First Nations Food, Nutrition and Environment Study

Final Report for Eight Assembly of First Nations Regions:

Comprehensive Technical Report – Supplemental Data

University of Ottawa

Université de Montréal

Assembly of First Nations

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This supplemental report presents data on the consumption rate of traditional food and the concentrations of essential elements, toxic elements and Persistent Organic Pollutants (POP) measured in the collected traditional food samples by region and ecozone.

Tables S1.1-1.3 present the mean and the 95th percentile of the amount of traditional food consumed per day. The rates of traditional food consumption were estimated by multiplying the frequencies (as calculated from the traditional food frequency questionnaire) by the average portion sizes by food category by gender and age group (as calculated from the 24-hr recalls). Portion sizes by category, region and total can be found in Appendix D of the final report.

The traditional food samples were collected from participating FNFNES communities based on lists developed with community representatives that included items that were (1) commonly consumed, (2) of importance for nutritional or environmental concerns, and (3) known to accumulate higher concentrations of contaminants. Communities provided up to 30 composite food samples, with each composite comprising tissue from up to five replicates.

In total, 2060 food composite samples comprised of 6342 replicates representing 220 species were collected for analysis. Tables S2.1-2.3 present the concentrations of essential elements. Tables S3.1-3.3 present the concentrations of toxic elements, and Tables S4.1-4.3 present the concentrations of POPs. A list of the food/species analyzed with the scientific names is presented in Table S5.

Chemical Analysis

Foods collected in the AFN British Columbia and Manitoba regions were analyzed by MAXXAM Analytics, in Burnaby BC, while foods collected in the other AFN regions were analyzed by ALS

Global in Burlington, Ontario. The essential and toxic elements were analyzed from homogenized composite samples (1g) digested in an open vessel using a combination of nitric acid and hydrogen peroxide based on EPA 200.3/6020A (US EPA 2007). Inductively coupled plasma mass spectrometry (ICP/MS) was employed to quantify element concentrations. The limit of detection (LOD) was at least 0.02 µg/g wet weight. Total mercury concentration was measured using US EPA Method 245.7 (US EPA 2005). Briefly, tissue samples were homogenized and sub-sampled prior to hot block digestion with nitric and hydrochloric acids, in combination with the addition of hydrogen peroxide followed by analysis by atomic fluorescence spectrophotometry or atomic absorption spectrophotometry. The LOD for total mercury was at least 0.002 µg/g wet weight.

A subset of the samples (N=656 from 98 species/parts) was also measured for methylmercury using instrumental conditions adopted from US EPA Method 1630 (US EPA 1998). Briefly, tissue samples were digested with methanol and potassium hydroxide. A portion of the digest was analyzed by aqueous phase ethylation and purge and trap, followed by capillary gas chromatography. Highly selective and sensitive detection was achieved by Atomic Fluorescence Spectrometry (AFS) after pyrolytic decomposition of the GC eluent. Recovery of certified reference material ranged between 70 and 130%. The LOD for methylmercury was 0.004 µg/g wet weight.

For POP analysis, another portion of the sample (6 g) was homogenized in dichloromethane (DCM) and filtered through anhydrous sodium sulphate. The extract was evaporated to 6 mL, and 5 mL was injected onto the Gel Permeation Chromatography (GPC) column, where a fraction of the eluent was collected, concentrated, and solvent exchanged to acetone:hexane (1:1). Further clean-up was performed by eluting this extract through PSA columns. The final extract was

concentrated and solvent exchanged to isooctane. The analysis was performed for the p,p'-DDE and PCBs using GC-MS in Selective Ion Monitoring (SIM) mode with an EI source. A total of 36 PCB congeners (Congener 28, 33, 37, 40, 41, 44, 49, 60, 66, 74, 87, 90, 99, 105, 118, 128, 129, 136, 137, 138, 141, 153, 156, 157, 170, 180, 183, 185, 189, 191, 193, 194, 201, 203, 206, and 209) were measured and the sum was reported as total PCB. Spiked standards and blank samples were measured for QA/QC. The LOD for DDE was 1 ng/g wet weight and for each PCB congener was at least 1 ng/g wet weight.

A) British Columbia

British Columbia (n=1103)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Moose meat	20.7	92.4
Sockeye salmon	8.44	35.9
Deer meat	5.53	28.2
Chinook salmon	3.44	21.1
Coho salmon	2.25	13.0
Elk meat	2.17	8.98
Halibut	1.77	10.5
Soapberries	1.51	7.33
Salmon eggs	1.28	7.18
Blue huckleberries	1.19	6.07
Blueberries	1.12	5.45
Pink salmon	0.98	5.37
Prawn	0.94	5.86
Chum salmon	0.94	6.29
Rainbow trout	0.88	3.59
Moose kidney	0.86	3.36
Raspberries	0.82	4.45
Herring roe	0.80	3.58
Moose liver	0.80	3.72
Crab	0.78	3.90
Ling cod	0.72	3.58
Deer liver	0.72	2.69
Rabbit meat	0.71	2.57
Wild strawberry	0.71	3.05
Clams	0.69	3.42
Beaver meat	0.65	1.34
Shrimp	0.62	3.85
Saskatoon berries	0.61	2.75
Blackberries, large	0.60	3.66
Caribou meat	0.54	1.86
Grouse	0.52	1.64
Salmonberries	0.51	2.54
Rockfish	0.50	2.89
Eulachon	0.49	2.86
Red huckleberries	0.47	2.43
Eulachon grease	0.47	2.60
Dolly varden trout	0.41	2.17
Lake trout	0.36	1.80
Herring	0.36	0.48

British Columbia (n=1103)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Pacific/gray cod	0.34	1.50
Blackberries, trailing	0.34	1.83
Steelhead trout	0.33	0.89
Black caps	0.31	1.21
Thimbleberries	0.31	1.36
Oysters	0.31	1.30
Pine mushrooms	0.27	1.05
Black bear fat	0.26	0.43
Black cod	0.25	0.95
Low bush cranberries	0.25	1.02
Deer kidney	0.24	-
Sheep meat	0.23	0.64
Crabapples	0.22	0.92
Black bear meat	0.22	0.37
Salal berries	0.21	0.81
Rose hips	0.20	0.61
Elk liver	0.19	-
Highbush cranberries	0.19	0.81
Whitefish	0.18	0.88
Basket cockle	0.16	0.75
Scallops	0.14	0.65
Chokecherries	0.14	0.40
Cutthroat trout	0.13	-
Mussels	0.13	0.49
Chanterelle mushrooms	0.12	0.26
Laver seaweed	0.11	0.53
Kokanee trout	0.11	-
Northern pike	0.11	0.30
Mountain goat meat	0.11	-
Labrador tea	0.10	0.39
Octopus	0.10	-
Gooseberries	0.10	0.21
Brook trout	0.10	-
Kelp greenling	0.09	-
Groundhog meat	0.08	-
Bull trout	0.08	-
Juniper berries	0.08	-
Kinnikinnick bearberry	0.08	-
Elderberries	0.07	-
Harbour seal meat	0.07	-

British Columbia (n=1103)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Geese	0.07	0.21
Morel mushrooms	0.07	-
Ptarmigan	0.06	-
Harbour seal fat	0.06	-
Ducks	0.06	0.21
Walleye/Pickerel	0.05	-
Starry flounder/English sole	0.05	-
Abalone	0.05	-
Hazelnut	0.05	-
Elk kidney	0.04	-
Oregon grape	0.04	-
Sea urchin eggs	0.04	-
Burbot	0.04	-
Stinging nettles leaves	0.03	-
Cloudberries	0.03	-
Crab guts	0.03	-
Indian plums	0.03	-
Crowberries	0.02	-
Caribou kidney	0.02	-
Hawthorn	0.02	-
Cow parsnip shoots	0.02	-
Cottonwood mushrooms	0.02	-
Arctic grayling	0.02	-
Bunchberries	0.02	-
Porcupine meat	0.02	-
Yellow perch	0.02	-
Caribou liver	0.02	-
Sturgeon	0.02	-
Sweetflag/muskrat root	0.02	0.08
Sea lion meat	0.01	-
Sucker	0.01	-
Kelp	0.01	-
Oyster mushrooms	0.01	-
Cisco	0.01	-
Sea prunes	0.01	-
False Solomon’s seal berries	0.01	-
Thimbleberry/salmonberry shoot	0.01	-
Thistle	0.01	-
Seagull eggs	0.01	-
Brown trout	0.01	-

British Columbia (n=1103)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Sea cucumber	0.01	-
Balsam tree inner bark	0.01	0.01
Onion (nodding, hooker's)	0.01	-
Bigleaf maple shoots	0.01	-
China slippers	0.01	-
Barnacle	0.01	-
Balsam root	0.01	-
Bitter root	0.01	-
Giant horsetail shoots	0.01	-
Merganser	<0.01	-
Gopher	<0.01	-
Northern rice root	<0.01	-
Swan	<0.01	-
Wild ginger	<0.01	-
Chub	<0.01	-
Springbank clover root	<0.01	-
Bass	<0.01	-
Indian potato (Spring beauty)	<0.01	-
Spiny wood fern root	<0.01	-
Balsam pitch	<0.01	-
Licorice fern	<0.01	-
Goose eggs	<0.01	-
Red willow root	<0.01	-
Muskrat meat	<0.01	-
Indian potato (bear root)	<0.01	-
Bracken fern root	<0.01	-
Mariposa lily	<0.01	-
Yellow avalanche lily	<0.01	-
Fireweed shoots	<0.01	-
Red willow bark	<0.01	-
Birch inner bark	<0.01	-
Spruce pitch	<0.01	-
Camas bulb	<0.01	-
Prickly pear cactus	<0.01	-
Sea lettuce	<0.01	-
Pine needle/twig tea	<0.01	-
Rockweed	<0.01	-
Prince's pine	<0.01	-
Grebe	<0.01	-
Pine pitch	<0.01	-

British Columbia (n=1103)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Silverweed	<0.01	-
Wapato bulb	<0.01	-
Desert parsley roots	<0.01	-
Poplar	<0.01	-
Western dock	<0.01	-
Desert parsley leaves	<0.01	-
Sorrel	<0.01	-
Spruce inner bark	<0.01	-
Lodgepole pine	<0.01	-
Birch pitch	<0.01	-
Sheep sorrel	<0.01	-

B) Alberta

Alberta (n=609)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Moose meat	14.3	64.9
Mallard	2.23	10.6
Northern pike/jackfish	1.63	8.38
Walleye/pickerel	1.42	5.29
Saskatoon berries	1.31	5.24
Deer meat	1.24	5.67
Raspberries	1.17	4.49
Lake whitefish	1.14	5.73
Moose liver	1.06	2.78
Blueberries	1.00	4.49
Moose kidney	0.98	3.18
Strawberries	0.80	2.99
Goose (Canada/Brant)	0.72	3.09
Grouse	0.66	2.65
Cherries (pin/chokecherries)	0.66	2.99
Elk meat	0.65	2.38
Northern pintail	0.59	1.76
Northern shoveler	0.56	-
Rabbit/hare meat	0.41	1.62
Teal duck	0.30	-
Wigeon	0.28	-
Low bush cranberries	0.28	1.00
Canvasback duck	0.25	-

Alberta (n=609)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Bison meat	0.24	0.57
Black bear meat	0.23	0.25
Beaver meat	0.22	0.41
Gadwall duck	0.21	-
Black huckleberries	0.19	0.50
American coot eggs	0.18	-
High bush cranberries	0.16	-
White-fronted goose	0.13	-
Ptarmigan	0.13	-
Goldeye	0.12	-
Fish eggs (whitefish)	0.12	-
Deer liver	0.11	-
Caribou meat	0.10	-
Snow goose	0.10	-
Gooseberries/currants	0.10	-
Deer kidney	0.09	-
Burbot	0.09	-
Gray partridge	0.09	-
Sunflower seeds	0.08	-
Sauger	0.07	-
Cloudberries/bakeapples	0.06	-
Bunchberries	0.06	-
Scoter	0.05	-
Longnose sucker	0.05	-
Long-tail duck	0.05	-
Thimbleberries	0.05	-
Rainbow trout	0.05	-
Lake trout	0.04	-
Muskrat meat	0.04	-
Grizzly bear meat	0.03	-
Buffaloberries/soapberries	0.03	-
Black bear fat	0.03	-
Elk kidney	0.03	-
Arctic grayling	0.03	-
Ringed neck duck	0.03	-
Goldeneye	0.03	-
Elk liver	0.03	-
Rose hips	0.03	-
Swan	0.02	-
Mint	0.02	0.12

Alberta (n=609)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Redhead duck	0.02	-
Hazelnuts/filberts	0.02	-
Redhorse sucker	0.02	-
Sweetflag/muskrat root	0.02	0.06
Jackrabbit	0.02	-
Yellow perch	0.01	-
Brown trout	0.01	-
Brook trout	0.01	-
White sucker	0.01	-
Bull trout	0.01	-
Mountain whitefish	0.01	-
Wild turkey	0.01	-
Goose fat	0.01	-
Bufflehead	0.01	-
Scaup duck	0.01	-
American black duck	0.01	-
Harlequin duck	0.01	-
Kinnikinnick/bearberry	<0.01	-
Porcupine	<0.01	-
Morel mushrooms	<0.01	-
Puffball mushrooms	<0.01	-
Labrador tea	<0.01	0.01
Ruddy duck	<0.01	-
Crowberries	<0.01	-
Wood duck	<0.01	-
Cutthroat trout	<0.01	-
Quillback sucker	<0.01	-
Sweetgrass tea	<0.01	-
Bighorn sheep meat	<0.01	-
Northern river otter	<0.01	-
Fisher	<0.01	-
Dogwood berries	<0.01	-
Cisco	<0.01	-
Loon	<0.01	-
Pheasant	<0.01	-
Caribou liver	<0.01	-
Mountain goat	<0.01	-
Cow parsnip shoots	<0.01	-
Wild onion	<0.01	-
Indian potato	<0.01	-

Alberta (n=609)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Oregon grape	<0.01	-
Spruce sap/gum	<0.01	-
Balsam poplar sap	<0.01	-
Birch sap	<0.01	-
Bitter root	<0.01	-
Balsam root	<0.01	-
Dandelions	<0.01	-
Plantain leaves	<0.01	-

C) Saskatchewan

Saskatchewan (n=1042)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Caribou meat	8.00	51.3
Moose meat	7.77	46.8
Walleye	4.34	22.9
Lake whitefish	3.57	17.1
Northern pike	3.27	14.8
Deer meat	2.66	10.4
Elk meat	1.89	8.33
Prairie dog	1.88	9.34
Lake trout	1.88	9.34
Mallard	1.09	4.57
Blueberries	0.84	3.55
Sucker	0.74	2.74
Grouse	0.67	3.73
Saskatoon berries	0.45	2.37
Moose liver	0.39	1.11
Rabbit/hare meat	0.35	1.71
Caribou kidney	0.35	2.49
Moose kidney	0.33	1.11
Round whitefish	0.33	-
Corn/hominy	0.31	1.74
Raspberries	0.30	1.18
Goose (Canada/Brant)	0.27	1.14
Caribou heart	0.27	1.38
Beaver meat	0.24	1.04
Caribou brain	0.22	1.38
Arctic grayling	0.22	-

Saskatchewan (n=1042)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Wild rice	0.21	0.58
Bison meat	0.20	0.40
Caribou liver	0.19	0.55
Beans	0.19	0.29
Cherries (pin/chokecherries)	0.19	0.79
Mooneye	0.16	-
Strawberries	0.15	0.49
Caribou bone marrow	0.15	0.59
Deer liver	0.14	-
Caribou blood	0.12	-
Deer kidney	0.12	-
Rhubarb	0.11	0.29
Yellow perch	0.11	-
Ptarmigan (willow, rock)	0.11	-
Sauger	0.10	-
Crabapple	0.10	0.39
Cranberry, mountain (lingonberry)	0.09	0.10
Black bear meat	0.09	-
Gadwall	0.08	-
Rainbow trout	0.08	-
Cranberry, bog, swamp (mossberry)	0.08	0.39
Elk liver	0.08	-
Mint	0.08	0.41
Sweetflag/muskrat root	0.07	0.33
Caribou fat	0.07	0.39
Elk kidney	0.07	-
Northern pintail duck	0.07	-
Brook trout	0.06	-
Muskrat meat	0.06	-
Squash	0.06	-
Porcupine meat	0.06	-
Seagull eggs	0.06	-
Labrador tea	0.05	0.21
Teal duck	0.04	-
Burbot (ling)	0.04	-
Sunflower seeds	0.04	-
Northern shoveler	0.04	-
Dandelions	0.04	-
Snow goose	0.04	-
High bush cranberry (pembina)	0.04	0.10

Saskatchewan (n=1042)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Wild onion/chives	0.04	-
Redhead duck	0.04	-
Sweetgrass	0.03	0.05
Wood duck	0.03	-
Moose heart	0.03	-
Duck eggs	0.03	-
Moose blood	0.03	-
Loon	0.03	-
Sage	0.03	0.05
Goldeye	0.03	-
Moose brain	0.02	-
Maple syrup	0.02	-
Canvasback	0.02	-
Mooseberry, squashberry	0.02	-
Ruddy duck	0.02	-
Channel catfish	0.02	-
Rosehips	0.01	-
Long-tailed duck	0.01	-
Sturgeon	0.01	-
Chanterelle mushrooms	0.01	-
Spruce pitch/gum	0.01	-
American wigeon	0.01	-
Mudhen/coot eggs	0.01	-
Moose bone marrow	0.01	-
Small/Largemouth bass	0.01	-
Goldeneye	0.01	-
Swan	0.01	-
Moose fat	0.01	-
Dewberry	0.01	-
Beaked hazelnuts	0.01	-
Pronghorn kidney	0.01	-
Black bear fat	0.01	-
Gooseberries	0.01	-
Gray partridge	0.01	-
Birch syrup	0.01	-
Scaup	0.01	-
Bison liver	0.01	-
American black duck	0.01	-
White-fronted goose	0.01	-
Cloudberries (bakeapple)	0.01	-

Saskatchewan (n=1042)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Scoter	<0.01	-
Red currants	<0.01	-
Bufflehead	<0.01	-
Morel mushrooms	<0.01	-
Puffball mushrooms	<0.01	-
Wild asparagus	<0.01	-
Tamarack gum	<0.01	-
Stinging nettle	<0.01	-
Balsam poplar bark	<0.01	-
Bison kidney	<0.01	-
Splake trout	<0.01	-
Bunchberries	<0.01	-
Brown trout	<0.01	-
Bearberry (kinnickinnick)	<0.01	-
Yarrow	<0.01	-
Juniper tea	<0.01	-
Balsam poplar sap	<0.01	-
Ring-necked duck	<0.01	-
Birch twig tea	<0.01	-
Cutthroat trout	<0.01	-
Fiddleheads	<0.01	-
Squirrel meat	<0.01	-
Grouse eggs	<0.01	-
Trembling aspen inner bark	<0.01	-
Merganser	<0.01	-
Carp	<0.01	-
Pineapple weed	<0.01	-
Buffaloberry (soapberry)	<0.01	-
Cow parsnip	<0.01	-
Rock bass	<0.01	-
Pronghorn meat	<0.01	-
Tamarack bark tea	<0.01	-
Raspberry leaves	<0.01	-
Mudhen (American coot)	<0.01	-
White spruce bark tea	<0.01	-
Plantain	<0.01	-
Shaggy mane mushrooms	<0.01	-
Balsam fir bark tea	<0.01	-
Sarsaparilla root	<0.01	-
Bolete mushrooms	<0.01	-

Saskatchewan (n=1042)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Red paintbrush	<0.01	-
Bergamot	<0.01	-
Golden rod tea	<0.01	-

D) Manitoba

Manitoba (n=706)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Caribou meat	10.6	77.4
Moose meat	5.59	22.1
Deer meat	3.97	20.2
Walleye/Pickerel	3.72	15.8
Ducks	3.20	17.4
Blueberries	2.41	11.6
Geese	2.36	11.6
Lake whitefish	2.04	9.72
Elk meat	1.42	5.53
Lake trout	1.36	8.64
Raspberries	1.24	5.79
Wild rice	1.17	5.41
Northern pike	1.04	5.40
Wild strawberry	1.02	3.59
Rabbit/hare meat	0.95	4.46
Saskatoon berries	0.63	3.40
Chokecherries	0.62	2.03
Caribou kidney	0.60	1.73
Low bush cranberries	0.53	2.39
Crabapples	0.51	1.19
Deer liver	0.49	0.43
Highbush cranberries	0.37	0.57
Moose liver	0.34	0.50
Grouse	0.33	0.97
White sucker	0.29	0.82
Hazelnut	0.29	-
Deer kidney	0.24	-
Muskrat meat	0.24	0.84
Yellow perch	0.24	0.47
Bison meat	0.21	0.84
Caribou liver	0.21	-

Manitoba (n=706)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Gray partridge	0.20	-
Goldeneye	0.15	-
Moose kidney	0.13	-
Gooseberries	0.13	-
Elk liver	0.10	-
Burbot	0.10	-
Wild turkey	0.09	-
Labrador tea leaves	0.09	0.28
Elk kidney	0.09	-
Beaver meat	0.09	-
Blackberries, large	0.08	-
Lake sturgeon	0.08	0.39
Sunfish	0.07	-
Red longnose sucker	0.06	-
Seagull eggs	0.05	-
Muskie	0.04	-
Rainbow trout	0.04	-
Round whitefish	0.04	-
Bigmouth buffalo sucker	0.04	-
Sauger	0.04	-
White perch/bass	0.02	-
Juniper berries	0.02	-
Acorns	0.02	-
Rose hips	0.02	-
Largemouth bass	0.02	-
Stinging nettles leaves	0.02	-
Tule	0.02	-
Kokanee trout	0.02	-
Blue huckleberries	0.02	-
Pine mushrooms	0.01	-
Thimbleberries	0.01	-
Sweetflag/muskrat root	0.01	-
Loon	0.01	-
Merganser	0.01	-
Bufflehead	0.01	-
Crowberries	0.01	-
Mint leaves	0.01	-
Channel catfish	0.01	-
Wild leek	0.01	-
Arctic grayling	0.01	-

Manitoba (n=706)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Hawthorn	0.01	-
Wintergreen leaves	<0.01	-
Walnuts	<0.01	-
Cloudberries	<0.01	-
Lynx	<0.01	-
Bunchberries	<0.01	-
Black bear meat	<0.01	-
Chanterelle mushrooms	<0.01	-
Arrowhead	<0.01	-
Kinnikinnick bearberry	<0.01	-
Indian potato (bear root)	<0.01	-
Smallmouth bass	<0.01	-
Raspberry leaves	<0.01	-
Wild onion	<0.01	-
Black bear fat	<0.01	-
Teaberries	<0.01	-
Dandelions	<0.01	-
Bunchberry leaves	<0.01	-
River otter	<0.01	-
Cattail shoots	<0.01	-
Lamb's quarters	<0.01	-
Fireweed	<0.01	-
Horsetail shoots	<0.01	-
False Solomon's seal berries	<0.01	-
Fiddleheads	<0.01	-
Jerusalem artichoke	<0.01	-
Yellow pond lily	<0.01	-

E) Ontario

Ontario (n=1429)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Moose meat	6.61	30.8
Walleye/Pickerel	5.61	25.7
Canada Geese	3.65	19.1
Lake whitefish	2.49	12.2
Blueberries	1.97	6.53
Northern pike	1.70	9.63
Deer meat	1.55	7.69
Wild strawberry	1.22	4.60
Lake trout	1.06	4.82
Raspberries	1.01	4.36
Caribou meat	0.96	2.51
Corn/hominy	0.85	4.87
Snow Geese	0.77	2.01
Rabbit/hare meat	0.74	3.14
Ducks	0.72	3.51
Moose liver	0.61	1.92
Beans, kidney	0.58	3.42
Lake sturgeon	0.54	2.78
Yellow perch	0.52	2.41
White sucker	0.48	0.00
Moose kidney	0.47	1.12
Gray partridge	0.39	2.01
Beaver meat	0.35	1.28
Squash	0.34	1.84
Maple syrup	0.31	1.78
Grouse	0.31	1.50
Blackberries, large	0.28	0.87
Low bush cranberries	0.28	0.77
Brook trout	0.27	0.52
Smallmouth bass	0.26	1.04
Rainbow trout	0.24	0.47
Chinook salmon	0.22	-
Round whitefish	0.18	-
Burbot	0.16	-
Chokecherries	0.15	-
Wild rice	0.15	0.52
Caribou liver	0.13	-
Smelt	0.13	0.52
Caribou kidney	0.13	-

Ontario (n=1429)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
White perch/bass	0.13	-
Hickory nuts	0.11	-
Largemouth bass	0.11	-
Red longnose sucker	0.09	-
Thimbleberries/Black raspberries	0.08	-
Walnuts	0.08	-
Sauger	0.08	-
Saskatoon berries	0.07	-
Gooseberries	0.07	-
Crabapples	0.07	-
Juniper berries	0.06	-
Highbush cranberries	0.06	-
Muskrat meat	0.05	-
Deer liver	0.05	-
Splake trout	0.05	-
Hazelnut	0.04	-
Wild turkey	0.04	-
Eel	0.03	-
Pheasant	0.03	-
Merganser	0.03	-
Elk meat	0.03	-
Blue huckleberries	0.02	-
Cisco	0.02	-
Goldeneye	0.02	-
Muskie	0.02	-
Bird/seagull egg	0.02	-
Loon	0.02	-
Bufflehead	0.02	-
Crowberries	0.02	-
Buffaloberries	0.01	-
Channel catfish/Bullhead catfish	0.01	-
Rock bass	0.01	-
Cloudberries	0.01	-
Bearberries	0.01	-
Teaberries	0.01	-
Brown trout	0.01	-
Rose hips	0.01	-
Bluegill Sunfish	0.01	-
Pumpkinseed Sunfish	0.01	-
Bunchberries	0.01	-

Ontario (n=1429)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Labrador tea leaves	0.01	0.01
River otter	<0.01	-
Red squirrel meat	<0.01	-
Ground squirrel meat	<0.01	-
Sumac	<0.01	-
Pine mushrooms	<0.01	-
Black bear meat	<0.01	-
Acorns	<0.01	-
Hawthorn	<0.01	-
Deer kidney	<0.01	-
Sweetflag/muskrat root	<0.01	-
Black bear fat	<0.01	-
Mint leaves	<0.01	-
Wild leek	<0.01	-
Groundhog meat	<0.01	-
Raspberry leaves	<0.01	-
Mooneye	<0.01	-
Wild ginger	<0.01	-
Dandelions	<0.01	-
Wild onion	<0.01	-
Poplar inner bark	<0.01	-
Jack pine needle tea	<0.01	-
Wintergreen leaves	<0.01	-
Fiddleheads	<0.01	-
Chanterelle mushrooms	<0.01	-
White pine seeds/nuts	<0.01	-
Wild basil	<0.01	-
Poplar buds	<0.01	-
Spruce inner bark	<0.01	-
Jerusalem artichoke	<0.01	-
Western dock	<0.01	-
Cow parsnip	<0.01	-
Stinging nettles leaves	<0.01	-
Indian cucumber	<0.01	-
Pine pitch	<0.01	-
Lamb's quarters	<0.01	-
Thimbleberry, salmonberry shoot	<0.01	-
Horsetail shoots	<0.01	-

F) Quebec

Quebec (n=573)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Moose meat	4.20	18.7
Deer meat	1.90	8.42
Caribou meat	1.55	9.15
Beans	1.37	7.89
Blueberries	1.36	5.75
Squash	1.10	4.38
Corn/hominy	1.09	5.26
Ptarmigan	1.02	6.85
Goose, Canada	0.96	6.16
Fiddleheads	0.71	3.51
Walleye (yellow pickerel)	0.69	3.48
Rabbit/hare meat	0.63	3.26
Raspberries	0.61	2.49
Maple syrup	0.60	3.16
Grouse	0.56	3.42
Mussels	0.56	3.48
Lake trout	0.56	3.48
Atlantic salmon	0.56	2.90
Lobster	0.52	3.48
Strawberries	0.52	2.30
Brook trout	0.48	2.90
Beaver meat	0.45	2.75
Black bear meat	0.35	1.83
Wild leeks	0.31	-
Shrimp	0.28	1.74
Whitefish (lake, round)	0.25	0.87
Stinging nettle	0.24	-
Mint	0.24	-
Blackberries, large	0.23	0.96
Sturgeon	0.22	1.45
Black bear fat	0.22	0.94
Rainbow trout	0.20	1.16
Goose fat	0.20	0.47
Cisco	0.20	0.87
Scallops	0.19	1.16
Cod	0.18	0.58
Crab	0.18	0.87
Porcupine meat	0.16	0.78
Northern pike/jackfish	0.16	1.16

Quebec (n=573)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Yellow perch	0.15	-
Rainbow smelt	0.15	1.16
Haddock	0.14	0.29
Labrador tea	0.14	0.41
Moose liver	0.14	0.17
Moose kidney	0.13	0.34
Cloudberries (bakeapple)	0.13	0.96
Mallard	0.12	0.68
Elderberry	0.12	-
Sauger	0.11	-
Wild rice	0.10	-
Yarrow	0.10	-
Black raspberry	0.10	0.38
Hazelnuts	0.10	0.76
Snow goose	0.09	0.34
Atlantic halibut	0.09	-
Channel catfish	0.08	-
Acorns	0.08	-
Scoter	0.07	-
Wild ginger root	0.07	-
Soft clam	0.07	-
Dandelions	0.07	-
Smallmouth bass	0.06	-
Brown trout	0.06	-
Eider duck	0.06	-
Deer liver	0.06	-
Cranberry, bog	0.06	-
Bluefin tuna	0.05	-
Partridge berry	0.05	-
Wild onion/chives	0.05	-
Herring	0.05	-
Wild grapes	0.05	-
American black duck	0.04	-
Sucker	0.04	-
Arctic char	0.03	-
Rosehips	0.03	-
Muskrat meat	0.03	-
Land-locked Atlantic salmon	0.03	-
Caribou liver	0.03	-
Sole/American plaice	0.03	-

Quebec (n=573)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Sunflower seeds	0.03	-
Long-tailed duck	0.03	-
Plum	0.03	-
Teal duck	0.02	-
Quahog clam	0.02	-
White perch/bass	0.02	-
Cedar tea	0.02	0.07
Trailing raspberry	0.02	-
Sumac	0.02	-
Crowberry	0.02	-
Striped bass	0.02	-
Crabapple	0.02	-
Northern shoveler	0.02	-
Wintergreen leaves (teaberry)	0.02	-
Lamb's quarters	0.02	-
Oysters	0.02	-
Seagull egg	0.02	-
Cherries	0.02	-
Eider egg	0.02	-
Mooneye	0.01	-
Caribou kidney	0.01	-
Largemouth bass	0.01	-
Pitcher plant (turtle socks)	0.01	-
Merganser	0.01	-
Bufflehead	0.01	-
Mackerel	0.01	-
Squid	0.01	-
Black huckleberry	0.01	-
Herring gull egg	0.01	-
Arctic tern egg	0.01	-
High bush cranberry	0.01	-
Razor clam	0.01	-
Northern pintail duck	0.01	-
Wood duck	0.01	-
Goldeneye	0.01	-
Wild turkey	0.01	-
Black walnut	0.01	-
Sweetflag/muskrat root	0.01	-
Flounder	0.01	-
American wigeon	0.01	-

Quebec (n=573)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Coho salmon	0.01	-
Deer kidney	0.01	-
Groundnut	0.01	-
Teaberry	0.01	-
Seal meat	0.01	-
Ginseng	0.01	-
Scaup	0.01	-
Gadwall	0.01	-
Bearberry (Kinnickinnick)	0.01	-
Seal fat	<0.01	-
Burbot (ling)	<0.01	-
Pickerel (chain)	<0.01	-
Loon	<0.01	-
Pollock	<0.01	-
Gooseberries	<0.01	-
Chanterelle mushrooms	<0.01	-
Carp	<0.01	-
Fireweed	<0.01	-
American eel	<0.01	-
Sunfish	<0.01	-
White pine needle tea	<0.01	-
Butternut	<0.01	-
Capelin	<0.01	-
Sea urchin	<0.01	-
Canvasback	<0.01	-
Jerusalem artichoke	<0.01	-
Burdock	<0.01	-
Squirrel meat	<0.01	-
Shad	<0.01	-
Cutthroat trout	<0.01	-
Hickory	<0.01	-
Ruddy duck	<0.01	-
Buffaloberry (soapberry)	<0.01	-
Birch syrup tea	<0.01	-
Arrowhead	<0.01	-
Juneberry	<0.01	-
Creeping snowberry	<0.01	-
American woodcock	<0.01	-
Harlequin duck	<0.01	-
Alder tea	<0.01	-

Quebec (n=573)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Balsam fir bark tea	<0.01	-
Tamarack bark tea	<0.01	-
Cow parsnip	<0.01	-
Wild mustard	<0.01	-
Morel mushrooms	<0.01	-
Currants	<0.01	-
Beech nut	<0.01	-
Pheasant	<0.01	-
Groundhog meat	<0.01	-
Freshwater drum	<0.01	-
Muskellunge	<0.01	-
Gaspereau	<0.01	-
Hedgehog	<0.01	-
Spruce, white tea	<0.01	-
Juniper tea	<0.01	-
Birch twig tea	<0.01	-
Maple bark tea	<0.01	-
Canada yew tea	<0.01	-
Gold thread root tea	<0.01	-
Eastern hemlock tea	<0.01	-
Northern mountain ash tea	<0.01	-

G) Atlantic

Atlantic (n=1025)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Moose meat	6.13	28.5
Lobster	1.68	7.32
Deer meat	1.12	4.99
Scallops	1.08	5.85
Atlantic cod	0.95	4.04
Atlantic salmon	0.87	3.37
Haddock	0.85	5.39
Shrimp	0.65	3.90
Crab	0.55	2.44
Mussels	0.51	2.93
Smelt	0.49	2.70
Brook trout	0.46	2.02
Blueberries	0.44	1.51

Atlantic (n=1025)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Beans	0.36	1.78
Soft clam	0.35	1.46
Fiddleheads	0.34	1.78
Rainbow trout	0.31	1.68
Corn/hominy	0.31	1.47
Halibut	0.28	1.35
Strawberries	0.28	1.01
Mackerel	0.24	1.01
American eel	0.21	1.01
Oysters	0.20	0.49
Bluefin tuna	0.19	-
Maple syrup	0.19	0.90
Raspberries	0.19	0.69
Quahog clam	0.17	0.49
Rabbit/hare meat	0.17	0.71
Blackberries	0.15	0.38
Squash	0.15	0.38
Lake trout	0.14	0.67
Brown trout	0.13	0.67
Striped bass	0.13	0.67
Herring	0.09	0.34
Black bear meat	0.08	-
Crabapples	0.08	0.25
Partridge berries	0.07	0.13
Squid	0.07	-
Wild rice	0.06	-
Moose liver	0.06	-
Beaver meat	0.06	-
Razor clam	0.05	-
Hazelnuts	0.05	0.11
Pollock	0.05	-
Tomcod	0.04	-
Low bush cranberries	0.04	0.13
Flounder	0.03	-
Gooseberries	0.03	-
Capelin	0.03	-
Moose kidney	0.03	-
Deer liver	0.02	-
Cherries (pin/chokecherries)	0.02	0.06
Seal meat	0.02	-

Atlantic (n=1025)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Wild leek	0.02	-
Grouse	0.02	0.07
Shad	0.02	-
Plums	0.02	-
White perch/bass	0.02	-
Seal fat	0.01	-
Deer kidney	0.01	-
Gaspereau	0.01	-
High bush cranberries	0.01	-
Black bear fat	0.01	-
Smallmouth bass	0.01	-
Chanterelle mushrooms	0.01	-
Gold thread root tea	0.01	-
Teaberries	0.01	-
Acorns	0.01	-
Sturgeon	0.01	-
Mint	<0.01	-
Ocean perch	<0.01	-
Muskrat meat	<0.01	-
Sea urchin	<0.01	-
Dewberries	<0.01	-
Kinnikinnick/bearberry	<0.01	-
Sweetflag/muskrat root	<0.01	-
Squirrel meat	<0.01	-
Lake whitefish	<0.01	-
Wild turnip	<0.01	-
Currants	<0.01	-
Butternut	<0.01	-
Groundnut	<0.01	-
Pheasant	<0.01	-
Cedar tea	<0.01	-
American black duck	<0.01	-
Beech nut	<0.01	-
Morel mushrooms	<0.01	-
Yellow perch	<0.01	-
Goose (Canada/Brant)	<0.01	-
Hedgehog mushrooms	<0.01	-
Birch syrup	<0.01	-
Harlequin duck	<0.01	-
Iris	<0.01	-

Atlantic (n=1025)		
Traditional Food	Grams per person per day	
	Mean	95th percentile*
Lamb's quarters	<0.01	-
Wild mustard	<0.01	-
Raspberry leaves	<0.01	-
Chain pickerel/jackfish	<0.01	-
Wood duck	<0.01	-
Porcupine meat	<0.01	-
Mallard	<0.01	-
Snow goose	<0.01	-
Swordfish	<0.01	-
Hake	<0.01	-
Huckleberries	<0.01	-
Burdock	<0.01	-
Hawthorn	<0.01	-
Sumac	<0.01	-
Birch twig tea	<0.01	-
Cherry bark tea	<0.01	-
Wintergreen	<0.01	-
Elderberries	<0.01	-
Spruce bark tea	<0.01	-
Cow parsnip	<0.01	-
Balsam fir bark tea	<0.01	-
Dandelions	<0.01	-
Labrador tea	<0.01	-
Maple bark tea	<0.01	-
Teal duck	<0.01	-
Long-tailed duck	<0.01	-
Eider duck	<0.01	-
Yarrow	<0.01	-
Juniper tea	<0.01	-
White pine needle tea	<0.01	-
Sarsaparilla root	<0.01	-
Juneberries	<0.01	-
Tamarack bark tea	<0.01	-
Witch hazel tea	<0.01	-
Stinging nettle	<0.01	-

A) British Columbia

British Columbia (n=1103)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Moose meat	72	28.6	107
Sockeye salmon	67	12.7	44.3
Deer meat	46	12.1	62.1
Soapberries	42	3.63	16.0
Blueberries	41	2.75	9.37
Blue huckleberries	40	2.97	11.5
Raspberries	39	2.09	8.10
Wild strawberry	38	1.84	7.63
Halibut	37	4.80	14.4
Chinook salmon	37	9.32	37.7
Saskatoon berries	30	2.03	7.29
Elk meat	29	7.46	30.8
Coho salmon	29	7.86	33.5
Salmon eggs	27	4.67	16.1
Salmonberries	26	1.98	6.11
Crab	25	3.08	12.5
Clams	25	2.77	10.3
Blackberries, large	24	2.55	10.1
Prawn	23	4.15	13.7
Red huckleberries	22	2.14	9.71
Rainbow trout	21	4.10	13.0
Herring roe	21	3.79	14.4
Pink salmon	20	4.83	17.4
Moose liver	20	3.96	15.4
Eulachon grease	20	2.40	10.3
Eulachon	19	2.51	7.90
Grouse	19	2.73	10.3
Ling cod	19	3.80	14.4
Laver seaweed	19	0.60	2.98
Moose kidney	18	4.77	16.7
Shrimp	17	3.72	12.8
Thimbleberries	16	1.89	6.09
Blackberries, trailing	16	2.12	7.50
Chum salmon	15	6.16	21.1
Dolly varden trout	15	2.69	10.7
Crabapples	15	1.49	7.33
Pine mushrooms	14	1.94	6.31
Deer liver	13	5.35	16.1

British Columbia (n=1103)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Low bush cranberries	13	1.83	10.1
Labrador tea	13	0.80	2.38
Rabbit/hare meat	12	5.73	17.9
Black caps	12	2.61	11.0
Rockfish	12	4.19	14.4
Highbush cranberries	12	1.63	8.40
Lake trout	11	3.16	10.8
Oysters	11	2.72	10.3
Beaver meat	11	5.90	18.0
Pacific/gray cod	10	3.53	14.4
Rose hips	9	2.18	5.45
Basket cockle	9	1.77	7.64
Salal berries	9	2.35	12.1
Steelhead trout	8	3.98	13.4
Chokecherries	8	1.67	7.33
Caribou meat	8	6.60	29.0
Black cod	8	3.28	13.2
Whitefish	7	2.47	7.18
Sweetflag/muskrat root	7	0.25	0.99
Geese	7	1.03	4.93
Scallops	7	2.15	8.98
Gooseberries	7	1.47	5.50
Mussels	6	2.06	7.81
Black bear fat	6	4.24	15.4
Sheep meat	6	3.75	16.1
Ducks	6	0.90	2.47
Black bear meat	6	3.98	15.4
Balsam tree inner bark	6	0.14	0.79
Chanterelle mushrooms	5	2.25	9.47
Herring	5	6.71	52.7
Northern pike	5	2.06	7.78
Cow parsnip shoots	5	0.50	2.29
Stinging nettles leaves	5	0.68	2.37
Morel mushrooms	4	1.55	3.16
Mountain goat meat	4	2.54	8.07
Octopus	4	2.51	7.81
Thimbleberry/salmonberry shoots	4	0.28	0.59
Kelp	4	0.35	1.32
Hazelnut	3	1.45	6.82
Balsam pitch	3	0.09	0.79

British Columbia (n=1103)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Deer kidney	3	8.39	30.8
Cutthroat trout	3	4.65	21.5
Kokanee trout	3	3.85	13.0
Juniper berries	3	2.74	12.1
Elk liver	3	6.91	30.8
Sea urchin eggs	3	1.58	1.56
Onion (nodding, hooker's)	3	0.28	2.37
Groundhog meat	3	3.17	8.93
Bull trout	2	3.29	10.7
Walleye/Pickerel	2	2.10	7.18
Oregon grape	2	1.75	9.71
Pine pitch	2	0.03	0.13
Abalone	2	2.35	3.06
Red willow bark	2	0.05	0.13
Spruce pitch	2	0.05	0.13
Indian potato (Spring beauty)	2	0.14	0.40
Birch inner bark	2	0.05	0.13
Giant horsetail shoots	2	0.26	0.76
Brook trout	2	5.00	21.5
Kelp greenling	2	4.87	26.0
Bitter root	2	0.29	1.36
Poplar	2	0.07	0.56
Elk kidney	2	2.75	16.1
Cottonwood mushrooms	2	1.42	3.16
Porcupine meat	2	1.33	8.93
Indian plums	2	1.82	12.1
Crowberries	2	1.61	12.1
Balsam root	2	0.39	1.53
Oyster mushrooms	1	0.90	3.16
Elderberries	1	5.51	33.7
Starry flounder/English sole	1	3.76	10.5
Cloudberries	1	2.36	12.1
Arctic grayling	1	1.68	5.27
Bunchberries	1	1.60	12.1
Red willow root	1	0.14	0.99
Kinnikinnick bearberry	1	6.26	34.4
Licorice fern	1	0.19	0.76
Caribou kidney	1	2.10	5.04
Ptarmigan	1	5.50	44.4
Wild ginger	1	0.30	1.53

