

Native Nutrition Worksheet

Instructions: Review the list of Oregon “first foods” below. For those of you that are not familiar with, look for a definition or description online. For each item, identify whether it is most likely a source of carbohydrates, fats, protein, or some combination and use the rationale line to explain why.

First Food	Key Nutrient(s) (Select all that apply)	Rationale
Plant bulbs (camas, wapato, bitterroot)	<input checked="" type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	Plant bulbs are a good source of starch, a type of carbohydrate.
Plant shoots	<input checked="" type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	Plant shoots and tendrils primarily provide carbohydrates; some types may also provide protein.
Clams and shellfish	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input checked="" type="checkbox"/> Protein	Clams and shellfish are high in protein and low in calories and fat.
Seaweed	<input checked="" type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	High in carbohydrates; also provides a modest amount of protein.
Berries (huckle, salal, black, cranberries)	<input checked="" type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	Provides carbohydrates in the form of fibers and simple sugars.
Hazelnuts	<input checked="" type="checkbox"/> Carbohydrates <input checked="" type="checkbox"/> Fats <input checked="" type="checkbox"/> Protein	A “superfood” high in fats, carbohydrates, and protein.
Crickets	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input checked="" type="checkbox"/> Protein	High in protein; also provide some carbohydrates and fats.
Plant seeds	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input checked="" type="checkbox"/> Protein	Seeds are a good source of plant-based protein.

Native Nutrition Worksheet *(Continued)*

Instructions: Review the list of Oregon “first foods” below. For those of you that are not familiar with, look for a definition or description online. For each item, identify whether it is most likely a source of carbohydrates, fats, protein, or some combination and use the rationale line to explain why.

First Food	Key Nutrient(s) (Select all that apply)	Rationale
Salmon	<input type="checkbox"/> Carbohydrates <input checked="" type="checkbox"/> Fats <input checked="" type="checkbox"/> Protein	Salmon is an oily fish that provides protein and healthy fats.
Rabbit	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input checked="" type="checkbox"/> Protein	Rabbit is a lean meat that is low in fat.
Elk	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input checked="" type="checkbox"/> Protein	A lean meat that is low in fat.
Acorns	<input checked="" type="checkbox"/> Carbohydrates <input checked="" type="checkbox"/> Fats <input type="checkbox"/> Protein	Source of carbohydrates and fats.
Plant roots	<input checked="" type="checkbox"/> Carbohydrates <input type="checkbox"/> Fats <input type="checkbox"/> Protein	Varies by plant; primarily offer carbohydrates from sugars, starches and cellulose.
Ducks	<input type="checkbox"/> Carbohydrates <input checked="" type="checkbox"/> Fats <input checked="" type="checkbox"/> Protein	High in protein and fat.
Lampreys	<input type="checkbox"/> Carbohydrates <input checked="" type="checkbox"/> Fats <input checked="" type="checkbox"/> Protein	High in protein and unsaturated fats.

Sources: USDA; Nutritionix.

Notes: For some heritage foods for which nutrition information was not readily available, a modern analog was substituted for nutrition analysis.