0.003		
18:3 n-3 c,c,c (ALA).....g	0.009		1	A	1		0.003		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.002		1	A	1		0.001		
20:3 undifferentiated.....g	0.002		0	AS	1		0.001		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.002		1	A	1		0.001		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g	0.004		1	A	1		0.001		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.010		0	NC	4		0.003		
Fatty acids, total trans-monoenoic.....g	0.005		0	NC	4		0.001		

NDB No. 35232

Wocas, dried seeds, Oregon, yellow pond lily (Klamath)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4	0.001		
Cholesterol.....mg	0		1	A	1	0		
Phytosterols.....mg								
Stigmasterol.....mg	4		1	A	1	1		
Campesterol.....mg	7		1	A	1	2		
Beta-sitosterol.....mg	35		1	A	1	10		
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Footnotes:

1 Food folate is the sum of 5-Methyl Tetrahydrofolate, 10-Formyl Folic Acid, 5-Formyl Tetrahydrofolic Acid and Tetrahydrofolic Acid

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 35235

Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.041		0	NC	4		0.012		
4:0.....g	0.010		1	A	1		0.003		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.004		1	A	1		0.001		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.020		1	A	1		0.006		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.007		1	A	1		0.002		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.016		0	NC	4		0.005		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		0	AS	1		0.000		
16:1 c.....g	0.000		1	A	1		0.000		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.016		0	AS	1		0.005		
18:1 c.....g	0.016		1	A	1		0.005		
18:1 t.....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		1	A	1		0.000		
22:1 t.....g	0.000		1	A	1		0.000		
24:1 c.....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.049		0	NC	4		0.014		
18:2 undifferentiated.....g	0.043		0	AS	1		0.012		
18:2 n-6 c,c.....g	0.043		1	A	1		0.012		
18:2 CLAs.....g	0.000		1	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		1	A	1		0.000		
18:3 undifferentiated.....g	0.006		0	AS	1		0.002		
18:3 n-3 c,c,c (ALA).....g	0.006		1	A	1		0.002		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		1	A	1		0.000		
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		

NDB No. 35235

Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000		
Cholesterol.....mg	0		1	A	1	0		
Phytosterols.....mg								
Stigmasterol.....mg	1		1	A	1	0		
Campesterol.....mg	0		1	A	1	0		
Beta-sitosterol.....mg	10		1	A	1	3		
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Footnotes:

1 Food folate is the sum of 5-Methyl Tetrahydrofolate, 10-Formyl Folic Acid, 5-Formyl Tetrahydrofolic Acid and Tetrahydrofolic Acid

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 American Indian/Alaska Native Foods
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)