British Columbia (n=1103)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Harbour seal meat	1	7.50	35.1
Sucker	1	1.34	5.27
Thistle	1	0.96	6.87
Sea cucumber	1	0.90	3.42
Pine needle/twig tea	1	0.09	0.59
Birch pitch	1	0.02	0.13
Crab guts	1	3.13	15.3
Sea prunes	1	1.33	3.42
Lodgepole pine	1	0.03	0.13
Northern rice root	1	0.46	2.96
Mariposa lily	1	0.18	0.76
Spruce inner bark	1	0.04	0.13
Caribou liver	1	2.65	8.07
China slippers	1	0.89	3.06
Indian potato (bear root)	1	0.22	0.76
Burbot	1	5.54	18.8
Sturgeon	1	2.97	13.0
Barnacle	1	0.97	2.04
Swan	1	0.53	1.23
Bracken fern root	1	0.23	0.76
Fireweed shoots	1	0.18	0.59
Sea lettuce	1	0.13	0.53
Harbour seal fat	1	10.2	35.1
Hawthorn	1	4.54	12.1
Springbank clover root	1	0.57	1.48
Yellow avalanche lily	<1	0.27	0.76
Yellow perch	<1	5.79	21.1
Cisco	<1	3.52	7.18
Brown trout	<1	2.50	3.51
Goose eggs	<1	0.59	0.79
Camas bulb	<1	0.25	0.76
Rockweed	<1	0.21	0.57
Bigleaf maple shoots	<1	2.43	6.87
Gopher	<1	1.51	2.69
Bass	<1	1.10	1.79
Spiny wood fern root	<1	1.05	2.37
Western dock	<1	0.23	0.38
Sea lion meat	<1	7.61	9.36
False Solomon’s seal berries	<1	6.30	12.1
Seagull eggs	<1	5.13	9.47

British Columbia (n=1103)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Merganser	<1	2.67	4.93
Chub	<1	1.72	3.13
Muskrat meat	<1	0.98	1.28
Prickly pear cactus	<1	0.49	0.59
Prince's pine	<1	0.41	0.76
Grebe	<1	0.41	0.62
Silverweed	<1	0.38	0.76
Desert parsley leaves	<1	0.20	0.38
Wapato bulb	<1	0.76	0.76
Desert parsley roots	<1	0.76	0.76
Sorrel	<1	0.38	0.38
Sheep sorrel	<1	0.20	0.20

B) Alberta

Alberta (n=609)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Moose meat	77	18.4	88.8
Saskatoon berries	55	2.39	8.98
Raspberries	52	2.27	6.98
Blueberries	42	2.36	6.98
Mallard	38	5.92	23.8
Deer meat	36	3.40	17.0
Strawberries	36	2.24	9.97
Sweetflag/muskrat root	31	0.06	0.19
Mint	31	0.08	0.33
Lake whitefish	29	3.89	17.6
Grouse	28	4.78	26.5
Cherries (pin/chokecherries)	27	2.41	6.23
Northern pike/jackfish	27	5.99	21.2
Rabbit/hare meat	26	3.11	12.2
Walleye/pickerel	26	5.43	23.8
Goose (Canada/Brant)	20	3.54	14.1
Elk meat	20	3.17	10.2
Low bush cranberries	19	1.43	5.98
Moose kidney	17	5.80	23.0
Moose liver	15	7.12	48.7
Black huckleberries	9	2.03	5.98
Labrador tea	9	0.03	0.24

Alberta (n=609)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Bison meat	8	3.10	10.2
Beaver meat	7	2.99	12.2
Northern pintail	7	9.02	33.1
Black bear meat	5	4.57	27.2
High bush cranberries	5	3.15	5.98
Caribou meat	5	2.04	4.87
Wild onion	5	0.01	0.03
Gray partridge	5	1.79	5.29
Rainbow trout	5	0.99	3.09
Teal duck	4	6.68	18.5
Goldeye	4	2.70	6.62
American coot eggs	4	4.23	23.7
Northern shoveler	4	13.7	61.8
Deer liver	4	2.89	6.81
White-fronted goose	3	3.89	13.2
Fish eggs (whitefish)	3	3.64	21.2
Gooseberries/currants	3	2.89	18.7
Muskrat meat	3	1.32	6.01
Birch sap	3	0.01	0.03
Ptarmigan	3	4.11	35.3
Black bear fat	3	1.02	4.08
Canvasback duck	3	8.43	76.8
Lake trout	3	1.47	5.29
Spruce sap/gum	3	0.01	0.03
Snow goose	3	3.72	26.5
Hazelnuts/filberts	3	0.83	2.99
Deer kidney	2	3.76	27.2
Sweetgrass tea	2	0.05	0.24
Wigeon	2	12.1	76.8
Rose hips	2	1.17	4.99
Bunchberries	2	3.12	21.9
Burbot	2	4.81	26.5
Goose fat	2	0.50	1.02
Bitter root	2	0.01	0.02
Sunflower seeds	2	4.89	29.9
Elk kidney	2	1.92	4.77
Goldeneye	1	1.93	5.29
Swan	1	1.82	5.29
Elk liver	1	1.93	4.77
Balsam poplar sap	1	0.02	0.10

Alberta (n=609)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Cloudberries/bakeapples	1	5.41	11.5
Arctic grayling	1	2.71	7.06
Gadwall duck	1	21.8	76.8
Thimbleberries	1	4.90	25.4
Longnose sucker	1	5.07	21.2
Buffaloberries/soapberries	1	3.37	11.5
Jackrabbit	1	1.63	6.81
Long-tail duck	1	6.09	15.4
Ringed neck duck	1	3.62	5.29
Yellow perch	1	1.76	5.29
White sucker	1	1.50	5.29
Brook trout	1	1.59	4.41
Kinnikinnick/bearberry	1	0.55	1.00
Dandelions	1	0.02	0.08
Balsam root	1	0.02	0.07
Scoter	1	7.72	26.5
Brown trout	1	2.10	6.18
Wild turkey	1	1.43	2.65
Porcupine	1	0.51	0.57
Cow parsnip shoots	1	0.09	0.27
Indian potato	1	0.07	0.24
Fiddleheads	1	<0.01	0.01
Sauger	<1	13.2	21.2
Redhead duck	<1	4.56	5.29
American black duck	<1	1.62	2.21
Arrowhead	<1	<0.01	0.01
Raspberry leaves	<1	<0.01	<0.01
Grizzly bear meat	<1	10.5	20.3
Redhorse sucker	<1	5.29	5.29
Mountain whitefish	<1	2.87	5.29
Bull trout	<1	3.53	4.85
Morel mushrooms	<1	0.92	1.58
Puffball mushrooms	<1	0.92	1.58
Crowberries	<1	0.75	1.00
Quillback sucker	<1	0.44	0.44
Plantain leaves	<1	0.04	0.06
Sorrel	<1	<0.01	<0.01
Bufflehead	<1	5.29	5.29
Scaup duck	<1	5.29	5.29
Harlequin duck	<1	4.41	4.41

Alberta (n=609)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Ruddy duck	<1	1.76	1.76
Wood duck	<1	1.32	1.32
Cutthroat trout	<1	0.88	0.88
Bighorn sheep meat	<1	0.57	0.57
Northern river otter	<1	0.57	0.57
Fisher	<1	0.57	0.57
Dogwood berries	<1	0.50	0.50
Cisco	<1	0.44	0.44
Loon	<1	0.44	0.44
Pheasant	<1	0.44	0.44
Caribou liver	<1	0.41	0.41
Mountain goat	<1	0.40	0.40
Oregon grape	<1	0.25	0.25
Bergamot	<1	0.02	0.02
Stinging nettle leaves	<1	0.01	0.01
Fireweed shoots	<1	0.01	0.01
Jerusalem artichoke	<1	<0.01	<0.01

C) Saskatchewan

Saskatchewan (n=1042)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Moose meat	74	10.6	51.3
Blueberries	59	1.42	5.92
Saskatoon berries	43	1.05	4.73
Deer meat	43	6.24	27.4
Walleye	39	11.1	53.5
Mallard	39	2.77	9.90
Raspberries	37	0.80	3.95
Lake whitefish	35	10.3	38.0
Northern pike	34	9.57	40.1
Elk meat	28	6.76	31.2
Sweetflag/muskrat root	26	0.28	1.64
Rabbit/hare meat	26	2.74	10.3
Prairie dog	25	7.47	30.7
Lake trout	25	7.47	30.7
Cherries (pin/chokecherries)	23	0.80	3.55
Caribou meat	22	36.7	187
Strawberries	21	0.72	2.96

Saskatchewan (n=1042)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Mint	21	0.37	1.64
Grouse	20	3.32	11.4
Goose (Canada/Brant)	16	1.75	4.57
Cranberry, bog, swamp (mossberry)	16	0.53	1.68
Moose kidney	15	2.23	9.96
Caribou kidney	14	2.57	7.47
Moose liver	13	3.03	11.1
Beaver meat	13	1.88	7.81
Labrador tea	13	0.38	1.64
Crabapple	12	0.78	4.73
Sucker	10	7.06	20.0
Corn/hominy	10	3.10	10.5
Caribou heart	10	2.69	7.75
Caribou bone marrow	10	1.53	7.05
Caribou brain	9	2.35	7.75
Wild rice	9	2.35	6.97
Sweetgrass	8	0.43	1.64
Caribou liver	8	2.44	7.75
Sage	8	0.36	1.10
Caribou fat	8	0.95	2.76
Rhubarb	7	1.65	6.97
High bush cranberry (pembina)	6	0.65	2.96
Bison meat	5	3.66	16.6
Cranberry, mountain (lingonberry)	5	1.78	6.90
Beans	5	3.70	13.9
Caribou blood	5	2.47	9.21
Ptarmigan (willow, rock)	4	2.73	14.0
Seagull eggs	4	1.51	7.89
Arctic grayling	4	5.62	25.0
Round whitefish	4	9.02	75.5
Deer kidney	4	3.30	19.9
Porcupine meat	3	1.82	12.5
Deer liver	3	4.39	23.2
Muskrat meat	3	2.01	7.25
Mooseberry, squashberry	3	0.61	2.96
Chanterelle mushrooms	3	0.46	1.58
Moose fat	3	0.35	0.59
Black bear meat	3	3.16	4.69
Sunflower seeds	3	1.43	3.55
Rosehips	3	0.52	2.96

Saskatchewan (n=1042)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Yellow perch	3	3.98	13.2
Gadwall	3	3.03	11.4
Rainbow trout	3	3.00	8.17
Squash	3	2.32	6.97
Maple syrup	3	0.84	2.70
Moose heart	2	1.22	4.98
Moose bone marrow	2	0.53	2.17
Dewberry	2	0.44	1.97
Northern pintail duck	2	3.10	9.14
Duck eggs	2	1.34	2.76
Beaked hazelnuts	2	0.47	1.35
Elk kidney	2	3.75	21.6
Burbot (ling)	2	2.18	8.88
Teal duck	2	2.21	7.01
Black bear fat	2	0.48	2.56
Spruce pitch/gum	2	0.76	3.37
Gooseberries	2	0.44	2.96
Loon	2	1.61	14.0
Brook trout	2	3.94	20.5
Wild onion/chives	2	2.24	11.6
Snow goose	1	2.68	17.7
Elk liver	1	6.09	33.2
Sauger	1	7.41	31.1
Dandelions	1	2.90	20.9
Birch syrup	1	0.52	3.37
Yarrow	1	0.14	1.32
Mooneye	1	13.0	34.2
Redhead duck	1	2.85	14.0
Moose brain	1	1.83	11.1
Mudhen/coot eggs	1	1.06	2.76
Moose blood	1	2.55	13.2
Canvasback	1	1.88	5.59
Long-tailed duck	1	1.29	4.19
Wood duck	1	3.09	10.7
Northern shoveler	1	4.17	27.9
Red currants	1	0.93	2.96
Goldeye	1	3.15	17.8
Swan	1	1.46	5.59
Sturgeon	1	1.91	4.84
American wigeon	1	2.04	5.59

Saskatchewan (n=1042)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Raspberry leaves	1	0.06	0.29
Cloudberries (bakeapple)	1	0.94	3.55
Tamarack gum	1	0.64	1.35
Birch twig tea	1	0.28	1.32
Tamarack bark tea	1	0.08	0.16
American black duck	<1	1.28	2.67
Balsam poplar bark	<1	0.72	2.25
Juniper tea	<1	0.36	1.64
Bunchberries	<1	0.59	1.58
White spruce bark tea	<1	0.07	0.16
Channel catfish	<1	9.20	26.7
Goldeneye	<1	2.98	6.99
Gray partridge	<1	2.08	3.73
White-fronted goose	<1	1.54	2.67
Puffball mushrooms	<1	1.12	2.10
Scoter	<1	1.17	1.90
Morel mushrooms	<1	1.12	1.58
Ruddy duck	<1	6.15	15.2
Small/Largemouth bass	<1	4.25	8.91
Scaup	<1	2.34	3.81
Bison liver	<1	2.31	3.32
Balsam poplar sap	<1	1.20	2.25
Wild asparagus	<1	1.36	1.74
Splake trout	<1	1.01	1.49
Trembling aspen inner bark	<1	0.26	0.45
Buffaloberry (soapberry)	<1	0.20	0.30
Stinging nettle	<1	1.89	3.49
Bearberry (Kinnickinnick)	<1	1.08	1.97
Brown trout	<1	1.11	1.49
Ring-necked duck	<1	0.89	1.40
Fiddleheads	<1	0.58	0.87
Shaggy mane mushrooms	<1	0.13	0.13
Balsam fir bark tea	<1	0.08	0.11
Sarsaparilla root	<1	0.08	0.11
Red paintbrush	<1	0.06	0.07
Pronghorn kidney	<1	9.96	9.96
Bufflehead	<1	4.57	4.57
Bison kidney	<1	3.32	3.32
Cutthroat trout	<1	1.56	1.56
Squirrel meat	<1	1.04	1.04

Saskatchewan (n=1042)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Grouse eggs	<1	0.79	0.79
Merganser	<1	0.76	0.76
Carp	<1	0.74	0.74
Pineapple weed	<1	0.66	0.66
Cow parsnip	<1	0.58	0.58
Rock bass	<1	0.55	0.55
Pronghorn meat	<1	0.52	0.52
Mudhen (American coot)	<1	0.38	0.38
Plantain	<1	0.29	0.29
Bolete mushrooms	<1	0.13	0.13
Bergamot	<1	0.11	0.11
Golden rod tea	<1	0.05	0.06

D) Manitoba

Manitoba (n=706)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Walleye/Pickerel	66	5.65	22.4
Moose meat	66	8.52	30.3
Blueberries	47	5.08	24.2
Geese	43	5.52	23.2
Deer meat	42	9.50	49.8
Ducks	38	8.44	34.4
Raspberries	29	4.28	15.1
Lake whitefish	28	7.35	37.1
Northern pike	27	3.87	15.5
Wild strawberry	24	4.22	11.9
Rabbit/hare meat	22	4.40	22.9
Saskatoon berries	19	3.34	11.6
Caribou meat	19	57.3	182
Elk meat	17	8.21	32.0
Low bush cranberries	16	3.43	12.1
Wild rice	15	7.80	21.7
Chokecherries	15	4.10	14.3
Lake trout	15	9.16	34.5
Crabapples	15	3.46	11.6
Grouse	15	4.46	15.5
Labrador tea leaves	10	0.91	4.27
Bison meat	8	2.62	10.1

Manitoba (n=706)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Caribou kidney	8	7.65	40.4
Muskrat meat	8	3.21	13.4
Lake sturgeon	7	1.19	5.40
White sucker	6	4.65	21.6
Highbush cranberries	6	6.10	24.7
Yellow perch	5	4.47	25.9
Deer liver	5	9.27	40.4
Moose liver	5	6.54	40.4
Hazelnut	5	6.14	11.9
Seagull eggs	4	1.33	4.11
Moose kidney	4	3.45	5.95
Caribou liver	3	6.45	35.7
Gray partridge	3	6.29	15.5
Beaver meat	3	2.64	5.33
Deer kidney	3	7.81	37.8
Gooseberries	3	4.90	71.7
Mint leaves	3	0.29	1.28
Wild turkey	2	4.78	34.8
Sweetflag/muskrat root	2	0.63	2.14
Sunfish	2	3.91	13.0
Round whitefish	2	2.39	6.48
Elk liver	1	8.06	40.4
Goldeneye	1	12.9	87.0
Elk kidney	1	7.73	40.4
Burbot	1	8.51	32.4
White perch/bass	1	2.08	4.86
Channel catfish	1	1.11	1.64
Indian potato (bear root)	1	0.21	0.64
Wild onion	1	0.15	0.57
Rainbow trout	1	3.84	16.4
Rose hips	1	1.86	7.56
Pine mushrooms	1	1.37	6.31
Red longnose sucker	1	7.48	32.4
Sauger	1	4.18	14.0
Acorns	1	2.29	7.17
Blackberries, large	1	11.1	35.8
Thimbleberries	1	3.71	7.34
Crowberries	1	1.21	3.58
Lynx	1	0.56	0.84
Juniper berries	1	3.43	9.56

Manitoba (n=706)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Walnuts	1	0.72	1.32
Wintergreen leaves	1	0.79	1.07
Black bear meat	1	0.54	0.84
Dandelions	1	0.16	0.29
Bigmouth buffalo sucker	<1	8.46	21.6
Tule	<1	4.08	10.3
Largemouth bass	<1	4.30	9.27
Cloudberries	<1	0.96	2.32
Bunchberries	<1	0.79	1.20
Raspberry leaves	<1	0.45	0.71
Poplar inner bark	<1	0.01	0.02
Kokanee trout	<1	5.76	8.64
Loon	<1	3.87	5.80
Merganser	<1	3.87	5.80
Bufflehead	<1	3.17	5.80
Arctic grayling	<1	2.09	2.32
Arrowhead	<1	0.93	1.71
Chanterelle mushrooms	<1	0.99	1.58
Kinnikinnick bearberry	<1	0.85	1.32
Smallmouth bass	<1	0.81	1.16
Black bear fat	<1	0.58	0.88
Cattail shoots	<1	0.18	0.21
Muskie	<1	29.7	29.7
Stinging nettles leaves	<1	12.8	12.8
Blue huckleberries	<1	11.2	11.2
Wild leek	<1	4.27	4.27
Hawthorn	<1	3.58	3.58
Teaberries	<1	0.81	0.81
Bunchberry leaves	<1	0.57	0.57
River otter	<1	0.50	0.50
Lamb's quarters	<1	0.21	0.21
Fireweed	<1	0.21	0.21
Horsetail shoots	<1	0.21	0.21
False Solomon's seal berries	<1	0.20	0.20
Fiddleheads	<1	0.14	0.14
Jerusalem artichoke	<1	0.07	0.07
Yellow pond lily	<1	0.04	0.04
Pine needle/twig tea	<1	0.03	0.03
Birch inner bark	<1	0.01	0.01
Spruce inner bark	<1	0.01	0.01

Manitoba (n=706)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Spruce pitch	<1	<0.01	<0.01

E) Ontario

Ontario (n=1429)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Walleye/Pickerel	60	9.37	36.7
Moose meat	59	11.2	43.9
Blueberries	39	5.05	20.9
Canada Geese	33	11.0	45.1
Corn/hominy	28	3.00	10.3
Deer meat	28	5.63	23.8
Wild strawberry	26	4.70	20.9
Northern pike	25	6.76	25.7
Lake whitefish	25	9.97	45.8
Raspberries	25	4.04	17.3
Lake sturgeon	18	2.95	10.6
Beans, kidney	18	3.19	10.9
Ducks	18	4.06	18.0
Maple syrup	16	1.90	7.10
Squash	16	2.11	9.40
Rabbit/hare meat	15	4.78	15.4
Gray partridge	14	2.70	12.0
Lake trout	14	7.49	32.3
Yellow perch	11	4.53	22.6
Caribou meat	11	8.64	40.2
Moose liver	11	5.47	26.8
Snow Geese	11	7.14	24.1
Labrador tea leaves	10	0.05	0.22
Beaver meat	9	3.71	13.4
Grouse	9	3.44	12.0
Low bush cranberries	8	3.31	11.8
Blackberries, large	8	3.43	15.7
Smallmouth bass	8	3.28	8.90
Moose kidney	8	6.08	26.3
Smelt	7	1.78	4.45
Wild rice	7	2.22	7.81
Brook trout	6	4.81	22.2
Thimbleberries	5	3.14	13.1

Ontario (n=1429)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Rainbow trout	5	4.85	20.9
Chinook salmon	5	4.60	22.6
Chokecherries	5	3.32	19.6
Sweetflag/muskrat root	4	0.03	0.11
Largemouth bass	4	2.47	6.42
Hickory nuts	4	2.77	10.5
White perch/bass	4	3.35	15.6
White sucker	4	13.0	56.5
Highbush cranberries	3	1.71	7.84
Wild turkey	3	1.13	3.01
Gooseberries	3	2.06	4.60
Crabapples	3	2.18	8.71
Mint leaves	3	0.03	0.13
Round whitefish	3	6.10	20.8
Saskatoon berries	3	2.78	8.71
Wild leek	3	0.03	0.07
Wild onion	2	0.01	0.02
Burbot	2	7.05	26.7
Red longnose sucker	2	4.74	16.7
Muskrat meat	2	2.89	7.73
Dandelions	2	0.01	0.04
Walnuts	2	4.64	20.9
Fiddleheads	2	0.01	0.01
Caribou kidney	2	8.20	30.8
Hazelnut	2	2.54	10.5
Caribou liver	1	9.18	30.8
Channel catfish	1	1.93	6.71
Bird/seagull egg	1	1.39	8.28
Elk meat	1	2.25	11.6
Merganser	1	2.40	4.51
Wintergreen leaves	1	0.01	0.03
Juniper berries	1	6.05	23.5
Raspberry leaves	1	0.03	0.20
Deer liver	1	5.13	30.8
Eel	1	3.57	22.6
Cisco	1	2.60	10.1
Jack pine needle tea	1	0.02	0.12
Loon	1	2.05	10.0
Goldeneye	1	2.55	6.02
Bufflehead	1	2.01	5.01

Ontario (n=1429)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Wild ginger	1	0.04	0.16
Sauger	1	12.2	38.5
Splake trout	1	7.77	35.4
Pheasant	1	4.96	15.0
Muskie	1	3.59	12.5
Black bear meat	1	0.59	0.71
Crowberries	<1	3.10	10.7
Bearberries	<1	2.52	6.14
Rock bass	<1	3.14	8.33
Rose hips	<1	1.98	4.60
Red squirrel meat	<1	1.00	1.88
Sumac	<1	0.87	1.53
White pine seeds/nuts	<1	0.02	0.03
Teaberries	<1	3.34	13.1
Brown trout	<1	2.38	4.19
Bluegill sunfish	<1	1.82	3.35
Pine mushrooms	<1	1.00	2.63
Black bear fat	<1	0.38	1.41
Wild basil	<1	0.01	0.04
Bunchberries	<1	1.99	2.61
Deer kidney	<1	0.73	1.28
Hawthorn	<1	0.82	0.87
Poplar inner bark	<1	0.07	0.25
Spruce inner bark	<1	0.01	0.02
Jerusalem artichoke	<1	0.01	0.02
Stinging nettles leaves	<1	<0.01	0.01
Thimbleberry, salmonberry shoots	<1	<0.01	<0.01
Blue huckleberries	<1	11.5	25.3
Ground squirrel meat	<1	1.86	4.47
Western dock	<1	0.01	0.02
Indian cucumber	<1	0.01	0.02
Pine pitch	<1	0.01	0.01
Lamb's quarters	<1	<0.01	0.01
Buffaloberries	<1	10.7	20.9
Cloudberries	<1	8.99	15.7
Pumpkinseed sunfish	<1	4.18	6.67
River otter	<1	3.08	4.27
Poplar buds	<1	0.02	0.02
Cow parsnip	<1	0.01	0.02

F) Quebec

Quebec (n=573)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Blueberries	54	2.49	6.90
Moose meat	53	8.00	35.0
Goose, Canada	36	5.39	19.2
Walleye (yellow pickerel)	26	2.61	8.71
Raspberries	24	2.51	10.4
Rabbit/hare meat	24	2.62	8.24
Maple syrup	23	2.58	11.0
Beaver meat	23	1.96	5.49
Caribou meat	22	7.00	29.9
Atlantic salmon	22	2.53	6.97
Strawberries	22	2.36	5.75
Grouse	22	2.60	8.22
Lobster	22	2.41	7.84
Beans	21	6.49	24.5
Deer meat	21	9.22	44.7
Corn/hominy	20	5.47	21.0
Fiddleheads	17	4.07	11.0
Mussels	17	3.28	13.9
Lake trout	17	3.28	13.9
Ptarmigan	16	6.44	26.7
Squash	16	7.10	31.6
Brook trout	15	3.21	13.9
Black bear meat	14	2.45	7.32
Sturgeon	14	1.64	5.81
Labrador tea	13	1.11	4.93
Scallops	12	1.62	6.10
Shrimp	11	2.48	5.81
Northern pike/jackfish	11	1.44	4.65
Crab	11	1.60	5.81
Cloudberries (bakeapple)	10	1.25	4.60
Rainbow trout	10	1.95	6.97
Mallard	10	1.30	4.11
Moose kidney	10	1.35	4.08
Partridge berry	9	1.14	3.45
Black bear fat	9	2.34	7.07
Rainbow smelt	9	1.57	5.81
Blackberries, large	9	2.59	13.8
Porcupine meat	9	1.82	3.89
Cedar tea	9	0.26	1.64

Quebec (n=573)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Moose liver	8	1.72	5.10
Whitefish (lake, round)	7	3.35	12.2
Hazelnuts	7	1.36	3.81
Cisco	7	2.81	8.71
Cod	7	2.77	13.9
Goose fat	7	2.97	8.72
Channel catfish	6	2.63	15.7
Snow goose	6	1.64	8.22
Black raspberry	5	1.84	5.75
Haddock	5	2.78	9.29
Soft clam	5	1.50	4.65
Yellow perch	4	3.52	12.2
Wild onion/chives	4	1.22	7.60
Scoter	4	1.74	3.08
Cranberry, bog	4	1.44	3.84
Smallmouth bass	4	1.60	3.49
Mint	3	6.90	32.4
Muskrat meat	3	0.93	2.60
Caribou liver	3	0.90	9.34
Sauger	3	3.40	15.7
Wild leeks	3	10.6	112
Plum	3	0.90	4.99
American black duck	3	1.61	5.48
Crabapple	3	0.67	2.88
Dandelions	3	2.55	9.21
Herring	3	1.94	8.13
Atlantic halibut	2	3.67	34.8
Deer liver	2	2.31	20.4
Seagull egg	2	0.64	1.34
Eider duck	2	2.53	5.14
Caribou kidney	2	0.63	2.04
Eider egg	2	0.66	1.53
Sunflower seeds	2	1.32	4.82
Arctic char	2	1.62	4.36
Striped bass	2	0.97	3.49
Trailing raspberry	2	1.07	2.30
Land-locked Atlantic salmon	2	1.69	6.97
Teal duck	2	1.28	2.74
Oysters	2	0.90	2.32
Herring gull egg	2	0.58	1.34

Quebec (n=573)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Bluefin tuna	2	3.08	11.6
Largemouth bass	2	0.76	2.32
High bush cranberry	2	0.61	1.53
Black walnut	2	0.53	0.76
White pine needle tea	2	0.17	0.58
Wild grapes	2	3.05	17.3
Sucker	2	2.36	8.13
Quahog clam	2	1.52	5.81
Arctic tern egg	2	0.70	1.34
Wild rice	1	7.23	21.0
Sole/American plaice	1	2.07	6.97
Spruce, white tea	1	0.05	0.07
Long-tailed duck	1	2.25	10.3
Mackerel	1	0.91	2.32
Elderberry	1	11.9	55.2
Brown trout	1	5.76	27.9
Wild ginger root	1	6.50	21.0
Acorns	1	7.30	20.6
Crowberry	1	1.98	7.29
White perch/bass	1	2.18	6.97
Cherries	1	1.44	6.71
Northern shoveler	1	1.77	4.11
Razor clam	1	1.02	2.90
Northern pintail duck	1	0.97	2.74
Wood duck	1	0.97	2.74
American wigeon	1	0.80	2.74
Seal meat	1	0.63	1.74
Wild turkey	1	0.91	1.71
Loon	1	0.40	0.69
Gooseberries	1	0.35	0.58
Stinging nettle	1	28.0	72.3
Yarrow	1	11.4	42.1
Rosehips	1	3.80	17.3
Squid	1	1.28	3.49
Bufflehead	1	1.30	2.74
Goldeneye	1	1.10	2.74
Scaup	1	0.68	1.37
Birch syrup tea	1	0.19	0.66
Tamarack bark tea	1	0.10	0.22
Sumac	1	3.16	10.4

Quebec (n=573)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Wintergreen leaves (teaberry)	1	2.52	6.58
Merganser	1	1.71	5.48
Black huckleberry	1	1.58	3.84
Coho salmon	1	1.16	2.90
Teaberry	1	0.96	2.11
Deer kidney	1	1.06	2.04
Chanterelle mushrooms	1	0.53	1.32
Burbot (ling)	1	0.65	1.16
Pickerel (chain)	1	0.65	1.16
Pollock	1	0.58	1.16
Sweetflag/muskrat root	1	1.66	4.93
Pitcher plant (turtle socks)	1	2.48	3.51
Groundnut	1	1.32	3.07
Flounder	1	1.65	2.32
Bearberry (Kinnickinnick)	1	1.02	1.73
American eel	1	0.58	1.16
Sunfish	1	0.58	0.87
Capelin	1	0.48	0.58
Alder tea	1	0.21	0.55
Squirrel meat	1	0.41	0.47
Juneberry	1	0.26	0.38
Ruddy duck	1	0.34	0.34
Lamb’s quarters	<1	5.04	9.21
Mooneye	<1	4.21	8.13
Gadwall	<1	1.54	2.74
Seal fat	<1	1.41	2.12
Fireweed	<1	0.88	1.32
Carp	<1	1.02	1.16
Sea urchin	<1	0.73	1.16
Burdock	<1	0.66	0.88
Shad	<1	0.58	0.87
Canvasback	<1	0.68	0.69
Creeping snowberry	<1	0.38	0.38
Morel mushrooms	<1	0.20	0.26
Juniper tea	<1	0.05	0.06
Birch twig tea	<1	0.03	0.06
Maple bark tea	<1	0.03	0.06
Canada yew tea	<1	0.02	0.03

G) Atlantic

Atlantic (n=1025)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Moose meat	54	11.3	40.8
Blueberries	52	0.84	3.02
Lobster	51	3.29	11.7
Atlantic salmon	42	2.07	8.09
Strawberries	40	0.69	2.02
Raspberries	32	0.57	1.51
Scallops	26	4.20	14.6
Blackberries	24	0.62	1.89
Smelt	22	2.21	8.09
Fiddleheads	21	1.60	4.96
Deer meat	21	5.35	19.6
Atlantic cod	21	4.61	16.2
Haddock	19	4.55	16.2
Mussels	18	2.83	11.7
Brook trout	18	2.59	8.09
Crab	17	3.23	14.6
Corn/hominy	16	1.87	7.10
Shrimp	15	4.35	12.2
Beans	14	2.54	7.34
Rainbow trout	14	2.25	8.09
Mackerel	14	1.71	6.74
Maple syrup	13	1.42	5.39
Crabapples	13	0.57	1.89
Halibut	13	2.21	8.09
Soft clam	13	2.79	11.7
American eel	11	1.92	8.09
Striped bass	10	1.25	3.03
Lake trout	8	1.73	8.09
Low bush cranberries	8	0.51	3.02
Quahog clam	8	2.28	11.7
Squash	8	1.97	6.71
Rabbit/hare meat	7	2.43	5.70
Grouse	7	0.25	0.82
Brown trout	7	1.96	6.74
Partridge berries	6	1.17	3.02
Hazelnuts	6	0.84	4.49
Oysters	6	3.44	17.6
Cherries (pin/chokecherries)	6	0.34	1.13
Herring	5	1.60	4.04

Atlantic (n=1025)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Gooseberries	5	0.65	1.89
Plums	4	0.46	1.89
Mint	3	0.14	0.66
Moose liver	3	1.88	6.90
Wild rice	3	2.22	9.07
Squid	3	2.76	11.7
Bluefin tuna	3	7.54	22.2
Black bear meat	2	3.42	17.1
Beaver meat	2	2.51	11.6
Flounder	2	1.55	5.39
Sweetflag/muskrat root	2	0.15	0.33
Deer liver	2	1.01	2.30
Teaberries	2	0.31	1.51
Pollock	2	2.61	16.2
Capelin	2	1.47	9.44
Razor clam	2	3.01	11.7
Moose kidney	2	1.52	6.90
Gold thread root tea	2	0.36	4.93
Cedar tea	2	0.12	0.66
Chanterelle mushrooms	2	0.53	2.10
Smallmouth bass	1	0.63	2.02
Pheasant	1	0.16	0.55
High bush cranberries	1	0.80	6.05
Goose (Canada/Brant)	1	0.14	0.41
Shad	1	1.59	10.1
Acorns	1	0.54	2.70
Dewberries	1	0.33	1.89
Butternut	1	0.26	0.56
White perch/bass	1	1.65	4.04
Gaspereau	1	1.04	2.02
American black duck	1	0.19	0.55
Wintergreen	1	0.03	0.08
Labrador tea	1	0.02	0.05
Deer kidney	1	1.64	3.45
Dandelions	1	0.03	0.05
Black bear fat	1	1.67	5.65
Currants	1	0.49	1.89
Beech nut	1	0.30	0.67
Wood duck	1	0.16	0.55
Raspberry leaves	1	0.17	0.41

Atlantic (n=1025)			
Traditional Food	Percent consumption	Grams per person per day	
		Mean	95th percentile
Mallard	1	0.11	0.27
Birch twig tea	1	0.07	0.22
Cherry bark tea	1	0.06	0.11
Juniper tea	1	0.02	0.04
Tomcod	<1	9.10	40.4
Seal meat	<1	3.61	11.7
Lake whitefish	<1	0.61	1.35
White pine needle tea	<1	0.02	0.03
Ocean perch	<1	1.18	3.37
Squirrel meat	<1	0.82	1.42
Burdock	<1	0.14	0.33
Hawthorn	<1	0.13	0.25
Sumac	<1	0.11	0.25
Spruce bark tea	<1	0.06	0.15
Sarsaparilla root	<1	0.02	0.03
Yellow perch	<1	0.56	0.67
Lamb’s quarters	<1	0.41	0.57
Cow parsnip	<1	0.08	0.16
Balsam fir bark tea	<1	0.07	0.16
Maple bark tea	<1	0.05	0.11
Yarrow	<1	0.04	0.05
Wild leek	<1	8.99	17.8
Sturgeon	<1	2.86	3.71
Sea urchin	<1	2.19	3.41
Kinnikinnick/bearberry	<1	1.73	3.40
Muskrat meat	<1	2.26	3.29
Wild turnip	<1	1.48	2.24
Morel mushrooms	<1	0.85	1.58
Harlequin duck	<1	0.72	1.37
Birch syrup	<1	0.73	1.35
Iris	<1	0.62	1.23
Wild mustard	<1	0.53	0.76
Chain pickerel/jackfish	<1	0.51	0.67
Snow goose	<1	0.34	0.55
Porcupine meat	<1	0.46	0.48
Huckleberries	<1	0.28	0.38

A) Pacific Maritime

Pacific Maritime (n=486)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Sockeye salmon	81	13.4	48.3
Halibut	61	5.79	17.9
Deer meat	60	9.87	44.6
Salmonberries	56	1.90	6.07
Chinook salmon	55	9.65	37.7
Coho salmon	51	9.11	35.9
Clams	51	2.94	10.3
Moose meat	47	8.36	35.7
Crab	46	3.27	12.8
Blackberries, large	46	2.73	10.3
Salmon eggs	43	4.79	16.1
Prawn	42	4.26	13.7
Soapberries	39	4.10	18.3
Eulachon grease	39	2.21	9.17
Laver seaweed	39	0.58	2.63
Red huckleberries	38	1.85	6.07
Herring roe	38	4.20	14.4
Eulachon	35	2.66	7.90
Blueberries	34	3.51	18.3
Raspberries	33	2.90	9.71
Chum salmon	32	6.09	21.1
Thimbleberries	32	1.92	6.07
Blackberries, trailing	30	2.09	7.33
Wild strawberry	29	2.39	9.71
Shrimp	28	3.98	13.7
Blue huckleberries	27	3.30	13.0
Pink salmon	27	4.77	17.4
Pine mushrooms	26	1.82	6.31
Rockfish	26	4.28	14.4
Elk meat	25	4.95	15.4
Crabapples	22	1.50	7.33
Ling cod	21	3.78	14.4
Deer liver	21	4.46	15.4
Black caps	21	2.97	11.0
Basket cockle	20	1.80	8.98
Salal berries	18	2.20	6.07
Saskatoon berries	18	2.48	7.29
Oysters	18	2.86	11.1
Rainbow trout	15	3.71	13.2
Pacific/gray cod	14	3.90	17.4

Pacific Maritime (n=486)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Black cod	14	3.39	14.4
Labrador tea	14	0.45	1.53
Moose liver	13	3.19	8.93
Dolly varden trout	13	3.41	16.1
Steelhead trout	12	4.11	16.1
Mussels	11	1.93	6.23
Scallops	10	2.08	6.34
Chanterelle mushrooms	10	1.75	7.10
Herring	9	4.51	10.5
Cow parsnip shoots	9	0.53	1.53
Grouse	9	0.91	2.47
Stinging nettles leaves	8	0.61	1.48
Octopus	8	2.05	7.02
Kelp	8	0.38	1.84
Thimbleberry/salmonberry shoot	8	0.31	1.48
Gooseberries	6	1.98	8.50
Rose hips	6	2.00	5.45
Low bush cranberries	6	2.85	18.3
Cutthroat trout	6	4.97	21.5
Sea urchin eggs	6	1.60	1.56
Ducks	6	0.69	1.64
Chokecherries	5	1.34	5.45
Abalone	4	2.52	16.6
Hazelnut	4	1.39	6.82
Lake trout	4	3.11	10.7
Juniper berries	3	1.42	4.86
Morel mushrooms	3	0.76	2.63
Giant horsetail shoots	3	0.29	1.18
Mountain goat meat	3	2.16	15.4
Geese	3	0.74	2.47
Deer kidney	3	12.7	90.8
Black bear meat	3	3.16	30.8
Caribou meat	3	3.08	15.1
Balsam tree inner bark	3	0.23	0.79
Moose kidney	3	5.16	30.8
Kelp greenling	3	3.49	16.1
Indian plums	3	1.24	2.83
Starry flounder/English sole	2	3.43	10.5
Highbush cranberries	2	2.94	25.7
Oregon grape	2	1.75	9.71
Elderberries	2	3.06	25.7

Pacific Maritime (n=486)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Sea cucumber	2	0.90	3.42
Elk liver	2	11.3	90.8
Harbour seal meat	2	8.01	35.1
Licorice fern	2	0.15	0.30
Sea prunes	2	1.26	3.42
Onion (nodding, hooker's)	2	0.33	2.37
China slippers	2	0.89	3.06
Oyster mushrooms	2	0.69	1.58
Balsam root	2	0.40	1.53
Sweetflag/muskrat root	2	0.32	1.53
Wild ginger	2	0.30	1.53
Kinnikinnick/bearberry	1	8.87	34.4
Crab guts	1	3.94	15.3
Bull trout	1	3.77	9.84
Rabbit meat	1	1.27	5.13
Barnacle	1	0.97	2.04
Harbour seal fat	1	10.2	35.1
Kokanee trout	1	5.72	21.5
Sheep meat	1	5.60	23.1
Beaver meat	1	2.49	5.78
Bracken fern root	1	0.14	0.30
Spruce pitch	1	0.07	0.33
Balsam pitch	1	0.03	0.13
Brook trout	1	5.10	21.5
Whitefish	1	1.50	5.27
Thistle	1	0.51	2.37
Birch inner bark	1	0.02	0.07
Pine pitch	1	0.01	0.02
Cloudberries	1	3.28	5.73
Elk kidney	1	2.38	5.13
Sturgeon	1	1.08	1.79
Bunchberries	1	0.88	2.54
Northern rice root	1	0.76	2.96
Springbank clover root	1	0.62	1.48
Cottonwood mushrooms	1	0.43	1.05
Rockweed	1	0.21	0.57
Red willow root	1	0.02	0.07
Red willow bark	1	0.02	0.03
Birch pitch	1	0.01	0.01
Hawthorn	1	3.59	9.71
Sucker	1	2.20	5.27

Pacific Maritime (n=486)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Crowberries	1	0.32	0.46
Sea lettuce	1	0.19	0.53
Bitter root	1	0.14	0.38
Fireweed shoots	1	0.09	0.19
Pine needle/twig tea	1	0.01	0.01
Sea lion meat	<1	7.61	9.36
Seagull eggs	<1	5.13	9.47
Cisco	<1	3.29	5.27
Black bear fat	<1	1.78	2.37
Spiny wood fern root	<1	1.19	2.37
Yellow perch	<1	0.60	0.90
Lodgepole pine	<1	0.02	0.03

B) Boreal Cordillera

Boreal Cordillera (n=80)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Moose meat	100	45.2	102
Sockeye salmon	81	13.1	39.5
Moose kidney	71	4.26	16.1
Moose liver	55	3.49	10.1
Caribou meat	53	9.43	35.7
Blueberries	53	2.30	7.33
Chinook salmon	51	10.3	26.9
Soapberries	50	1.66	5.96
Sheep meat	48	4.75	30.3
Blue huckleberries	39	2.06	7.33
Rainbow trout	36	8.41	41.2
Grouse	35	2.41	10.3
Wild strawberry	34	0.91	1.83
Herring roe	33	2.54	7.18
Black bear fat	29	3.84	14.2
Halibut	23	2.20	13.2
Balsam tree inner bark	23	0.11	0.79
Raspberries	21	0.90	2.05
Dolly varden trout	19	1.65	3.51
Groundhog meat	18	2.29	8.93
Eulachon	18	1.34	3.58
Highbush cranberries	16	2.57	15.3
Mountain goat meat	16	2.58	8.93
Low bush cranberries	15	2.84	10.9

Boreal Cordillera (n=80)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Rabbit meat	15	2.19	8.40
Lake trout	15	1.73	3.51
Beaver meat	15	1.08	2.52
Steelhead trout	14	3.12	10.9
Salmon eggs	14	1.52	5.37
Crab	10	1.90	7.81
Gooseberries	10	1.18	5.50
Deer meat	10	2.23	4.46
Caribou kidney	10	1.64	3.60
Geese	10	0.67	1.23
Balsam pitch	9	0.03	0.08
Pine pitch	9	0.02	0.07
Black bear meat	8	1.48	2.69
Chokecherries	8	0.23	0.31
Juniper berries	6	1.84	7.33
Caribou liver	6	2.04	3.60
Eulachon grease	6	0.95	2.86
Porcupine meat	6	0.77	1.01
Crowberries	6	0.48	0.91
Black cod	5	5.06	13.2
Prawn	5	2.32	7.81
Ptarmigan	5	2.26	4.93
Coho salmon	5	2.08	4.34
Herring	5	2.25	3.58
Clams	5	1.21	2.11
Saskatoon berries	5	0.42	0.68
Pine mushrooms	4	2.37	5.26
Laver seaweed	4	1.68	4.73
Scallops	4	1.84	3.90
Gopher	4	1.51	2.69
Oysters	4	1.30	2.60
Ducks	4	0.34	0.41
Pink salmon	3	4.71	7.02
Deer liver	3	1.36	1.98
Crabapples	3	0.88	1.53
Balsam root	3	0.76	1.48
Shrimp	3	0.89	1.30
Rose hips	3	0.53	0.92
Sea lettuce	3	0.13	0.18
Labrador tea	3	0.10	0.13
Kelp	3	0.05	0.07

Boreal Cordillera (n=80)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Birch inner bark	3	0.01	0.01

