



Traditional Foods for Healthy People

Guwakaan

Sitka Black-tailed Deer

Food From the Land

Sitka Black-tailed Deer, or Guwakaan in Tlingit was, (and still is) one of the most important land mammals hunted by the Tlingit people.

If you ask the locals and elders around Southeast Alaska, they probably have stories about eating, hunting, preparing, or simply spotting this species of deer around the area.

Many people will tell you that they have been obtained since "time immemorial."



Summer and early fall is the time for the deer to prepare for the oncoming winter and early spring. In other words, this is when the deer eat a lot to get fat!

The time to hunt is in the fall after they've had the chance to pack on the pounds. This is when the deer meat is in its prime.



"We are stewards of the air, land, and sea".

We must realize that food obtained from the place we live are gifts. Respect is essential. It is believed that plants and animals have spirits and if you don't take care of them and treat them with respect when hunting, fishing, or gathering, then that spirit will tell the others not to go to that person. Then that person will always have bad luck when hunting.

Nothing is wasted. Not only are deer used for food, but their hides can be used to make drums and clothing. Hooves can be used for regalia and rattles. The horns can be used for tools.

Tlingit Phrases

Ax éet yaan uwaháa.

I am hungry.

Daa sá i éet uwaháa?

What are you hungry for?

_____ ax éet yaan uwaháa.

I am hungry for _____.

Dáa sá eexá?

What are you eating?

_____ xaxá.

I am eating _____.

Guwakaan xwasiteen.

I saw a deer.

Guwakaan Dleeyi * Venison * Deer Meat

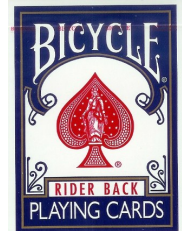
Deer is an excellent source of protein and iron. It is also heart friendly because it is low in sodium and saturated fat.



Notes on Nutrition

A Nutrition table has information about the foods we eat. At first glance nutrition tables can be confusing. Being able to make sense of a nutrition table can be a valuable life skill pertinent to your health. Lets look at the information about deer meat.

3 oz =



A 3-oz. serving of meat is about the size of a deck of cards.

What's wrong with sodium?

The word sodium is often times a fancy way of saying salt. It is absolutely essential for our body to have enough salts in order for it to operate properly. Most get more than enough in our daily diets. Too much salt can give you high blood pressure which is damaging to the heart. If this persists over a long period of time, chronic disease is likely to occur.



NUTRITION INFORMATION	
Per Serving— 3 oz. cooked	
Calories	134
Protein	26 g
Carbohydrate	0 g
Fat	3g
Saturated fat	1g
Cholesterol	95 mg
Sodium	46 mg
Iron	4 mg

Iron is needed for several reasons. It is especially important so blood can effectively carry oxygen throughout the body. Low amounts of iron can cause fatigue or can keep your mind from thinking clearly. For adult females, the recommended amount is 18 mg per day. For males it is 8 mg per day. Most foods that are obtained through hunting or fishing contain high levels of iron.

Power up on protein.

Proteins are important for your body to grow and heal. They provide the building blocks for strong bones, muscle, blood, skin, and other parts that keep your body running properly. Most Americans eat more than enough protein in a day. The challenge is eating a variety of this food type and choosing lean options. There are many natural sources of protein free of added hormones and preservatives found in our region.

Sources of Protein:

- ◆ Salmon
- ◆ Gumboots
- ◆ Clams
- ◆ Halibut
- ◆ Herring
- ◆ Herring Eggs
- ◆ Seal
- ◆ Xáat
- ◆ Shaaw
- ◆ Gáal'
- ◆ Cháatl
- ◆ Yaaw
- ◆ Gáax'w
- ◆ Tsáa

