



Alaska Native Tribal Health Consortium

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New booklet shows nutritional value of traditional foods for Alaska Native cancer survivors

For the first time, people have one easy-to-use guide

ANCHORAGE—For the first time, Alaska Native cancer survivors have an easy-to-read compilation of nutritional information about Alaska wild food -- the *Traditional Food Guide for Alaska Native Cancer Survivors*. Cancer is the leading cause of death for Alaska Natives, and this booklet will encourage cancer patients to maintain a healthy diet during and after treatment.

For Alaska Natives who live a subsistence lifestyle, the nutritional value of familiar traditional foods is not widely known. Care providers might not encourage them to continue to eat traditional foods during and after cancer treatment. This booklet shows Alaska Native cancer survivors that it is healthy as well as comforting to enjoy traditional foods during their cancer journey.

Published by the Alaska Native Tribal Health Consortium cancer program, this full-color, 142-page guide includes innovative ways to understand nutrition information. It addresses food safety, nutritional needs of cancer patients during and after treatment, and the nutritional value of Alaska's wild foods.

More than 70 foods from the land and sea, and 30 recipes are included. Each food item has:

- A photo
- Common Alaska Native names
- History of use
- Preparation techniques
- Personal stories from different Alaska Native cultures
- Three different ways to understand a food's nutritional value

With Christine DeCourtney, Desiree Simeon, and Karen M. Mitchell as the primary authors, the work is a collaborative effort of many people. It represents more than two years of work to gather, compile, and edit the information.

While primarily written for Alaska Native cancer survivors, the guide is a valuable resource for all people who include Alaska's wild animals, plants, and seafood as part of their diet.

The booklet is primarily funded by a community grant from the Lance Armstrong Foundation with additional funding from local and national healthcare organizations.