C) Montane Cordillera

Montane Cordillera (n=313)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Moose meat	85	30.0	125
Sockeye salmon	66	14.0	49.2
Blue huckleberries	65	3.31	13.7
Soapberries	65	3.88	16.8
Deer meat	36	22.7	91.4
Wild strawberry	31	1.78	9.16
Raspberries	29	1.73	6.56
Saskatoon berries	28	2.18	9.71
Blueberries	28	2.59	9.16
Chinook salmon	27	8.04	36.9
Rainbow trout	25	4.63	10.9
Salmon eggs	24	5.17	21.5
Elk meat	23	9.86	30.8
Lake trout	18	4.07	21.5
Moose liver	17	4.97	16.1
Beaver meat	15	5.83	20.2
Pink salmon	15	7.25	30.9
Coho salmon	14	3.45	10.5
Grouse	14	2.72	9.86
Halibut	14	2.13	5.99
Ling cod	14	5.26	23.3
Moose kidney	14	6.29	17.9
Labrador tea	13	1.51	6.87
Low bush cranberries	11	1.99	11.6
Deer liver	11	9.15	30.8
Black bear meat	11	5.28	15.4
Black bear fat	11	5.64	26.6
Dolly varden trout	11	3.35	15.0
Chokecherries	10	2.85	12.1
Crabapples	9	1.89	7.33
Red huckleberries	9	4.93	24.3
Eulachon	9	2.29	10.5
Rose hips	8	4.39	33.0
Kokanee trout	8	3.42	10.7
Crab	8	2.71	10.3

Montane Cordillera (n=313)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Rabbit meat	8	5.95	17.9
Thimbleberries	8	1.82	12.1
Black caps	8	1.59	7.33
Blackberries, large	8	1.81	7.29
Shrimp	7	3.82	10.3
Herring roe	7	1.84	3.62
Pacific/gray cod	7	1.88	3.58
Indian potato (Spring beauty)	7	0.14	0.40
Prawn	6	5.08	29.3
Caribou meat	6	3.82	17.9
Whitefish	6	2.99	8.96
Pine mushrooms	6	3.08	37.9
Eulachon grease	6	5.03	22.0
Blackberries, trailing	6	3.05	20.2
Steelhead trout	6	4.22	13.0
Highbush cranberries	6	1.96	12.1
Balsam tree inner bark	6	0.15	0.99
Laver seaweed	5	0.67	4.73
Morel mushrooms	5	3.84	37.9
Oregon grape	5	1.76	12.1
Hazelnut	5	1.55	12.1
Mountain goat meat	4	2.67	8.07
Clams	4	1.64	5.13
Cottonwood mushrooms	4	1.70	3.16
Bitter root	4	0.25	1.53
Balsam pitch	4	0.17	0.99
Red willow bark	4	0.08	0.59
Brook trout	4	4.96	35.9
Groundhog meat	4	3.97	28.2
Deer kidney	4	5.49	20.2
Onion (nodding, hooker's)	4	0.34	2.37
Chanterelle mushrooms	4	4.76	37.9
Oysters	4	3.56	19.5
Gooseberries	3	1.95	12.1
Mussels	3	2.37	7.81
Juniper berries	3	6.04	33.7
Elk liver	3	9.74	30.8
Bull trout	3	4.72	13.0
Geese	3	1.44	4.93
Black cod	3	1.73	3.58
Red willow root	3	0.21	0.99

Montane Cordillera (n=313)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Birch inner bark	3	0.10	0.59
Pine pitch	3	0.06	0.13
Salmonberries	3	4.98	20.2
Salal berries	3	4.46	18.3
Chum salmon	3	6.30	14.4
Sheep meat	3	2.13	8.07
Mariposa lily	3	0.19	0.76
Scallops	2	3.83	12.5
Poplar	2	0.18	0.99
Spruce pitch	2	0.06	0.13
Herring	2	4.97	14.4
Bunchberries	2	2.85	12.1
Crowberries	2	2.69	12.1
Stinging nettles leaves	2	1.50	6.87
Oyster mushrooms	2	1.27	3.16
Sweetflag/muskrat root	2	0.31	0.76
Balsam root	2	0.29	0.76
Indian potato (bear root)	2	0.26	0.76
Thimbleberry/salmonberry shoot	2	0.08	0.38
Lodgepole pine	2	0.03	0.13
Kelp greenling	2	9.33	35.9
Thistle	2	1.60	6.87
Yellow avalanche lily	2	0.27	0.76
Northern rice root	2	0.21	0.76
Pine needle/twig tea	2	0.18	0.59
Spruce inner bark	2	0.05	0.13
Elderberries	1	12.2	33.7
Burbot	1	9.03	18.8
Elk kidney	1	6.15	16.1
Indian plums	1	3.69	12.1
Rockfish	1	3.87	10.5
Porcupine meat	1	2.60	8.93
Licorice fern	1	0.29	0.76
Sturgeon	1	5.50	13.0
Kinnikinnick bearberry	1	4.46	12.1
Sucker	1	1.83	4.03
Brown trout	1	2.74	3.51
Abalone	1	1.79	3.06
Cow parsnip shoots	1	0.92	2.29
Ducks	1	0.75	1.64
Wild ginger	1	0.38	0.76

Montane Cordillera (n=313)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Camas bulb	1	0.34	0.76
Giant horsetail shoots	1	0.21	0.38
Birch pitch	1	0.05	0.13
Octopus	1	14.2	27.4
Hawthorn	1	6.70	12.1
Cloudberries	1	6.58	12.1
Ptarmigan	1	5.34	9.86
Starry flounder/English sole	1	7.18	7.18
Bigleaf maple shoots	1	3.62	6.87
Cutthroat trout	1	3.51	3.51
Arctic grayling	1	1.64	2.68
Basket cockle	1	1.23	2.08
Goose eggs	1	0.59	0.79
Springbank clover root	1	0.48	0.76
Grebe	1	0.41	0.62
Western dock	1	0.31	0.38
Desert parsley leaves	1	0.20	0.38
Fireweed shoots	1	0.20	0.38
Kelp	1	0.10	0.18

D) Taiga Plains

Taiga Plains (n=152)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Moose meat	98	40.6	119
Raspberries	66	2.45	8.70
Saskatoon berries	59	3.02	10.5
Wild strawberry	56	2.47	8.98
Grouse	53	7.88	35.3
Rabbit/hare meat	46	9.18	31.4
Blueberries	41	2.59	7.33
Sweetflag/muskrat root	39	0.19	1.18
Low bush cranberries	34	2.22	10.1
Northern pike/jackfish	33	9.73	39.7
Beaver meat	32	10.1	46.2
Goose (Canada/Brant)	32	6.90	26.5
Moose kidney	30	4.09	16.7
Whitefish	28	3.99	17.4
Mallard	27	19.2	66.2
Walleye/pickerel	27	4.65	21.2
Elk meat	27	4.95	20.2

Taiga Plains (n=152)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Moose liver	26	5.33	29.9
Highbush cranberries	25	3.28	10.1
Chokecherries	24	5.06	29.9
Deer meat	19	8.22	40.3
Soapberries	19	1.96	10.1
Blue huckleberries	18	2.16	10.1
Mint	17	0.13	0.53
Rose hips	16	1.61	3.67
Ling cod	14	3.79	7.18
Dolly varden trout	14	2.27	7.18
Rainbow trout	14	1.65	3.59
Sockeye salmon	13	3.56	14.5
Ducks	12	1.52	6.16
Pink salmon	11	4.04	16.7
Halibut	11	2.87	10.7
Lake trout	11	2.21	7.18
Gooseberries/currants	11	3.40	19.4
Crabapples	11	1.56	8.50
Spruce sap/gum	11	0.02	0.07
Northern shoveler	9	20.2	76.8
Northern pintail	9	20.2	76.8
Caribou meat	9	3.39	12.5
Labrador tea	9	0.23	1.09
American coot eggs	8	7.40	23.7
Cloudberries/bakeapples	8	2.90	11.5
Black bear fat	8	1.35	4.08
Teal duck	7	11.4	35.3
White-fronted goose	7	6.26	13.2
Black bear meat	6	10.8	81.7
Balsam tree inner bark	6	0.02	0.07
Pacific/gray cod	5	6.03	19.3
Coho salmon	5	2.88	7.18
Arctic grayling	5	2.07	5.27
Sheep meat	5	1.83	5.13
Porcupine meat	5	0.53	1.26
Balsam poplar sap	5	0.02	0.07
Blackberries, large	5	1.71	4.28
Goose fat	5	0.56	1.02
Wigeon	4	21.2	76.8
Bunchberries	4	4.85	21.9
Longnose sucker	4	5.07	21.2

Taiga Plains (n=152)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
White sucker	4	1.43	5.29
Gadwall duck	3	25.9	76.8
Snow goose	3	7.41	26.5
Muskrat meat	3	2.04	5.67
Black caps	3	1.65	5.09
Bull trout	3	2.12	4.34
Salmonberries	3	1.60	2.43
Blackberries, trailing	3	0.97	1.83
Bison meat	3	9.30	35.8
Thimbleberries	3	6.94	25.4
Kinnikinnick bearberry	3	3.04	10.1
Chinook salmon	3	4.14	8.05
Elk liver	3	0.73	1.28
Ptarmigan	2	26.7	44.4
Fish eggs (whitefish)	2	14.3	21.2
Crowberries	2	2.62	6.41
Crab	2	0.65	1.30
Swan	2	0.89	1.23
Poplar	2	0.02	0.02
Birch inner bark	2	0.02	0.02
Birch sap	2	0.01	0.02
Herring	1	74.6	96.6
Canvasback duck	1	42.8	76.8
Long-tail duck	1	11.2	15.4
Gray partridge	1	2.87	5.29
Oysters	1	2.11	3.90
Red huckleberries	1	1.82	2.43
Elk kidney	1	0.81	1.28
Salmon eggs	1	0.75	0.90
Deer liver	1	0.69	0.74
Quillback sucker	1	0.44	0.44
Spruce inner bark	1	0.02	0.02
Red willow bark	1	0.01	0.02

E) Boreal Plains

Boreal Plains (n=1248)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Moose meat	83	16.8	82.8

Boreal Plains (n=1248)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Blueberries	55	1.74	6.81
Deer meat	44	6.11	26.1
Saskatoon berries	44	1.49	4.73
Raspberries	43	1.53	4.99
Walleye/pickerel	37	4.72	19.1
Wild strawberry	35	1.38	4.93
Northern pike/jackfish	33	4.44	15.9
Mallard	33	2.78	9.90
Elk meat	31	6.62	29.5
Whitefish	26	3.95	18.5
Rabbit/hare meat	26	2.48	8.66
Sweetflag/muskrat root	25	0.18	0.66
Goose (Canada/Brant)	21	1.64	4.84
Grouse	21	2.72	10.6
Mint leaves	20	0.15	0.62
Chokecherries	17	0.87	3.78
Moose kidney	16	4.68	19.5
Moose liver	14	5.33	15.4
Mooseberry, squashberry	13	0.92	4.49
Labrador tea leaves	13	0.36	1.64
Ducks	10	4.36	19.3
Highbush cranberries	10	1.03	4.64
Lake trout	8	4.07	21.5
Beaver meat	6	1.36	5.19
Crabapples	6	0.56	2.32
Bison meat	6	2.52	9.53
Rainbow trout	6	1.60	7.67
Wild rice	5	2.84	6.97
Prairie dog	5	5.38	21.9
White sucker	5	3.74	18.6
Caribou meat	5	2.38	7.27
Deer liver	4	3.63	24.8
Black huckleberries	4	1.49	3.99
Sockeye salmon	4	4.43	17.6
Muskrat meat	4	1.42	5.19
Cranberry, bog, swamp (mossberry)	4	0.48	1.18
Blue huckleberries	4	1.69	7.33
Rosehips	4	0.95	3.45
Sweetgrass tea	4	0.47	2.19
Northern pintail duck	3	3.62	11.2
Ling cod	3	2.39	7.18

Boreal Plains (n=1248)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Deer kidney	3	3.42	20.3
Hazelnuts/filberts	3	0.58	1.99
Dolly varden trout	3	1.51	5.37
Gooseberries/currants	3	0.68	2.49
Wild onion/chives	3	0.19	2.03
Rhubarb	3	0.67	1.74
Gray partridge	3	2.55	14.5
Black bear meat	3	1.76	4.68
Halibut	3	1.71	7.18
Corn/hominy	3	1.89	6.97
White perch/bass	2	2.60	6.62
Pink salmon	2	1.74	3.62
Shrimp	2	2.59	10.3
Teal duck	2	2.90	5.73
Elk kidney	2	1.86	5.04
Red huckleberries	2	1.34	3.05
Sage	2	0.46	1.10
Yellow perch	2	2.78	8.22
Canvasback duck	2	3.41	7.50
Ptarmigan (willow, rock)	2	1.96	7.06
Chanterelle mushrooms	2	0.48	1.58
Burbot (ling)	2	3.51	14.0
Prawn	2	2.55	7.81
Oysters	2	1.96	5.13
Elk liver	2	1.84	4.77
Mudhen/coot eggs	2	1.27	4.73
Black bear fat	2	0.56	4.08
Crab	1	2.20	10.3
Spruce sap/gum	1	0.32	2.36
Fish eggs (whitefish)	1	1.76	7.06
Morel mushrooms	1	0.28	1.58
Birch syrup	1	0.01	0.11
Seagull eggs	1	1.40	7.89
Wigeon	1	3.78	12.4
Sturgeon	1	1.20	6.99
Northern shoveler	1	4.82	12.4
Beans	1	2.51	11.6
White-fronted goose	1	1.61	5.29
Scallops	1	1.75	5.13
Redhead duck	1	3.59	14.0
Sunflower seeds	1	1.22	3.24

Boreal Plains (n=1248)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Coho salmon	1	2.80	9.77
Duck eggs	1	1.47	7.89
Snow goose	1	2.05	5.29
Swan	1	1.40	5.29
Bunchberries	1	1.04	3.74
Chinook salmon	1	9.95	43.1
Arctic grayling	1	2.31	7.06
Goldeneye	1	1.88	5.29
Squash	1	1.39	4.65
Clams	1	0.95	3.42
Gadwall duck	1	1.09	2.79
Brook trout	1	2.21	8.95
Long-tailed duck	1	1.60	5.29
Bitter root	1	0.22	1.18
Pine mushrooms	1	0.57	0.92
Poplar	1	0.02	0.07
Dandelions	1	3.53	20.9
Pacific/gray cod	1	2.31	10.7
Sheep meat	1	0.76	2.52
Mussels	1	2.82	10.3
Ringed neck duck	1	2.84	5.29
Bull trout	1	2.02	4.85
Blackberries, trailing	1	0.94	2.43
Maple syrup	1	0.69	1.46
Yarrow	1	0.24	1.32
Onion (nodding, hooker's)	1	0.11	0.48
Cow parsnip shoots	1	0.08	0.19
Balsam poplar sap	1	0.02	0.10
Salmon eggs	<1	1.35	5.37
Caribou kidney	<1	1.77	5.04
Blackberries, large	<1	0.49	1.01
Soapberries	<1	0.28	0.42
Sauger	<1	12.5	21.9
Porcupine meat	<1	1.50	5.13
Scoter	<1	1.07	2.65
Cranberry, mountain (lingonberry)	<1	0.47	1.38
Dewberry	<1	0.47	0.79
Fiddleheads	<1	0.06	0.29
Balsam root	<1	0.02	0.07
Small/Largemouth bass	<1	3.75	8.91
Red longnose sucker	<1	3.09	5.41

Boreal Plains (n=1248)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Wild turkey	<1	1.43	2.65
Caribou liver	<1	1.01	2.52
Birch twig tea	<1	0.35	1.32
Thimbleberries	<1	0.73	1.16
Round whitefish	<1	0.63	1.02
Goose fat	<1	0.40	1.02
Goldeye	<1	0.61	0.78
Kinnikinnick/bearberry	<1	0.44	0.75
Stinging nettles leaves	<1	0.12	0.35
Indian potato	<1	0.07	0.24
Raspberry leaves	<1	0.02	0.05
Red willow bark	<1	0.01	0.01
Birch inner bark	<1	0.01	0.01
Pine pitch	<1	0.01	0.01
Channel catfish	<1	11.9	26.7
Jackrabbit	<1	2.73	6.81
Scaup duck	<1	3.80	5.29
Mountain goat meat	<1	1.34	2.52
Chum salmon	<1	1.22	2.39
American black duck	<1	1.62	2.21
Puffball mushrooms	<1	0.66	1.58
Cloudberries/bakeapples	<1	0.91	1.00
Black caps	<1	0.29	0.61
Eulachon grease	<1	0.26	0.48
Arrowhead	<1	0.05	0.14
Pine needle/twig tea	<1	0.01	0.02
Grizzly bear meat	<1	10.5	20.3
Mountain whitefish	<1	2.87	5.29
Merganser	<1	3.43	4.93
Rockfish	<1	1.94	3.58
Eulachon	<1	1.42	2.39
Ruddy duck	<1	1.35	1.76
Octopus	<1	1.28	1.71
Juniper tea	<1	0.85	1.64
Wood duck	<1	1.36	1.40
Tamarack gum	<1	0.90	1.35
Oyster mushrooms	<1	0.59	1.05
Brown trout	<1	0.66	0.88
Loon	<1	0.60	0.76
River otter	<1	0.53	0.57
Balsam poplar bark	<1	0.34	0.45

Boreal Plains (n=1248)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Trembling aspen inner bark	<1	0.34	0.45
Tamarack bark tea	<1	0.11	0.16
Sarsaparilla root	<1	0.08	0.11
Giant horsetail shoots	<1	0.04	0.05
Fireweed shoots	<1	0.02	0.04
Indian potato (bear root)	<1	0.03	0.04

F) Prairies

Prairies (n=577)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Deer meat	65	7.44	33.6
Saskatoon berries	63	2.21	8.48
Moose meat	45	7.55	32.1
Chokecherries	43	2.57	9.56
Raspberries	43	2.03	6.81
Elk meat	39	6.67	36.4
Blueberries	29	2.25	7.17
Walleye/pickerel	25	5.40	22.4
Rabbit meat	23	4.70	23.6
Crabapples	22	2.96	9.56
Wild strawberry	21	2.28	11.6
Goose (Canada/Brant)	16	6.96	28.0
Ducks	15	12.6	58.5
Mallard	15	2.34	6.52
Sweetflag/muskrat root	14	0.19	0.82
Bison meat	12	3.53	15.4
Corn/hominy	12	3.69	12.8
Northern pike/jackfish	12	5.12	21.6
Lake whitefish	10	4.28	17.8
Mint leaves	10	0.19	0.66
Grouse	8	6.12	15.5
Sage	8	0.37	1.64
Deer liver	7	8.95	37.8
Sweetgrass tea	7	0.36	0.99
Highbush cranberries	7	4.72	23.9
Beans	7	4.13	13.9
Yellow perch	7	5.49	27.0
Wild rice	6	3.97	21.6
Hazelnuts/filberts	6	6.17	11.9
Rhubarb	6	2.30	8.13

Prairies (n=577)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Labrador tea leaves	6	0.46	3.51
Deer kidney	5	7.07	37.8
Sunflower seeds	5	1.77	7.73
Mooseberry, squashberry	4	1.97	7.73
Gooseberries/currants	4	3.93	5.02
Muskrat meat	4	5.16	16.8
Cranberry, bog, swamp (mossberry)	4	0.62	2.37
Elk kidney	3	6.33	40.4
Dewberry	3	0.45	2.96
Moose liver	3	7.29	40.4
Moose kidney	3	6.63	40.4
Rainbow trout	3	3.21	16.4
Squash	3	2.84	10.5
Elk liver	3	8.43	40.4
Lake trout	2	5.66	35.6
Dandelions	2	0.92	4.65
Gray partridge	2	7.57	34.8
Caribou meat	2	2.25	10.3
White sucker	2	5.87	25.9
Wild onion/chives	2	2.30	11.6
Prairie dog	2	7.00	35.6
Wild turkey	2	6.48	34.8
Maple syrup	2	1.21	2.70
Rosehips	2	0.39	1.55
Round whitefish	1	3.18	8.56
Teal duck	1	2.57	7.92
Sturgeon	1	2.48	6.58
Sauger	1	4.09	14.0
Black bear meat	1	1.51	4.14
Raspberry leaves	1	0.18	0.71
Yarrow	1	0.05	0.11
Black huckleberries	1	7.68	35.9
Burbot (ling)	1	9.99	32.4
Goldeye	1	5.18	17.8
Red currants	1	1.30	2.96
Brook trout	1	1.63	2.73
Black bear fat	1	0.47	1.18
Beaver meat	1	0.70	1.04
Birch syrup	1	0.09	0.45
Bitter root	1	0.01	0.02
Seagull eggs	1	3.15	8.22

Prairies (n=577)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Thimbleberries	1	2.70	4.78
Long-tailed duck	1	1.91	4.19
Spruce sap/gum	1	0.56	1.80
Channel catfish	1	1.07	1.64
Bunchberries	1	0.97	1.58
Duck eggs	1	0.59	0.79
Goldeneye	1	31.6	87.0
Stinging nettles leaves	1	5.53	12.8
Tule	1	4.08	10.3
Acorns	1	4.04	7.17
Crowberries	1	1.63	3.58
Bison liver	1	2.31	3.32
Redhead duck	1	1.37	3.26
Cranberry, mountain (lingonberry)	1	1.22	2.37
Snow goose	1	1.09	2.33
Balsam poplar sap	1	1.20	2.25
Kinnikinnick/bearberry	1	1.06	1.97
Caribou kidney	1	1.01	1.66
Bigmouth buffalo sucker	<1	12.4	21.6
Sunfish	<1	8.64	13.0
Juniper berries	<1	5.39	9.56
Brown trout	<1	3.53	6.18
Bufflehead	<1	5.19	5.80
Merganser	<1	3.28	5.80
Balsam poplar bark	<1	1.35	2.25
Puffball mushrooms	<1	1.18	2.10
Northern shoveler	<1	1.16	1.86
Wild asparagus	<1	1.45	1.74
Northern pintail duck	<1	0.63	0.88
Indian potato (bear root)	<1	0.39	0.64
Cow parsnip shoots	<1	0.33	0.58
Jackrabbit	<1	0.40	0.40
Plantain leaves	<1	0.17	0.29
Buffaloberry (soapberry)	<1	0.15	0.20
Tamarack bark tea	<1	0.11	0.16
White spruce bark tea	<1	0.11	0.16
Shaggy mane mushrooms	<1	0.13	0.13
Balsam fir bark tea	<1	0.08	0.11
Juniper tea	<1	0.05	0.05

G) Boreal Shield

Boreal Shield (n=1317)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Moose meat	76	12.2	50.5
Blueberries	70	4.02	18.7
Walleye/pickerel	67	11.8	50.2
Whitefish (lake, round)	42	11.2	46.7
Goose, Canada	32	6.37	24.1
Northern pike/jackfish	31	9.13	37.3
Raspberries	31	3.64	14.3
Wild strawberry	26	4.44	18.3
Lake trout	26	8.08	34.0
Rabbit/hare meat	25	3.06	10.3
Deer meat	23	5.61	22.6
Grouse	21	3.41	12.0
Beaver meat	20	2.76	8.55
Moose liver	18	4.33	20.4
Caribou meat	17	19.2	103
Sturgeon	16	2.65	9.63
Ducks	15	5.38	19.3
Moose kidney	14	3.73	17.1
Wild rice	13	4.69	14.4
Gray partridge	11	2.26	12.0
Maple syrup	11	1.51	5.33
Partridge berries	10	1.46	5.92
Smelt	10	1.84	5.52
Brook trout	9	4.30	16.2
Prairie dog	9	10.1	38.2
White sucker	9	11.3	40.0
Crabapples	9	1.60	7.67
Mint leaves	8	0.44	1.64
Mooseberry, squashberry	8	4.23	17.4
Lobster	7	2.62	8.71
Atlantic salmon	7	1.84	4.04
Cod	7	6.99	16.2
Chokecherries	7	1.41	5.75
Mallard	7	3.97	16.0
Scallops	7	3.36	11.7
Labrador tea leaves	7	0.11	0.55
Caribou kidney	7	4.16	16.8
Rainbow trout	6	4.09	11.3
Blackberries, large	6	3.21	17.9
Caribou liver	6	4.19	22.0

Boreal Shield (n=1317)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Saskatoon berries	6	0.92	3.07
Sweetflag/muskrat root	6	0.36	1.64
Smallmouth bass	5	2.74	7.81
Snow goose	5	4.33	12.0
Yellow perch	5	3.47	13.3
Mussels	4	2.23	11.7
Corn/hominy	4	1.94	8.55
Seagull eggs	4	1.32	4.73
Largemouth bass	4	2.38	6.42
Cranberry, bog, swamp (mossberry)	4	0.61	1.87
Gooseberries	4	1.86	4.60
Black bear meat	4	3.81	17.1
Caribou bone marrow	4	2.41	11.8
Caribou heart	3	3.43	10.2
Caribou brain	3	2.91	9.96
Muskrat meat	3	2.39	7.25
Chinook salmon	3	2.56	9.19
Beans, kidney	3	2.81	10.3
Burbot (ling)	3	6.69	26.7
Highbush cranberries	3	2.29	9.15
Cloudberries (bakeapple)	3	1.46	3.84
Arctic grayling	3	5.11	18.7
Shrimp	3	5.68	23.4
Thimbleberries	3	2.61	7.67
Caribou fat	3	1.34	3.95
Porcupine meat	3	2.11	12.5
Black bear fat	2	1.38	5.66
Sweetflag/muskrat root	2	0.02	0.11
Squash	2	1.43	6.84
Halibut	2	1.37	8.09
Sauger	2	7.08	31.1
Ptarmigan (willow, rock)	2	4.25	14.9
Caribou blood	2	3.78	13.2
Cedar tea	2	0.39	1.64
Red longnose sucker	2	4.84	16.7
Elk meat	2	9.60	12.5
Scoter	2	1.81	3.08
Loon	2	2.19	10.0
Goldeneye	2	2.32	6.02
Eel	2	1.36	2.70
Crab	1	3.73	23.4

Boreal Shield (n=1317)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
White perch/bass	1	1.65	5.66
American black duck	1	0.89	4.11
Herring	1	1.33	4.04
Hazelnut	1	0.93	2.18
Fiddleheads	1	0.18	1.78
Deer liver	1	4.08	30.8
Gadwall	1	4.49	16.0
Brown trout	1	2.22	4.72
Rosehips	1	0.97	4.60
Bufflehead	1	1.83	5.01
Wild turkey	1	0.68	2.01
Wild onion/chives	1	0.21	1.74
Wild leek	1	0.01	0.06
Moose heart	1	1.82	11.1
Channel catfish	1	0.97	2.23
Chanterelle mushrooms	1	0.39	1.58
Wintergreen leaves	1	0.01	0.03
Mooneye	1	13.0	34.2
Juniper berries	1	3.47	16.6
Eider duck	1	2.51	5.14
Moose bone marrow	1	0.86	3.95
Eider egg	1	0.66	1.53
Squid	1	4.51	11.7
Deer kidney	1	1.08	6.93
Capelin	1	1.00	2.70
Bison meat	1	2.85	16.6
Cisco	1	2.71	10.1
Sunfish	1	3.05	8.22
Birch syrup	1	0.60	3.37
Herring gull egg	1	0.58	1.34
Sage	1	0.08	0.33
Dandelions	1	0.03	0.29
Sweetgrass	1	0.03	0.06
Moose fat	1	0.71	3.95
Arctic tern egg	1	0.70	1.34
Raspberry leaves	1	0.08	0.36
Teaberries	1	2.20	13.1
Northern pintail duck	1	2.23	4.57
Merganser	1	2.05	3.51
Moose blood	1	3.76	13.2
Wood duck	1	3.73	10.7

Boreal Shield (n=1317)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Goose fat	1	1.94	4.71
Spruce pitch/gum	1	0.72	3.37
Duck eggs	1	1.69	2.76
Mudhen/coot eggs	1	1.52	2.76
Teal duck	1	1.32	2.40
Red currants	1	0.54	1.89
Poplar inner bark	1	0.05	0.25
Soft clam	<1	2.84	5.85
Crowberries	<1	1.57	4.36
Splake trout	<1	2.04	4.06
Bunchberries	<1	1.12	2.61
Land-locked Atlantic salmon	<1	1.16	2.32
Jack pine needle tea	<1	0.02	0.04
Rhubarb	<1	4.01	17.4
Haddock	<1	4.65	16.2
Moose brain	<1	3.82	11.1
Kinnikinnick bearberry	<1	1.34	2.61
Flounder	<1	1.08	2.02
Walnuts	<1	1.10	1.53
Sumac	<1	0.89	1.53
Dewberries	<1	0.20	0.50
Indian potato (bear root)	<1	0.17	0.43
Plums	<1	0.20	0.38
Tamarack bark tea	<1	0.09	0.22
Ruddy duck	<1	4.55	15.2
Seal meat	<1	4.39	11.7
Long-tailed duck	<1	3.00	10.3
Pine mushrooms	<1	1.78	6.31
Scaup	<1	0.68	1.37
Hawthorn	<1	0.82	0.87
Lynx	<1	0.57	0.84
American wigeon	<1	0.43	0.69
Mackerel	<1	0.59	0.67
Cherry bark tea	<1	0.05	0.08
Spruce inner bark	<1	0.01	0.02
Northern shoveler	<1	10.2	27.9
Rock bass	<1	3.40	8.33
Muskie	<1	4.62	5.21
Coho salmon	<1	1.16	2.90
Canvasback	<1	1.24	2.29
Red squirrel meat	<1	0.83	1.28

Boreal Shield (n=1317)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Swan	<1	0.69	0.93
Tamarack gum	<1	0.22	0.45
Wild ginger	<1	0.06	0.16
Western dock	<1	0.01	0.02
Blue huckleberries	<1	4.53	5.23
Razor clam	<1	2.93	3.90
Arctic char	<1	1.60	2.32
Acorns	<1	0.69	1.20
Oysters	<1	0.73	0.98
Pheasant	<1	0.50	0.50
Pheasant	<1	0.21	0.34
Pollock	<1	0.34	0.34
Birch twig tea	<1	0.13	0.21
Cattail shoots	<1	0.07	0.14
White spruce bark tea	<1	0.06	0.07
Juniper tea	<1	0.03	0.06
Poplar buds	<1	0.02	0.02

H) Taiga Shield

Taiga Shield (n=272)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Caribou meat	96	48.9	187
Lake trout	78	6.76	22.7
Blueberries	77	3.24	14.6
Whitefish (lake, round)	71	9.72	55.9
Moose meat	61	4.21	13.9
Goose, Canada	56	6.08	29.0
Caribou kidney	49	4.33	14.4
Grouse	48	3.18	11.7
Labrador tea leaves	38	1.28	4.56
Northern pike/jackfish	33	7.34	32.7
Walleye/pickerel	32	7.07	24.0
Ptarmigan (willow, rock)	30	6.47	27.4
Prairie dog	26	4.93	18.7
Raspberries	23	1.02	1.22
Caribou heart	21	2.09	6.09
Beaver meat	21	1.16	3.11
Caribou liver	20	3.48	16.6
Caribou brain	20	1.89	5.81
Caribou bone marrow	19	0.75	2.76

Taiga Shield (n=272)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Mooseberry, squashberry	19	4.54	28.7
Porcupine meat	19	1.66	3.89
Mussels	18	3.92	13.9
Caribou fat	17	0.66	1.87
Cranberry, bog, swamp (mossberry)	16	0.47	1.34
Black bear meat	15	2.11	7.47
Brook trout	14	3.88	17.4
Black bear fat	13	2.68	14.1
Mallard	12	0.86	2.06
White sucker	12	2.86	8.19
Cloudberries (bakeapple)	11	1.41	4.80
Rabbit/hare meat	11	1.96	7.17
Moose kidney	10	1.13	4.43
Caribou blood	10	1.16	2.30
Goose fat	9	3.91	8.72
Sweetflag/muskrat root	9	0.22	1.71
Moose fat	8	0.18	0.30
Snow goose	8	1.28	4.80
Cranberry, mountain (lingonberry)	7	1.26	5.92
Seagull eggs	6	0.73	4.73
Moose liver	6	1.01	5.53
Blackberries, large	4	3.90	35.8
Saskatoon berries	4	3.31	35.8
Moose heart	4	0.53	1.11
Moose bone marrow	4	0.18	0.40
Burbot (ling)	4	2.06	7.64
Loon	4	0.43	0.69
Wild strawberry	4	4.25	35.8
Arctic char	4	1.63	4.36
Muskrat meat	3	0.85	2.81
Rainbow trout	3	1.30	2.33
Wild rice	3	14.9	108
Moose brain	3	0.59	1.11
Ducks	3	2.72	11.6
Crowberry	2	1.97	7.29
Northern shoveler	2	0.77	1.71
Atlantic salmon	2	0.53	0.87
Arctic grayling	2	8.00	31.4
Swan	2	1.91	5.59
American black duck	2	2.28	5.48
Moose blood	2	0.85	1.32

Taiga Shield (n=272)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Deer meat	2	0.53	0.87
Sauger	1	5.36	14.8
Gadwall	1	1.48	2.33
Seal meat	1	0.73	1.74
Wood duck	1	0.67	1.40
Long-tailed duck	1	0.58	0.93
Spruce pitch/gum	1	0.39	0.45
Rosehips	1	0.35	0.41
Mint	1	0.10	0.34
Brown trout	1	9.64	27.9
Highbush cranberries	1	3.16	7.17
Merganser	1	2.17	5.48
Scoter	1	1.37	1.90
Shrimp	1	0.97	1.74
Bison meat	1	0.69	1.04
White spruce bark tea	1	0.03	0.04
Herring	1	4.21	8.13
Land-locked Atlantic salmon	1	3.63	6.97
Seal fat	1	1.41	2.12
Wild onion/chives	1	1.02	1.74
Bearberry (Kinnickinnick)	1	1.25	1.73
Wintergreen leaves	1	0.55	1.07
Splake trout	1	0.78	0.78
Cod	1	0.44	0.58
Bufflehead	1	0.44	0.54
Maple syrup	1	0.11	0.11
Tamarack bark tea	1	0.05	0.06

I) Hudson Plains

Hudson Plains (n=322)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Moose meat	96	11.4	38.5
Goose, Canada	93	12.2	60.2
Walleye/pickerel	63	5.99	26.8
Northern pike/jackfish	45	4.61	16.2
Rabbit/hare meat	41	5.59	22.4
Blueberries	34	2.11	6.53
Sturgeon	33	2.65	12.2
Ducks	33	5.52	20.1
Caribou meat	31	9.04	34.4

Hudson Plains (n=322)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Snow goose	31	8.59	40.1
Labrador tea leaves	28	0.06	0.33
Whitefish (lake, round)	25	5.7	27.8
Beaver meat	24	3.31	11.6
Moose kidney	21	2.99	13.5
Low bush cranberries	20	1.23	3.84
Gray partridge	19	3.64	12.0
Raspberries	17	2.19	8.71
Moose liver	15	4.11	21.9
Cisco	13	2.63	8.71
Grouse	12	2.40	6.85
Brook trout	10	3.10	8.03
Highbush cranberries	9	1.55	7.84
Black bear meat	8	1.31	2.81
Wild strawberry	7	1.57	4.36
Lake trout	6	2.11	7.99
Ptarmigan	6	2.50	6.85
Saskatoon berries	6	4.56	30.7
Mallard	6	1.55	8.56
Cranberry, bog	5	1.47	4.99
Bird/seagull egg	5	1.42	8.28
Gooseberries	4	1.22	3.84
Merganser	3	2.46	4.51
Rainbow trout	3	4.51	11.7
Caribou kidney	2	5.59	25.1
Caribou liver	2	4.31	25.1
Goose fat	2	0.77	2.47
Black bear fat	2	0.29	0.94
Eel	2	6.93	22.6
Muskrat meat	2	7.52	32.1
Deer meat	2	6.53	28.5
Wild turkey	2	2.58	10.0
Mussels	2	1.92	4.07
Pheasant	1	7.40	15.0
Black raspberries	1	3.14	8.71
Loon	1	1.63	5.01
Cranberry, mountain	1	0.62	1.53
Splake trout	1	19.2	35.4
Bearberries	1	4.08	6.14
American black duck	1	0.68	1.03
Buffaloberries	1	10.7	20.9

Hudson Plains (n=322)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
White sucker	1	4.98	7.60
River otter	1	3.08	4.27
Smelt	1	2.60	3.64
Blackberries, large	1	1.59	2.30
Chokecherries	1	1.53	2.30
Crowberries	1	1.34	1.53
Yellow perch	1	0.54	0.56
Maple syrup	1	0.20	0.26

J) Mixedwood Plains

Mixedwood Plains (n=681)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Corn/hominy	61	3.74	13.4
Deer meat	40	7.53	30.1
Squash	39	3.80	13.2
Walleye/pickerel	35	4.39	18.7
Beans, kidney	32	3.27	11.0
Wild strawberry	29	3.99	15.7
Raspberries	24	3.89	13.8
Moose meat	24	4.30	18.7
Maple syrup	24	3.00	11.0
Yellow perch	19	4.73	22.6
Blueberries	17	5.37	20.9
Beans	13	6.89	26.3
Blackberries, large	11	3.65	13.8
Smallmouth bass	9	3.57	16.6
Hickory nuts	9	2.77	10.5
Sturgeon	8	1.82	6.67
Channel catfish	7	2.65	10.1
White perch/bass	6	3.87	15.6
Wild onion/chives	6	0.19	0.82
Wild turkey	6	1.02	3.01
Thimbleberries	5	3.76	15.7
Wild leeks	5	1.93	13.2
Sweetflag/muskrat root	5	0.18	0.59
Goose, Canada	5	1.58	8.22
Mint leaves	4	1.92	15.8
Fiddleheads	4	1.76	9.64
Chinook salmon	4	6.43	31.2
Dandelions	4	1.12	5.70

Mixedwood Plains (n=681)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Walnuts	4	4.39	20.9
Rainbow trout	4	4.74	20.9
Wild rice	4	2.32	4.16
Chokecherries	3	6.62	31.4
Largemouth bass	3	2.54	6.77
Muskrat meat	3	1.07	2.39
Rabbit/hare meat	3	4.14	46.7
Ducks	3	1.11	4.01
Cedar tea	3	0.13	0.66
Caribou meat	2	2.25	11.9
Black raspberry	2	2.39	13.8
Lake trout	2	4.67	27.1
Beaver meat	2	1.55	11.2
Snow goose	2	2.25	8.22
Northern pike/jackfish	2	1.39	3.48
Labrador tea leaves	2	0.07	0.59
Black bear meat	2	4.76	46.7
Crabapples	2	0.87	2.88
Atlantic salmon	2	1.55	6.97
Mallard	2	1.26	6.16
Wild ginger root	2	2.41	21.0
Deer liver	2	2.72	20.4
Hazelnuts	1	5.09	20.9
Elk meat	1	2.90	11.6
Lake whitefish	1	1.55	4.01
Wild grapes	1	3.05	17.3
Brook trout	1	1.79	6.97
Plum	1	1.21	4.99
White pine needle tea	1	0.18	0.58
Raspberry leaves	1	0.05	0.20
Stinging nettles leaves	1	9.59	72.3
Grouse	1	1.11	2.74
Smelt	1	1.03	1.68
Highbush cranberries	1	0.60	1.31
Sauger	1	4.65	15.7
Low bush cranberries	1	0.85	1.74
Jack pine needle tea	1	0.02	0.12
Mussels	1	2.08	6.97
Sumac	1	2.68	10.4
Elderberry	1	3.22	4.99
Sunflower seeds	1	2.10	4.82

Mixedwood Plains (n=681)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Moose liver	1	1.26	4.49
Squirrel meat	1	1.30	4.47
Rosehips	1	0.70	1.74
Eel	1	0.86	1.68
Jerusalem artichoke	1	0.27	1.32
Muskie	1	0.53	0.84
White pine seeds/nuts	1	0.02	0.03
Lamb's quarters	1	2.31	9.21
Sunfish	1	2.31	6.67
Wintergreen leaves (teaberry)	1	2.52	6.58
Bluegill Sunfish	1	1.80	3.35
Teal duck	1	1.37	2.74
Wood duck	1	1.28	2.74
Pine mushrooms	1	1.12	2.63
Teaberry	1	0.96	2.11
Lobster	1	0.73	1.16
Wild basil	1	0.02	0.04
Juniper berries	<1	15.0	23.5
Pheasant	<1	4.68	12.0
Yarrow	<1	4.24	8.77
Shrimp	<1	1.84	4.65
Rock bass	<1	2.88	4.19
Brown trout	<1	2.15	4.19
Pitcher plant (turtle socks)	<1	2.48	3.51
Land-locked Atlantic salmon	<1	1.45	3.48
Groundnut	<1	1.32	3.07
Mackerel	<1	0.97	2.32
Trailing raspberry	<1	1.79	2.30
Red squirrel meat	<1	1.17	1.88
Birch syrup tea	<1	0.25	0.66
Burbot (ling)	<1	0.45	0.58
Wintergreen leaves	<1	0.02	0.03
Crowberry	<1	5.66	10.7
Gray partridge	<1	5.26	9.02
Acorns	<1	2.49	4.60
American black duck	<1	1.71	2.74
Northern pintail duck	<1	1.54	2.74
Goldeneye	<1	1.54	2.74
Gadwall	<1	1.54	2.74
Carp	<1	1.02	1.16
Pickerel (chain)	<1	0.73	1.16

Mixedwood Plains (n=681)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Black huckleberry	<1	1.05	1.15
Deer kidney	<1	1.02	1.02
Cranberry, mountain	<1	0.58	0.96
Bearberry (Kinnickinnick)	<1	0.48	0.58
Chanterelle mushrooms	<1	0.33	0.39
Juneberry	<1	0.29	0.38
Morel mushrooms	<1	0.20	0.26
Black bear fat	<1	0.18	0.24
Cow parsnip	<1	0.01	0.02
Indian cucumber	<1	0.01	0.02

K) Atlantic Maritime

Atlantic Maritime (n=1039)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Lobster	52	3.23	11.7
Moose meat	52	10.4	42.1
Blueberries	48	1.21	3.40
Strawberries	44	0.97	3.03
Atlantic salmon	43	2.28	8.09
Raspberries	31	0.88	1.92
Fiddleheads	29	2.37	6.51
Smelt	24	2.12	8.09
Blackberries, large	24	0.63	1.89
Scallops	23	3.79	11.7
Deer meat	23	5.28	17.8
Crab	21	2.72	11.7
Haddock	21	4.31	16.2
Corn/hominy	21	2.27	10.5
Maple syrup	19	1.38	4.88
Shrimp	17	3.49	11.7
Beans	17	3.02	10.5
Mussels	16	3.03	11.7
Brook trout	15	2.58	10.1
Rainbow trout	15	1.90	8.09
Cod	15	2.77	8.09
Soft clam	14	2.55	11.7
Mackerel	14	1.71	6.74
Crabapples	11	0.45	1.89
Halibut	11	2.59	8.09
Striped bass	11	1.20	3.03

Atlantic Maritime (n=1039)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Squash	10	2.14	6.71
Hazelnuts	10	0.98	4.49
American eel	9	1.98	8.09
Quahog clam	8	2.20	7.80
Lake trout	8	1.71	6.74
Low bush cranberries	7	0.49	3.03
Rabbit/hare meat	7	2.12	4.85
Oysters	6	3.18	11.7
Grouse	6	0.31	1.37
Cherries (pin/chokecherries)	6	0.35	1.51
Brown trout	5	1.89	8.09
Herring	5	1.72	4.65
Gooseberries	4	0.63	1.89
Mint	4	1.96	15.8
Plums	4	0.51	1.70
Bluefin tuna	3	6.30	22.2
Wild rice	3	2.89	11.2
Deer liver	3	1.08	3.40
Razor clam	2	2.47	7.80
Smallmouth bass	2	0.57	2.02
Cedar tea	2	0.12	0.55
Sweetflag/muskrat root	2	0.15	0.33
Pollock	2	2.44	8.09
Flounder	2	1.68	5.39
Moose liver	2	1.74	6.90
Squid	2	1.34	4.43
Gold thread root tea	2	0.34	4.93
Chanterelle mushrooms	2	0.56	2.10
Teaberries	2	0.31	2.27
Acorns	2	3.09	20.6
Black raspberry	1	1.21	3.07
Pheasant	1	0.17	0.55
Shad	1	1.53	10.1
Dandelions	1	0.79	4.93
Butternut	1	0.30	0.76
Labrador tea	1	0.03	0.11
Moose kidney	1	1.75	6.90
White perch/bass	1	1.55	4.04
Black bear meat	1	1.04	2.86
Capelin	1	1.74	9.44
High bush cranberry	1	0.84	6.05

Atlantic Maritime (n=1039)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Gaspereau	1	1.04	2.02
Wintergreen	1	0.03	0.08
Deer kidney	1	1.52	3.45
Trailing raspberry	1	0.83	2.30
Spruce, white tea	1	0.05	0.15
Sole/American plaice	1	2.32	6.97
Sunflower seeds	1	0.75	1.75
Beech nut	1	0.31	0.67
Birch twig tea	1	0.06	0.22
Juniper tea	1	0.03	0.06
Beaver meat	1	1.36	3.29
Dewberries	1	0.44	1.89
Partridge berry	1	0.82	1.53
Whitefish (lake, round)	1	0.70	1.35
Burdock	1	0.31	0.88
Black walnut	1	0.57	0.76
Wood duck	1	0.21	0.55
Raspberry leaves	1	0.17	0.41
Mallard	1	0.11	0.27
Wild leeks	<1	26.2	112
Yarrow	<1	8.88	42.1
Tomcod	<1	9.10	40.4
Wild onion/chives	<1	4.30	7.74
Squirrel meat	<1	0.72	1.43
Goose, Canada	<1	0.32	0.69
White pine needle tea	<1	0.02	0.03
Muskrat meat	<1	1.32	3.29
Cranberry, bog	<1	1.20	2.30
Birch syrup tea	<1	0.41	1.35
Lamb’s quarters	<1	0.53	0.88
Balsam fir bark tea	<1	0.19	0.55
Hawthorn	<1	0.13	0.25
Sumac	<1	0.11	0.25
Maple bark tea	<1	0.05	0.11
Sarsaparilla root	<1	0.02	0.03
Wild ginger root	<1	4.24	10.5
Sturgeon	<1	2.01	3.71
Sea urchin	<1	1.56	3.41
Ocean perch	<1	1.46	3.37
Wild mustard	<1	0.50	0.76
Yellow perch	<1	0.56	0.67

Atlantic Maritime (n=1039)			
Traditional Food	**Percent consumption**	**Grams per person per day**	
		Mean	**95th percentile**
Pickerel (chain)	<1	0.53	0.67
Seal meat	<1	0.45	0.58
Currants	<1	0.19	0.38
Largemouth bass	<1	0.29	0.29
Cow parsnip	<1	0.08	0.16
Stinging nettle	<1	31.6	63.1
Elderberry	<1	27.7	55.2
Rosehips	<1	8.92	17.3
Kinnikinnick/bearberry	<1	1.73	3.40
Wild turnip	<1	1.48	2.24
Morel mushrooms	<1	0.85	1.58
Caribou meat	<1	1.38	1.56
Harlequin duck	<1	0.72	1.37
Fireweed	<1	0.88	1.32
Iris	<1	0.62	1.23
Snow goose	<1	0.34	0.55
American black duck	<1	0.31	0.55
Alder tea	<1	0.28	0.55
Porcupine meat	<1	0.46	0.49
Swordfish	<1	0.34	0.34
Hake	<1	0.34	0.34
Juneberry	<1	0.13	0.19
Cherry bark tea	<1	0.06	0.11
Sweetflag/muskrat root	<1	0.03	0.03

Table S2.1. Concentrations of essential elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
FISH, SEAFOOD AND MARINE MAMMALS																	
Abalone	Haliotis kamtschatkana	1	.	313	0.09	0.002	1.36	8.70	544	0.45	0.04	2.25	1900	3100	0.19	2800	10.6
American eel	Anguilla rostrata	10	65.4	986	0.21	0.01	0.40	7.79	217	0.82	0.01	0.02	2600	3100	0.39	1900	29.7
Arctic char, smoked	Salvelinus alpinus	1	.	482	0.002	0.002	0.44	17.2	303	0.23	0.002	0.02	2200	3000	0.21	7000	7.60
Arctic grayling	Thymallus arcticus arcticus	2	77.4	12900	1.41	0.18	0.68	19.6	384	2.89	0.03	0.47	8300	3400	1.25	808	14.3
Bass, largemouth	Micropterus dolomieu	1	78.6	224	0.06	0.002	0.13	1.45	246	0.08	0.002	0.002	1700	3300	0.35	361	4.08
Bass, smallmouth	Micropterus salmoides	5	75.8	104	0.02	0.002	0.25	2.30	269	0.11	0.002	0.002	1900	3300	0.46	357	3.34
Bass, striped	Morone saxatilis	7	74.7	487	0.09	0.002	0.44	4.45	298	0.37	0.002	0.04	2500	3900	0.36	655	5.12
Bass, unidentified		4	76.3	4300	0.10	0.004	1.02	9.15	318	0.52	0.002	0.06	4000	3600	0.42	629	7.35
Bass, white	Morone spp.	1	76.9	208	0.002	0.004	0.47	3.55	261	0.13	0.002	0.002	1700	2900	0.58	482	3.88
Carp	Cyprinus carpio	2	.	3900	0.07	0.004	0.38	12.5	357	1.22	0.002	0.04	3700	3500	0.24	562	8.68
Catfish	Ameiurus nebulosus	6	76.3	1400	0.09	0.01	0.30	5.96	246	0.65	0.002	0.02	2600	3400	0.25	435	6.50
Cisco	Coregonus spp.	4	73.5	808	0.07	0.003	0.50	5.65	256	0.27	0.002	0.01	2400	3500	0.50	496	8.09
Clam, butter	Saxidomus giganteus	4	.	562	0.33	0.10	1.82	35.5	643	1.50	0.07	0.38	2200	2900	0.45	3000	15.7
Clam, butter, cooked	Saxidomus giganteus	1	.	879	0.51	0.11	2.29	22.9	689	1.33	0.14	0.33	2600	3200	0.44	3200	15.3
Clam, manila	Venerupis philippinarum	1	.	770	0.18	0.12	1.00	53.6	451	0.68	0.09	0.66	1300	612	0.82	1900	15.1
Clam, quahog (surf clam)	Spisula solidissima	2	77.0	1100	0.16	0.17	1.16	129	582	6.80	0.24	0.25	1600	2000	0.32	8000	16.8
Clam, razor	Ensis directus	1	.	210	0.09	0.02	0.54	54.8	357	1.04	0.03	0.06	2400	2500	0.29	4600	17.1
Clam, softshell	Mya arenaria	1	85.3	2400	0.17	0.18	1.75	335	870	13.5	0.19	0.28	1300	1200	0.31	5700	15.6
Clam, unidentified		3	78.6	1400	0.22	0.25	2.34	148	826	8.56	0.37	0.48	1800	1900	0.49	4200	16.7
Cockle, basket	Clinocardium nuttalli	1	.	610	0.64	0.09	0.60	229	746	2.90	0.04	0.65	2400	1300	0.40	7500	17.8
Cockle, unidentified		2	.	400	0.13	0.07	0.69	63.4	479	0.97	0.06	0.35	2500	2500	0.73	2500	17.1
Cod, Atlantic	Gadus morhua	4	78.1	152	0.01	0.003	0.26	2.54	230	0.26	0.003	0.002	1800	2800	0.33	2700	4.12
Cod, Atlantic tomcod	Microgadus tomcod	1	78.5	357	0.002	0.002	0.37	2.53	313	0.24	0.002	0.002	2400	4100	0.33	597	6.39
Cod, black	Anoplopoma fimbria	2	.	806	0.09	0.002	0.24	0.75	289	0.31	0.002	0.03	2500	4000	0.63	1000	6.80
Cod, unidentified, eggs		1	82.2	61.9	0.002	0.002	0.49	4.38	141	0.46	0.002	0.002	3200	2600	0.46	1200	17.2
Cod, unidentified, tongue		1	83.5	97.4	0.03	0.002	0.25	1.39	134	0.10	0.002	0.002	790	976	0.30	961	12.4
Crab, dungeness	Cancer magister	6	.	11800	0.38	0.08	9.55	49.9	817	2.73	0.04	0.27	2800	2300	0.64	3600	38.0
Crab, snow	Chionoecetes opilio	8	73.4	1100	0.03	0.17	9.02	3.82	687	0.35	0.02	0.03	2300	2400	0.98	4700	43.5
Eulachon/ooligan	Thaleichthys pacificus	3	.	3600	0.06	0.002	1.33	35.2	244	1.29	0.002	0.06	3400	2400	0.33	7700	18.5
Eulachon/ooligan, smoked	Thaleichthys pacificus	1	.	7700	0.22	0.002	2.02	41.0	448	1.75	0.002	0.07	8200	6100	0.63	3800	33.0
Eulachon/ooligan, grease	Thaleichthys pacificus	5	.	34.4	0.07	0.002	0.02	1.92	5.80	0.05	0.002	0.01	87.6	18.3	0.03	13.0	0.88
Flounder	Platichtys stellatus	2	80.5	739	0.04	0.03	0.46	35.7	517	2.25	0.02	0.07	2600	3800	0.39	1400	8.62
Gaspereau	Alosa pseudoharengus	1	75.0	99.5	0.11	0.002	0.45	4.65	222	0.07	0.002	0.002	2100	3500	0.22	565	3.62
Haddock	Melanogrammus aeglefinus	2	79.1	109	0.002	0.002	0.24	1.47	294	0.08	0.003	0.002	2200	3100	0.31	1400	3.44
Halibut	Hippoglussus stenolepsis	9	72.7	987	0.05	0.002	0.28	2.55	288	0.18	0.01	0.01	2900	4600	0.70	850	6.07
Herring, Atlantic	Clupea harengus	2	66.0	513	0.02	0.01	0.62	7.76	407	0.22	0.01	0.002	3100	4000	0.39	17000	9.14
Herring, Pacific	Clupea pallasi	1	.	3600	0.15	0.002	0.55	16.6	253	1.22	0.002	0.002	3900	2700	0.63	1100	11.7
Herring, Pacific, eggs	Clupea pallasi	4	.	203	0.10	0.01	0.51	14.9	387	0.47	0.002	0.26	1300	1100	0.79	15300	8.28
Herring, Pacific, eggs on kelp	Clupea pallasi	1	.	1300	0.20	0.002	1.10	41.3	2600	1.30	0.002	0.50	3400	8600	2.50	50200	18.2

[a]1-5 animal or plant tissue samples collected in each community were pooled and analyzed. The data are mean concentrations of the number of pooled samples or communities.

[b]All samples are raw unless otherwise specified.

Table S2.1. Concentrations of essential elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Herring, Pacific, eggs, cooked	Clupea pallasi	1	.	263	0.07	0.02	20.6	11.9	305	1.48	0.002	0.17	2200	1200	1.81	3700	19.2
Ling cod/mariah, liver	Lota lota	2	.	63.4	0.16	0.07	2.93	22.9	111	0.84	0.05	0.08	2000	1800	0.37	585	14.3
Ling cod/mariah/burbot	Lota lota	6	80.7	423	0.19	0.003	0.36	4.49	268	0.27	0.01	0.07	2000	3300	0.37	483	5.05
Lobster	Homarus americanus	12	75.1	932	0.04	0.02	20.8	5.75	390	0.99	0.02	0.04	2200	2400	0.75	4700	45.3
Mackerel	Scomber scombrus	8	69.4	322	0.06	0.01	0.87	16.2	319	0.40	0.01	0.02	2800	4300	0.51	616	7.12
Mooneye/goldeye	Hiodon tergisus, Hiodon alosoides	2	74.3	2400	0.20	0.01	0.44	15.2	298	0.75	0.005	0.04	3400	3700	0.51	681	8.66
Mussels	Mytilus spp.	6	80.4	2500	0.42	0.08	1.49	54.7	1200	2.32	0.20	0.48	3100	2200	0.92	7600	32.3
Northern pike/jackfish	Esox lucius	37	75.6	1600	0.09	0.002	0.32	3.73	304	0.83	0.004	0.02	2700	3500	0.23	477	9.70
Northern pike/jackfish, eggs	Esox lucius	2	64.3	330	0.002	0.04	1.38	28.0	384	5.92	0.03	0.002	3900	3000	0.85	776	85.5
Octopus	Octopus spp.	1	.	129	0.23	0.002	2.56	2.70	457	0.38	0.002	0.07	2300	3100	0.54	7300	25.4
Oyster	Giganteus pacificus	4	78.9	3100	0.09	0.06	33.7	56.0	528	7.00	0.08	0.28	1700	1200	0.62	2900	567
Perch, yellow	Perca flavescens	11	76.8	2100	0.06	0.003	0.27	3.80	301	0.58	0.003	0.02	2700	3400	0.42	531	6.50
Rockfish/red snapper	Sebastes spp.	6	.	1000	0.11	0.002	0.23	1.73	299	0.17	0.01	0.01	2600	4200	0.83	633	4.60
Salmon, Atlantic	Salmo salar	17	70.4	188	0.01	0.003	1.02	5.11	264	0.13	0.002	0.002	2400	3600	0.38	886	5.11
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	12	71.6	4600	0.33	0.005	0.77	10.1	351	0.62	0.01	0.14	4900	3900	0.53	2900	9.62
Salmon, chinook/spring/king, eggs	Oncorhynchus tshawytscha	1	.	604	0.10	0.002	50.2	20.6	538	0.54	0.002	0.002	4100	2200	3.80	796	34.1
Salmon, chum	Oncorhynchus keta	2	.	855	0.06	0.002	1.57	33.2	436	0.61	0.002	0.65	4400	6100	0.73	7800	18.2
Salmon, chum, dried	Oncorhynchus keta	1	.	437	0.10	0.002	1.20	8.60	917	0.30	0.002	0.002	8500	13300	1.20	23100	9.80
Salmon, chum, eggs	Oncorhynchus keta	1	.	441	0.10	0.002	4.22	9.60	492	0.50	0.002	0.002	3900	1100	1.52	358	24.9
Salmon, chum, half-smoked	Oncorhynchus keta	1	.	847	0.11	0.002	0.82	6.90	387	0.25	0.002	0.22	3400	4500	0.62	9000	8.60
Salmon, chum, jarred	Oncorhynchus keta	1	.	933	0.08	0.002	0.71	18.7	277	0.44	0.002	0.04	3300	4200	0.54	13600	6.80
Salmon, coho	Oncorhynchus kisutch	9	.	4100	0.21	0.01	0.78	9.74	352	0.50	0.01	0.06	4800	4300	0.42	5400	10.1
Salmon, coho, eggs	Oncorhynchus kisutch	2	.	545	0.11	0.02	15.0	18.6	715	0.84	0.002	0.002	4600	2000	2.57	485	36.1
Salmon, pink	Oncorhynchus gorbuscha	4	.	564	0.17	0.003	0.82	7.67	358	0.15	0.002	0.02	3100	4300	0.50	3700	7.17
Salmon, pink, dried	Oncorhynchus gorbuscha	2	.	533	0.17	0.002	1.30	10.1	574	0.44	0.002	0.24	4800	7000	0.65	11500	10.7
Salmon, sockeye	Oncorhynchus nerka	15	.	3300	0.06	0.002	1.09	16.7	374	0.69	0.01	0.03	4300	4100	0.43	2700	14.1
Salmon, sockeye, eggs	Oncorhynchus nerka	2	.	290	0.05	0.002	23.2	12.9	304	0.58	0.002	0.03	2300	907	2.50	340	28.6
Salmon, sockeye, jarred/canned	Oncorhynchus nerka	2	.	1100	0.09	0.002	0.57	15.3	310	0.20	0.002	0.01	3200	4000	0.37	3500	6.10
Salmon, unidentified		7	69.2	656	0.14	0.003	0.74	7.51	266	0.58	0.003	0.03	2700	3900	0.48	2200	7.53
Salmon, unidentified, eggs		5	58.5	484	0.10	0.02	19.4	29.9	468	0.95	0.002	0.03	3400	1800	2.57	535	24.0
Salmon, unidentified, smoked		1	.	202	0.29	0.002	1.09	10.8	188	0.11	0.002	0.002	2200	3500	0.29	503	4.90
Sauger	Stizostedion canadense	1	.	264	0.06	0.002	0.17	2.42	367	0.11	0.002	0.02	2300	4600	0.23	283	4.73
Scallop, Atlantic	Pecten magellanicus	8	77.0	150	0.01	0.003	0.15	2.64	446	0.31	0.02	0.002	2800	4200	0.17	1500	12.3
Scallop, rock	Crassadoma gigantea	1	.	122	0.09	0.002	0.18	3.30	393	0.18	0.002	0.002	1800	4000	0.27	1000	17.4
Sea cucumber	Parastichopus californicus	1	.	306	0.32	0.10	1.47	26.1	433	1.21	0.08	0.21	1900	2100	0.44	1800	15.6
Sea snail	unidentified	1	78.8	3100	0.06	0.06	9.14	53.8	1100	1.10	0.05	0.14	1700	3100	0.49	4300	31.6
Seal, harp, meat	Pagophilus groenlandicus	1	64.4	58.5	0.01	0.002	1.17	148	178	0.10	0.004	0.002	1800	2600	0.57	716	22.6
Seaweed	Porphyra abbottiae	3	.	1400	0.23	0.17	2.34	64.6	3700	15.0	1.14	0.73	3500	20600	0.16	22700	13.2
Seaweed, dried	Porphyra abbottiae	2	.	1700	0.40	0.15	2.40	100	4800	21.2	1.35	0.95	5000	32600	0.30	28200	14.3
Shad	Alosa sapidissima	1	74.1	1200	0.002	0.01	1.21	93.8	434	0.68	0.01	0.002	4700	7400	1.88	1200	9.75
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	5	78.0	1000	0.14	0.004	4.67	4.62	470	0.34	0.01	0.03	2200	2200	0.35	3300	12.3

Table S2.1. Concentrations of essential elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Smelt	Osmerus mordax	15	75.4	2300	0.04	0.01	0.46	7.57	277	1.34	0.01	0.03	3000	3100	0.40	795	18.7
Sole	Parophrys vetulus	2	75.9	183	0.14	0.005	0.20	2.32	213	0.13	0.003	0.002	1900	3600	0.36	509	5.37
Squid	Illex illecebrosus	2	82.4	204	0.002	0.002	7.81	1.30	342	0.79	0.005	0.002	2400	2700	0.36	1300	10.9
Sturgeon	Acipenserspp.	13	70.0	711	0.09	0.005	0.43	5.38	208	0.41	0.003	0.03	2000	2800	0.46	942	5.33
Sucker, longnose	Catostomus catostomus	5	78.3	299	0.04	0.004	0.44	5.16	280	0.36	0.004	0.07	2200	3800	0.16	475	4.24
Sucker, unidentified		4	76.1	436	0.03	0.005	0.51	10.7	453	0.64	0.01	0.06	3500	5400	0.46	745	18.9
Sucker, unidentified, eggs		2	64.7	304	0.11	0.01	1.24	16.6	350	3.82	0.03	0.05	3600	2500	0.80	713	30.1
Sucker, unidentified, liver/eggs		1	72.0	364	0.002	0.02	1.38	25.2	289	8.54	0.04	0.002	3300	2500	0.42	648	30.3
Sucker, white	Catostomus commersonii	6	79.3	5500	0.42	0.01	0.57	14.6	341	1.73	0.02	0.17	4600	3500	0.20	797	7.83
Trout, brook/speckled	Salvelinus fontinalis	15	72.2	575	0.02	0.01	0.48	5.59	283	0.45	0.004	0.01	2800	4100	0.42	968	10.4
Trout, brown	Salmo trutta	5	74.4	458	0.06	0.01	0.46	4.49	263	0.28	0.005	0.002	2600	4000	0.34	760	5.35
Trout, cutthroat	Salmo clarki clarki	1	.	4500	0.10	0.002	1.03	26.6	313	3.68	0.002	0.04	4600	3400	0.71	851	19.4
Trout, dolly varden	Salvelinus malma	5	.	2100	0.05	0.01	0.51	5.42	326	0.23	0.002	0.01	3400	4100	0.61	545	7.98
Trout, kokanee	Oncorhynchus nerka	2	.	1900	0.10	0.002	11.4	8.40	367	0.61	0.002	0.03	3600	3700	1.25	1100	30.2
Trout, lake	Salvelinus namaycush	23	70.7	1000	0.13	0.003	0.52	6.80	263	0.25	0.003	0.03	2800	3600	0.42	683	6.72
Trout, lake, eggs	Salvelinus namaycush	2	64.4	282	0.02	0.03	1.34	14.7	325	4.21	0.01	0.002	4100	2200	0.92	786	31.1
Trout, lake, smoked	Salvelinus namaycush	3	55.9	193	0.01	0.01	0.70	9.12	368	0.77	0.01	0.12	3300	5500	0.59	941	6.97
Trout, rainbow/steelhead	Oncorhynchus mykiss	16	71.3	2400	0.06	0.01	0.49	8.51	298	0.60	0.004	0.02	3600	4200	0.49	1600	9.74
Trout, rainbow/steelhead, eggs	Oncorhynchus mykiss	1	.	504	0.002	0.02	5.52	21.7	374	0.43	0.002	0.002	3400	1600	2.10	560	25.0
Trout, splake	Salvelinus fontinalis × Salvelinus namaycush	1	.	368	0.002	0.002	0.36	3.80	279	0.12	0.002	0.002	2300	3900	0.52	331	5.01
Trout, unidentified		10	75.4	1600	0.27	0.01	0.54	7.12	305	0.86	0.01	0.16	3100	4000	0.48	788	11.4
Trout, unidentified, guts		1	.	430	0.002	0.02	0.91	36.9	111	1.35	0.002	0.02	2000	2200	0.46	1600	56.0
Walleye/pickerel	Sanders vitreus	49	77.2	623	0.07	0.003	0.27	3.37	280	0.20	0.003	0.05	2400	3800	0.29	368	4.54
Walleye/pickerel, eggs	Sanders vitreus	1	63.3	717	0.002	0.01	0.76	11.7	416	1.45	0.01	0.002	3500	2300	0.44	1100	28.9
Walleye/pickerel, pemmican	Sanders vitreus	1	16.7	314	0.04	0.01	0.81	17.2	708	2.56	0.01	0.04	6000	12400	0.53	1600	99.2
Whitefish, lake	Coregonus clupeaformis	26	74.5	1200	0.06	0.01	0.39	5.91	275	0.66	0.002	0.01	2700	3700	0.35	848	9.20
Whitefish, lake, dried	Coregonus clupeaformis	1	45.7	477	0.26	0.04	0.67	12.1	631	1.83	0.01	0.002	5700	9600	0.55	1300	13.4
Whitefish, round	Prosopium cylindraceum	1	.	3700	0.002	0.02	0.16	3.67	301	0.69	0.002	0.002	3800	4500	0.88	721	6.21
Whitefish, unidentified		14	68.8	4100	0.08	0.01	0.46	7.81	271	0.82	0.03	1.19	3900	3400	0.34	5200	10.5
Whitefish, unidentified, eggs		2	58.9	301	0.02	0.03	1.46	12.8	319	1.53	0.005	0.02	3400	2100	1.35	994	32.7
Whitefish, unidentified, smoked		1	52.8	416	0.15	0.01	0.39	14.8	503	1.11	0.002	0.10	4300	7100	0.55	806	6.43
LAND MAMMALS																	
Beaver, fat	Castor canadensis	1	.	263	0.44	0.002	0.94	42.1	165	0.49	0.002	0.08	1500	2500	0.18	1300	19.3
Beaver, feet	Castor canadensis	1	.	22100	1.33	0.07	0.96	78.8	520	1.38	0.05	0.63	15000	1100	0.15	2600	36.9
Beaver, heart	Castor canadensis	1	.	106	0.05	0.06	3.45	65.6	135	0.55	0.02	0.02	1300	1800	0.21	1600	20.3
Beaver, intestine	Castor canadensis	1	80.5	52.4	0.02	0.03	1.34	36.7	139	9.37	0.02	0.002	1700	2100	0.10	1400	20.5
Beaver, kidney	Castor canadensis	1	.	107	0.04	0.12	3.41	54.4	155	1.92	0.18	0.04	2200	2100	0.80	1300	30.5
Beaver, liver	Castor canadensis	2	71.1	60.2	0.03	0.10	2.98	168	158	1.91	0.35	0.01	2500	2300	0.17	981	32.0
Beaver, meat	Castor canadensis	24	61.7	201	0.13	0.01	1.00	53.7	180	0.37	0.01	0.03	1700	2700	0.08	866	29.2
Beaver, tail	Castor canadensis	3	38.8	1200	0.76	0.03	0.69	59.1	50.9	0.95	0.05	0.31	888	453	0.05	933	8.62
Bison, kidney	Bison bison athabascae	1	28.3	42.6	0.03	0.01	3.23	38.5	71.3	0.64	0.24	0.002	1100	997	0.52	827	10.7
Bison, liver	Bison bison athabascae	1	68.5	58.8	0.18	0.04	3.81	59.2	170	2.66	1.19	0.002	3800	2700	0.33	1100	29.6

Table S2.1. Concentrations of essential elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Bison, meat	Bison bison athabascae	5	31.4	248	0.20	0.01	1.56	43.8	337	0.62	0.04	2.41	2900	5100	0.26	1900	53.1
Black bear, fat	Ursus americanus	8	0.70	15.2	0.05	0.004	0.05	6.90	6.54	0.73	0.01	0.01	60.3	99.2	0.06	117	0.84
Black bear, liver	Ursus americanus	1	.	103	0.09	0.002	8.72	54.6	338	1.91	0.41	0.02	3300	3800	0.12	5100	62.5
Black bear, meat	Ursus americanus	15	60.6	102	0.07	0.004	1.50	39.9	217	0.31	0.01	0.03	2000	3200	0.14	2300	48.7
Caribou, blood	Rangifer ssp.	1	79.0	31.0	0.002	0.002	0.48	566	39.1	1.39	0.002	0.002	427	2100	0.27	1200	3.43
Caribou, bone	Rangifer ssp.	1	22.6	1800	0.002	0.002	0.07	29.9	79.5	0.06	0.002	0.002	1700	716	0.04	956	3.96
Caribou, bone marrow	Rangifer ssp.	3	12.8	397	0.01	0.002	0.69	13.4	15.1	0.02	0.002	0.14	297	106	0.02	272	1.08
Caribou, brain	Rangifer ssp.	1	.	96.9	0.03	0.002	2.68	28.4	120	0.48	0.002	0.02	3500	2800	0.18	1400	10.5
Caribou, brains	Rangifer ssp.	2	76.1	265	0.01	0.003	2.39	26.0	142	0.38	0.01	0.002	3700	3000	0.16	1500	10.3
Caribou, fat	Rangifer ssp.	2	3.89	9.90	0.01	0.002	0.05	6.35	6.70	0.11	0.002	0.002	80.3	139	0.01	80.9	0.52
Caribou, fetus	Rangifer ssp.	1	81.5	186	0.35	0.002	0.87	16.0	152	0.27	0.02	0.09	2000	2200	0.06	1800	11.4
Caribou, heart	Rangifer ssp.	5	69.0	43.7	0.03	0.01	4.43	64.0	242	0.54	0.004	0.01	2400	3200	0.26	725	16.7
Caribou, intestine	Rangifer ssp.	1	.	96.0	0.04	0.002	1.01	20.8	90.6	2.73	0.002	0.04	1200	1700	0.15	963	12.9
Caribou, kidney	Rangifer ssp.	4	69.4	64.6	0.04	0.03	3.57	37.2	178	1.11	0.11	0.01	2400	2700	0.68	1000	26.3
Caribou, liver	Rangifer ssp.	3	71.1	41.9	0.03	0.07	22.2	183	178	2.93	0.62	0.02	3800	2900	0.36	771	26.5
Caribou, meat	Rangifer ssp.	18	65.8	309	0.24	0.01	4.16	46.6	276	0.39	0.01	0.50	2500	3600	0.19	665	50.0
Caribou, meat, dried	Rangifer ssp.	2	38.3	72.9	0.41	0.01	3.48	95.1	365	0.86	0.02	0.15	5000	7300	0.38	1400	45.7
Caribou, stomach	Rangifer ssp.	1	49.7	22.8	0.002	0.002	0.23	28.4	32.4	10.6	0.002	0.002	404	653	0.07	712	3.89
Caribou, tongue	Rangifer ssp.	1	.	55.9	0.10	0.002	1.95	16.6	149	0.26	0.002	0.06	1700	2400	0.17	1100	20.9
Deer, fat	Odocoileus spp.	2	18.5	132	0.02	0.002	0.83	8.09	81.2	0.15	0.03	0.07	922	1600	0.14	1900	10.6
Deer, heart	Odocoileus spp.	4	73.6	39.2	0.06	0.01	9.40	66.2	223	0.44	0.03	0.01	2300	3000	0.35	753	20.7
Deer, kidney	Odocoileus spp.	9	76.2	71.1	0.14	0.02	2.80	91.3	147	1.03	0.33	0.02	2300	2600	0.89	1600	28.7
Deer, liver	Odocoileus spp.	18	68.8	50.8	0.11	0.05	47.0	114	176	2.78	0.36	0.02	3500	2800	0.66	909	33.0
Deer, liver and heart	Odocoileus spp.	2	67.5	41.7	0.05	0.05	37.7	72.6	207	2.62	0.32	0.002	3200	2900	0.48	826	28.9
Deer, meat	Odocoileus spp.	64	68.4	99.2	0.18	0.004	2.14	35.3	250	0.29	0.02	0.04	2200	3400	0.15	810	38.8
Deer, meat, smoked	Odocoileus spp.	1	21.7	240	0.03	0.03	5.31	120	788	1.55	0.03	13.9	6200	9700	0.57	6200	87.9
Deer, tongue	Odocoileus spp.	2	.	74.6	0.94	0.01	1.83	39.8	197	0.81	0.02	0.06	1800	3500	0.19	1200	26.2
Elk, fat	Cervus canadensis	1	.	5.00	0.002	0.002	0.002	0.002	1.40	0.002	0.002	0.002	9.50	18.5	0.002	13.6	0.10
Elk, heart	Cervus canadensis	1	.	43.9	0.08	0.002	4.21	47.7	237	0.36	0.002	0.002	2300	3300	0.24	732	20.0
Elk, kidney	Cervus canadensis	3	70.2	128	0.11	0.01	2.88	28.7	134	0.77	0.21	0.05	1700	1900	0.70	1100	21.3
Elk, liver	Cervus canadensis	2	.	38.9	0.18	0.06	27.8	150	181	2.81	1.14	0.06	4000	2900	0.24	582	19.3
Elk, meat	Cervus canadensis	23	69.0	96.2	0.67	0.01	1.61	37.3	260	0.35	0.01	0.09	2300	3600	0.18	642	45.6
Elk, meat, dried	Cervus canadensis	1	12.1	187	0.03	0.01	4.07	89.4	909	0.52	0.01	0.002	8000	14600	0.18	1400	137
Groundhog, meat	Marmota monax	1	.	104	0.09	0.002	0.47	11.4	65.2	18.9	0.002	0.03	502	2000	0.03	352	6.80
Hare/rabbit, brains	Lepus spp.	1	.	133	0.002	0.002	2.48	34.2	157	0.40	0.04	0.002	4000	3100	0.22	1400	13.7
Hare/rabbit, heart	Lepus spp.	3	73.2	85.5	0.01	0.02	4.58	76.1	249	1.50	0.10	0.01	2600	3200	0.29	885	19.7
Hare/rabbit, intestines	Lepus spp.	1	81.2	140	0.002	0.01	1.25	63.0	150	47.6	0.01	0.002	1700	1400	0.15	923	17.5
Hare/rabbit, kidney	Lepus spp.	2	73.9	245	0.12	0.05	3.60	104	217	2.61	0.43	0.10	3300	2200	1.50	1200	29.8
Hare/rabbit, liver	Lepus spp.	5	71.9	110	0.15	0.05	4.41	272	177	3.36	0.64	0.04	3000	2300	0.43	884	30.3
Hare/rabbit, meat	Lepus spp.	58	73.3	2200	0.20	0.01	2.69	39.8	298	0.64	0.03	0.05	3200	3300	0.16	634	17.3
Moose, bone marrow	Alces alces	5	18.3	337	0.08	0.002	0.09	7.78	15.4	0.01	0.002	0.03	268	78.1	0.01	491	0.70
Moose, fat	Alces alces	7	17.5	17.9	0.03	0.002	0.10	6.54	12.4	0.10	0.002	0.01	124	221	0.01	128	1.08
Moose, heart	Alces alces	28	72.6	53.0	0.12	0.03	4.03	61.0	217	0.62	0.05	0.04	2200	2900	0.19	814	23.0

Table S2.1. Concentrations of essential elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Moose, intestine	Alces alces	12	34.9	65.8	0.11	0.004	0.23	9.21	36.7	0.72	0.005	0.02	332	533	0.03	345	5.19
Moose, kidney	Alces alces	40	75.4	97.0	0.19	0.06	5.71	86.6	176	2.40	0.31	0.07	2400	2600	0.69	1300	28.1
Moose, liver	Alces alces	49	69.2	64.5	0.17	0.07	38.4	175	170	2.72	0.79	0.04	3100	2800	0.49	784	34.0
Moose, meat	Alces alces	85	69.8	237	0.19	0.01	1.57	38.6	245	0.35	0.01	0.08	2200	3600	0.13	895	49.2
Moose, meat, canned	Alces alces	1	.	38.4	0.05	0.002	1.14	34.5	227	0.15	0.002	0.002	2000	3600	0.18	952	56.3
Moose, meat, dried	Alces alces	7	33.5	113	1.66	0.18	2.78	82.1	435	1.14	0.05	0.41	4600	7600	0.27	4200	82.5
Moose, meat, smoked	Alces alces	3	40.0	95.9	0.33	0.01	3.08	74.6	484	0.80	0.02	0.13	4100	6600	0.32	961	102
Moose, nose	Alces alces	9	63.8	106	0.50	0.01	0.94	32.9	111	0.52	0.02	0.09	1100	1600	0.07	1600	15.4
Moose, stomach	Alces alces	2	.	520	0.05	0.06	1.03	17.5	217	19.4	0.002	0.22	1800	2300	0.15	1100	49.9
Moose, stomach lining	Alces alces	1	1.90	134	0.09	0.01	0.20	42.4	51.4	0.61	0.005	0.04	363	946	0.01	678	3.30
Moose, tongue	Alces alces	14	73.9	92.4	0.23	0.01	1.44	39.9	171	0.68	0.02	0.06	1600	2700	0.10	1200	25.4
Muskrat, meat	Ondatra zibethica	10	73.1	3800	0.24	0.01	1.26	86.7	305	1.52	0.05	0.05	4100	3400	0.09	1000	19.7
Porcupine, meat	Erethizon dorsatum	3	60.5	118	0.18	0.01	1.13	49.5	144	0.50	0.02	0.04	1200	2000	0.05	918	26.1
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	5	74.3	525	0.08	0.004	2.30	34.4	255	0.92	0.01	0.02	2400	3600	0.16	744	14.3
WILD BIRDS																	
Arctic tern/stern, egg	Sterna paradisaea	1	76.0	747	0.002	0.01	0.72	38.5	117	0.19	0.04	0.04	2600	1300	0.54	1400	17.0
Duck, American black, meat	Anas rubripes	1	70.8	31.9	0.01	0.01	4.03	52.3	285	0.37	0.01	0.15	2600	3900	0.36	519	9.47
Duck, black guillemot, meat	Cepphus grylle	1	72.6	295	0.02	0.01	5.34	67.0	248	0.44	0.03	0.002	2700	2900	0.60	892	13.2
Duck, bufflehead, meat	Bucephala albeola	2	.	78.3	0.17	0.01	4.52	67.7	231	0.89	0.02	0.55	2300	3300	0.16	735	13.5
Duck, coot, meat	Fulica americana	1	73.5	106	17.9	3.53	12.1	50100	204	180	0.38	10.5	1900	2600	0.19	609	16.5
Duck, eider, liver	Somateria spp.	1	74.5	80.7	0.01	0.03	12.6	232	216	3.71	0.37	0.002	3100	2600	2.72	1500	30.2
Duck, eider, meat	Somateria spp.	1	71.6	185	0.03	0.01	4.30	39.7	245	0.33	0.01	0.002	2200	2700	0.58	1400	16.3
Duck, gadwall, meat	Anas strepera	2	50.9	76.2	0.09	0.01	3.26	43.0	186	0.45	0.02	0.002	1800	2100	0.26	451	9.55
Duck, godwit, meat	Limosa spp.	1	48.6	111	0.08	0.01	4.05	63.0	169	0.33	0.03	0.01	1500	1200	0.19	328	13.2
Duck, goldeneye, meat	Bucephala clangula	4	68.0	76.9	1.01	0.01	4.48	69.1	222	0.48	0.04	0.16	2200	2600	0.30	625	10.2
Duck, mallard, gizzards	Anas platyrhynchos	2	77.1	299	7.03	0.05	1.27	154	234	2.07	0.08	1.10	1500	3200	0.25	626	30.5
Duck, mallard, meat	Anas platyrhynchos	33	64.4	514	0.13	0.01	4.35	59.9	270	0.62	0.03	0.03	2800	3200	0.42	636	14.8
Duck, northern pintail, meat	Anas acuta	7	63.3	1700	0.05	0.01	4.47	52.6	269	0.47	0.02	0.02	3100	3100	0.42	819	12.8
Duck, northern shoveller, meat	Anas clypeata	1	72.3	83.7	0.02	0.01	7.78	66.2	297	0.55	0.02	0.002	3100	3800	0.53	748	10.7
Duck, scaup, meat	Aythya marila	1	63.5	37.2	0.01	0.01	5.52	52.0	205	0.42	0.01	0.002	2100	2600	0.19	499	9.72
Duck, scoter, meat	Melanitta nigra	1	69.2	62.2	0.09	0.01	5.85	73.5	270	0.59	0.02	0.002	2700	3200	1.92	844	11.9
Duck, teal, meat	Anas spp.	8	71.2	383	0.09	0.01	5.26	63.7	261	0.51	0.03	0.01	2600	3200	0.46	636	13.0
Duck, unidentified, gizzards		3	69.6	801	4.64	0.10	1.84	104	337	6.33	0.55	2.84	1500	3100	0.30	673	28.8
Duck, unidentified, heart		2	72.2	69.9	0.06	0.03	5.30	113	203	0.92	0.06	0.03	2400	2700	0.55	882	22.7
Duck, unidentified, meat		5	66.0	75.0	0.36	0.01	5.83	52.3	227	0.62	0.03	0.18	2300	2700	0.36	2800	11.7
Duck, wigeon, meat	Anas americana	3	48.8	52.9	0.08	0.01	3.28	45.4	186	0.38	0.02	0.04	1800	2200	0.30	414	7.59
Duck, wood, meat	Aix sponsa	1	72.2	34.1	0.02	0.01	4.86	57.9	333	0.46	0.02	0.002	3400	4100	0.33	527	10.8
Goose, Canada, gizzard	Branta canadensis	1	.	319	0.12	0.002	1.37	48.6	236	1.15	0.05	0.07	1300	2400	0.31	702	35.1
Goose, Canada, kidney	Branta canadensis	1	.	75.5	0.63	0.04	1.15	156	202	1.59	0.05	0.08	1400	3700	0.25	850	31.8
Goose, Canada, liver	Branta canadensis	1	66.8	109	0.002	0.04	13.1	596	216	4.10	0.89	0.002	3800	2300	0.70	1000	37.3
Goose, Canada, meat	Branta canadensis	32	62.5	139	0.14	0.01	3.44	55.1	229	0.46	0.05	0.04	2300	2900	0.24	576	18.2
Goose, snow, meat	Chen caerulescens	7	62.1	167	0.06	0.01	4.13	48.2	255	0.41	0.02	0.01	2400	2900	0.24	525	16.1

Table S2.1. Concentrations of essential elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Goose, unidentified, fat		2	0	34.8	0.15	0.002	0.37	14.6	65.2	0.17	0.01	0.04	571	1200	0.04	531	13.8
Goose, unidentified, gizzard		1	76.8	34.4	0.002	0.01	0.83	39.5	181	0.72	0.02	0.002	1300	3700	0.21	722	33.3
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	87	70.6	677	0.17	0.003	2.32	23.9	319	0.52	0.02	0.03	2800	3300	0.23	602	7.48
Wild turkey, meat	Meleagris gallopava	3	68.7	57.9	0.06	0.002	1.40	20.6	247	0.16	0.03	0.03	2000	2900	0.15	604	26.0
BERRIES, FRUITS, NUTS AND SEEDS																	
Blackberry	Rubus spp.	16	86.1	287	0.01	0.01	1.18	4.16	200	9.43	0.03	0.20	287	1400	0.002	8.53	1.81
Blackberry, leaves	Rubus spp.	1	.	7000	0.30	0.002	4.60	38.9	2000	299	0.20	1.20	1600	6200	0.002	38.3	13.0
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	64	82.5	196	0.03	0.003	0.68	3.58	87.7	39.9	0.06	0.14	199	950	0.003	14.3	1.26
Blueberry, jam	Vaccinium myrtilloides, Vaccinium angustifolium	1	32.4	54.5	0.04	0.002	0.29	1.21	23.0	6.65	0.01	0.002	54.0	387	0.002	83.7	0.38
Blueberry, leaves	Vaccinium myrtilloides, Vaccinium angustifolium	1	.	6300	2.32	0.35	6.38	330	1600	758	0.03	5.16	931	6000	0.002	41.0	27.3
Bunchberry	Cornus canadensis L.	1	.	3500	0.74	0.02	0.79	25.8	629	15.5	0.04	0.62	463	2400	0.002	5.20	4.50
Chokecherry/pincherry	Prunus virginiana L.	29	66.4	822	0.08	0.01	1.39	13.3	287	5.09	0.06	0.33	487	3400	0.02	6.27	2.38
Cloudberries/bakeapples	Rubus chamaemorus	3	84.8	120	0.01	0.01	0.58	3.29	268	11.3	0.06	0.19	313	1800	0.002	30.9	3.64
Crabapple	Malus coronaria, Pyrus coronaria	17	80.3	158	0.11	0.01	1.09	3.83	92.6	0.83	0.02	0.04	157	1600	0.002	27.6	0.82
Crabapple, jam	Malus coronaria, Pyrus coronaria	1	30.1	56.5	0.02	0.02	0.20	0.78	18.6	0.39	0.002	0.14	22.8	454	0.002	43.6	0.31
Cranberry, high bush	Viburnum spp.	17	78.1	449	0.02	0.003	0.72	3.36	194	1.38	0.02	0.12	290	1900	0.003	15.8	1.53
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	48	85.6	170	0.07	0.002	0.68	2.83	88.3	17.0	0.02	0.12	200	1100	0.003	5.34	1.19
Currant	Ribes spp.	2	70.8	6800	5.41	0.10	5.05	153	1200	13.9	0.24	3.54	1700	9200	0.30	123	12.1
Elderberry	Sambucus spp.	2	74.6	855	0.01	0.005	1.40	7.27	488	7.39	0.13	0.03	715	2600	0.002	0.002	2.65
Gooseberry	Ribes spp.	5	.	2000	0.41	0.002	1.17	12.0	409	10.9	0.06	0.32	815	3900	0.002	4.42	7.19
Grape, Oregon	Mahonia aquifolium	2	.	102	0.30	0.05	0.74	12.2	102	3.07	0.002	0.29	152	1500	0.002	23.0	2.75
Grape, wild	Vitis riparia	2	55.9	606	0.002	0.002	1.19	3.84	175	1.90	0.02	0.02	363	2300	0.002	5.70	1.05
Hawthorn berry	Crataegus spp.	2	61.4	2000	0.07	0.02	1.23	9.26	534	5.55	0.04	0.22	391	4400	0.002	0.002	2.42
Huckleberry	Vaccinium spp., Gaylussacia spp.	15	.	174	0.02	0.002	0.72	3.51	73.9	25.6	0.06	0.06	204	821	0.002	16.9	1.09
Huckleberry, jam	Vaccinium spp., Gaylussacia spp.	1	.	81.1	0.05	0.002	0.28	0.002	33.2	17.1	0.05	0.03	44.0	515	0.002	60.6	2.00
Nut, acorn	Quercus spp.	4	36.7	257	0.06	0.01	1.40	17.2	205	4.77	0.12	0.23	466	4600	0.01	0.002	2.62
Nut, butternut	Juglans cinerea	1	16.8	616	0.02	0.04	8.08	31.6	1700	29.8	0.05	5.15	4800	4200	0.03	.	20.3
Nut, chestnut	Castanea dentata	1	60.8	381	0.002	0.002	4.77	7.56	415	2.44	0.12	0.10	1600	5700	0.09	179	4.75
Nut, hazelnut	Corylus americana	4	27.8	2500	0.05	0.02	11.2	28.0	1800	93.0	0.72	2.66	3400	7800	0.07	3.57	20.3
Nut, hazelnut, dried	Corylus americana	1	7.15	1900	0.10	0.08	8.01	25.7	642	89.4	0.02	2.65	968	5700	0.002	5.10	9.62
Nut, hickory	Carya ovata	3	11.6	251	0.11	0.03	4.04	9.56	460	17.3	1.02	1.36	1000	2300	0.01	0.002	16.6
Nut, walnut	Juglans spp	1	16.2	618	0.04	0.03	10.8	31.8	1600	11.3	0.55	1.40	4000	4600	0.03	0.002	20.2
Plum	Prunus spp.	1	.	124	0.002	0.002	0.84	2.20	94.4	0.98	0.03	0.16	377	4300	0.002	0.002	1.20
Raspberry	Rubus idaeus	32	81.5	348	0.03	0.01	0.84	6.74	255	6.84	0.16	0.34	460	1800	0.004	8.28	3.35
Raspberry, leaf, tea	Rubus idaeus	2	.	36.7	0.002	0.002	0.05	0.002	15.4	1.48	0.002	0.01	18.7	122	0.002	25.0	0.09
Raspberry, root	Rubus idaeus	1	88.9	488	0.04	0.01	0.97	9.03	311	3.75	0.04	0.24	477	2000	0.002	0.002	3.13
Rosehip	Rosa spp.	8	51.7	2500	0.12	0.02	1.72	20.1	984	23.3	0.25	0.34	976	5600	0.02	14.9	5.04
Salal berry	Gaultheria shallon	1	.	516	0.03	0.002	0.60	3.60	165	41.7	0.002	0.06	196	1400	0.002	85.9	2.10
Salmonberry	Rubus spectabilis	3	.	198	0.06	0.01	1.40	6.57	199	10.4	0.04	0.19	374	1700	0.002	30.7	2.93
Saskatoon berry	Amelanchier alnifolia	32	78.2	759	0.08	0.02	1.24	7.18	315	12.7	0.14	0.28	422	2800	0.01	8.57	3.81

Table S2.1. Concentrations of essential elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Saskatoon berry, root	Amelanchier alnifolia	1	74.8	652	0.03	0.02	0.69	6.05	254	10.3	0.03	0.20	352	2500	0.002	27.5	3.37
Soapberry	Shepherdia canadensis	11	.	172	0.06	0.002	1.48	7.43	98.8	2.13	0.34	0.63	357	1700	0.05	9.11	2.52
Strawberry	Fragaria spp.	18	82.8	310	0.06	0.01	0.75	4.76	151	4.00	0.07	0.10	257	1600	0.002	30.7	1.33
Strawberry, jam	Fragaria spp.	1	54.9	70.4	0.002	0.01	0.18	1.17	49.5	2.29	0.01	0.05	83.9	724	0.002	28.2	0.44
Sumac	Rhus typhina, R. glabra	1	12.4	115	0.02	0.002	0.68	2.87	134	0.37	0.04	0.03	286	1500	0.002	0.002	1.20
Sunflower, seeds	Helianthus annuus	2	8.09	803	0.30	0.05	10.8	34.0	2500	12.4	0.35	1.12	4500	7300	0.23	0.002	25.2
Thimbleberry	Rubus parviflorus	1	.	1000	0.05	0.002	1.33	7.00	479	7.34	0.07	0.07	594	1900	0.002	6.40	4.40
WILD PLANTS																	
Asparagus	Asparagus officinalis	1	.	241	0.03	0.002	1.64	7.10	224	1.74	0.05	0.66	921	3800	0.36	22.0	9.80
Avalanche lily	Erythronium montanum	1	.	152	1.30	0.002	1.15	15.5	180	2.56	0.25	0.61	746	3500	0.002	40.2	4.30
Bear root, tea	Ligusticum spp.	1	.	26.2	0.002	0.002	0.03	0.19	8.05	0.06	0.002	0.002	0.75	64.0	0.002	70.0	0.07
Bergamot, beebalm, horsemint	Monarda fistulosa, Monarda spp.	1	.	13700	1.20	0.002	5.80	160	2900	25.3	2.90	1.80	2200	19600	0.002	7.80	14.8
Bitter root	Lewisia rediviva	1	.	923	0.20	0.002	1.30	30.5	1100	29.6	0.70	0.30	991	5800	0.002	95.1	23.6
Buck brush	Ceanothus cuneatus	1	.	10200	0.40	0.002	2.10	64.7	2200	34.4	0.30	1.00	855	3200	0.002	0.002	9.80
Burdock, tea	Arctium spp.	1	.	12.2	0.002	0.002	0.15	0.11	13.4	0.08	0.002	0.01	15.8	161	0.002	44.2	0.08
Caribou weeds	Artemisia tilesii	1	.	12200	1.50	0.30	10.9	280	2200	115	1.80	1.10	3100	11900	0.002	7.20	72.8
Cattail	Typha latifolia	1	.	1200	0.65	0.50	6.83	433	732	170	0.39	0.72	1300	4500	0.17	130	6.00
Clover, tea	Trifolium spp.	1	.	19.5	0.002	0.002	0.02	0.002	8.14	0.002	0.002	0.002	3.06	39.8	0.002	41.6	0.02
Cow parsnip (Indian celery)	Heracleum lanatum	1	.	448	0.03	0.002	0.53	4.10	187	1.43	0.16	0.11	388	5600	0.002	459	2.50
Dandelion, greens	Taraxacum officinale	3	70.5	3500	1.36	0.44	4.03	1300	639	26.5	0.30	1.57	930	7400	0.07	230	17.7
Dandelion, roots	Taraxacum officinale	1	53.9	2100	3.54	1.75	8.05	3800	879	199	0.09	3.76	850	2500	0.06	396	41.3
Dandelion, tea	Taraxacum officinale	3	.	112	0.002	0.002	0.14	0.65	28.7	0.28	0.002	0.01	26.0	414	0.002	54.2	0.41
Devil's club, bark	Oplopanax horridus	1	.	31700	3.60	0.30	4.30	423	1800	119	3.40	2.30	971	9500	0.002	77.8	24.2
Devil's club, stem/leaves	Oplopanax horridus	4	.	9100	2.53	0.08	4.15	58.8	1300	35.5	0.98	1.98	1200	8000	0.002	94.0	11.4
Ferns, fiddleheads	Matteauccia struthiopteris	12	88.8	367	0.03	0.004	3.15	10.1	248	3.31	0.04	0.49	825	1700	0.03	212	8.85
Ferns, licorice	Polypodium glycyrrhiza	1	.	1200	1.90	0.002	1.40	14.2	2200	42.2	0.002	0.90	1000	4200	0.002	2000	16.5
Goldthread, tea	Coptis trifolia	4	.	16.9	0.002	0.002	0.05	0.01	8.22	0.30	0.002	0.01	1.95	24.5	0.002	58.8	0.13
Horsetail shoots	Equisetum arvense	1	62.1	6600	0.41	0.10	1.03	41.8	1200	14.9	3.17	1.57	281	3400	0.06	0.002	7.73
Indian celery (Indian consumption plant, desert parsley)	Lomatium nudicaule	1	.	6400	0.20	0.002	6.40	55.2	2200	35.4	2.70	0.80	5800	22500	0.002	8.70	32.7
Jerusalem artichoke	Helianthus tubererosus	1	72.6	385	0.15	0.02	3.16	29.6	280	2.49	0.04	0.34	1100	5600	0.02	6.10	4.77
Labrador tea, leaves	Ledum groenlandicum, Rhododendron	12	.	4400	2.06	0.03	3.66	104	1100	646	0.13	1.35	1100	4500	0.002	31.9	19.0
Labrador tea, tea	Ledum groenlandicum, Rhododendron	14	.	17.8	0.002	0.002	0.05	0.03	9.28	1.33	0.002	0.01	2.34	35.04	0.002	16.8	0.04
Lamb's quarters	Chenopodium album	1	.	3800	2.97	0.24	2.63	677	1500	35.3	0.28	1.86	830	8200	0.82	2200	16.1
Leeks/onions	Allium spp.	2	78.9	686	0.27	0.06	0.79	126	176	5.20	0.09	0.35	290	1800	0.002	66.5	3.61
Lichen-moss, tea	Usnea spp.	1	.	3.81	0.002	0.002	0.01	0.09	1.09	0.27	0.002	.	.	.	.	.	.
Lilypad	Nuphar lutea; Nymphaea odorata	1	.	2300	0.10	0.07	0.45	61.9	148	150	0.002	0.11	64.5	143	0.002	121	1.00
Mint, leaves	Mentha spp.	8	55.9	5900	0.64	0.08	4.06	137	2000	199	0.30	0.63	1200	10400	0.02	562	12.4
Mint, tea	Mentha spp.	8	.	2000	0.43	0.03	1.32	41.5	574	5.21	0.52	0.31	463	3100	0.01	104	4.08
Purple pitcher (turtle socks), leaves	Sarracenia purpurea	1	.	0.11	0.002	0.002	0.002	0.002	0.25	0.02	0.002	0.002	0.37	0.002	0.002	0.002	0.002
Sage, leaves	Salvia spp.	2	.	61.4	0.002	0.002	0.02	0.002	41.2	0.05	0.002	0.002	3.57	108	0.002	29.3	0.10
Sage, tea	Salvia spp.	4	.	130	0.03	0.002	0.23	1.40	20.4	0.62	0.02	0.02	18.7	87.9	0.002	184	0.82
Scarlet beebalm (oswego), tea	Monarda didyma	1	.	51.7	0.002	0.002	0.15	0.11	30.3	0.84	0.03	0.004	24.0	398	0.002	7.80	0.24

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				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Stinging nettle, leaves	Urtica dioica	9	72.5	21700	0.75	0.02	5.64	96.9	4000	79.8	3.17	0.94	3500	20600	0.004	34.4	30.5
Strawberry blite	Blitum capitatum	1	.	1300	0.72	0.25	1.44	90.3	1400	69.6	0.11	0.74	670	6200	0.002	5.80	31.9
Sweetflag/muskrat root	Acorus americanus, A. calamus	8	24.5	3300	0.86	0.17	6.56	883	1500	80.9	1.86	0.78	2300	10800	0.01	842	20.7
Sweetflag/muskrat root plus wild ginger, tea		1	.	21.3	0.002	0.002	0.13	0.46	11.0	0.23	0.002	0.004	19.7	59.1	0.002	13.6	0.05
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	9	.	834	0.08	0.002	0.48	20.6	276	12.2	0.01	0.05	134	573	0.002	193	2.22
Sweetgrass, tea	Hierochloe odorata	1	.	36.7	0.002	0.002	0.03	0.002	15.3	0.14	0.01	0.01	4.60	286	0.002	37.0	0.18
Tobacco	Nicotiana tabacum	1	54.9	21200	0.56	0.09	5.59	247	1300	16.3	1.48	0.33	2000	26600	0.12	946	30.9
Western dock, leaves	Rumex occidentalis	1	.	10.2	0.002	0.002	0.02	0.002	9.04	0.01	0.002	0.002	1.22	38.7	0.002	7.70	0.01
Wild ginger	Asarum caudatum	1	61.5	3400	1.01	0.25	4.25	528	3000	37.7	0.18	0.74	752	13400	0.002	0.002	16.2
Wild parsnip	Pastinaca sativa	1	.	6500	2.20	0.002	2.00	36.3	738	163	0.20	1.20	481	11200	0.002	92.7	27.2
Wild rhubarb	unidentified	11	92.4	824	0.10	0.01	0.54	3.63	166	2.01	0.04	0.19	515	3500	0.004	18.4	1.80
Wild rice	Zitania aquatica	3	10.6	91.9	0.05	0.01	2.01	6.06	558	6.09	0.05	0.10	1900	1600	0.002	30.5	22.2
Wintergreen/teaberry	Gaultheria procumbens	2	59.4	5100	0.23	0.03	1.23	26.1	1000	118	0.04	0.67	434	2800	0.002	2.20	8.43
Wintergreen/teaberry, tea	Gaultheria procumbens	2	.	10.5	0.002	0.002	0.01	0.002	2.42	0.22	0.002	0.002	0.002	11.7	0.002	26.5	0.01
Yarrow	Achillea millefolium	4	.	5900	1.85	0.18	10.1	116	1600	49.0	0.95	1.98	2700	19700	0.002	73.1	25.8
Yarrow, tea	Achillea millefolium	3	.	144	0.01	0.003	0.13	0.97	40.8	0.86	0.01	0.02	31.4	298	0.002	24.9	0.51
TREES (bark, leaves, syrup, needles, cones, gum)																	
Alder, bark	Alnus incana, A. spp	1	.	8200	0.10	0.002	3.70	8.60	746	124	2.00	0.50	1300	5600	0.002	25.3	40.2
Balsam fir, bark	Abies balsamea	1	.	7700	1.10	0.20	3.00	14.4	292	424	0.002	0.90	345	1500	0.002	394	14.4
Balsam fir, sap/pitch	Abies balsamea	2	.	5600	1.55	0.10	13.9	81.9	623	132	0.002	2.30	635	18900	0.10	97.1	122
Birch, bark	Betula spp.	3	.	4300	0.37	0.03	4.87	22.5	315	83.9	0.002	0.11	483	990	0.002	13.4	196
Birch, sap	Betula spp.	1	.	105	0.002	0.002	0.14	0.002	55.4	0.95	0.002	0.03	142	1100	0.002	3.50	3.40
Birch, tea	Betula spp.	1	.	7.23	0.002	0.002	0.06	0.002	1.75	0.54	0.002	0.002	2.73	37.6	0.002	7.10	0.09
Cascara, bark	Rhamnus purshiana	1	.	27700	2.10	0.002	1.90	76.8	1100	46.1	0.002	1.50	916	4000	0.002	22.4	6.30
Cedar, leaves	Thuja occidentalis, Thuja spp.	2	.	8300	0.25	0.002	1.05	58.0	560	45.2	1.20	0.50	640	2600	0.002	3.95	6.40
Cedar, tea	Thuja occidentalis, Thuja spp.	14	.	24.8	0.002	0.002	0.04	0.002	7.79	0.08	0.002	0.02	4.40	26.3	0.002	16.2	0.04
Hemlock, bark, tea	Tsuga canadensis	1	.	13.3	0.002	0.002	0.04	0.002	2.46	0.84	0.002	0.002	4.22	36.8	0.002	8.30	0.04
Ironwood (hornbeam), tea	Ostrya spp.	1	.	52.8	0.002	0.002	0.01	0.002	10.3	0.12	0.002	0.002	0.002	18.0	0.002	39.4	0.002
Juniper, tea	Juniperus communis	1	.	2700	0.31	0.002	0.83	9.40	139	73.7	0.06	0.09	145	242	0.002	7.40	4.20
Maple, bark, tea	Acer spp.	1	.	24.2	0.002	0.002	0.01	0.002	5.46	4.80	0.002	0.01	6.07	83.2	0.002	11.7	0.06
Maple, syrup	Acer spp.	9	35.6	763	0.01	0.02	0.41	0.53	108	28.5	0.004	0.57	8.54	1600	0.002	2.40	3.64
Mountain ash, tea	Sorbus subg. Sorbus	1	.	39.5	0.002	0.002	0.14	0.002	18.2	0.17	0.002	0.002	6.00	66.5	0.002	5.90	0.30
Pine, cone, tea	Pinus strobus	1	.	7.32	0.002	0.002	0.05	0.13	2.08	0.51	0.002	0.01	12.0	120	0.002	6.90	0.05
Pine, needle, tea	Pinus strobus	2	.	22.0	0.002	0.002	0.04	0.002	5.73	0.36	0.002	0.01	0.73	13.2	0.002	24.1	0.05
Poplar (balsam), bark	Populus balsamifera L.	1	.	228	0.26	0.002	0.75	4.10	223	0.99	0.002	0.05	422	3000	0.002	16.8	5.50
Poplar (balsam), tea	Populus balsamifera L.	1	.	31.9	0.002	0.002	0.12	0.002	21.3	0.95	0.002	0.03	9.40	150	0.002	6.70	0.70
Spruce, gum	Picea spp.	1	.	716	0.40	0.04	0.97	71.0	83.5	36.3	0.002	0.16	107	237	0.002	11.2	8.10
Spruce, leaves	Picea spp.	1	.	58.5	0.38	0.002	0.17	4.00	11.4	8.18	0.002	0.06	30.4	42.6	0.002	7.20	13.5
Spruce, tea	Picea spp.	3	.	70.8	0.002	0.002	0.06	0.40	10.1	0.78	0.002	0.01	4.92	49.3	0.002	7.45	1.16
Tamarack, needles	Larix laricina	1	.	2500	2.80	0.30	6.20	479	734	294	0.002	1.40	1200	2700	0.002	17.2	24.9
Tamarack, tea	Larix laricina	3	.	20.0	0.002	0.002	0.07	0.02	7.91	2.97	0.002	0.01	3.83	49.2	0.002	4.70	0.26
Willow, bark	Salix spp.	2	.	11500	0.40	0.40	2.90	28.5	723	316	0.02	0.95	1700	6100	0.002	13.8	97.2

Table S2.1. Concentrations of essential elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Willow, tea	Salix spp.	1	.	1000	0.06	0.002	0.72	1.80	82.5	0.83	0.002	0.07	80.0	57.3	0.03	8.60	6.00
Yew, bark	Taxus canadensis	1	.	26900	0.20	0.002	2.10	23.1	782	174	0.10	0.30	665	3500	0.002	36.1	99.4
Yew, tea	Taxus canadensis	1	.	12.5	0.002	0.002	0.01	0.002	9.93	8.68	0.002	0.03	3.86	93.2	0.002	2.30	0.35
MUSHROOMS																	
Mushroom, chaga, tea	Inonotus obliquus	1	.	18.9	0.002	.	0.01	0.002	3.72	0.11	0.002	0.002	0.002	63.9	0.002	12.5	0.02
Mushroom, chanterelle	Cantharellus spp.	2	86.3	62.8	0.19	0.08	7.14	26.5	216	4.02	0.02	0.12	952	7300	0.01	10.5	11.3
Mushroom, giant puffball	Calvatia gigantea	2	80.7	134	0.70	0.14	8.44	342	341	25.0	0.14	0.43	2000	3700	1.01	6.25	19.8
Mushroom, honey	Armillaria mellea	1	90.2	97.5	0.24	0.10	1.10	146	113	2.82	0.02	0.16	566	2800	0.94	0.002	10.3
Mushroom, morel	Morchella spp.	2	.	1600	0.60	1.00	20.9	93.5	1300	148	0.20	1.40	14000	36100	0.20	162	92.5
Mushroom, mycena	Mycena spp.	1	90.0	50.2	0.14	0.04	6.58	60.9	136	2.31	0.13	0.15	1100	2500	0.20	35.0	18.8
Mushroom, pine	Tricholoma magnivelare	3	.	122	0.27	0.13	7.38	45.0	402	7.95	0.05	0.35	2400	16000	4.04	155	32.2
Mushroom, unidentified		4	47.3	121	0.17	0.18	4.68	42.8	711	10.2	0.08	0.20	1600	10900	1.24	45.8	23.6
CULTIVATED FOOD - PLANTS																	
Apple	Malus domestica	5	82.9	54.6	0.04	0.002	0.39	1.43	47.0	0.38	0.01	0.03	109	1100	0.002	20.7	0.29
Beans, dried	Phaseolus vulgaris	1	12.5	80.8	0.03	0.04	7.02	49.5	1600	8.18	1.57	0.64	4000	14000	0.002	20.0	26.2
Beans, kidney, red	Phaseolus vulgaris	1	12.1	233	0.02	0.05	6.90	55.2	1500	8.10	1.64	0.39	4300	15400	0.03	0.002	22.9
Beans, pole	Phaseolus vulgaris	1	84.2	568	0.10	0.01	1.37	10.9	352	2.11	1.33	0.13	778	3000	0.002	35.9	3.67
Beans, snap	Phaseolus vulgaris	4	93.1	320	0.02	0.003	0.48	4.12	128	1.01	0.46	0.06	242	1300	0.01	1700	1.53
Beets	Beta vulgaris	4	86.9	192	0.02	0.01	0.80	8.28	179	4.65	0.02	0.05	259	2700	0.002	815	3.39
Brussel sprouts	Brassica oleracea var. gemmifera	1	84.8	2200	0.27	0.03	0.23	107	349	11.1	0.38	0.10	528	3900	0.02	50.0	3.41
Cabbage	Brassica oleracea var. capitata	2	94.6	257	0.04	0.004	0.37	10.5	107	1.73	0.07	0.05	243	1600	0.002	11.5	1.77
Carrots	Daucus carota subsp. sativus	2	90.1	434	0.03	0.01	0.57	9.47	197	1.14	0.05	0.06	533	3800	0.01	290	1.80
Corn soup	Zea mays	1	69.5	79.4	0.03	0.01	0.81	6.94	196	1.01	0.17	0.06	578	1200	0.04	2900	4.31
Corn, blue	Zea mays	1	10.1	39.3	0.03	0.002	0.43	3.66	594	1.39	0.11	0.03	2700	2400	0.002	0.002	2.75
Corn, calico	Zea mays	1	10.4	30.9	0.74	0.002	0.49	2.25	531	1.37	0.12	0.01	1800	2200	0.002	0.002	1.20
Corn, hominy	Zea mays	2	38.5	75.2	0.02	0.01	0.40	142	303	7.56	0.16	0.01	656	1600	0.002	141	5.42
Corn, unidentified	Zea mays	5	50.8	54.9	0.03	0.002	0.90	10.6	586	2.90	0.13	0.04	1500	2200	0.01	28.0	9.17
Corn, unidentified, dried	Zea mays	1	9.71	59.3	0.01	0.002	0.72	3.81	746	3.08	0.15	0.02	2400	2600	0.02	89.0	3.62
Corn, white	Zea mays	2	33.7	66.9	0.07	0.002	1.13	8.89	598	2.55	0.17	0.07	1900	2300	0.01	38.6	8.55
Corn, white, flour	Zea mays	1	3.64	51.2	0.01	0.002	1.98	26.5	1500	5.25	0.33	0.22	3800	5000	0.03	2.00	29.4
Corn, yellow	Zea mays	2	63.6	55.7	0.02	0.002	1.04	6.03	409	2.21	0.06	0.05	1200	3300	0.002	157	6.85
Cucumber	Cucumis sativus	1	90.1	121	0.01	0.002	0.23	1.61	51.0	0.30	0.03	0.02	102	556	0.002	6600	0.52
Honey	Apis mellifera (bee)	3	19.9	50.7	0.01	0.002	0.13	0.86	16.9	0.53	0.003	0.02	38.0	445	0.002	7.67	0.32
Pepper, green	Capsicum annuum	1	91.8	107	0.002	0.002	0.76	4.27	124	1.14	0.08	0.03	235	2000	0.002	0.002	1.74
Potatoes	Solanum tuberosum	5	76.9	339	0.09	0.02	1.62	47.7	286	5.01	0.28	0.27	581	4100	0.02	37.6	4.15
Radish	Raphanus sativus	1	89.3	1000	0.17	0.04	0.45	84.8	198	3.32	0.24	0.13	331	4600	0.03	59.0	3.48
Spinach	Spinacia spp.	1	88.0	603	0.05	0.01	0.56	10.3	524	6.62	0.20	0.07	482	3900	0.03	5.40	4.08
Squash, butternut	Cucurbita maxima	1	87.7	371	0.03	0.005	0.78	3.79	228	0.74	0.06	0.05	594	3900	0.002	2.00	2.11
Squash, hubbard	Cucurbita maxima	1	92.7	380	0.04	0.03	0.72	2.77	184	0.87	0.02	0.24	329	3000	0.002	0.002	2.61
Squash, pumpkin	Cucurbita maxima	2	87.3	310	0.02	0.01	0.82	2.66	295	0.85	0.02	0.08	303	4500	0.002	0.002	3.15
Squash, unidentified	Cucurbita maxima	2	77.5	159	0.08	0.004	1.18	6.22	252	1.57	0.05	0.11	747	3800	0.002	4.40	3.39
Squash, unidentified, seeds	Cucurbita maxima	1	4.81	468	0.03	0.01	14.6	88.5	5000	42.0	0.51	0.65	10000	7700	0.02	40.3	70.0
Squash, winter	Cucurbita maxima	3	87.7	278	0.03	0.003	0.82	5.03	246	1.10	0.08	0.06	449	3000	0.002	0.002	2.99

Table S2.1. Concentrations of essential elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Squash, zucchini	Cucurbita pepo	1	96.4	161	0.83	0.01	1.06	7.04	85.6	0.46	0.03	0.33	75.1	1200	0.002	0.002	1.45
Tomatoes	Solanum lycopersicum	4	94.0	105	0.01	0.01	0.51	2.72	106	1.04	0.04	0.03	258	2200	0.002	669	1.10
Turnip	Brassica rapa subsp. rapa	1	91.9	351	0.002	0.002	0.26	1.60	75.9	0.27	0.02	0.02	172	2100	0.002	66.0	1.31
Turnips and potatoes		1	74.6	190	0.002	0.01	0.84	4.38	344	2.00	0.07	0.002	542	4800	0.02	87.6	2.91
CULTIVATED FOOD - ANIMALS																	
Beef, fat	Bos taurus	1	0.88	0	0.20	0.002	0.08	2.36	7.75	0.03	0.002	0.12	97.4	170	0.002	47.3	1.31
Beef, meat	Bos taurus	1	68.1	74.8	0.12	0.002	0.53	17.2	220	0.06	0.01	0.01	1900	3600	0.04	471	30.0
Chicken, eggs	Gallus gallus domesticus	1	72.1	540	0.01	0.002	0.76	23.8	125	0.44	0.06	0.002	2400	1300	0.41	1300	14.5
Goat, meat	Capra aegagrus hircus	2	.	86.8	0.07	0.002	1.05	26.1	167	0.28	0.002	0.002	1800	3200	0.03	586	31.1

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
BRITISH COLUMBIA 2008 & 2009 - FISH AND SEAFOOD																	
Abalone	Haliotis kamtschatkana	1	.	313	0.09	0.002	1.36	8.70	544	0.45	0.04	2.25	1900	3100	0.19	2800	10.6
Arctic char, smoked	Salvelinus alpinus	1	.	482	0.002	0.002	0.44	17.2	303	0.23	0.002	0.02	2200	3000	0.21	7000	7.60
Arctic grayling	Thymallus arcticus arcticus	1	.	24700	1.74	0.33	0.99	21.7	485	4.35	0.04	0.84	14100	3000	1.61	978	22.4
Carp	Cyprinus carpio	1	.	5700	0.002	0.002	0.33	17.9	428	1.88	0.002	0.06	4800	3800	0.21	555	9.10
Clam, butter	Saxidomus giganteus	4	.	562	0.33	0.10	1.82	35.5	643	1.50	0.07	0.38	2200	2900	0.45	3000	15.7
Clam, butter, cooked	Saxidomus giganteus	1	.	879	0.51	0.11	2.29	22.9	689	1.33	0.14	0.33	2600	3200	0.44	3200	15.3
Clam, manila	Venerupis philippinarum	1	.	770	0.18	0.12	1.00	53.6	451	0.68	0.09	0.66	1300	612	0.82	1900	15.1
Clam, razor	Ensis directus	1	.	210	0.09	0.02	0.54	54.8	357	1.04	0.03	0.06	2400	2500	0.29	4600	17.1
Clam, unidentified		1	.	533	0.25	0.06	1.30	15.7	710	1.47	0.08	0.28	1800	2600	0.38	2300	13.4
Cockle, basket	Clinocardium nuttalli	1	.	610	0.64	0.09	0.60	229	746	2.90	0.04	0.65	2400	1300	0.40	7500	17.8
Cockle, unidentified		2	.	400	0.13	0.07	0.69	63.4	479	0.97	0.06	0.35	2500	2500	0.73	2500	17.1
Cod, black	Anoplopoma fimbria	2	.	806	0.09	0.002	0.24	0.75	289	0.31	0.002	0.03	2500	4000	0.63	1000	6.80
Crab, dungeness	Cancer magister	6	.	11800	0.38	0.08	9.55	49.9	817	2.73	0.04	0.27	2800	2300	0.64	3600	38.0
Eulachon/ooligan	Thaleichthys pacificus	3	.	3600	0.06	0.002	1.33	35.2	244	1.29	0.002	0.06	3400	2400	0.33	7700	18.5
Eulachon/ooligan, smoked	Thaleichthys pacificus	1	.	7700	0.22	0.002	2.02	41.0	448	1.75	0.002	0.07	8200	6100	0.63	3800	33.0
Eulachon/ooligan, grease	Thaleichthys pacificus	5	.	34.4	0.07	0.002	0.02	1.92	5.80	0.05	0.002	0.01	87.6	18.3	0.03	13.0	0.88
Halibut	Hippoglussus stenolepsis	6	.	1400	0.06	0.002	0.30	3.05	299	0.21	0.01	0.02	3400	5000	0.84	882	7.15
Herring, Pacific	Clupea pallasi	1	.	3600	0.15	0.002	0.55	16.6	253	1.22	0.002	0.002	3900	2700	0.63	1100	11.7
Herring, Pacific, eggs	Clupea pallasi	4	.	203	0.10	0.01	0.51	14.9	387	0.47	0.002	0.26	1300	1100	0.79	15300	8.28
Herring, Pacific, eggs on kelp	Clupea pallasi	1	.	1300	0.20	0.002	1.10	41.3	2600	1.30	0.002	0.50	3400	8600	2.50	50200	18.2
Herring, Pacific, eggs, cooked	Clupea pallasi	1	.	263	0.07	0.02	20.6	11.9	305	1.48	0.002	0.17	2200	1200	1.81	3700	19.2
Ling cod/mariah/burbot	Lota lota	3	.	486	0.05	0.002	0.49	2.70	336	0.29	0.002	0.002	2200	3900	0.62	392	5.30
Mussels	Mytilus spp.	3	.	4400	0.66	0.05	1.60	45.7	1900	1.25	0.20	0.67	4500	3300	1.14	12500	40.4
Northern pike/jackfish	Esox lucius	1	.	1500	0.31	0.002	0.21	4.90	279	0.43	0.03	0.03	2400	2900	0.37	364	8.40
Octopus	Octopus spp.	1	.	129	0.23	0.002	2.56	2.70	457	0.38	0.002	0.07	2300	3100	0.54	7300	25.4
Oyster	Giganteus pacificus	1	.	339	0.08	0.03	21.2	26.6	292	3.99	0.04	0.04	1700	1800	0.62	1200	271
Rockfish/red snapper	Sebastes spp.	6	.	1000	0.11	0.002	0.23	1.73	299	0.17	0.01	0.01	2600	4200	0.83	633	4.60
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	10	.	5400	0.37	0.005	0.79	10.7	381	0.70	0.01	0.16	5500	4100	0.46	3300	10.0
Salmon, chinook/spring/king, eggs	Oncorhynchus tshawytscha	1	.	604	0.10	0.002	50.2	20.6	538	0.54	0.002	0.002	4100	2200	3.80	796	34.1
Salmon, chum	Oncorhynchus keta	2	.	855	0.06	0.002	1.57	33.2	436	0.61	0.002	0.65	4400	6100	0.73	7800	18.2
Salmon, chum, dried	Oncorhynchus keta	1	.	437	0.10	0.002	1.20	8.60	917	0.30	0.002	0.002	8500	13300	1.20	23100	9.80
Salmon, chum, eggs	Oncorhynchus keta	1	.	441	0.10	0.002	4.22	9.60	492	0.50	0.002	0.002	3900	1070	1.52	358	24.9
Salmon, chum, half-smoked	Oncorhynchus keta	1	.	847	0.11	0.002	0.82	6.90	387	0.25	0.002	0.22	3400	4500	0.62	9000	8.60
Salmon, chum, jarred	Oncorhynchus keta	1	.	933	0.08	0.002	0.71	18.7	277	0.44	0.002	0.04	3300	4200	0.54	13600	6.80
Salmon, coho	Oncorhynchus kisutch	9	.	4100	0.21	0.01	0.78	9.74	352	0.50	0.01	0.06	4800	4300	0.42	5400	10.1
Salmon, coho, eggs	Oncorhynchus kisutch	2	.	545	0.11	0.02	15.0	18.6	715	0.84	0.002	0.002	4600	2000	2.57	485	36.1
Salmon, pink	Oncorhynchus gorbuscha	3	.	671	0.11	0.002	0.96	8.27	384	0.17	0.002	0.02	3300	4400	0.49	4800	7.80
Salmon, pink, dried	Oncorhynchus gorbuscha	2	.	533	0.17	0.002	1.30	10.1	574	0.44	0.002	0.24	4800	7000	0.65	11500	10.7
Salmon, sockeye	Oncorhynchus nerka	14	.	3300	0.06	0.002	0.97	13.5	385	0.69	0.002	0.04	4400	4200	0.44	2900	13.4
Salmon, sockeye, eggs	Oncorhynchus nerka	2	.	290	0.05	0.002	23.2	12.9	304	0.58	0.002	0.03	2300	907	2.50	340	28.6
Salmon, sockeye, jarred/canned	Oncorhynchus nerka	2	.	1100	0.09	0.002	0.57	15.3	310	0.20	0.002	0.01	3200	4000	0.37	3500	6.10
Salmon, unidentified		3	.	929	0.07	0.002	1.08	9.90	316	0.83	0.002	0.03	3400	4500	0.40	2900	10.6
Salmon, unidentified, smoked		1	.	202	0.29	0.002	1.09	10.8	188	0.11	0.002	0.002	2200	3500	0.29	503	4.90

[a]1-5 animal or plant tissue samples collected in each community were pooled and analyzed. The data are mean concentrations of the number of pooled samples or communities.

[b]All samples are raw unless otherwise specified.

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Salmon, unidentified, eggs		4	.	472	0.13	0.02	23.4	32.0	435	0.98	0.002	0.03	3200	1700	2.46	532	25.4
Scallop, rock	Crassadoma gigantea	1	.	122	0.09	0.002	0.18	3.30	393	0.18	0.002	0.002	1800	4000	0.27	1000	17.4
Sea cucumber	Parastichopus californicus	1	.	306	0.32	0.10	1.47	26.1	433	1.21	0.08	0.21	1900	2100	0.44	1800	15.6
Seaweed	Porphyra abbottiae	3	.	1400	0.23	0.17	2.34	64.6	3700	15.0	1.14	0.73	3500	20600	0.16	22700	13.2
Seaweed, dried	Porphyra abbottiae	2	.	1700	0.40	0.15	2.40	100	4800	21.2	1.35	0.95	5000	32600	0.30	28200	14.3
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	3	.	1200	0.08	0.002	5.15	5.17	585	0.29	0.01	0.02	2400	3000	0.42	2200	14.5
Trout, cutthroat	Salmo clarki clarki	1	.	4500	0.10	0.002	1.03	26.6	313	3.68	0.002	0.04	4600	3400	0.71	851	19.4
Trout, dolly varden	Salvelinus malma	5	.	2100	0.05	0.01	0.51	5.42	326	0.23	0.002	0.01	3400	4100	0.61	545	7.98
Trout, kokanee	Oncorhynchus nerka	2	.	1900	0.10	0.002	11.4	8.40	367	0.61	0.002	0.03	3600	3700	1.25	1100	30.2
Trout, lake	Salvelinus namaycush	3	.	5500	0.26	0.002	0.56	13.6	318	0.39	0.002	0.14	4800	2500	0.58	912	11.9
Trout, rainbow/steelhead	Oncorhynchus mykiss	6	.	5700	0.05	0.01	0.62	15.0	335	1.31	0.002	0.05	5400	4500	0.71	3200	16.8
Trout, rainbow/steelhead, eggs	Oncorhynchus mykiss	1	.	504	0.002	0.02	5.52	21.7	374	0.43	0.002	0.002	3400	1600	2.10	560	25.0
Trout, unidentified		2	.	3600	0.31	0.01	1.06	13.1	384	1.71	0.002	0.53	4500	4300	0.44	1100	25.1
Walleye/pickerel	Sanders vitreus	1	.	16200	0.13	0.002	0.32	16.2	429	1.32	0.002	0.11	10000	3100	0.64	1400	13.1
Whitefish, unidentified		2	.	1700	0.08	0.05	0.90	14.3	258	0.46	0.002	8.13	2900	3100	0.63	21800	11.9
BRITISH COLUMBIA 2008 & 2009 - LAND MAMMALS																	
Beaver, fat	Castor canadensis	1	.	263	0.44	0.002	0.94	42.1	165	0.49	0.002	0.08	1500	2500	0.18	1300	19.3
Beaver, feet	Castor canadensis	1	.	22100	1.33	0.07	0.96	78.8	520	1.38	0.05	0.63	14900	1050	0.15	2600	36.9
Beaver, heart	Castor canadensis	1	.	106	0.05	0.06	3.45	65.6	135	0.55	0.02	0.02	1300	1800	0.21	1600	20.3
Beaver, kidney	Castor canadensis	1	.	107	0.04	0.12	3.41	54.4	155	1.92	0.18	0.04	2200	2100	0.80	1300	30.5
Beaver, liver	Castor canadensis	1	.	55.8	0.05	0.15	3.27	166	155	1.18	0.46	0.002	2600	2300	0.25	871	35.9
Beaver, meat	Castor canadensis	4	.	107	0.11	0.01	1.06	110	171	0.30	0.01	0.02	1600	2700	0.17	1700	28.8
Beaver, tail	Castor canadensis	1	.	3600	1.28	0.07	1.09	135	97.1	1.32	0.05	0.49	2200	674	0.10	1400	16.9
Bison, meat	Bison bison athabascae	2	.	251	0.08	0.002	1.06	24.3	248	0.30	0.08	0.01	2300	4100	0.23	3500	45.2
Black bear, fat	Ursus americanus	3	.	32.4	0.11	0.01	0.11	16.9	12.6	1.92	0.01	0.02	98.2	196	0.16	81.4	2.00
Black bear, liver	Ursus americanus	1	.	103	0.09	0.002	8.72	54.6	338	1.91	0.41	0.02	3300	3800	0.12	5100	62.5
Black bear, meat	Ursus americanus	2	.	178	0.07	0.002	1.34	49.9	229	0.77	0.01	0.03	2200	3700	0.15	5400	40.6
Caribou, meat	Rangifer ssp.	2	.	41.6	0.05	0.002	2.99	49.0	264	0.35	0.002	0.002	2600	3700	0.14	482	38.8
Deer, heart	Odocoileus spp.	1	.	31.0	0.07	0.03	24.4	85.0	216	0.77	0.04	0.002	2800	3200	0.39	692	24.2
Deer, liver	Odocoileus spp.	4	.	50.5	0.19	0.04	29.3	116	179	2.51	0.53	0.06	3100	2500	0.89	1400	33.7
Deer, liver and heart	Odocoileus spp.	1	.	40.7	0.08	0.06	24.2	61.3	180	3.14	0.36	0.002	3400	2400	0.92	929	29.7
Deer, meat	Odocoileus spp.	15	.	119	0.17	0.01	2.09	34.2	250	0.32	0.03	0.08	2200	3500	0.19	1200	45.7
Elk, fat	Cervus canadensis	1	.	5.00	0.002	0.002	0.002	0.002	1.40	0.002	0.002	0.002	9.50	18.5	0.002	13.6	0.10
Elk, kidney	Cervus canadensis	1	.	1.40	0.002	0.002	0.04	0.002	1.70	0.002	0.002	0.002	25.1	29.1	0.002	16.5	0.40
Elk, liver	Cervus canadensis	2	.	38.9	0.18	0.06	27.8	150	181	2.81	1.14	0.06	4000	2900	0.24	582	19.3
Elk, meat	Cervus canadensis	6	.	67.0	0.08	0.002	1.52	34.0	246	0.17	0.002	0.02	2200	3700	0.22	497	50.4
Groundhog, meat	Marmota monax	1	.	104	0.09	0.002	0.47	11.4	65.2	18.9	0.002	0.03	502	2000	0.03	352	6.80
Hare/rabbit, meat	Lepus spp.	6	.	3300	0.14	0.01	1.99	69.9	312	0.56	0.05	0.06	3800	3500	0.19	702	18.6
Moose, bone marrow	Alces alces	2	.	276	0.19	0.002	0.13	7.05	13.1	0.02	0.002	0.07	230	82.5	0.03	622	0.70
Moose, fat	Alces alces	3	.	1.53	0.002	0.002	0.002	0.002	0.83	0.002	0.002	0.002	12.2	21.3	0.002	46.2	0.13
Moose, heart	Alces alces	3	.	58.7	0.06	0.05	4.34	62.6	233	0.42	0.01	0.002	2500	3200	0.31	851	28.4
Moose, intestine	Alces alces	2	.	16.1	0.002	0.002	0.03	0.002	4.90	0.20	0.002	0.002	36.0	46.6	0.002	25.4	0.65
Moose, kidney	Alces alces	6	.	80.0	0.02	0.03	2.89	46.8	127	1.85	0.26	0.06	2000	2200	0.65	1300	22.5
Moose, liver	Alces alces	8	.	58.2	0.04	0.07	38.5	177	158	2.66	1.02	0.02	2900	2700	0.85	687	33.9
Moose, meat	Alces alces	14	.	62.7	0.24	0.01	1.80	39.2	236	0.34	0.03	0.11	2100	3600	0.17	1900	54.4
Moose, meat, canned	Alces alces	1	.	38.4	0.05	0.002	1.14	34.5	227	0.15	0.002	0.002	2000	3600	0.18	952	56.3

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Moose, meat, dried	Alces alces	1	.	134	0.34	0.002	1.99	60.2	359	1.15	0.002	0.08	3100	5000	0.37	1700	95.0
Moose, nose	Alces alces	1	.	103	0.29	0.03	0.93	36.9	118	0.47	0.03	0.10	1300	1900	0.12	1700	17.2
Moose, stomach	Alces alces	1	.	989	0.10	0.12	0.95	17.7	218	38.5	0.002	0.43	1800	1600	0.09	1300	30.5
Moose, tongue	Alces alces	1	.	76.1	0.07	0.002	1.52	30.5	159	0.33	0.002	0.002	1700	2700	0.15	993	28.1
BRITISH COLUMBIA 2008 & 2009 - WILD BIRDS																	
Duck, mallard, meat	Anas platyrhynchos	1	.	82.2	0.09	0.002	4.32	55.2	287	0.36	0.03	0.002	2800	3500	0.72	592	16.3
Goose, Canada, meat	Branta canadensis	1	.	73.5	0.09	0.002	3.94	45.1	252	0.30	0.03	0.002	2700	4100	0.22	514	17.0
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	8	.	1200	0.17	0.002	4.83	22.3	327	0.47	0.05	0.04	3100	3600	0.30	547	8.26
BRITISH COLUMBIA 2008 & 2009 - BERRIES, FRUITS, NUTS AND SEEDS																	
Blackberry	Rubus spp.	5	.	370	0.03	0.002	1.10	4.50	229	7.19	0.05	0.16	336	1400	0.002	5.54	2.22
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	7	.	168	0.04	0.002	0.65	5.80	90.8	51.3	0.05	0.12	247	904	0.005	2.34	1.16
Bunchberry	Cornus canadensis L.	1	.	3500	0.74	0.02	0.79	25.8	629	15.5	0.04	0.62	463	2400	0.002	5.20	4.50
Chokecherry/pincherry	Prunus virginiana L.	6	.	1500	0.22	0.01	1.37	26.6	439	5.47	0.03	0.31	420	3200	0.04	8.83	3.20
Crabapple	Malus coronaria, Pyrus coronaria	3	.	248	0.04	0.002	0.61	2.03	121	1.35	0.02	0.002	155	1400	0.002	77.5	0.83
Cranberry, high bush	Viburnum spp.	4	.	309	0.03	0.002	0.53	3.50	184	1.14	0.02	0.13	362	1800	0.01	1.60	1.68
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	5	.	168	0.05	0.002	0.52	3.84	87.7	20.5	0.03	0.07	171	1100	0.002	9.64	1.20
Currant	Ribes spp.	1	.	11200	10.8	0.20	7.50	287	2100	17.1	0.40	7.00	2200	12400	0.30	123	19.4
Gooseberry	Ribes spp.	3	.	3100	0.66	0.002	1.33	18.6	582	12.4	0.08	0.44	1200	4900	0.002	6.47	10.7
Grape, Oregon	Mahonia aquifolium	2	.	102	0.30	0.05	0.74	12.2	102	3.07	0.002	0.29	152	1500	0.002	23.0	2.75
Huckleberry	Vaccinium spp., Gaylussacia spp.	15	.	174	0.02	0.002	0.72	3.51	73.9	25.6	0.06	0.06	204	821	0.002	16.9	1.09
Huckleberry, jam	Vaccinium spp., Gaylussacia spp.	1	.	81.1	0.05	0.002	0.28	0.002	33.2	17.1	0.05	0.03	44.0	515	0.002	60.6	2.00
Nut, hazelnut	Corylus americana	1	.	1300	0.10	0.002	9.30	22.8	1700	11.4	2.30	1.60	3600	7700	0.20	0.002	20.4
Raspberry	Rubus idaeus	5	.	497	0.10	0.002	1.12	9.36	352	10.9	0.43	0.54	580	1900	0.002	6.28	5.56
Rosehip	Rosa spp.	5	.	2400	0.12	0.02	1.47	15.0	965	26.1	0.25	0.31	961	5500	0.01	21.8	5.04
Salal berry	Gaultheria shallon	1	.	516	0.03	0.002	0.60	3.60	165	41.7	0.002	0.06	196	1400	0.002	85.9	2.10
Salmonberry	Rubus spectabilis	3	.	198	0.06	0.01	1.40	6.57	199	10.4	0.04	0.19	374	1700	0.002	30.7	2.93
Saskatoon berry	Amelanchier alnifolia	9	.	975	0.09	0.01	1.54	9.23	366	17.5	0.29	0.33	507	3300	0.01	7.64	5.47
Soapberry	Shepherdia canadensis	11	.	172	0.06	0.002	1.48	7.43	98.8	2.13	0.34	0.63	357	1700	0.05	9.11	2.52
Strawberry	Fragaria spp.	3	.	500	0.03	0.002	0.59	3.20	168	3.13	0.18	0.04	304	1400	0.002	7.50	1.33
Thimbleberry	Rubus parviflorus	1	.	1000	0.05	0.002	1.33	7.00	479	7.34	0.07	0.07	594	1900	0.002	6.40	4.40
BRITISH COLUMBIA 2008 & 2009 - WILD PLANTS																	
Asparagus	Asparagus officinalis	1	.	241	0.03	0.002	1.64	7.10	224	1.74	0.05	0.66	921	3800	0.36	22.0	9.80
Avalanche lily	Erythronium montanum	1	.	152	1.30	0.002	1.15	15.5	180	2.56	0.25	0.61	746	3500	0.002	40.2	4.30
Bergamot, beebalm, horsemint	Monarda fistulosa, Monarda spp.	1	.	13700	1.20	0.002	5.80	160	2900	25.3	2.90	1.80	2200	19600	0.002	7.80	14.8
Bitter root	Lewisia rediviva	1	.	923	0.20	0.002	1.30	30.5	1100	29.6	0.70	0.30	991	5800	0.002	95.1	23.6
Buck brush	Ceanothus cuneatus	1	.	10200	0.40	0.002	2.10	64.7	2200	34.4	0.30	1.00	855	3200	0.002	0.002	9.80
Caribou weeds	Artemisia tilesii	1	.	12200	1.50	0.30	10.9	280	2200	115	1.80	1.10	3100	11900	0.002	7.20	72.8
Cattail	Typha latifolia	1	.	1200	0.65	0.50	6.83	433	732	170	0.39	0.72	1300	4500	0.17	130	6.00
Cow parsnip (Indian celery)	Heracleum lanatum	1	.	448	0.03	0.002	0.53	4.10	187	1.43	0.16	0.11	388	5600	0.002	459	2.50
Dandelion, greens	Taraxacum officinale	1	.	6900	4.00	1.30	9.70	4000	1200	71.8	0.50	4.60	1700	10300	0.20	482	40.1
Devil's club, bark	Oplopanax horridus	1	.	31700	3.60	0.30	4.30	423	1800	119	3.40	2.30	971	9500	0.002	77.8	24.2
Devil's club, stem/leaves	Oplopanax horridus	4	.	9100	2.53	0.08	4.15	58.8	1300	35.5	0.98	1.98	1200	8000	0.002	94.0	11.4
Ferns, licorice	Polypodium glycyrrhiza	1	.	1200	1.90	0.002	1.40	14.2	2200	42.2	0.002	0.90	1000	4200	0.002	2000	16.5
Indian celery (Indian consumption plant, desert parsley)	Lomatium nudicaule	1	.	6400	0.20	0.002	6.40	55.2	2200	35.4	2.70	0.80	5800	22500	0.002	8.70	32.7

Table S2.2. Concentrations of essential elements in traditional food by region

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				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Labrador tea, leaves	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	9	.	4800	2.66	0.05	3.9	130	1200	751	0.18	1.68	1200	5000	0.002	37.9	22.1
Lamb's quarters	Chenopodium album	1	.	3800	2.97	0.24	2.63	677	1500	35.3	0.28	1.86	830	8200	0.82	2200	16.1
Mint, leaves	Mentha spp.	2	.	10700	1.25	0.002	7.80	69.8	3300	67.2	0.75	0.85	2600	17000	0.05	593	35.6
Mint, tea	Mentha spp.	1	.	15600	3.40	0.20	10.3	332	4400	37.7	4.10	2.40	3600	23300	0.10	128	31.6
Sage, leaves	Salvia spp.	1	.	122	0.002	0.002	0.03	0.002	82.1	0.08	0.002	0.002	6.50	208	0.002	58.6	0.20
Stinging nettle, leaves	Urtica dioica	6	.	26700	1.02	0.02	7.85	110	5000	112	4.55	1.27	4800	29100	0.002	45.7	43.1
Strawberry blite	Blitum capitatum	1	.	1300	0.72	0.25	1.44	90.3	1400	69.6	0.11	0.74	670	6200	0.002	5.80	31.9
Sweetflag/muskrat root	Acorus americanus, A. calamus	2	.	5200	1.85	0.30	4.85	2400	1400	117	3.75	1.10	2400	13700	0.002	669	25.1
Wild parsnip	Pastinaca sativa	1	.	6500	2.20	0.002	2.00	36.3	738	163	0.20	1.20	481	11200	0.002	92.7	27.2
Wild rhubarb	unidentified	1	.	647	0.43	0.002	0.35	3.90	165	0.79	0.07	0.23	156	5400	0.002	6.20	1.50
Yarrow	Achillea millefolium	4	.	5900	1.85	0.18	10.1	116	1600	49.0	0.95	1.98	2700	19700	0.002	73.1	25.8
BRITISH COLUMBIA 2008 & 2009 - TREES (bark, leaves, syrup, needles, cones, gum)																	
Alder, bark	Alnus incana, A. spp	1	.	8200	0.10	0.002	3.70	8.60	746	124	2.00	0.50	1300	5600	0.002	25.3	40.2
Balsam fir, bark	Abies balsamea	1	.	7700	1.10	0.20	3.00	14.4	292	424	0.002	0.90	345	1500	0.002	394	14.4
Balsam fir, sap/pitch	Abies balsamea	2	.	5600	1.55	0.10	13.9	81.9	623	132	0.002	2.30	635	18900	0.10	97.1	122
Birch, bark	Betula spp.	1	.	279	0.30	0.002	8.10	16.0	237	103	0.002	0.10	140	106	0.002	31.2	375
Birch, sap	Betula spp.	1	.	105	0.002	0.002	0.14	0.002	55.4	0.95	0.002	0.03	142	1100	0.002	3.50	3.40
Cascara, bark	Rhamnus purshiana	1	.	27700	2.10	0.002	1.90	76.8	1100	46.1	0.002	1.50	916	4000	0.002	22.4	6.30
Cedar, leaves	Thuja occidentalis, Thuja spp.	1	.	16500	0.50	0.002	2.10	116	1100	90.4	2.40	1.00	1300	5200	0.002	7.90	12.8
Poplar (balsam), bark	Populus balsamifera L.	1	.	228	0.26	0.002	0.75	4.10	223	0.99	0.002	0.05	422	3000	0.002	16.8	5.50
Spruce, gum	Picea spp.	1	.	716	0.40	0.04	0.97	71.0	83.5	36.3	0.002	0.16	107	237	0.002	11.2	8.10
Spruce, leaves	Picea spp.	1	.	58.5	0.38	0.002	0.17	4.00	11.4	8.18	0.002	0.06	30.4	42.6	0.002	7.20	13.5
Tamarack, needles	Larix laricina	1	.	2500	2.80	0.30	6.20	479	734	294	0.002	1.40	1200	2700	0.002	17.2	24.9
Willow, bark	Salix spp.	1	.	15200	0.40	0.80	2.60	29.8	1100	627	0.002	1.80	1100	5500	0.002	27.5	185
Yew, bark	Taxus canadensis	1	.	26900	0.20	0.002	2.10	23.1	782	174	0.10	0.30	665	3500	0.002	36.1	99.4
BRITISH COLUMBIA 2008 & 2009 - MUSHROOMS																	
Mushroom, chanterelle	Cantharellus spp.	1	.	94.3	0.18	0.14	6.38	44.7	286	6.42	0.04	0.08	976	8300	0.02	15.0	9.10
Mushroom, giant puffball	Calvatia gigantea	1	.	104	0.13	0.06	9.98	128	398	7.76	0.09	0.11	2200	3800	0.23	12.5	17.8
Mushroom, morel	Morchella spp.	2	.	1600	0.60	1.00	20.9	93.5	1300	148	0.20	1.40	14400	36100	0.20	162	92.5
Mushroom, pine	Tricholoma magnivelare	3	.	122	0.27	0.13	7.38	45.0	402	7.95	0.05	0.35	2400	16000	4.04	155	32.2
Mushroom, unidentified		3	.	85.2	0.17	0.23	5.68	51.9	308	5.38	0.10	0.23	1900	13900	1.65	61.0	16.7
BRITISH COLUMBIA 2008 & 2009 - CULTIVATED FOOD (ANIMALS)																	
Goat, meat	Capra aegagrus hircus	2	.	86.8	0.07	0.002	1.05	26.1	167	0.28	0.002	0.002	1800	3200	0.03	586	31.1
ALBERTA 2013 - FISH																	
Arctic grayling	Thymallus arcticus arcticus	1	77.4	1100	1.08	0.03	0.36	17.4	283	1.43	0.02	0.10	2500	3700	0.88	637	6.14
Ling cod/mariah/burbot	Lota lota	1	82.5	49.4	0.51	0.01	0.17	4.76	133	0.14	0.03	0.16	1200	2300	0.09	326	3.39
Mooneye/goldeye	Hiodon tergisus, Hiodon alosoides	1	70.3	4600	0.36	0.02	0.58	26.6	318	1.34	0.01	0.07	4500	3200	0.80	706	14.4
Northern pike/jackfish	Esox lucius	4	72.7	368	0.04	0.003	0.33	3.79	351	0.21	0.002	0.002	2400	4000	0.22	711	10.1
Sucker, longnose	Catostomus catostomus	1	80.6	105	0.06	0.01	0.63	7.01	290	0.21	0.01	0.002	2200	4000	0.24	404	5.03
Trout, lake	Salvelinus namaycush	1	78.2	140	0.87	0.002	0.25	9.61	191	0.17	0.002	0.002	1800	3000	0.18	477	4.35
Trout, lake, smoked	Salvelinus namaycush	1	57.0	193	0.03	0.01	0.42	5.16	360	0.23	0.01	0.002	3000	5100	1.02	589	7.32
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	76.4	443	0.43	0.01	0.45	7.62	284	0.13	0.01	0.002	2700	4300	0.97	1000	5.67
Trout, unidentified		2	77.4	1300	0.30	0.01	0.38	5.90	302	0.21	0.03	0.13	3200	4400	0.83	801	6.31
Walleye/pickerel	Sanders vitreus	4	76.3	178	0.07	0.01	0.34	4.86	271	0.17	0.003	0.002	2300	4000	0.27	509	4.25
Whitefish, lake	Coregonus clupeaformis	2	79.8	259	0.23	0.004	0.41	7.65	219	0.25	0.004	0.002	2000	3100	0.12	858	8.00
Whitefish, unidentified		3	68.8	287	0.04	0.01	0.38	8.93	219	0.22	0.002	0.002	1900	3200	0.19	8100	6.13

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
ALBERTA 2013 - LAND MAMMALS																	
Beaver, meat	Castor canadensis	1	73.1	158	0.03	0.01	0.91	60.6	217	0.14	0.01	0.002	2000	3500	0.18	751	48.8
Bison, kidney	Bison bison athabascae	1	28.3	42.6	0.03	0.01	3.23	38.5	71.3	0.64	0.24	0.002	1100	997	0.52	827	10.7
Bison, liver	Bison bison athabascae	1	68.5	58.8	0.18	0.04	3.81	59.2	170	2.66	1.19	0.002	3800	2700	0.33	1100	29.6
Bison, meat	Bison bison athabascae	3	31.4	247	0.29	0.01	1.89	56.8	397	0.84	0.01	4.02	3300	5800	0.29	768	58.4
Black bear, meat	Ursus americanus	1	34.5	77.1	0.02	0.002	1.77	38.4	265	0.27	0.01	0.002	2400	4000	0.19	767	52.2
Deer, fat	Odocoileus spp.	2	18.5	132	0.02	0.002	0.83	8.09	81.2	0.15	0.03	0.07	922	1600	0.14	1900	10.6
Deer, kidney	Odocoileus spp.	1	78.9	82.5	0.27	0.03	2.87	89.9	145	2.29	0.27	0.05	2100	2600	0.65	1300	22.5
Deer, liver	Odocoileus spp.	1	64.3	52.4	0.04	0.03	40.9	133	160	1.81	0.08	0.002	4000	2700	0.41	931	33.5
Deer, meat	Odocoileus spp.	10	64.0	47.3	0.45	0.003	2.10	36.2	230	0.19	0.01	0.02	2000	3200	0.13	467	33.6
Elk, meat	Cervus canadensis	5	63.0	109	2.69	0.01	1.71	56.0	281	0.83	0.02	0.17	2400	4000	0.14	552	50.1
Elk, meat, dried	Cervus canadensis	1	12.1	187	0.03	0.01	4.07	89.4	909	0.52	0.01	0.002	8000	14600	0.18	1400	137
Hare/rabbit, liver	Lepus spp.	1	70.2	96.8	0.26	0.08	7.39	294	205	2.48	0.66	0.002	3400	2700	0.63	1000	45.7
Hare/rabbit, meat	Lepus spp.	7	75.5	128	0.79	0.01	1.90	46.1	233	0.28	0.03	0.08	2100	3100	0.17	598	16.6
Moose, heart	Alces alces	6	68.7	57.1	0.33	0.04	3.57	69.5	205	0.83	0.12	0.09	2200	2800	0.23	812	28.4
Moose, intestine	Alces alces	5	32.7	60.7	0.21	0.004	0.26	9.32	36.9	0.32	0.01	0.01	359	520	0.03	368	5.91
Moose, kidney	Alces alces	8	73.2	88.5	0.74	0.05	5.82	73.9	167	2.99	0.37	0.09	2600	2700	0.84	1200	32.2
Moose, liver	Alces alces	7	69.3	45.6	0.76	0.07	35.0	186	167	2.67	0.90	0.04	3400	2800	0.77	698	23.7
Moose, meat	Alces alces	12	59.0	102	0.58	0.01	1.80	47.2	315	0.48	0.01	0.28	2700	4700	0.19	758	63.7
Moose, nose	Alces alces	2	67.3	121	1.10	0.02	0.86	30.8	118	0.50	0.04	0.17	1100	1800	0.09	1800	16.4
Moose, stomach lining	Alces alces	1	1.90	134	0.09	0.01	0.20	42.4	51.4	0.61	0.005	0.04	363	946	0.01	678	3.30
Moose, tongue	Alces alces	2	73.8	128	0.37	0.01	1.62	33.3	190	0.40	0.03	0.08	1900	3000	0.15	1400	26.8
Porcupine, meat	Erethizon dorsatum	1	.	88.7	0.35	0.01	1.56	75.9	199	0.44	0.04	0.11	1600	2600	0.10	726	39.7
ALBERTA 2013 - WILD BIRDS																	
Duck, coot, meat	Fulica americana	1	73.5	106	17.9	3.53	12.1	50100	204	180	0.38	10.5	1900	2600	0.19	609	16.5
Duck, goldeneye, meat	Bucephala clangula	1	63.5	174	3.91	0.02	3.39	75.1	192	0.55	0.11	0.58	1900	2300	0.22	644	11.8
Duck, mallard, gizzards	Anas platyrhynchos	1	77.1	79.3	8.47	0.03	1.15	101	206	0.90	0.08	0.39	1500	3000	0.23	574	34.3
Duck, mallard, meat	Anas platyrhynchos	6	66.0	169	0.19	0.01	3.65	49.3	238	0.43	0.02	0.02	2300	2900	0.24	672	14.2
Duck, northern pintail, meat	Anas acuta	1	57.7	41.7	0.06	0.01	5.55	60.1	291	0.38	0.02	0.002	2800	3500	0.36	446	10.8
Duck, scaup, meat	Aythya marila	1	63.5	37.2	0.01	0.01	5.52	52.0	205	0.42	0.01	0.002	2100	2600	0.19	499	9.72
Duck, wigeon, meat	Anas americana	1	42.3	48.5	0.10	0.01	3.31	54.5	188	0.35	0.02	0.002	2000	2300	0.19	420	8.36
Goose, Canada, meat	Branta canadensis	6	57.8	127	0.24	0.01	2.79	55.7	210	0.36	0.03	0.05	2000	2700	0.26	645	18.2
Goose, unidentified, gizzard		1	76.8	34.4	0.002	0.01	0.83	39.5	181	0.72	0.02	0.002	1300	3700	0.21	722	33.3
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	14	69.8	177	0.23	0.003	1.58	15.8	320	0.33	0.02	0.01	2600	3400	0.18	653	8.17
ALBERTA 2013 - BERRIES, FRUITS, NUTS AND SEEDS																	
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	8	81.0	199	0.16	0.002	0.58	3.62	80.4	43.2	0.04	0.12	170	927	0.005	8.91	1.06
Blueberry, leaves	Vaccinium myrtilloides, Vaccinium angustifolium	1	.	6300	2.32	0.35	6.38	330	1600	758	0.03	5.16	931	6000	0.002	41.0	27.3
Chokecherry/pincherry	Prunus virginiana L.	7	64.3	647	0.05	0.01	1.41	6.47	264	7.30	0.04	0.38	522	3500	0.02	3.03	2.58
Cranberry, high bush	Viburnum spp.	2	74.3	151	0.02	0.002	0.32	2.45	93.1	0.48	0.01	0.12	159	1300	0.002	83.0	0.77
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	6	84.4	154	0.07	0.002	0.60	3.05	78.1	29.8	0.02	0.13	163	1045	0.01	2.42	1.33
Raspberry	Rubus idaeus	4	83.2	457	0.03	0.01	0.94	9.03	296	5.47	0.07	0.43	526	2000	0.005	0.002	4.20
Raspberry, root	Rubus idaeus	1	88.9	488	0.04	0.01	0.97	9.03	311	3.75	0.04	0.24	477	2000	0.002	0.002	3.13
Saskatoon berry	Amelanchier alnifolia	7	79.6	681	0.08	0.02	0.83	7.44	271	12.0	0.08	0.28	333	2300	0.02	9.16	3.23
Saskatoon berry, root	Amelanchier alnifolia	1	74.8	652	0.03	0.02	0.69	6.05	254	10.3	0.03	0.20	352	2500	0.002	27.5	3.37
Strawberry	Fragaria spp.	3	85.4	548	0.03	0.02	0.58	10.2	237	5.92	0.07	0.10	384	2200	0.002	6.53	1.58

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
ALBERTA 2013 - WILD PLANTS																	
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	1	.	15.2	0.002	0.002	0.02	0.002	37.7	0.004	0.002	0.02	1.46	37.6	0.002	74.9	0.01
Mint, leaves	Mentha spp.	1	99.8	121	0.002	0.002	0.08	0.002	135	0.18	0.01	0.002	13.2	375	0.002	178	0.14
Mint, tea	Mentha spp.	4	.	38.5	0.002	0.002	0.03	0.04	21.2	0.71	0.002	0.02	12.8	167	0.002	152	0.09
Sage, tea	Salvia spp.	1	.	13.9	0.002	0.002	0.05	0.002	7.40	0.70	0.01	0.02	11.3	129	0.002	711	0.11
Sweetflag/muskrat root	Acorus americanus, A. calamus	3	25.8	3900	0.09	0.12	6.39	309	1700	81.3	1.66	0.12	2200	12800	0.01	1500	19.8
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	2	.	10.2	0.002	0.002	0.09	0.11	12.6	1.71	0.004	0.02	16.7	182	0.002	332	0.14
Wild rhubarb	unidentified	1	94.7	224	0.03	0.002	0.13	0.93	76.0	0.35	0.01	0.21	106	3200	0.002	0.002	0.99
ALBERTA 2013 - CULTIVATED FOOD (PLANTS)																	
Spinach	Spinacia spp.	1	88.0	603	0.05	0.01	0.56	10.3	524	6.62	0.20	0.07	482	3900	0.03	5.40	4.08
Turnips and potatoes		1	74.6	190	0.002	0.01	0.84	4.38	344	2.00	0.07	0.002	542	4800	0.02	87.6	2.91
ALBERTA 2013 - CULTIVATED FOOD (ANIMALS)																	
Beef, fat	Bos taurus	1	0.88	0.002	0.20	0.002	0.08	2.36	7.75	0.03	0.002	0.12	97.4	170	0.002	47.3	1.31
SASKATCHEWAN 2015 - FISH																	
Ling cod/mariah/burbot	Lota lota	1	78.9	563	0.002	0.002	0.19	2.57	245	0.29	0.002	0.002	2000	3300	0.10	612	4.18
Mooneye/goldeye	Hiodon tergisus, Hiodon alosoides	1	78.2	178	0.04	0.01	0.30	3.80	277	0.16	0.002	0.002	2300	4200	0.22	656	2.92
Northern pike/jackfish	Esox lucius	10	75.9	495	0.05	0.002	0.23	2.66	314	0.46	0.003	0.01	2300	3600	0.14	381	5.96
Northern pike/jackfish, eggs	Esox lucius	1	67.7	325	0.002	0.02	0.99	15.7	387	9.10	0.02	0.002	3500	2900	0.58	472	73.5
Perch, yellow	Perca flavescens	1	77.5	137	0.02	0.002	0.25	1.78	298	0.13	0.002	0.002	2300	4000	0.14	362	4.06
Sucker, longnose	Catostomus catostomus	4	77.7	348	0.03	0.004	0.40	4.70	277	0.40	0.003	0.09	2300	3800	0.14	493	4.04
Sucker, unidentified, liver/eggs		1	72.0	364	0.002	0.02	1.38	25.2	289	8.54	0.04	0.002	3300	2500	0.42	648	30.3
Sucker, white	Catostomus commersonii	2	79.3	1100	0.01	0.01	0.44	5.67	266	1.18	0.01	0.002	2500	3600	0.19	729	5.30
Trout, lake	Salvelinus namaycush	5	65.7	204	0.04	0.003	0.60	5.55	320	0.25	0.003	0.002	2900	4600	0.22	595	5.09
Trout, lake, smoked	Salvelinus namaycush	1	56.5	172	0.002	0.01	1.00	14.4	400	0.48	0.002	0.37	4000	6700	0.32	684	8.65
Walleye/pickerel	Sanders vitreus	10	77.1	226	0.07	0.002	0.34	3.69	299	0.31	0.004	0.01	2200	3900	0.18	332	4.32
Whitefish, lake	Coregonus clupeaformis	8	73.5	185	0.02	0.003	0.38	4.43	278	0.20	0.002	0.002	2400	3800	0.15	489	5.26
Whitefish, lake, dried	Coregonus clupeaformis	1	45.7	477	0.26	0.04	0.67	12.1	631	1.83	0.01	0.002	5700	9600	0.55	1300	13.4
Whitefish, unidentified, smoked		1	52.8	416	0.15	0.01	0.39	14.8	503	1.11	0.002	0.10	4300	7100	0.55	806	6.43
SASKATCHEWAN 2015 - LAND MAMMALS																	
Beaver, meat	Castor canadensis	2	64.7	108	0.23	0.01	1.27	56.3	194	0.46	0.01	0.04	1600	2500	0.07	833	36.4
Beaver, tail	Castor canadensis	1	30.0	76.5	0.97	0.03	0.66	36.9	35.4	1.48	0.09	0.44	299	339	0.03	678	7.20
Black bear, meat	Ursus americanus	1	59.1	34.3	0.27	0.004	0.96	37.5	169	0.15	0.02	0.05	1500	2500	0.10	587	30.4
Caribou, blood	Rangifer ssp.	1	79.0	31.0	0.002	0.002	0.48	566	39.1	1.39	0.002	0.002	427	2100	0.27	1200	3.43
Caribou, bone marrow	Rangifer ssp.	2	9.27	326	0.002	0.002	0.08	12.9	13.8	0.02	0.002	0.002	266	94.3	0.02	234	1.03
Caribou, brains	Rangifer ssp.	2	76.1	265	0.01	0.003	2.39	26.0	142	0.38	0.01	0.002	3700	3000	0.16	1500	10.3
Caribou, fat	Rangifer ssp.	1	3.89	9.60	0.02	0.002	0.10	12.7	13.4	0.22	0.002	0.002	154	273	0.02	160	1.04
Caribou, fetus	Rangifer ssp.	1	81.5	186	0.35	0.002	0.87	16.0	152	0.27	0.02	0.09	2000	2200	0.06	1800	11.4
Caribou, heart	Rangifer ssp.	2	72.3	34.7	0.01	0.01	4.61	57.8	258	0.55	0.005	0.002	2500	3200	0.25	652	16.5
Caribou, kidney	Rangifer ssp.	2	67.4	62.7	0.002	0.04	4.06	38.4	152	1.38	0.17	0.002	2400	2400	0.85	1100	18.2
Caribou, liver	Rangifer ssp.	2	71.1	41.4	0.04	0.06	13.5	192	176	2.93	0.46	0.02	3500	2800	0.25	830	24.2
Caribou, meat	Rangifer ssp.	3	70.7	78.3	0.16	0.01	2.55	40.4	262	0.27	0.004	0.002	2300	3300	0.14	543	48.0
Caribou, meat, dried	Rangifer ssp.	2	38.3	72.9	0.41	0.01	3.48	95.1	365	0.86	0.02	0.15	5000	7300	0.38	1400	45.7
Deer, heart	Odocoileus spp.	1	73.6	47.0	0.08	0.01	4.87	55.7	232	0.39	0.03	0.002	2300	3000	0.40	837	19.1
Deer, kidney	Odocoileus spp.	2	79.0	80.8	0.002	0.02	2.93	112	143	0.43	0.31	0.02	2500	2400	1.26	2200	27.6
Deer, liver	Odocoileus spp.	2	68.7	43.3	0.02	0.04	42.9	152	178	1.76	0.43	0.002	3500	2700	1.45	834	29.2
Deer, meat	Odocoileus spp.	10	69.4	68.5	0.15	0.004	1.94	35.1	264	0.28	0.02	0.05	2300	3500	0.21	705	39.8

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Deer, meat, smoked	Odocoileus spp.	1	21.7	240	0.03	0.03	5.31	120	788	1.55	0.03	13.9	6200	9700	0.57	6200	87.9
Elk, kidney	Cervus canadensis	2	70.2	192	0.16	0.02	4.30	43.0	201	1.15	0.31	0.08	2600	2800	1.06	1600	31.8
Elk, meat	Cervus canadensis	8	71.4	98.6	0.14	0.004	1.63	30.8	273	0.24	0.01	0.15	2200	3700	0.17	702	41.0
Hare/rabbit, heart	Lepus spp.	1	74.3	64.4	0.002	0.03	4.79	102	199	1.16	0.30	0.002	2500	2800	0.51	830	24.5
Hare/rabbit, kidney	Lepus spp.	1	73.9	124	0.002	0.07	4.44	87.2	206	2.59	0.26	0.05	3500	2800	1.34	1700	29.9
Hare/rabbit, meat	Lepus spp.	12	72.7	133	0.26	0.01	3.03	30.4	291	0.39	0.02	0.07	2500	3500	0.20	525	15.8
Moose, bone marrow	Alces alces	1	12.1	588	0.02	0.002	0.04	3.89	15.8	0.01	0.002	0.002	338	47.7	0.002	185	0.72
Moose, fat	Alces alces	1	13.5	21.3	0.08	0.002	0.37	15.3	35.5	0.12	0.002	0.002	336	518	0.03	154	2.78
Moose, heart	Alces alces	6	74.1	44.3	0.10	0.04	3.96	58.2	244	0.41	0.02	0.05	2300	3100	0.21	821	21.4
Moose, kidney	Alces alces	8	76.5	116	0.03	0.08	12.6	109	201	2.99	0.51	0.04	2900	2800	0.84	1400	25.5
Moose, liver	Alces alces	5	64.6	68.2	0.07	0.10	35.8	206	163	2.86	1.12	0.04	3400	2600	0.89	754	42.5
Moose, meat	Alces alces	14	72.1	91.5	0.10	0.01	1.55	50.2	250	0.39	0.01	0.03	2200	3600	0.17	819	38.5
Moose, meat, dried	Alces alces	4	30.1	103	2.07	0.03	3.29	86.9	450	1.22	0.09	0.69	5000	8000	0.31	1700	77.0
Moose, meat, smoked	Alces alces	3	40.0	95.9	0.33	0.01	3.08	74.6	484	0.80	0.02	0.13	4100	6600	0.32	961	102
Moose, nose	Alces alces	1	72.6	85.1	0.86	0.01	0.80	20.8	90.3	0.28	0.04	0.19	879	1100	0.08	1600	14.9
Muskrat, meat	Ondatra zibethica	2	68.5	345	0.38	0.01	1.47	77.4	268	0.94	0.01	0.03	2400	3800	0.04	792	16.3
SASKATCHEWAN 2015 - WILD BIRDS																	
Duck, gadwall, meat	Anas strepera	2	50.9	76.2	0.09	0.01	3.26	43.0	186	0.45	0.02	0.002	1800	2100	0.26	451	9.55
Duck, mallard, meat	Anas platyrhynchos	9	64.4	192	0.12	0.01	4.51	55.4	274	0.54	0.02	0.02	2600	3100	0.32	588	12.3
Duck, northern pintail, meat	Anas acuta	1	64.7	50.8	0.13	0.01	3.92	36.0	230	0.31	0.03	0.07	2100	2600	0.15	429	8.67
Duck, northern shoveller, meat	Anas clypeata	1	72.3	83.7	0.02	0.01	7.78	66.2	297	0.55	0.02	0.002	3100	3800	0.53	748	10.7
Duck, teal, meat	Anas spp.	3	66.9	798	0.08	0.01	5.10	54.3	256	0.65	0.02	0.002	2800	2800	0.37	571	13.4
Duck, unidentified, gizzards		2	69.6	497	6.44	0.12	1.51	104	204	7.89	0.81	4.11	1600	3100	0.25	681	27.2
Duck, unidentified, heart		1	72.2	90.3	0.10	0.03	6.12	129	227	1.40	0.07	0.07	2600	3000	0.48	986	24.0
Duck, unidentified, meat		1	55.0	71.9	0.01	0.004	5.81	56.5	234	0.42	0.03	0.002	2300	2300	0.25	4400	14.9
Duck, wigeon, meat	Anas americana	2	52.0	55.1	0.08	0.01	3.26	40.8	185	0.39	0.02	0.06	1800	2200	0.35	411	7.21
Goose, Canada, meat	Branta canadensis	5	61.9	69.2	0.06	0.01	3.96	47.6	237	0.81	0.20	0.01	2500	3000	0.43	590	18.4
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	14	70.3	148	0.19	0.003	1.64	21.4	342	0.31	0.03	0.01	2800	3500	0.29	574	6.06
SASKATCHEWAN 2015 - BERRIES, FRUITS, NUTS AND SEEDS																	
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	12	78.4	262	0.01	0.004	0.87	4.09	118	63.6	0.10	0.15	267	1200	0.005	16.4	1.62
Chokecherry/pincherry	Prunus virginiana L.	11	66.5	592	0.03	0.01	1.35	12.7	247	3.75	0.08	0.32	507	3200	0.01	4.73	1.96
Crabapple	Malus coronaria, Pyrus coronaria	1	86.9	76.4	0.09	0.002	0.61	2.82	77.1	0.54	0.01	0.002	147	1500	0.002	0.002	0.20
Cranberry, high bush	Viburnum spp.	2	82.9	283	0.002	0.004	0.73	2.72	185	0.74	0.02	0.02	296	2000	0.002	7.40	1.14
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	13	85.4	206	0.01	0.002	0.84	3.02	109	18.6	0.02	0.08	203	1200	0.004	0.002	1.25
Raspberry	Rubus idaeus	5	82.4	333	0.02	0.01	0.66	7.39	234	5.34	0.18	0.29	378	1500	0.01	0.002	2.58
Rosehip	Rosa spp.	2	49.9	2600	0.16	0.03	2.45	39.4	1200	24.4	0.32	0.49	1200	5900	0.07	5.20	5.64
Saskatoon berry	Amelanchier alnifolia	9	79.2	595	0.07	0.02	1.14	6.07	276	11.7	0.10	0.31	352	2400	0.01	4.82	3.17
SASKATCHEWAN 2015 - WILD PLANTS																	
Wild rhubarb	unidentified	3	92.1	1300	0.11	0.01	0.97	6.07	260	3.77	0.11	0.08	224	4500	0.01	31.7	1.46
Wild rice	Zitania aquatica	1	10.6	69.3	0.002	0.01	2.35	9.31	894	11.3	0.12	0.08	3200	2900	0.002	12.5	40.7
SASKATCHEWAN 2015 - CULTIVATED FOOD (PLANTS)																	
Carrots	Daucus carota subsp. sativus	1	93.4	394	0.002	0.002	0.42	6.74	235	1.39	0.05	0.06	605	4400	0.02	408	1.07
Potatoes	Solanum tuberosum	1	80.2	99.2	0.04	0.01	1.08	22.7	298	2.45	0.14	0.10	687	4200	0.05	5.30	4.07
Tomatoes	Solanum lycopersicum	1	93.4	131	0.002	0.002	0.49	2.96	100	1.51	0.06	0.002	316	2200	0.002	23.9	1.09

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
MANITOBA 2010 - FISH																	
Bass, unidentified		1	.	16000	0.34	0.002	2.52	16.0	417	1.39	0.002	0.17	9000	2800	0.64	1000	16.0
Catfish	Ameiurus nebulosus	2	.	2900	0.21	0.002	0.32	4.30	208	0.63	0.002	0.06	3000	2900	0.32	451	7.15
Ling cod/mariah, liver	Lota lota	2	.	63.4	0.16	0.07	2.93	22.9	111	0.84	0.05	0.08	2000	1800	0.37	585	14.3
Ling cod/mariah/burbot	Lota lota	1	.	467	0.47	0.002	0.36	11.5	218	0.34	0.002	0.24	2000	2900	0.19	784	6.80
Northern pike/jackfish	Esox lucius	10	.	3800	0.10	0.002	0.35	3.74	294	1.80	0.005	0.03	3600	3300	0.24	447	15.2
Perch, yellow	Perca flavescens	2	.	6800	0.06	0.002	0.33	5.55	336	2.03	0.002	0.03	4600	2800	0.24	666	7.90
Sturgeon	Acipenserspp.	2	.	3200	0.25	0.002	0.79	7.65	203	0.73	0.002	0.04	2900	2200	0.27	989	10.5
Sucker, unidentified		1	.	212	0.03	0.002	0.28	4.90	507	0.22	0.002	0.20	2900	298	0.16	0.002	3.80
Sucker, white	Catostomus commersonii	3	.	8600	0.58	0.002	0.71	14.5	381	1.70	0.01	0.24	6000	3300	0.23	895	8.50
Trout, lake	Salvelinus namaycush	2	.	1200	0.16	0.002	0.49	5.25	238	0.34	0.002	0.09	2700	3600	0.23	486	7.15
Trout, lake, eggs	Salvelinus namaycush	1	.	322	0.04	0.02	1.33	12.7	401	3.31	0.002	0.002	4100	2400	0.93	1100	35.9
Trout, unidentified, guts		1	.	430	0.002	0.02	0.91	36.9	111	1.35	0.002	0.02	2000	2200	0.46	1600	56.0
Walleye/pickerel	Sanders vitreus	12	.	385	0.04	0.002	0.24	2.16	262	0.18	0.002	0.15	2400	3700	0.22	295	4.51
Whitefish, unidentified		9	.	6000	0.10	0.01	0.39	6.01	292	1.11	0.04	0.05	4700	3500	0.32	528	11.7
Whitefish, unidentified, eggs		1	.	228	0.03	0.002	0.95	10.3	278	1.37	0.002	0.02	3500	2600	1.29	1300	33.4
MANITOBA 2010 - LAND MAMMALS																	
Beaver, meat	Castor canadensis	3	.	966	0.17	0.002	0.93	39.1	226	0.28	0.002	0.15	2300	3500	0.06	760	32.3
Caribou, brain	Rangifer ssp.	1	.	96.9	0.03	0.002	2.68	28.4	120	0.48	0.002	0.02	3500	2800	0.18	1400	10.5
Caribou, fat	Rangifer ssp.	1	.	10.2	0.002	0.002	0.002	0.002	0.002	0.002	0.002	0.002	6.60	5.70	0.002	1.80	0.002
Caribou, heart	Rangifer ssp.	1	.	56.8	0.11	0.002	4.00	55.6	201	0.48	0.002	0.05	2100	3000	0.24	703	17.5
Caribou, intestine	Rangifer ssp.	1	.	96.0	0.04	0.002	1.01	20.8	90.6	2.73	0.002	0.04	1200	1700	0.15	963	12.9
Caribou, kidney	Rangifer ssp.	1	.	70.1	0.07	0.04	4.28	42.4	174	1.38	0.11	0.04	2500	2600	0.88	1100	24.6
Caribou, liver	Rangifer ssp.	1	.	42.9	0.002	0.09	39.7	165	183	2.94	0.93	0.002	4200	2900	0.57	654	31.2
Caribou, meat	Rangifer ssp.	2	.	52.4	0.13	0.002	3.13	43.4	260	0.37	0.002	4.08	2500	3800	0.23	543	47.9
Caribou, tongue	Rangifer ssp.	1	.	55.9	0.10	0.002	1.95	16.6	149	0.26	0.002	0.06	1700	2400	0.17	1100	20.9
Deer, heart	Odocoileus spp.	1	.	38.5	0.002	0.002	4.03	69.9	204	0.27	0.03	0.002	2100	2800	0.25	688	17.7
Deer, kidney	Odocoileus spp.	2	.	71.6	0.02	0.02	3.45	105	128	0.94	0.71	0.01	2200	2200	1.20	1500	29.6
Deer, liver	Odocoileus spp.	2	.	58.3	0.04	0.05	51.4	108	173	2.03	0.37	0.01	3900	2700	0.83	886	31.9
Deer, meat	Odocoileus spp.	7	.	70.5	0.03	0.005	1.82	39.2	255	0.18	0.01	0.04	2300	3200	0.20	527	32.6
Elk, heart	Cervus canadensis	1	.	43.9	0.08	0.002	4.21	47.7	237	0.36	0.002	0.002	2300	3300	0.24	732	20.0
Elk, meat	Cervus canadensis	3	.	77.3	0.13	0.002	1.75	34.5	229	0.24	0.002	0.002	2600	2900	0.24	976	39.2
Hare/rabbit, brains	Lepus spp.	1	.	133	0.002	0.002	2.48	34.2	157	0.40	0.04	0.002	4000	3100	0.22	1400	13.7
Hare/rabbit, kidney	Lepus spp.	1	.	365	0.23	0.03	2.76	121	228	2.62	0.60	0.15	3000	1600	1.66	695	29.7
Hare/rabbit, liver	Lepus spp.	1	.	228	0.15	0.03	4.28	202	165	1.68	1.54	0.07	2300	1300	0.80	471	30.1
Hare/rabbit, meat	Lepus spp.	7	.	14400	0.15	0.01	2.16	46.4	533	0.60	0.01	0.06	8900	3400	0.28	889	22.8
Moose, fat	Alces alces	1	.	54.5	0.06	0.002	0.21	14.9	19.5	0.32	0.002	0.03	225	300	0.03	271	1.40
Moose, heart	Alces alces	2	.	58.6	0.09	0.05	4.05	49.7	217	0.53	0.02	0.03	2200	2900	0.28	821	21.7
Moose, intestine	Alces alces	1	.	185	0.11	0.02	0.46	29.5	72.8	4.98	0.002	0.11	384	445	0.05	306	7.00
Moose, kidney	Alces alces	5	.	105	0.09	0.07	3.30	71.7	281	1.57	0.16	0.11	2500	2400	0.88	1000	30.2
Moose, liver	Alces alces	5	.	107	0.18	0.08	24.3	185	211	2.76	0.73	0.13	3200	2900	0.60	664	29.9
Moose, meat	Alces alces	10	.	1300	0.12	0.01	1.45	36.4	228	0.54	0.004	0.08	2700	3100	0.21	533	47.6
Moose, tongue	Alces alces	2	.	83.1	0.11	0.002	1.74	22.3	164	0.29	0.002	0.06	1700	2600	0.25	1200	25.8
Muskrat, meat	Ondatra zibethica	3	.	11700	0.33	0.002	1.30	98.6	462	0.56	0.04	0.13	8700	3200	0.17	1500	26.3
MANITOBA 2010 - WILD BIRDS																	
Duck, mallard, gizzards	Anas platyrhynchos	1	.	518	5.58	0.07	1.38	206	262	3.24	0.08	1.82	1400	3300	0.27	678	26.6
Duck, mallard, meat	Anas platyrhynchos	4	.	3000	0.25	0.02	3.40	67.5	270	1.14	0.09	0.09	4200	2400	0.71	545	18.3

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Duck, northern pintail, meat	Anas acuta	1	.	11600	0.04	0.002	3.49	65.9	338	1.00	0.002	0.04	7300	2400	0.54	773	24.3
Duck, unidentified, gizzards		1	.	1400	1.03	0.04	2.50	106	605	3.22	0.02	0.31	1500	3100	0.42	659	32.0
Duck, unidentified, heart		1	.	49.5	0.02	0.03	4.48	97.2	179	0.44	0.04	0.002	2100	2500	0.63	777	21.3
Duck, unidentified, meat		3	.	88.6	0.58	0.01	5.95	53.5	244	0.65	0.03	0.30	2600	3400	0.44	567	11.7
Goose, Canada, gizzard	Branta canadensis	1	.	319	0.12	0.002	1.37	48.6	236	1.15	0.05	0.07	1300	2400	0.31	702	35.1
Goose, Canada, meat	Branta canadensis	4	.	67.2	0.28	0.002	3.47	57.1	250	0.45	0.03	0.17	2700	2700	0.22	337	20.3
Goose, snow, meat	Chen caerulescens	2	.	58.3	0.04	0.002	5.19	45.2	260	0.37	0.03	0.02	2500	3000	0.27	390	17.6
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	9	.	4200	0.37	0.004	1.85	35.9	314	1.39	0.03	0.13	4400	2900	0.29	752	11.8
MANITOBA 2010 - BERRIES, FRUITS, NUTS AND SEEDS																	
Blackberry, leaves	Rubus spp.	1	.	7000	0.30	0.002	4.60	38.9	2000	299	0.20	1.20	1600	6200	0.002	38.3	13.0
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	8	.	252	0.02	0.01	0.72	3.40	124	27.9	0.16	0.12	272	1400	0.004	2.38	1.55
Chokecherry/pincherry	Prunus virginiana L.	1	.	882	0.07	0.002	1.61	8.10	275	5.89	0.07	0.25	578	4100	0.06	10.8	2.10
Crabapple	Malus coronaria, Pyrus coronaria	1	.	40.4	0.002	0.002	0.35	1.00	50.9	0.43	0.002	0.002	131	1300	0.002	1.70	0.20
Cranberry, high bush	Viburnum spp.	1	.	414	0.002	0.002	0.91	2.90	229	0.66	0.002	0.07	316	1900	0.002	2.00	1.40
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	8	.	249	0.28	0.002	0.87	3.80	114	13.8	0.04	0.23	429	1200	0.002	7.46	1.38
Gooseberry	Ribes spp.	1	.	496	0.05	0.002	1.32	2.40	217	0.98	0.002	0.22	389	3800	0.002	2.70	1.00
Nut, hazelnut	Corylus americana	1	.	5100	.	0.002	15.6	43.5	2700	187	0.40	5.60	5000	9800	.	.	30.0
Plum	Prunus spp.	1	.	124	0.002	0.002	0.84	2.20	94.4	0.98	0.03	0.16	377	4300	0.002	0.002	1.20
Raspberry	Rubus idaeus	5	.	391	0.02	0.002	0.83	5.84	293	5.49	0.17	0.21	730	2700	0.01	2.36	3.58
Saskatoon berry	Amelanchier alnifolia	5	.	679	0.12	0.05	1.43	6.98	368	7.11	0.03	0.16	491	3400	0.002	19.6	3.20
MANITOBA 2010 - WILD PLANTS																	
Dandelion, tea	Taraxacum officinale	1	.	268	0.002	0.002	0.25	1.80	63.6	0.34	0.002	0.02	56.7	640	0.002	8.10	0.90
Labrador tea, leaves	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	3	.	3200	0.28	0.002	2.95	26.5	746	330	0.002	0.35	831	2700	0.002	13.9	9.50
Lilypad	Nuphar lutea; Nymphaea odorata	1	.	2300	0.10	0.07	0.45	61.9	148	150	0.002	0.11	64.5	143	0.002	121	1.00
Mint, leaves	Mentha spp.	1	.	10900	2.10	0.30	7.10	555	4100	132	0.30	2.20	2400	19800	0.002	42.7	0.002
Mint, tea	Mentha spp.	1	.	70.0	0.002	0.002	0.06	0.002	43.0	0.54	0.002	0.002	9.70	108	0.002	6.30	0.20
Sage, tea	Salvia spp.	1	.	484	0.10	0.002	0.54	5.60	69.5	1.75	0.05	0.03	54.6	77.2	0.002	4.00	3.10
Sweetflag/muskrat root	Acorus americanus, A. calamus	1	.	3900	2.60	0.40	8.90	1200	2100	152	1.10	1.20	3700	12700	0.002	900	32.7
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	3	.	2500	0.25	0.002	1.36	61.3	786	35.2	0.03	0.14	388	1600	0.002	212	6.57
Wild rhubarb	unidentified	2	.	555	0.11	0.002	0.56	2.00	208	0.53	0.002	0.07	2000	3000	0.002	6.05	0.95
Wild rice	Zitania aquatica	1	.	167	0.14	0.002	1.43	4.70	351	3.32	0.002	0.13	1200	1100	0.002	79.1	8.90
Yarrow, tea	Achillea millefolium	1	.	373	0.03	0.002	0.30	2.80	103	1.53	0.04	0.03	81.9	416	0.002	7.10	1.20
MANITOBA 2010 - TREES (bark, leaves, syrup, needles, cones, gum)																	
Birch, bark	Betula spp.	2	.	6300	0.40	0.05	3.25	25.8	355	74.3	0.002	0.11	654	1400	0.002	4.55	107
Cedar, tea	Thuja occidentalis, Thuja spp.	1	.	101	0.002	0.002	0.21	0.002	10.6	0.31	0.002	0.002	5.60	27.2	0.002	7.40	0.20
Juniper, tea	Juniperus communis	1	.	2700	0.31	0.002	0.83	9.40	139	73.7	0.06	0.09	145	242	0.002	7.40	4.20
Mountain ash, tea	Sorbus subg. Sorbus	1	.	39.5	0.002	0.002	0.14	0.002	18.2	0.17	0.002	0.002	6.00	66.5	0.002	5.90	0.30
Poplar (balsam), tea	Populus balsamifera L.	1	.	31.9	0.002	0.002	0.12	0.002	21.3	0.95	0.002	0.03	9.40	150	0.002	6.70	0.70
Spruce, tea	Picea spp.	1	.	179	0.002	0.002	0.09	1.20	19.4	0.82	0.002	0.002	7.10	73.7	0.002	4.00	2.30
Tamarack, tea	Larix laricina	1	.	47.2	0.002	0.002	0.16	0.002	18.0	6.81	0.002	0.002	6.30	60.6	0.002	5.40	0.70
Willow, bark	Salix spp.	1	.	7800	0.40	0.002	3.20	27.1	386	5.30	0.03	0.10	2200	6700	0.002	0.002	9.40
Willow, tea	Salix spp.	1	.	1100	0.06	0.002	0.72	1.80	82.5	0.83	0.002	0.07	80.0	57.3	0.03	8.60	6.00

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
ONTARIO 2011 & 2012 - FISH																	
Bass, largemouth	Micropterus dolomieu	1	78.6	224	0.06	0.002	0.13	1.45	246	0.08	0.002	0.002	1700	3300	0.35	361	4.08
Bass, smallmouth	Micropterus salmoides	3	76.6	100	0.04	0.002	0.22	2.39	254	0.10	0.002	0.002	1800	3200	0.55	368	3.14
Carp	Cyprinus carpio	1	.	2200	0.15	0.01	0.43	7.03	286	0.56	0.002	0.03	2700	3300	0.26	568	8.25
Catfish	Ameiurus nebulosus	1	71.1	59.6	0.07	0.002	0.15	2.10	208	0.11	0.002	0.01	1600	3000	0.38	301	4.10
Cisco	Coregonus spp.	3	70.7	1000	0.05	0.003	0.52	5.97	257	0.32	0.002	0.01	2400	3300	0.59	552	9.04
Northern pike/jackfish	Esox lucius	9	76.8	1400	0.14	0.002	0.27	4.35	296	0.67	0.002	0.02	2500	3600	0.27	483	8.08
Perch, yellow	Perca flavescens	6	76.3	1500	0.07	0.002	0.27	2.62	282	0.28	0.004	0.02	2500	3400	0.50	358	6.90
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	2	71.6	778	0.12	0.01	0.65	7.47	201	0.21	0.003	0.02	2100	3000	0.88	708	7.50
Salmon, pink	Oncorhynchus gorbuscha	1	.	241	0.37	0.004	0.39	5.86	280	0.09	0.002	0.02	2400	4000	0.52	319	5.26
Salmon, sockeye	Oncorhynchus nerka	1	.	2700	0.05	0.01	2.84	61.8	224	0.78	0.06	0.002	2700	2700	0.34	785	24.6
Salmon, unidentified		4	69.2	452	0.18	0.004	0.48	5.71	229	0.39	0.004	0.03	2200	3500	0.54	1600	5.20
Salmon, unidentified, eggs		1	58.5	533	0.002	0.04	3.35	21.3	601	0.83	0.002	0.01	4100	2000	3.03	548	18.8
Sauger	Stizostedion canadense	1	.	264	0.06	0.002	0.17	2.42	367	0.11	0.002	0.02	2300	4600	0.23	283	4.73
Smelt	Osmerus mordax	5	72.2	4700	0.10	0.02	0.46	14.0	300	2.48	0.01	0.08	3800	2800	0.54	913	29.4
Sturgeon	Acipenserspp.	9	69.6	288	0.03	0.01	0.34	4.89	213	0.38	0.002	0.02	1900	2900	0.44	999	4.37
Sucker, unidentified		2	.	530	0.02	0.01	0.74	17.1	487	0.86	0.01	0.03	4200	8600	0.70	1200	32.8
Sucker, unidentified, eggs		1	.	320	0.23	0.01	1.18	15.2	424	2.60	0.03	0.11	3600	2900	0.55	718	37.4
Sucker, white	Catostomus commersonii	1	.	4900	0.74	0.02	0.46	33.1	368	2.91	0.06	0.28	4300	4100	0.15	640	10.9
Trout, brook/speckled	Salvelinus fontinalis	1	77.1	821	0.01	0.002	0.35	3.97	223	0.12	0.002	0.002	2200	3200	0.26	715	4.61
Trout, brown	Salmo trutta	1	70.2	120	0.07	0.002	0.64	4.71	245	0.12	0.002	0.002	2100	4100	0.30	250	3.86
Trout, lake	Salvelinus namaycush	6	71.5	377	0.14	0.004	0.58	5.47	229	0.18	0.002	0.02	2100	3200	0.63	814	5.89
Trout, rainbow/steelhead	Oncorhynchus mykiss	2	70.7	130	0.03	0.002	0.43	4.02	249	0.08	0.002	0.002	2100	3600	0.32	331	4.16
Trout, splake	Salvelinus fontinalis × Salvelinus namaycush	1	.	368	0.002	0.002	0.36	3.80	279	0.12	0.002	0.002	2300	3900	0.52	331	5.01
Trout, unidentified		3	75.2	730	0.34	0.01	0.40	6.33	283	0.46	0.01	0.03	2500	4300	0.35	484	7.79
Walleye/pickerel	Sanders vitreus	17	77.1	337	0.06	0.002	0.24	2.87	283	0.13	0.003	0.01	2000	3800	0.36	362	4.46
Walleye/pickerel, eggs	Sanders vitreus	1	63.3	717	0.002	0.01	0.76	11.7	416	1.45	0.01	0.002	3500	2300	0.44	1100	28.9
Walleye/pickerel, pemmican	Sanders vitreus	1	16.7	314	0.04	0.01	0.81	17.2	708	2.56	0.01	0.04	6000	12400	0.53	1600	99.2
Whitefish, lake	Coregonus clupeaformis	11	71.8	1200	0.07	0.01	0.44	5.67	273	0.51	0.002	0.01	2500	3600	0.45	694	8.45
Whitefish, round	Prosopium cylindraceum	1	.	3700	0.002	0.02	0.16	3.67	301	0.69	0.002	0.002	3800	4500	0.88	721	6.21
Whitefish, unidentified, eggs		1	58.9	374	0.01	0.07	1.97	15.3	359	1.68	0.01	0.02	3400	1600	1.41	678	32.0
ONTARIO 2011 & 2012 - LAND MAMMALS																	
Beaver, liver	Castor canadensis	1	71.1	64.5	0.01	0.05	2.68	169	161	2.64	0.25	0.02	2400	2300	0.08	1100	28.1
Beaver, meat	Castor canadensis	7	64.2	86.5	0.18	0.02	1.04	37.3	173	0.44	0.01	0.03	1500	2500	0.05	660	24.5
Black bear, meat	Ursus americanus	3	58.1	152	0.03	0.01	1.47	44.2	249	0.27	0.01	0.03	2200	3300	0.12	5400	61.3
Caribou, bone	Rangifer ssp.	1	22.6	1800	0.002	0.002	0.07	29.9	79.5	0.06	0.002	0.002	1700	716	0.04	956	3.96
Caribou, meat	Rangifer ssp.	6	66.9	768	0.03	0.005	1.94	39.1	237	0.33	0.003	0.01	2200	3000	0.12	675	43.7
Deer, heart	Odocoileus spp.	1	.	40.1	0.08	0.01	4.30	54.0	238	0.34	0.01	0.04	2200	3000	0.35	796	21.7
Deer, kidney	Odocoileus spp.	3	75.6	59.4	0.32	0.03	2.18	78.7	165	0.79	0.14	0.03	2300	3300	0.58	1400	32.5
Deer, liver	Odocoileus spp.	4	70.8	55.2	0.19	0.06	59.8	112	180	2.73	0.26	0.02	3600	3200	0.42	733	34.6
Deer, meat	Odocoileus spp.	9	68.9	118	0.16	0.002	1.68	34.1	245	0.42	0.01	0.03	2000	3500	0.09	880	40.1
Deer, tongue	Odocoileus spp.	2	.	74.6	0.94	0.01	1.83	39.8	197	0.81	0.02	0.06	1800	3500	0.19	1200	26.2
Elk, meat	Cervus canadensis	1	74.2	246	0.01	0.005	0.95	24.3	219	0.18	0.002	0.002	1800	3000	0.04	482	50.2
Hare/rabbit, heart	Lepus spp.	1	75.0	98.9	0.02	0.03	5.98	63.3	231	0.88	0.002	0.02	2300	2700	0.17	920	16.7
Hare/rabbit, liver	Lepus spp.	1	71.4	90.5	0.05	0.07	3.65	229	173	3.77	0.52	0.02	3100	2300	0.38	980	23.8
Hare/rabbit, meat	Lepus spp.	11	72.5	266	0.06	0.01	2.19	36.8	258	0.41	0.03	0.02	2200	3200	0.12	597	17.0
Moose, bone marrow	Alces alces	2	21.5	272	0.002	0.002	0.08	10.5	17.6	0.01	0.002	0.002	271	89.0	0.002	513	0.70

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Moose, fat	Alces alces	2	21.4	22.6	0.05	0.002	0.06	7.80	14.7	0.14	0.002	0.01	136	334	0.002	165	1.49
Moose, heart	Alces alces	5	72.4	55.3	0.06	0.02	3.46	53.7	199	0.39	0.01	0.02	1800	2500	0.10	783	19.6
Moose, intestine	Alces alces	4	38.6	67.2	0.03	0.002	0.23	8.60	43.4	0.40	0.01	0.01	432	815	0.02	485	6.10
Moose, kidney	Alces alces	8	77.3	104	0.09	0.05	2.94	50.0	157	1.71	0.23	0.07	2000	2500	0.47	1400	29.4
Moose, liver	Alces alces	12	68.9	52.0	0.06	0.06	38.8	143	168	2.13	0.74	0.04	3000	2700	0.26	876	38.7
Moose, meat	Alces alces	15	73.0	71.9	0.13	0.01	1.31	32.5	224	0.24	0.01	0.03	1900	3400	0.07	732	47.2
Moose, nose	Alces alces	2	55.8	118	0.44	0.01	0.88	29.0	107	0.54	0.02	0.06	1000	1500	0.06	1400	16.7
Moose, stomach	Alces alces	1	.	51.9	0.002	0.004	1.10	17.3	216	0.27	0.002	0.02	1700	2900	0.21	860	69.3
Moose, tongue	Alces alces	5	72.0	88.4	0.36	0.01	1.31	32.4	172	0.46	0.03	0.10	1500	2700	0.06	1100	27.4
Muskrat, meat	Ondatra zibethica	3	74.6	162	0.18	0.01	1.15	85.0	211	1.40	0.08	0.02	1800	3200	0.06	738	15.5
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	2	73.6	746	0.03	0.01	2.10	35.2	262	0.61	0.01	0.03	2400	3400	0.14	722	13.9
ONTARIO 2011 & 2012 - WILD BIRDS																	
Duck, American black, meat	Anas rubripes	1	70.8	31.9	0.01	0.01	4.03	52.3	285	0.37	0.01	0.15	2600	3900	0.36	519	9.47
Duck, bufflehead, meat	Bucephala albeola	2	.	78.3	0.17	0.01	4.52	67.7	231	0.89	0.02	0.55	2300	3300	0.16	735	13.5
Duck, godwit, meat	Limosa spp.	1	48.6	111	0.08	0.01	4.05	63.0	169	0.33	0.03	0.01	1500	1200	0.19	328	13.2
Duck, goldeneye, meat	Bucephala clangula	2	71.5	43.7	0.06	0.01	3.79	51.7	189	0.33	0.02	0.03	1800	2200	0.25	595	8.34
Duck, mallard, meat	Anas platyrhynchos	8	60.0	197	0.13	0.01	4.23	64.8	281	0.64	0.02	0.03	2500	3800	0.35	703	15.6
Duck, northern pintail, meat	Anas acuta	4	64.4	66.7	0.03	0.01	4.59	51.5	256	0.41	0.02	0.01	2400	3200	0.47	1000	11.5
Duck, teal, meat	Anas spp.	5	75.5	134	0.10	0.01	5.36	69.4	264	0.42	0.03	0.02	2500	3400	0.51	675	12.8
Duck, unidentified, meat		1	77.0	37.4	0.04	0.01	5.49	44.4	171	0.76	0.01	0.02	1700	1400	0.24	8000	8.27
Goose, Canada, kidney	Branta canadensis	1	.	75.5	0.63	0.04	1.15	156	202	1.59	0.05	0.08	1400	3700	0.25	850	31.8
Goose, Canada, meat	Branta canadensis	8	68.8	56.3	0.05	0.004	3.43	52.1	233	0.45	0.03	0.02	2000	2900	0.20	598	19.0
Goose, snow, meat	Chen caerulescens	3	56.9	326	0.10	0.01	2.98	50.6	233	0.48	0.02	0.02	2100	2500	0.32	621	16.0
Goose, unidentified, fat		1	.	65.2	0.29	0.002	0.71	27.9	126	0.27	0.02	0.08	1100	2300	0.08	1000	27.6
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	18	70.6	190	0.19	0.004	1.83	28.4	312	0.42	0.02	0.02	2400	3300	0.19	638	7.59
Wild turkey, meat	Meleagris gallopava	3	68.7	57.9	0.06	0.002	1.40	20.6	247	0.16	0.03	0.03	2000	2900	0.15	604	26.0
ONTARIO 2011 & 2012 - BERRIES, FRUITS, NUTS AND SEEDS																	
Blackberry	Rubus spp.	2	85.2	211	0.02	0.01	1.69	2.71	222	9.57	0.01	0.48	270	1600	0.002	10.5	2.20
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	10	82.1	171	0.02	0.002	0.69	2.73	71.0	28.6	0.02	0.24	154	825	0.002	41.8	1.21
Chokecherry/pincherry	Prunus virginiana L.	1	76.8	375	0.08	0.002	1.22	3.89	169	0.43	0.02	0.39	247	2100	0.002	0.002	1.91
Crabapple	Malus coronaria, Pyrus coronaria	2	78.9	266	0.04	0.01	0.96	3.73	104	0.71	0.03	0.06	151	1800	0.002	0.002	0.66
Cranberry, high bush	Viburnum spp.	3	73.6	1100	0.02	0.01	1.01	5.04	324	3.53	0.03	0.23	305	2600	0.002	0.002	2.20
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	5	87.0	148	0.02	0.003	0.59	2.33	74.0	7.35	0.01	0.10	110	954	0.002	0.002	1.14
Elderberry	Sambucus spp.	1	84.7	880	0.01	0.002	1.04	5.87	530	2.97	0.17	0.05	642	1900	0.002	0.002	2.82
Gooseberry	Ribes spp.	1	.	155	0.01	0.002	0.57	1.89	82.3	16.4	0.04	0.05	134	979	0.002	0.002	2.75
Grape, wild	Vitis riparia	1	77.1	839	0.002	0.002	1.64	6.14	280	2.82	0.02	0.02	534	3400	0.002	0.002	1.53
Hawthorn berry	Crataegus spp.	2	61.4	2000	0.07	0.02	1.23	9.26	534	5.55	0.04	0.22	391	4400	0.002	0.002	2.42
Nut, acorn	Quercus spp.	4	36.7	257	0.06	0.01	1.40	17.2	205	4.77	0.12	0.23	466	4600	0.01	0.002	2.62
Nut, hazelnut	Corylus americana	1	23.1	1300	0.05	0.02	6.03	17.4	696	93.6	0.02	0.71	1000	4500	0.002	0.002	7.79
Nut, hickory	Carya ovata	3	11.6	251	0.11	0.03	4.04	9.56	460	17.3	1.02	1.36	1000	2300	0.01	0.002	16.6
Nut, walnut	Juglans spp	1	16.2	618	0.04	0.03	10.8	31.8	1600	11.3	0.55	1.40	4000	4600	0.03	0.002	20.2
Raspberry	Rubus idaeus	2	80.4	283	0.02	0.01	0.67	4.66	184	3.58	0.06	0.16	315	1600	0.002	63.5	2.29
Rosehip	Rosa spp.	1	55.4	2900	0.05	0.01	1.53	7.05	725	7.04	0.10	0.19	582	5800	0.002	0.002	3.88
Saskatoon berry	Amelanchier alnifolia	2	61.6	995	0.02	0.005	1.21	2.49	280	12.7	0.09	0.26	489	2800	0.002	0.002	2.82
Strawberry	Fragaria spp.	4	86.3	245	0.22	0.01	1.71	5.59	151	4.91	0.06	0.27	238	1700	0.002	41.0	1.86
Sumac	Rhus typhina, R. glabra	1	12.4	115	0.02	0.002	0.68	2.87	134	0.37	0.04	0.03	286	1500	0.002	0.002	1.20

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Sunflower, seeds	Helianthus annuus	1	9.53	366	0.52	0.07	8.35	32.3	2000	9.15	0.33	0.61	3600	6400	0.08	0.002	18.7
ONTARIO 2011 & 2012 - WILD PLANTS																	
Dandelion, greens	Taraxacum officinale	1	.	5.38	0.002	0.002	0.002	0.002	1.94	0.01	0.002	0.002	0.89	16.2	0.002	0.002	0.01
Horsetail shoots	Equisetum arvense	1	62.1	6600	0.41	0.10	1.03	41.8	1200	14.9	3.17	1.57	281	3400	0.06	0.002	7.73
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	8	.	18.6	0.002	0.002	0.06	0.02	5.99	0.13	0.002	0.01	0.64	14.8	0.002	12.2	0.02
Leeks/onions	Allium spp.	2	78.9	686	0.27	0.06	0.79	126	176	5.20	0.09	0.35	290	1800	0.002	66.5	3.61
Mint, leaves	Mentha spp.	2	.	38.2	0.002	0.002	0.01	0.002	10.7	0.02	0.002	0.002	0.002	38.7	0.002	0.002	0.01
Mint, tea	Mentha spp.	1	.	18.1	0.002	0.002	0.01	0.002	3.83	0.02	0.002	0.002	0.002	14.8	0.002	22.0	0.01
Purple pitcher (turtle socks), leaves	Sarracenia purpurea	1	.	0.11	0.002	0.002	0.002	0.002	0.25	0.02	0.002	0.002	0.37	0.002	0.002	0.002	0.002
Sage, leaves	Salvia spp.	1	.	0.83	0.002	0.002	0.002	0.002	0.38	0.01	0.002	0.002	0.64	8.30	0.002	0.002	0.01
Sage, tea	Salvia spp.	2	.	10.3	0.002	0.002	0.16	0.002	2.36	0.01	0.002	0.01	4.35	72.6	0.002	10.5	0.03
Stinging nettle, leaves	Urtica dioica	1	.	7.52	0.002	0.002	0.002	0.002	1.86	0.002	0.002	0.002	0.48	11.3	0.002	0.002	0.002
Sweetflag/muskrat root	Acorus americanus, A. calamus	2	23.1	72.9	0.14	0.02	7.38	76.4	1100	8.59	0.63	1.25	1600	4200	0.002	0.002	11.6
Sweetflag/muskrat root plus wild ginger, tea		1	.	21.3	0.002	0.002	0.13	0.46	11.0	0.23	0.002	0.004	19.7	59.1	0.002	13.6	0.05
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	1	.	8.26	0.002	0.002	0.01	0.002	85.6	0.01	0.02	0.002	0.33	34.7	0.002	320	0.002
Tobacco	Nicotiana tabacum	1	54.9	21200	0.56	0.09	5.59	247	1300	16.3	1.48	0.33	2000	26600	0.12	946	30.9
Western dock, leaves	Rumex occidentalis	1	.	10.2	0.002	0.002	0.02	0.002	9.04	0.01	0.002	0.002	1.22	38.7	0.002	7.70	0.01
Wild ginger	Asarum caudatum	1	61.5	3400	1.01	0.25	4.25	528	3000	37.7	0.18	0.74	752	13400	0.002	0.002	16.2
Wild rice	Zitania aquatica	1	.	39.4	0.002	0.01	2.26	4.18	429	3.64	0.02	0.08	1300	870	0.002	0.002	17.1
Wintergreen/teaberry	Gaultheria procumbens	1	60.7	3700	0.21	0.02	1.08	19.3	937	111	0.04	0.68	450	3600	0.002	0.002	7.44
ONTARIO 2011 & 2012 - TREES (bark, leaves, syrup, needles, cones, gum)																	
Cedar, leaves	Thuja occidentalis, Thuja spp.	1	.	0.53	0.002	0.002	0.002	0.002	0.20	0.02	0.002	0.002	0.002	0.002	0.002	0.002	0.002
Cedar, tea	Thuja occidentalis, Thuja spp.	8	.	21.0	0.002	0.002	0.04	0.01	7.63	0.07	0.002	0.03	1.82	21.7	0.002	14.1	0.02
Ironwood (hornbeam), tea	Ostrya spp.	1	.	52.8	0.002	0.002	0.01	0.002	10.3	0.12	0.002	0.002	0.002	18.0	0.002	39.4	0.002
Maple, syrup	Acer spp.	6	.	867	0.01	0.02	0.19	0.51	110	39.6	0.004	0.78	9.83	1700	0.002	0.002	4.57
ONTARIO 2011 & 2012 - MUSHROOMS																	
Mushroom, giant puffball	Calvatia gigantea	1	80.7	164	1.26	0.21	6.90	556	283	42.2	0.19	0.75	1800	3700	1.79	0.002	21.7
Mushroom, honey	Armillaria mellea	1	90.2	97.5	0.24	0.10	1.10	146	113	2.82	0.02	0.16	566	2800	0.94	0.002	10.3
Mushroom, mycena	Mycena spp.	1	90.0	50.2	0.14	0.04	6.58	60.9	136	2.31	0.13	0.15	1100	2500	0.20	35.0	18.8
Mushroom, unidentified		1	47.3	228	0.18	0.02	1.67	15.5	1900	24.5	0.03	0.13	839	2000	0.03	0.002	44.1
ONTARIO 2011 & 2012 - CULTIVATED FOOD (PLANTS)																	
Apple	Malus domestica	1	71.8	38.5	0.03	0.002	0.28	1.47	36.7	0.31	0.01	0.07	87.2	945	0.002	51.0	0.28
Beans, dried	Phaseolus vulgaris	1	12.5	80.8	0.03	0.04	7.02	49.5	1600	8.18	1.57	0.64	4000	14000	0.002	20.0	26.2
Beans, kidney, red	Phaseolus vulgaris	1	12.1	233	0.02	0.05	6.90	55.2	1500	8.10	1.64	0.39	4300	15400	0.03	0.002	22.9
Beans, snap	Phaseolus vulgaris	2	93.0	358	0.02	0.003	0.54	4.71	141	0.77	0.81	0.08	245	1300	0.002	998	1.65
Beets	Beta vulgaris	2	86.1	192	0.02	0.01	0.77	7.77	179	3.88	0.02	0.04	272	2400	0.002	468	3.88
Brussel sprouts	Brassica oleracea var. gemmifera	1	84.8	2200	0.27	0.03	0.23	107	349	11.1	0.38	0.10	528	3900	0.02	50.0	3.41
Cabbage	Brassica oleracea var. capitata	2	94.6	257	0.04	0.004	0.37	10.5	107	1.73	0.07	0.05	243	1600	0.002	11.5	1.77
Carrots	Daucus carota subsp. sativus	1	86.8	474	0.06	0.01	0.72	12.2	159	0.89	0.04	0.06	461	3200	0.002	172	2.52
Corn soup	Zea mays	1	69.5	79.4	0.03	0.01	0.81	6.94	196	1.01	0.17	0.06	578	1200	0.04	2900	4.31
Corn, blue	Zea mays	1	10.1	39.3	0.03	0.002	0.43	3.66	594	1.39	0.11	0.03	2700	2400	0.002	0.002	2.75
Corn, calico	Zea mays	1	10.4	30.9	0.74	0.002	0.49	2.25	531	1.37	0.12	0.01	1800	2200	0.002	0.002	1.20
Corn, hominy	Zea mays	2	38.5	75.2	0.02	0.01	0.40	142	303	7.56	0.16	0.01	656	1600	0.002	141	5.42
Corn, unidentified	Zea mays	1	72.6	117	0.03	0.002	0.47	6.78	475	2.61	0.01	0.03	835	810	0.002	32.0	7.03
Corn, unidentified, dried	Zea mays	1	9.71	59.3	0.01	0.002	0.72	3.81	746	3.08	0.15	0.02	2400	2600	0.02	89.0	3.62

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Corn, white	Zea mays	1	13.5	40.1	0.02	0.002	0.98	6.58	599	1.86	0.17	0.02	2200	2400	0.002	0.002	4.89
Corn, yellow	Zea mays	2	63.6	55.7	0.02	0.002	1.04	6.03	409	2.21	0.06	0.05	1200	3300	0.002	157	6.85
Cucumber	Cucumis sativus	1	90.1	121	0.01	0.002	0.23	1.61	51.0	0.30	0.03	0.02	102	556	0.002	6600	0.52
Pepper, green	Capsicum annuum	1	91.8	107	0.002	0.002	0.76	4.27	124	1.14	0.08	0.03	235	2000	0.002	0.002	1.74
Potatoes	Solanum tuberosum	2	82.0	193	0.05	0.01	1.42	21.7	204	1.45	0.09	0.08	393	3100	0.02	0.002	3.28
Radish	Raphanus sativus	1	89.3	1000	0.17	0.04	0.45	84.8	198	3.32	0.24	0.13	331	4600	0.03	59.0	3.48
Squash, hubbard	Cucurbita maxima	1	92.7	380	0.04	0.03	0.72	2.77	184	0.87	0.02	0.24	329	3000	0.002	0.002	2.61
Squash, pumpkin	Cucurbita maxima	2	87.3	310	0.02	0.01	0.82	2.66	295	0.85	0.02	0.08	303	4500	0.002	0.002	3.15
Squash, winter	Cucurbita maxima	3	87.7	278	0.03	0.003	0.82	5.03	246	1.10	0.08	0.06	449	3000	0.002	0.002	2.99
Squash, zucchini	Cucurbita pepo	1	96.4	161	0.83	0.01	1.06	7.04	85.6	0.46	0.03	0.33	75.1	1200	0.002	0.002	1.45
Tomatoes	Solanum lycopersicum	1	93.6	118	0.02	0.01	0.63	3.03	111	0.78	0.06	0.06	231	1900	0.002	1300	1.13
Turnip	Brassica rapa subsp. rapa	1	91.9	351	0.002	0.002	0.26	1.60	75.9	0.27	0.02	0.02	172	2100	0.002	66.0	1.31
ONTARIO 2011 & 2012 - CULTIVATED FOOD (ANIMALS)																	
Beef, meat	Bos taurus	1	68.1	74.8	0.12	0.002	0.53	17.2	220	0.06	0.01	0.01	1900	3600	0.04	471	30.0
QUEBEC 2016 - FISH AND SEAFOOD																	
American eel	Anguilla rostrata	2	73.4	1500	0.13	0.01	0.44	7.30	198	0.92	0.002	0.002	2500	2600	0.41	1300	26.6
Bass, smallmouth	Micropterus salmoides	1	79.0	80.4	0.002	0.002	0.22	1.87	230	0.06	0.002	0.002	1500	2400	0.27	206	2.80
Bass, striped	Morone saxatilis	1	74.1	103	0.01	0.002	0.32	3.25	314	0.11	0.002	0.27	2500	4200	0.33	586	3.98
Bass, unidentified		1	76.4	126	0.03	0.005	0.41	5.16	256	0.14	0.002	0.002	2100	3900	0.29	421	3.52
Bass, white	Morone spp.	1	76.9	208	0.002	0.004	0.47	3.55	261	0.13	0.002	0.002	1700	2900	0.58	482	3.88
Catfish	Ameiurus nebulosus	3	78.0	780	0.01	0.01	0.35	8.34	285	0.84	0.002	0.002	2600	3800	0.17	470	6.87
Cisco	Coregonus spp.	1	76.2	117	0.14	0.004	0.44	4.71	253	0.11	0.002	0.002	2400	4200	0.22	327	5.21
Clam, softshell	Mya arenaria	1	85.3	2400	0.17	0.18	1.75	335	870	13.5	0.19	0.28	1300	1200	0.31	5700	15.6
Cod, Atlantic	Gadus morhua	1	75.4	161	0.002	0.002	0.18	1.20	219	0.06	0.002	0.002	1600	3200	0.39	799	4.13
Crab, snow	Chionoecetes opilio	2	73.5	356	0.002	0.16	6.89	2.03	445	0.19	0.02	0.002	2000	2300	0.83	3600	35.1
Lobster	Homarus americanus	3	74.5	973	0.02	0.01	19.5	2.89	413	0.51	0.02	0.02	2200	2400	0.60	4600	39.2
Mackerel	Scomber scombrus	1	64.2	147	0.002	0.01	1.17	13.9	286	0.14	0.002	0.002	2700	4200	0.59	374	7.29
Northern pike/jackfish	Esox lucius	3	76.6	360	0.04	0.005	0.65	4.95	271	0.29	0.004	0.002	2300	3500	0.39	603	8.63
Northern pike/jackfish, eggs	Esox lucius	1	60.8	335	0.002	0.06	1.78	40.2	381	2.73	0.03	0.002	4300	3200	1.12	1100	97.5
Perch, yellow	Perca flavescens	1	78.7	476	0.002	0.004	0.33	4.83	257	0.26	0.005	0.002	2000	3100	0.64	424	7.11
Salmon, Atlantic	Salmo salar	5	67.0	162	0.01	0.003	0.49	4.80	268	0.14	0.002	0.002	2600	3700	0.42	1200	4.98
Scallop, Atlantic	Pecten magellanicus	1	78.2	397	0.01	0.004	0.16	3.37	475	0.20	0.01	0.002	2800	4300	0.18	1800	9.00
Sea snail	unidentified	1	78.8	3100	0.06	0.06	9.14	53.8	1100	1.10	0.05	0.14	1700	3100	0.49	4300	31.6
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	1	78.5	689	0.42	0.01	5.66	4.44	284	0.40	0.01	0.09	1400	1030	0.21	5200	8.36
Smelt	Osmerus mordax	2	74.0	1500	0.02	0.01	0.58	4.47	288	0.84	0.01	0.002	3000	3600	0.32	968	11.1
Sole	Parophrys vetulus	1	74.4	223	0.002	0.002	0.18	1.34	239	0.20	0.002	0.002	1900	3300	0.26	227	4.60
Sturgeon	Acipenserspp.	2	71.2	85.0	0.19	0.004	0.47	5.31	195	0.20	0.01	0.04	1800	2700	0.71	643	4.49
Sucker, unidentified, eggs		1	64.7	287	0.002	0.01	1.30	18.0	276	5.03	0.03	0.002	3500	2200	1.05	707	22.7
Trout, brook/speckled	Salvelinus fontinalis	5	72.6	519	0.05	0.01	0.51	6.87	281	0.28	0.004	0.002	2800	4000	0.48	1700	8.75
Trout, brown	Salmo trutta	1	79.2	1000	0.002	0.03	0.42	6.50	267	0.75	0.002	0.002	2800	3600	0.37	2000	8.33
Trout, lake	Salvelinus namaycush	6	73.1	398	0.01	0.005	0.45	5.82	243	0.24	0.004	0.01	2500	3700	0.39	609	6.59
Trout, lake, eggs	Salvelinus namaycush	1	64.4	241	0.002	0.03	1.34	16.6	248	5.11	0.02	0.002	4100	2100	0.90	511	26.3
Trout, lake, smoked	Salvelinus namaycush	1	54.3	213	0.002	0.002	0.69	7.80	344	1.61	0.002	0.002	3000	4800	0.44	1600	4.94
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	76.1	301	0.04	0.01	0.38	5.85	240	0.10	0.002	0.002	2400	4400	0.24	598	4.99
Walleye/pickerel	Sanders vitreus	5	78.2	205	0.22	0.003	0.30	3.56	256	0.11	0.003	0.02	2200	3900	0.33	325	3.80
Whitefish, lake	Coregonus clupeaformis	5	76.7	3200	0.01	0.03	0.31	8.13	295	1.89	0.002	0.002	4000	4000	0.53	1800	17.6

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
QUEBEC 2016 - LAND MAMMALS																	
Beaver, intestine	Castor canadensis	1	80.5	52.4	0.02	0.03	1.34	36.7	139	9.37	0.02	0.002	1700	2100	0.10	1400	20.5
Beaver, meat	Castor canadensis	7	57.5	74.0	0.06	0.003	0.90	42.2	163	0.38	0.003	0.002	1500	2400	0.05	664	27.9
Beaver, tail	Castor canadensis	1	47.5	48.0	0.03	0.002	0.33	5.28	20.2	0.05	0.002	0.002	216	346	0.01	680	1.76
Black bear, fat	Ursus americanus	4	0	3.65	0.01	0.002	0.002	0.36	1.94	0.02	0.002	0.002	25.6	22.2	0.002	14.7	0.04
Black bear, meat	Ursus americanus	5	65.5	53.4	0.05	0.004	1.53	37.9	200	0.23	0.01	0.002	1800	2800	0.14	603	51.9
Caribou, bone marrow	Rangifer ssp.	1	19.9	539	0.02	0.002	1.90	14.4	17.6	0.03	0.002	0.42	359	129	0.02	350	1.19
Caribou, heart	Rangifer ssp.	2	65.6	46.3	0.02	0.02	4.47	74.4	247	0.55	0.003	0.002	2500	3300	0.29	809	16.6
Caribou, kidney	Rangifer ssp.	1	73.4	62.9	0.09	0.02	1.87	29.6	235	0.28	0.002	0.002	2200	3300	0.14	850	44.3
Caribou, meat	Rangifer ssp.	5	62.1	108	0.67	0.01	8.67	59.7	343	0.55	0.01	0.16	3100	4500	0.30	850	64.2
Caribou, stomach	Rangifer ssp.	1	49.7	22.8	0.002	0.002	0.23	28.4	32.4	10.6	0.002	0.002	404	653	0.07	712	3.89
Deer, kidney	Odocoileus spp.	1	68.7	74.0	0.02	0.02	3.08	60.9	140	1.83	0.24	0.002	2200	2200	0.74	1300	24.4
Deer, liver	Odocoileus spp.	1	71.2	51.6	0.03	0.04	17.4	96.9	203	3.37	0.50	0.002	3100	3200	0.07	526	43.0
Deer, meat	Odocoileus spp.	4	71.5	49.5	0.05	0.005	4.91	35.5	245	0.38	0.04	0.002	2300	3400	0.07	496	29.0
Hare/rabbit, heart	Lepus spp.	1	70.4	93.2	0.01	0.01	2.98	62.9	316	2.47	0.02	0.002	3000	4100	0.19	905	17.9
Hare/rabbit, intestines	Lepus spp.	1	81.2	140	0.002	0.01	1.25	63.0	150	47.6	0.01	0.002	1700	1400	0.15	923	17.5
Hare/rabbit, liver	Lepus spp.	1	75.3	66.1	0.002	0.03	2.54	280	137	4.15	0.22	0.002	2400	2300	0.15	1100	19.8
Hare/rabbit, meat	Lepus spp.	7	73.5	103	0.05	0.01	5.39	36.7	238	2.00	0.05	0.05	2300	3200	0.10	633	16.2
Moose, heart	Alces alces	1	74.9	44.1	0.01	0.02	3.11	50.9	216	0.43	0.01	0.002	1900	2800	0.11	850	18.1
Moose, kidney	Alces alces	2	77.4	108	0.04	0.07	3.71	62.8	144	2.74	0.21	0.06	2400	2500	0.55	1400	34.9
Moose, liver	Alces alces	4	72.2	53.0	0.08	0.05	63.1	102	180	2.72	0.44	0.02	3300	2700	0.14	839	25.0
Moose, meat	Alces alces	10	73.9	65.3	0.06	0.01	1.70	31.8	222	0.27	0.004	0.01	2000	3400	0.05	633	47.7
Moose, meat, dried	Alces alces	1	56.7	90.9	2.31	0.02	2.37	90.1	414	1.56	0.005	0.002	3900	7000	0.20	3800	69.3
Moose, nose	Alces alces	1	74.7	98.6	0.09	0.01	1.01	20.4	120	0.33	0.01	0.08	1100	1700	0.06	2000	17.8
Moose, tongue	Alces alces	1	76.4	74.0	0.24	0.01	1.35	22.1	159	0.61	0.01	0.002	1500	2300	0.07	1200	21.5
Muskrat, meat	Ondatra zibethica	1	76.4	200	0.03	0.01	1.03	62.6	184	0.12	0.01	0.002	1900	3500	0.08	896	18.5
Porcupine, meat	Erethizon dorsatum	2	60.5	133	0.10	0.02	0.92	36.3	116	0.53	0.02	0.002	1000	1700	0.03	1000	19.4
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	1	75.7	54.4	0.04	0.002	1.03	13.6	218	0.11	0.01	0.002	2100	3700	0.19	544	14.1
QUEBEC 2016 - WILD BIRDS																	
Arctic tern/stern, egg	Sterna paradisaea	1	76.0	747	0.002	0.01	0.72	38.5	117	0.19	0.04	0.04	2600	1300	0.54	1400	17.0
Duck, black guillemot, meat	Cepphus grylle	1	72.6	295	0.02	0.01	5.34	67.0	248	0.44	0.03	0.002	2700	2900	0.60	892	13.2
Duck, eider, liver	Somateria spp.	1	74.5	80.7	0.01	0.03	12.6	232	216	3.71	0.37	0.002	3100	2600	2.72	1500	30.2
Duck, eider, meat	Somateria spp.	1	71.6	185	0.03	0.01	4.30	39.7	245	0.33	0.01	0.002	2200	2700	0.58	1400	16.3
Duck, goldeneye, meat	Bucephala clangula	1	69.1	46.3	0.002	0.02	6.95	97.8	317	0.71	0.03	0.002	3300	3600	0.51	665	12.3
Duck, mallard, meat	Anas platyrhynchos	5	66.9	70.4	0.02	0.01	5.87	67.6	278	0.58	0.03	0.002	3000	3400	0.66	656	15.4
Duck, scoter, meat	Melanitta nigra	1	69.2	62.2	0.09	0.01	5.85	73.5	270	0.59	0.02	0.002	2700	3200	1.92	844	11.9
Duck, wood, meat	Aix sponsa	1	72.2	34.1	0.02	0.01	4.86	57.9	333	0.46	0.02	0.002	3400	4100	0.33	527	10.8
Goose, Canada, liver	Branta canadensis	1	66.8	109	0.002	0.04	13.1	596	216	4.10	0.89	0.002	3800	2300	0.70	1000	37.3
Goose, Canada, meat	Branta canadensis	7	59.9	316	0.14	0.01	3.54	63.0	217	0.33	0.02	0.002	2300	2700	0.15	641	16.2
Goose, snow, meat	Chen caerulescens	2	67.3	39.3	0.01	0.01	4.82	47.5	284	0.36	0.02	0.002	2800	3400	0.10	517	14.6
Goose, unidentified, fat		1	0	4.30	0.002	0.002	0.03	1.23	4.48	0.08	0.002	0.002	41.6	67.2	0.002	32.2	0.002
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	12	71.0	225	0.02	0.003	4.49	28.2	309	0.69	0.01	0.04	2700	3300	0.20	561	6.81
QUEBEC 2016 - BERRIES, FRUITS, NUTS AND SEEDS																	
Blackberry	Rubus spp.	1	84.6	383	0.03	0.01	2.45	4.90	233	9.07	0.06	0.27	311	1300	0.002	2.00	2.04
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	8	86.1	160	0.004	0.002	0.65	3.15	66.6	34.0	0.02	0.10	157	726	0.002	5.53	1.20
Chokecherry/pincherry	Prunus virginiana L.	1	79.4	228	0.002	0.002	1.41	2.41	138	6.13	0.01	0.13	251	3200	0.002	2.00	1.10

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Cloudberries/bakeapples	Rubus chamaemorus	2	83.8	132	0.01	0.01	0.68	3.47	277	8.82	0.06	0.12	359	1900	0.002	38.3	3.64
Crabapple	Malus coronaria, Pyrus coronaria	2	79.9	173	0.67	0.01	4.88	6.13	108	0.71	0.05	0.26	183	2300	0.002	3.40	2.72
Cranberry, high bush	Viburnum spp.	3	83.2	428	0.03	0.002	0.84	3.06	181	0.60	0.05	0.08	286	2000	0.002	3.27	1.49
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	3	86.6	114	0.01	0.002	0.63	1.53	57.7	21.9	0.01	0.06	105	779	0.002	14.6	1.09
Raspberry	Rubus idaeus	3	85.7	270	0.02	0.01	1.07	7.63	214	3.65	0.11	0.25	377	1700	0.002	3.63	2.81
Raspberry, leaf, tea	Rubus idaeus	1	.	31.8	0.002	0.002	0.03	0.002	10.2	0.03	0.002	0.002	2.83	37.8	0.002	12.9	0.05
Strawberry	Fragaria spp.	1	64.1	155	0.002	0.002	0.29	1.51	78.6	1.57	0.02	0.14	150	827	0.002	25.1	0.87
QUEBEC 2016 - WILD PLANTS																	
Bear root, tea	Ligusticum spp.	1	.	26.2	0.002	0.002	0.03	0.19	8.05	0.06	0.002	0.002	0.75	64.0	0.002	70.0	0.07
Clover, tea	Trifolium spp.	1	.	19.5	0.002	0.002	0.02	0.002	8.14	0.002	0.002	0.002	3.06	39.8	0.002	41.6	0.02
Dandelion, greens	Taraxacum officinale	1	70.5	3600	0.08	0.02	2.40	41.8	724	7.63	0.41	0.10	1100	12000	0.01	209	13.1
Ferns, fiddleheads	Matteauccia struthiopteris	4	89.0	382	0.06	0.004	3.85	13.7	240	2.69	0.06	0.58	850	1600	0.06	195	8.88
Jerusalem artichoke	Helianthus tubererosus	1	72.6	385	0.15	0.02	3.16	29.6	280	2.49	0.04	0.34	1100	5600	0.02	6.10	4.77
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	3	.	17.7	0.002	0.002	0.05	0.04	11.6	5.35	0.002	0.01	7.67	94.5	0.002	4.73	0.10
Stinging nettle, leaves	Urtica dioica	2	72.5	17400	0.32	0.05	1.81	106	2700	24.0	0.60	0.44	1300	5400	0.01	17.8	8.01
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	1	.	22.6	0.002	0.002	0.02	0.002	8.49	0.01	0.002	0.002	0.002	7.50	0.002	46.3	0.01
Sweetgrass, tea	Hierochloe odorata	1	.	36.7	0.002	0.002	0.03	0.002	15.3	0.14	0.01	0.01	4.60	286	0.002	37.0	0.18
Wintergreen/teaberry	Gaultheria procumbens	1	58.1	6500	0.25	0.04	1.37	32.9	1100	124	0.04	0.66	418	2100	0.002	4.40	9.42
QUEBEC 2016 - TREES (bark, leaves, syrup, needles, cones, gum)																	
Cedar, tea	Thuja occidentalis, Thuja spp.	3	.	17.5	0.002	0.002	0.01	0.002	7.17	0.06	0.002	0.004	11.9	39.4	0.002	24.8	0.03
Maple, syrup	Acer spp.	2	39.8	812	0.03	0.02	1.12	0.60	138	8.10	0.004	0.18	7.80	2000	0.002	9.60	2.28
Pine, needle, tea	Pinus strobus	1	.	26.5	0.002	0.002	0.01	0.002	7.94	0.04	0.002	0.002	0.48	10.5	0.002	40.2	0.01
Tamarack, tea	Larix laricina	1	.	2.08	0.002	0.002	0.002	0.002	0.92	0.14	0.002	0.002	1.37	22.1	0.002	2.00	0.02
Yew, tea	Taxus canadensis	1	.	12.5	0.002	0.002	0.01	0.002	9.93	8.68	0.002	0.03	3.86	93.2	0.002	2.30	0.35
QUEBEC 2016 - MUSHROOMS																	
Mushroom, chaga, tea	Inonotus obliquus	1	.	18.9	0.002	.	0.01	0.002	3.72	0.11	0.002	0.002	0.002	63.9	0.002	12.5	0.02
Mushroom, chanterelle	Cantharellus spp.	1	86.3	31.2	0.20	0.02	7.89	8.33	146	1.61	0.01	0.16	928	6200	0.002	6.00	13.4
QUEBEC 2016 - CULTIVATED FOOD (PLANTS)																	
Apple	Malus domestica	2	86.2	49.4	0.06	0.002	0.29	1.19	45.5	0.32	0.02	0.03	95.6	1029	0.002	2.00	0.20
Beans, pole	Phaseolus vulgaris	1	84.2	568	0.10	0.01	1.37	10.9	352	2.11	1.33	0.13	778	3000	0.002	35.9	3.67
Corn, white	Zea mays	1	53.8	93.6	0.12	0.002	1.27	11.2	597	3.23	0.17	0.12	1500	2200	0.01	77.2	12.2
Corn, white, flour	Zea mays	1	3.64	51.2	0.01	0.002	1.98	26.5	1500	5.25	0.33	0.22	3800	5000	0.03	2.00	29.4
Honey	Apis mellifera (bee)	3	19.9	50.7	0.01	0.002	0.13	0.86	16.9	0.53	0.003	0.02	38.0	445	0.002	7.67	0.32
Potatoes	Solanum tuberosum	1	60.8	1200	0.28	0.08	2.22	167	434	18.3	1.03	0.99	762	5300	0.02	145	7.40
Squash, butternut	Cucurbita maxima	1	87.7	371	0.03	0.005	0.78	3.79	228	0.74	0.06	0.05	594	3900	0.002	2.00	2.11
QUEBEC 2016 - CULTIVATED FOOD (ANIMALS)																	
Chicken, eggs	Gallus gallus domesticus	1	72.1	540	0.01	0.002	0.76	23.8	125	0.44	0.06	0.002	2400	1300	0.41	1300	14.5
ATLANTIC 2014 - FISH, SEAFOOD AND MARINE MAMMALS																	
American eel	Anguilla rostrata	8	63.4	866	0.24	0.02	0.39	7.91	222	0.80	0.01	0.03	2600	3200	0.39	2100	30.5
Bass, smallmouth	Micropterus salmoides	1	70.2	139	0.002	0.002	0.38	2.48	351	0.18	0.002	0.002	2600	4700	0.41	473	4.48
Bass, striped	Morone saxatilis	6	74.8	551	0.10	0.002	0.46	4.65	295	0.41	0.002	0.002	2400	3900	0.37	666	5.31
Bass, unidentified		2	76.3	495	0.02	0.01	0.58	7.72	299	0.28	0.002	0.002	2300	3800	0.38	528	4.93
Clam, quahog (surf clam)	Spisula solidissima	2	77.0	1100	0.16	0.17	1.16	129	582	6.80	0.24	0.25	1600	2000	0.32	8000	16.8
Clam, unidentified		2	78.6	1900	0.21	0.34	2.86	214	884	12.1	0.51	0.58	1800	1600	0.54	5200	18.3
Cod, Atlantic	Gadus morhua	3	79.0	149	0.01	0.003	0.29	2.98	234	0.33	0.003	0.002	1900	2600	0.31	3400	4.12
Cod, Atlantic tomcod	Microgadus tomcod	1	78.5	357	0.002	0.002	0.37	2.53	313	0.24	0.002	0.002	2400	4100	0.33	597	6.39

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Cod, unidentified, eggs		1	82.2	61.9	0.002	0.002	0.49	4.38	141	0.46	0.002	0.002	3200	2600	0.46	1200	17.2
Cod, unidentified, tongue		1	83.5	97.4	0.03	0.002	0.25	1.39	134	0.10	0.002	0.002	790	976	0.30	961	12.4
Crab, snow	Chionoecetes opilio	6	73.3	1400	0.04	0.17	9.73	4.41	768	0.40	0.03	0.04	2400	2400	1.03	5000	46.3
Flounder	Platichtys stellatus	2	80.5	739	0.04	0.03	0.46	35.7	517	2.25	0.02	0.07	2600	3800	0.39	1400	8.62
Gaspereau	Alosa pseudoharengus	1	75.0	99.5	0.11	0.002	0.45	4.65	222	0.07	0.002	0.002	2100	3500	0.22	565	3.62
Haddock	Melanogrammus aeglefinus	2	79.1	109	0.002	0.002	0.24	1.47	294	0.08	0.003	0.002	2200	3100	0.31	1400	3.44
Halibut	Hippoglussus stenolepsis	3	72.7	133	0.03	0.002	0.24	1.55	267	0.14	0.003	0.002	2000	3600	0.41	787	3.92
Herring, Atlantic	Clupea harengus	2	66.0	513	0.02	0.01	0.62	7.76	407	0.22	0.01	0.002	3100	4000	0.39	17000	9.14
Lobster	Homarus americanus	9	75.3	919	0.05	0.02	21.3	6.70	382	1.15	0.02	0.05	2300	2400	0.79	4800	47.3
Mackerel	Scomber scombrus	7	70.1	347	0.07	0.01	0.83	16.5	323	0.44	0.01	0.02	2800	4300	0.50	650	7.10
Mussels	Mytilus spp.	3	80.4	617	0.18	0.11	1.37	63.7	537	3.38	0.21	0.29	1700	1047	0.70	2800	24.3
Oyster	Giganteus pacificus	3	78.9	4100	0.10	0.07	37.9	65.8	607	8.00	0.09	0.35	1800	974	0.61	3500	666
Perch, yellow	Perca flavescens	1	76.1	137	0.09	0.01	0.16	8.34	392	0.21	0.002	0.002	2000	4000	0.42	1600	3.18
Salmon, Atlantic	Salmo salar	12	71.9	199	0.02	0.004	1.24	5.24	262	0.13	0.002	0.002	2400	3500	0.37	754	5.16
Scallop, Atlantic	Pecten magellanicus	7	76.8	115	0.01	0.002	0.15	2.54	441	0.33	0.03	0.002	2800	4200	0.17	1500	12.8
Seal, harp, meat	Pagophilus groenlandicus	1	64.4	58.5	0.01	0.002	1.17	148	178	0.10	0.004	0.002	1800	2600	0.57	716	22.6
Shad	Alosa sapidissima	1	74.1	1200	0.002	0.01	1.21	93.8	434	0.68	0.01	0.002	4700	7400	1.88	1200	9.75
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	1	77.4	842	0.04	0.01	2.25	3.14	310	0.42	0.02	0.002	2300	1020	0.26	4600	9.64
Smelt	Osmerus mordax	8	76.9	1100	0.01	0.004	0.42	4.30	261	0.75	0.003	0.002	2400	3200	0.33	678	13.9
Sole	Parophrys vetulus	1	77.3	143	0.29	0.01	0.22	3.29	186	0.07	0.004	0.002	1800	3900	0.46	790	6.13
Squid	Illex illecebrosus	2	82.4	204	0.002	0.002	7.81	1.30	342	0.79	0.01	0.002	2400	2700	0.36	1300	10.9
Sucker, unidentified		1	76.1	474	0.02	0.01	0.28	3.58	330	0.63	0.01	0.002	2400	4100	0.27	581	6.22
Trout, brook/speckled	Salvelinus fontinalis	9	71.4	578	0.01	0.01	0.48	5.06	291	0.58	0.003	0.01	2800	4300	0.41	575	12.0
Trout, brown	Salmo trutta	3	74.3	376	0.08	0.002	0.42	3.74	268	0.18	0.01	0.002	2600	4100	0.34	527	4.85
Trout, rainbow/steelhead	Oncorhynchus mykiss	6	69.7	453	0.01	0.004	0.40	4.12	288	0.21	0.01	0.002	2700	4200	0.30	601	5.99
Trout, unidentified		3	74.1	1300	0.16	0.02	0.46	4.74	278	1.14	0.004	0.03	2700	3100	0.39	861	9.23
ATLANTIC 2014 - LAND MAMMALS																	
Black bear, fat	Ursus americanus	1	3.51	9.40	0.002	0.002	0.08	3.17	6.74	0.02	0.002	0.002	85.1	116	0.02	633	0.53
Black bear, meat	Ursus americanus	3	64.0	111	0.11	0.003	1.66	33.4	206	0.26	0.02	0.06	1900	3000	0.18	851	41.2
Deer, liver	Odocoileus spp.	4	68.5	46.3	0.05	0.05	60.5	97.2	169	4.07	0.27	0.02	3700	2900	0.41	751	30.4
Deer, liver and heart	Odocoileus spp.	1	67.5	42.7	0.01	0.04	51.1	83.9	233	2.10	0.29	0.002	3100	3400	0.05	722	28.0
Deer, meat	Odocoileus spp.	9	69.8	184	0.10	0.01	1.99	34.2	260	0.30	0.01	0.01	2300	3400	0.08	879	39.9
Hare/rabbit, liver	Lepus spp.	1	70.8	67.6	0.28	0.05	4.20	357	204	4.73	0.25	0.09	3700	2800	0.19	870	31.9
Hare/rabbit, meat	Lepus spp.	8	73.3	172	0.04	0.01	2.19	27.0	256	0.59	0.003	0.002	2300	3400	0.07	604	15.6
Moose, heart	Alces alces	5	75.2	52.6	0.03	0.02	5.22	67.2	207	1.03	0.07	0.002	2300	2800	0.10	805	19.9
Moose, kidney	Alces alces	3	76.0	65.6	0.04	0.02	5.49	279	132	3.32	0.20	0.03	2200	2900	0.33	1200	23.6
Moose, liver	Alces alces	8	70.8	83.3	0.06	0.04	38.9	220	162	3.59	0.56	0.002	3100	2900	0.09	884	37.8
Moose, meat	Alces alces	10	71.7	196	0.04	0.01	1.35	29.5	235	0.21	0.003	0.002	2100	3400	0.06	678	45.2
Moose, meat, dried	Alces alces	1	24.3	153	0.69	1.15	1.95	77.1	471	0.36	0.02	0.002	5500	9300	0.09	16800	105
Moose, nose	Alces alces	2	58.6	92.7	0.08	0.01	1.14	49.3	111	0.76	0.01	0.002	982	1600	0.04	1500	11.3
Moose, tongue	Alces alces	3	74.9	93.6	0.06	0.01	1.36	77.8	168	1.64	0.01	0.03	1500	2500	0.06	1200	21.0
Muskrat, meat	Ondatra zibethica	1	76.0	1700	0.09	0.04	1.30	99.1	311	7.27	0.09	0.05	3000	3400	0.03	1100	20.7
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	2	74.2	541	0.15	0.004	3.13	44.0	268	1.65	0.01	0.02	2500	3700	0.16	867	14.9

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
ATLANTIC 2014 - WILD BIRDS																	
Goose, Canada, meat	Branta canadensis	1	69.2	345	0.25	0.01	3.53	58.9	243	0.51	0.02	0.07	2500	3100	0.19	491	17.3
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	12	71.4	84.4	0.03	0.003	1.25	17.1	311	0.33	0.02	0.01	2500	3200	0.22	489	5.00
ATLANTIC 2014 - BERRIES, FRUITS, NUTS AND SEEDS																	
Blackberry	Rubus spp.	8	86.5	242	0.004	0.01	0.94	4.22	172	10.8	0.02	0.15	259	1400	0.002	11.0	1.44
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	11	85.5	150	0.01	0.004	0.55	2.78	61.8	27.5	0.01	0.10	134	708	0.002	13.1	0.98
Blueberry, jam	Vaccinium myrtilloides, Vaccinium angustifolium	1	32.4	54.5	0.04	0.002	0.29	1.21	23.0	6.65	0.01	0.002	54.0	387	0.002	83.7	0.38
Chokecherry/pincherry	Prunus virginiana L.	2	60.2	1100	0.02	0.01	1.57	13.4	275	4.93	0.08	0.30	642	4500	0.01	21.4	2.58
Cloudberries/bakeapples	Rubus chamaemorus	1	86.9	95.6	0.01	0.005	0.37	2.93	249	16.2	0.05	0.33	223	1700	0.002	16.1	3.65
Crabapple	Malus coronaria, Pyrus coronaria	8	79.9	119	0.03	0.01	0.50	4.43	82.3	0.77	0.02	0.01	157	1500	0.002	28.7	0.54
Crabapple, jam	Malus coronaria, Pyrus coronaria	1	30.1	56.5	0.02	0.02	0.20	0.78	18.6	0.39	0.002	0.14	22.8	454	0.002	43.6	0.31
Cranberry, high bush	Viburnum spp.	2	76.5	238	0.01	0.002	0.76	2.82	134	1.72	0.01	0.09	247	1600	0.002	34.6	1.49
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	8	85.8	83.7	0.01	0.002	0.44	1.55	58.0	10.1	0.01	0.11	103	792	0.002	12.1	0.84
Currant	Ribes spp.	1	70.8	2500	0.01	0.01	2.60	19.5	333	10.6	0.08	0.08	1200	6100	.	.	4.70
Elderberry	Sambucus spp.	1	64.4	829	0.002	0.01	1.75	8.67	445	11.8	0.08	0.002	788	3300	0.002	.	2.47
Grape, wild	Vitis riparia	1	34.6	372	.	.	0.73	1.54	70.1	0.98	0.02	.	192	1200	.	11.4	0.56
Nut, butternut	Juglans cinerea	1	16.8	616	0.02	0.04	8.08	31.6	1700	29.8	0.05	5.15	4800	4200	0.03	.	20.3
Nut, chestnut	Castanea dentata	1	60.8	381	0.002	0.002	4.77	7.56	415	2.44	0.12	0.10	1600	5700	0.09	179	4.75
Nut, hazelnut	Corylus americana	1	32.5	2300	0.002	0.05	13.7	28.1	2200	80.1	0.16	2.72	4100	9000	0.002	10.7	23.1
Nut, hazelnut, dried	Corylus americana	1	7.15	1900	0.10	0.08	8.01	25.7	642	89.4	0.02	2.65	968	5700	0.002	5.10	9.62
Raspberry	Rubus idaeus	8	78.9	228	0.01	0.02	0.70	4.31	196	8.74	0.07	0.34	304	1500	0.002	11.8	2.35
Raspberry, leaf, tea	Rubus idaeus	1	.	41.5	0.002	0.002	0.06	0.002	20.6	2.94	0.002	0.02	34.6	207	0.002	37.0	0.13
Strawberry	Fragaria spp.	7	82.8	186	0.002	0.01	0.41	3.10	117	3.39	0.04	0.02	209	1400	0.002	46.0	0.98
Strawberry, jam	Fragaria spp.	1	54.9	70.4	0.002	0.01	0.18	1.17	49.5	2.29	0.01	0.05	83.9	724	0.002	28.2	0.44
Sunflower, seeds	Helianthus annuus	1	6.64	1200	0.08	0.03	13.3	35.7	3100	15.6	0.37	1.64	5400	8200	0.38	.	31.7
ATLANTIC 2014 - WILD PLANTS																	
Burdock, tea	Arctium spp.	1	.	12.2	0.002	0.002	0.15	0.11	13.4	0.08	0.002	0.01	15.8	161	0.002	44.2	0.08
Dandelion, roots	Taraxacum officinale	1	53.9	2100	3.54	1.75	8.05	3800	879	199	0.09	3.76	850	2500	0.06	396	41.3
Dandelion, tea	Taraxacum officinale	2	.	34.3	0.002	0.002	0.09	0.08	11.3	0.25	0.002	0.01	10.6	301	0.002	77.2	0.16
Ferns, fiddleheads	Matteauccia struthiopteris	8	88.7	360	0.02	0.004	2.81	8.29	252	3.62	0.03	0.45	813	1700	0.003	220	8.84
Goldthread, tea	Coptis trifolia	4	.	16.9	0.002	0.002	0.05	0.01	8.22	0.30	0.002	0.01	1.95	24.5	0.002	58.8	0.13
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	2	.	15.9	0.002	0.002	0.02	0.04	4.76	0.79	0.002	0.002	1.58	25.7	0.002	24.4	0.03
Lichen-moss, tea	Usnea spp.	1	.	3.81	0.002	0.002	0.01	0.09	1.09	0.27	0.002	.	.	.	.	.	.
Mint, leaves	Mentha spp.	2	34.0	7300	0.25	0.16	4.84	202	2500	661	0.31	0.55	1200	14400	0.03	1500	13.9
Mint, tea	Mentha spp.	1	.	69.3	0.002	0.002	0.08	0.15	57.3	0.59	0.02	0.02	21.8	315	0.002	71.8	0.50
Scarlet beebalm (oswego), tea	Monarda didyma	1	.	51.7	0.002	0.002	0.15	0.11	30.3	0.84	0.03	0.004	24.0	398	0.002	7.80	0.24
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	2	.	18.7	0.002	0.002	0.03	0.40	4.46	0.23	0.002	0.004	2.87	44.8	0.002	34.4	0.01
Wild rhubarb	unidentified	4	92.1	832	0.02	0.01	0.36	3.21	97.0	2.14	0.01	0.32	203	2600	0.002	23.6	2.77
Wintergreen/teaberry, tea	Gaultheria procumbens	2	.	10.5	0.002	0.002	0.01	0.002	2.42	0.22	0.002	0.002	0.002	11.7	0.002	26.5	0.01
Yarrow, tea	Achillea millefolium	2	.	29.5	0.002	0.003	0.04	0.06	9.68	0.53	0.002	0.02	6.07	239	0.002	33.8	0.17
ATLANTIC 2014 - TREES (bark, leaves, syrup, needles, cones, gum)																	
Birch, tea	Betula spp.	1	.	7.23	0.002	0.002	0.06	0.002	1.75	0.54	0.002	0.002	2.73	37.6	0.002	7.10	0.09
Cedar, tea	Thuja occidentalis, Thuja spp.	2	.	13.0	0.002	0.002	0.02	0.002	7.99	0.05	0.004	0.004	1.18	22.5	0.002	16.3	0.02
Hemlock, bark, tea	Tsuga canadensis	1	.	13.3	0.002	0.002	0.04	0.002	2.46	0.84	0.002	0.002	4.22	36.8	0.002	8.30	0.04
Maple, bark, tea	Acer spp.	1	.	24.2	0.002	0.002	0.01	0.002	5.46	4.80	0.002	0.01	6.07	83.2	0.002	11.7	0.06

Table S2.2. Concentrations of essential elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Maple, syrup	Acer spp.	1	27.3	45.0	.	.	0.25	.	39.7	2.85	.	0.06	2.30	642	.	.	0.73
Pine, cone, tea	Pinus strobus	1	.	7.32	0.002	0.002	0.05	0.13	2.08	0.51	0.002	0.01	12.0	120	0.002	6.90	0.05
Pine, needle, tea	Pinus strobus	1	.	17.4	0.002	0.002	0.06	0.002	3.52	0.68	0.002	0.02	0.98	15.8	0.002	7.90	0.09
Spruce, tea	Picea spp.	2	.	16.8	0.002	0.002	0.04	0.002	5.42	0.76	0.002	0.01	2.73	24.9	0.002	10.9	0.03
Tamarack, tea	Larix laricina	1	.	10.8	0.002	0.002	0.04	0.07	4.81	1.95	0.002	0.02	3.82	64.9	0.002	6.70	0.07
ATLANTIC 2014 - CULTIVATED FOOD (PLANTS)																	
Apple	Malus domestica	2	85.2	68.0	0.03	0.002	0.54	1.65	53.6	0.47	0.01	0.002	133	1200	0.002	24.3	0.38
Beans, snap	Phaseolus vulgaris	2	93.3	283	0.01	0.002	0.42	3.53	116	1.24	0.11	0.05	240	1300	0.01	2400	1.42
Beets	Beta vulgaris	2	87.8	192	0.02	0.01	0.83	8.80	180	5.42	0.02	0.07	247	3000	0.002	1200	2.91
Corn, unidentified	Zea mays	4	45.3	39.3	0.03	0.002	1.01	11.6	613	2.98	0.16	0.05	1600	2600	0.01	26.1	9.70
Potatoes	Solanum tuberosum	1	79.7	49.8	0.05	0.01	1.98	5.58	292	1.39	0.07	0.09	671	4600	.	.	2.73
Squash, unidentified	Cucurbita maxima	2	77.5	159	0.08	0.004	1.18	6.22	252	1.57	0.05	0.11	747	3800	0.002	4.40	3.39
Squash, unidentified, seeds	Cucurbita maxima	1	4.81	468	0.03	0.01	14.6	88.5	5000	42.0	0.51	0.65	10100	7700	0.02	40.3	70.0
Tomatoes	Solanum lycopersicum	2	94.5	86.0	0.002	0.01	0.46	2.44	107	0.93	0.02	0.03	242	2400	0.002	691	1.09

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
PACIFIC MARITIME - FISH AND SEAFOOD																	
Abalone	Haliotis kamtschatkana	1	.	313	0.09	0.002	1.36	8.70	544	0.45	0.04	2.25	1900	3100	0.19	2800	10.6
Clam, butter	Saxidomus giganteus	4	.	562	0.33	0.0975	1.82	35.5	643	1.50	0.07	0.38	2200	2900	0.45	3000	15.7
Clam, butter, cooked	Saxidomus giganteus	1	.	879	0.51	0.11	2.29	22.9	689	1.33	0.14	0.33	2600	3200	0.44	3200	15.3
Clam, manila	Venerupis philippinarum	1	.	770	0.18	0.12	1.00	53.6	451	0.68	0.09	0.66	1300	612	0.82	1900	15.1
Clam, razor	Ensis directus	1	.	210	0.09	0.02	0.54	54.8	357	1.04	0.03	0.06	2400	2500	0.29	4600	17.1
Clam, unidentified		1	.	533	0.25	0.06	1.30	15.7	710	1.47	0.08	0.28	1800	2600	0.38	2300	13.4
Cockle, basket	Clinocardium nuttalli	1	.	610	0.64	0.09	0.60	229	746	2.90	0.04	0.65	2400	1300	0.40	7500	17.8
Cockle, unidentified		2	.	400	0.13	0.07	0.69	63.4	479	0.97	0.06	0.35	2500	2500	0.73	2500	17.1
Cod, black	Anoplopoma fimbria	2	.	806	0.09	0.002	0.24	0.75	289	0.31	0.002	0.03	2500	4000	0.63	1000	6.80
Crab, dungeness	Cancer magister	6	.	11800	0.38	0.07533	9.55	49.9	817	2.73	0.04	0.27	2800	2300	0.64	3600	38.0
Eulachon/ooligan	Thaleichthys pacificus	3	.	3600	0.06	0.002	1.33	35.2	244	1.29	0.002	0.06	3400	2400	0.33	7700	18.5
Eulachon/ooligan, smoked	Thaleichthys pacificus	1	.	7700	0.22	0.002	2.02	41.0	448	1.75	0.002	0.07	8200	6100	0.63	3800	33.0
Eulachon/ooligan, grease	Thaleichthys pacificus	4	.	41.9	0.06	0.002	0.02	2.40	7.25	0.06	0.002	0.01	107	21.3	0.03	15.4	1.00
Halibut	Hippoglussus stenolepsis	5	.	1700	0.06	0.002	0.30	3.30	275	0.23	0.01	0.02	3300	4700	0.75	896	7.62
Herring, Pacific	Clupea pallasi	1	.	3600	0.15	0.002	0.55	16.6	253	1.22	0.002	0.002	3900	2700	0.63	1100	11.7
Herring, Pacific, eggs	Clupea pallasi	4	.	203	0.10	0.009	0.51	14.9	387	0.47	0.002	0.26	1300	1100	0.79	15300	8.28
Herring, Pacific, eggs on kelp	Clupea pallasi	1	.	1300	0.20	0.002	1.10	41.3	2600	1.30	0.002	0.50	3400	8600	2.50	50200	18.2
Herring, Pacific, eggs, cooked	Clupea pallasi	1	.	263	0.07	0.02	20.6	11.9	305	1.48	0.002	0.17	2200	1200	1.81	3700	19.2
Mussels	Mytilus spp.	3	.	4400	0.66	0.054	1.60	45.7	1900	1.25	0.20	0.67	4500	3300	1.14	12500	40.4
Octopus	Octopus spp.	1	.	129	0.23	0.002	2.56	2.70	457	0.38	0.002	0.07	2300	3100	0.54	7300	25.4
Oyster	Giganteus pacificus	1	.	339	0.08	0.03	21.2	26.6	292	3.99	0.04	0.04	1700	1800	0.62	1200	271
Rockfish/red snapper	Sebastes spp.	6	.	1000	0.11	0.002	0.23	1.73	299	0.17	0.01	0.01	2600	4200	0.83	633	4.60
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	9	.	5700	0.40	0.00511	0.77	11.2	390	0.74	0.01	0.18	5700	4100	0.48	3600	10.2
Salmon, chum	Oncorhynchus keta	2	.	855	0.06	0.002	1.57	33.2	436	0.61	0.002	0.65	4400	6100	0.73	7800	18.2
Salmon, chum, dried	Oncorhynchus keta	1	.	437	0.10	0.002	1.20	8.60	917	0.30	0.002	0.002	8500	13300	1.20	23100	9.80
Salmon, chum, eggs	Oncorhynchus keta	1	.	441	0.10	0.002	4.22	9.60	492	0.50	0.002	0.002	3900	1100	1.52	358	24.9
Salmon, chum, half-smoked	Oncorhynchus keta	1	.	847	0.11	0.002	0.82	6.90	387	0.25	0.002	0.22	3400	4500	0.62	9000	8.60
Salmon, chum, jarred	Oncorhynchus keta	1	.	933	0.08	0.002	0.71	18.7	277	0.44	0.002	0.04	3300	4200	0.54	13600	6.80
Salmon, coho	Oncorhynchus kisutch	8	.	4400	0.22	0.0055	0.79	10.1	348	0.53	0.01	0.07	4800	4000	0.41	5300	10.3
Salmon, coho, eggs	Oncorhynchus kisutch	2	.	545	0.11	0.016	15.0	18.6	715	0.84	0.002	0.002	4600	2000	2.57	485	36.1
Salmon, pink	Oncorhynchus gorbuscha	2	.	519	0.12	0.002	1.07	8.65	420	0.17	0.002	0.02	3400	4600	0.56	6100	8.40
Salmon, pink, dried	Oncorhynchus gorbuscha	2	.	533	0.17	0.002	1.30	10.1	574	0.44	0.002	0.24	4800	7000	0.65	11500	10.7
Salmon, sockeye	Oncorhynchus nerka	9	.	3300	0.07	0.002	0.71	10.1	365	0.67	0.002	0.03	4200	3800	0.42	2600	12.0
Salmon, sockeye, eggs	Oncorhynchus nerka	2	.	290	0.05	0.002	23.2	12.9	304	0.58	0.002	0.03	2300	907	2.50	340	28.6
Salmon, sockeye, jarred/canned	Oncorhynchus nerka	2	.	1100	0.09	0.002	0.57	15.3	310	0.20	0.002	0.01	3200	4000	0.37	3500	6.10
Salmon, unidentified, eggs		1	.	497	0.08	0.02	35.4	24.6	530	0.79	0.002	0.002	3700	2200	3.30	669	34.7
Scallop, rock	Crassadoma gigantea	1	.	122	0.09	0.002	0.18	3.30	393	0.18	0.002	0.002	1800	4000	0.27	1000	17.4
Sea cucumber	Parastichopus californicus	1	.	306	0.32	0.1	1.47	26.1	433	1.21	0.08	0.21	1900	2100	0.44	1800	15.6
Seaweed	Porphyra abbottiae	3	.	1400	0.23	0.16667	2.34	64.6	3700	15.0	1.14	0.73	3500	20600	0.16	22700	13.2
Seaweed, dried	Porphyra abbottiae	2	.	1700	0.40	0.15	2.40	100	4800	21.2	1.35	0.95	5000	32600	0.30	28200	14.3
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	3	.	1200	0.08	0.002	5.15	5.17	585	0.29	0.01	0.02	2400	3000	0.42	2200	14.5
Trout, cutthroat	Salmo clarki clarki	1	.	4500	0.10	0.002	1.03	26.6	313	3.68	0.002	0.04	4600	3400	0.71	851	19.4
Trout, dolly varden	Salvelinus malma	2	.	3100	0.05	0.002	0.54	4.45	346	0.34	0.002	0.002	3800	3800	0.42	607	10.3
Trout, lake	Salvelinus namaycush	1	.	180	0.03	0.002	0.37	5.70	206	0.17	0.002	0.002	2100	408	0.09	688	4.40

[a]1-5 animal or plant tissue samples collected in each community were pooled and analyzed. The data are mean concentrations of the number of pooled samples or communities.

[b]All samples are raw unless otherwise specified.

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	.	923	0.002	0.002	0.70	10.7	165	0.11	0.002	0.002	2200	3000	0.33	773	8.40
Trout, rainbow/steelhead, eggs	Oncorhynchus mykiss	1	.	504	0.002	0.02	5.52	21.7	374	0.43	0.002	0.002	3400	1600	2.10	560	25.0
Trout, unidentified		1	.	4900	0.45	0.02	0.61	7.20	357	2.42	0.002	0.18	4900	4000	0.30	601	23.3
PACIFIC MARITIME - LAND MAMMALS																	
Black bear, liver	Ursus americanus	1	.	103	0.09	0.002	8.72	54.6	338	1.91	0.41	0.02	3300	3800	0.12	5100	62.5
Deer, heart	Odocoileus spp.	1	.	31.0	0.07	0.03	24.4	85.0	216	0.77	0.04	0.002	2800	3200	0.39	692	24.2
Deer, liver	Odocoileus spp.	3	.	56.0	0.06	0.03067	31.7	138	169	2.62	0.63	0.002	2800	2200	0.93	1700	37.5
Deer, liver and heart	Odocoileus spp.	1	.	40.7	0.08	0.06	24.2	61.3	180	3.14	0.36	0.002	3400	2400	0.92	929	29.7
Deer, meat	Odocoileus spp.	8	.	80.4	0.24	0.008	1.72	32.6	231	0.31	0.01	0.14	2000	3400	0.14	1400	44.3
Elk, liver	Cervus canadensis	1	.	39.5	0.28	0.05	31.4	126	177	3.34	1.36	0.11	3700	2700	0.15	522	19.3
Elk, meat	Cervus canadensis	1	.	103	0.10	0.002	1.33	26.5	252	0.15	0.002	0.002	2000	3500	0.08	517	49.7
Hare/rabbit, meat	Lepus spp.	1	.	85.6	0.03	0.002	1.63	20.5	216	0.25	0.002	0.002	2300	3700	0.04	525	15.2
Moose, heart	Alces alces	1	.	73.5	0.02	0.002	5.33	78.7	257	0.54	0.03	0.002	2900	3100	0.38	1000	38.3
Moose, kidney	Alces alces	1	.	91.1	0.02	0.02	3.04	68.2	148	1.18	0.39	0.03	2600	2900	0.42	1600	19.7
Moose, liver	Alces alces	2	.	61.1	0.002	0.085	57.2	249	166	3.53	1.52	0.002	4000	3100	0.99	773	33.0
Moose, meat	Alces alces	4	.	72.7	0.74	0.009	1.56	44.3	264	0.43	0.02	0.30	2300	3900	0.18	3800	62.8
Moose, meat, canned	Alces alces	1	.	38.4	0.05	0.002	1.14	34.5	227	0.15	0.002	0.002	2000	3600	0.18	952	56.3
PACIFIC MARITIME - WILD BIRDS																	
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	2	.	262	0.17	0.002	0.69	13.0	309	0.59	0.02	0.03	2400	3300	0.12	498	6.90
PACIFIC MARITIME - BERRIES, FRUITS, NUTS AND SEEDS																	
Blackberry	Rubus spp.	5	.	370	0.03	0.002	1.10	4.50	229	7.19	0.05	0.16	336	1400	0.002	5.54	2.22
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	2	.	107	0.04	0.002	0.73	2.75	63.2	14.6	0.01	0.08	184	827	0.002	3.35	1.10
Chokecherry/pincherry	Prunus virginiana L.	1	.	180	0.03	0.002	0.88	2.20	101	0.94	0.06	0.002	242	2400	0.002	3.10	0.90
Crabapple	Malus coronaria, Pyrus coronaria	3	.	248	0.04	0.002	0.61	2.03	121	1.35	0.02	0.002	155	1400	0.002	77.5	0.83
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	2	.	158	0.04	0.002	0.57	4.20	72.0	14.0	0.03	0.07	154	883	0.002	12.9	1.10
Huckleberry	Vaccinium spp., Gaylussacia spp.	6	.	210	0.04	0.002	0.75	4.28	69.0	32.5	0.03	0.04	203	760	0.002	36.8	1.13
Huckleberry, jam	Vaccinium spp., Gaylussacia spp.	1	.	81.1	0.05	0.002	0.28	0.002	33.2	17.1	0.05	0.03	44.0	515	0.002	60.6	2.00
Raspberry	Rubus idaeus	2	.	526	0.09	0.002	1.13	7.55	431	14.8	0.49	0.92	599	2200	0.002	10.7	5.85
Rosehip	Rosa spp.	1	.	3400	0.10	0.002	3.10	11.9	1900	55.5	0.50	0.60	2200	11400	0.002	7.90	12.0
Salal berry	Gaultheria shallon	1	.	516	0.03	0.002	0.60	3.60	165	41.7	0.002	0.06	196	1400	0.002	85.9	2.10
Salmonberry	Rubus spectabilis	3	.	198	0.06	0.008	1.40	6.57	199	10.4	0.04	0.19	374	1700	0.002	30.7	2.93
Saskatoon berry	Amelanchier alnifolia	4	.	961	0.04	0.0205	1.66	9.73	307	22.7	0.31	0.29	467	2900	0.002	9.93	5.45
Soapberry	Shepherdia canadensis	5	.	188	0.09	0.002	2.42	9.02	104	2.26	0.34	0.65	363	1800	0.02	9.10	3.16
Strawberry	Fragaria spp.	1	.	265	0.03	0.002	0.48	2.70	98.2	2.40	0.02	0.04	211	1000	0.002	4.50	1.20
Thimbleberry	Rubus parviflorus	1	.	1000	0.05	0.002	1.33	7.00	479	7.34	0.07	0.07	594	1900	0.002	6.40	4.40
PACIFIC MARITIME - WILD PLANTS																	
Cow parsnip (Indian celery)	Heracleum lanatum	1	.	448	0.03	0.002	0.53	4.10	187	1.43	0.16	0.11	388	5600	0.002	459	2.50
Devil's club, stem/leaves	Oplopanax horridus	3	.	10400	2.63	0.10067	5.00	65.9	1300	40.2	1.30	2.07	1500	7600	0.002	97.4	12.9
Ferns, licorice	Polypodium glycyrrhiza	1	.	1200	1.90	0.002	1.40	14.2	2200	42.2	0.002	0.90	1000	4200	0.002	2000	16.5
Labrador tea, leaves	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	5	.	5000	2.92	0.06	4.02	146	1200	1000	0.16	1.76	1200	5500	0.002	48.6	23.1
Mint, leaves	Mentha spp.	1	.	13500	1.30	0.002	5.50	44.4	4200	81.6	0.80	1.00	2600	12100	0.10	1200	37.6
Stinging nettle, leaves	Urtica dioica	5	.	25400	0.80	0.002	8.96	104	5100	107	5.34	1.24	5500	33100	0.002	43.7	48.8
Wild rhubarb	unidentified	1	.	647	0.43	0.002	0.35	3.90	165	0.79	0.07	0.23	156	5400	0.002	6.20	1.50
Yarrow	Achillea millefolium	2	.	5900	2.70	0.2	11.7	98.0	2000	44.0	1.10	3.15	3200	21200	0.002	18.8	30.6

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
PACIFIC MARITIME - TREES (bark, leaves, syrup, needles, cones, gum)																	
Alder, bark	Alnus incana, A. spp	1	.	8200	0.10	0.002	3.70	8.60	746	124	2.00	0.50	1300	5600	0.002	25.3	40.2
Balsam fir, bark	Abies balsamea	1	.	7700	1.10	0.2	3.00	14.4	292	424	0.002	0.90	345	1500	0.002	394	14.4
Cascara, bark	Rhamnus purshiana	1	.	27700	2.10	0.002	1.90	76.8	1100	46.1	0.002	1.50	916	4000	0.002	22.4	6.30
Spruce, leaves	Picea spp.	1	.	58.5	0.38	0.002	0.17	4.00	11.4	8.18	0.002	0.06	30.4	42.6	0.002	7.20	13.5
Willow, bark	Salix spp.	1	.	15200	0.40	0.8	2.60	29.8	1100	627	0.002	1.80	1100	5500	0.002	27.5	185
PACIFIC MARITIME - MUSHROOMS																	
Mushroom, chanterelle	Cantharellus spp.	1	.	94.3	0.18	0.14	6.38	44.7	286	6.42	0.04	0.08	976	8300	0.02	15.0	9.10
Mushroom, pine	Tricholoma magnivelare	3	.	122	0.27	0.13	7.38	45.0	402	7.95	0.05	0.35	2400	16000	4.04	155	32.2
Mushroom, unidentified		1	.	62.9	0.30	0.6	8.60	68.7	517	5.70	0.20	0.50	3000	32400	4.60	75.6	27.4
PACIFIC MARITIME - CULTIVATED FOOD (ANIMALS)																	
Goat, meat	Capra aegagrus hircus	1	.	103	0.11	0.002	0.44	15.6	84.3	0.14	0.002	0.002	1300	2600	0.04	623	24.6
BOREAL CORDILLERA - FISH																	
Salmon, sockeye	Oncorhynchus nerka	2	.	5300	0.02	0.002	0.79	20.0	373	0.87	0.002	0.08	5400	4000	0.35	3100	11.0
Trout, lake	Salvelinus namaycush	1	.	2300	0.45	0.002	0.37	12.5	273	0.60	0.002	0.38	3700	4600	1.00	359	10.6
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	.	11500	0.09	0.002	1.01	30.3	270	2.80	0.002	0.10	7600	3400	0.90	1000	25.3
BOREAL CORDILLERA - LAND MAMMALS																	
Moose, liver	Alces alces	1	.	58.1	0.002	0.06	43.7	421	161	2.79	1.52	0.002	2900	3000	1.79	747	38.1
Moose, meat	Alces alces	2	.	62.4	0.03	0.002	1.51	44.6	274	0.20	0.002	0.002	2200	3700	0.21	1100	65.8
BOREAL CORDILLERA - BERRIES, FRUITS, NUTS AND SEEDS																	
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	1	.	116	0.002	0.002	0.46	2.50	60.4	11.7	0.03	0.10	151	746	0.002	1.60	0.80
BOREAL CORDILLERA - WILD PLANTS																	
Caribou weeds	Artemisia tilesii	1	.	12200	1.50	0.3	10.9	280	2200	115	1.80	1.10	3100	11900	0.002	7.20	72.8
MONTANE CORDILLERA - FISH																	
Arctic char, smoked	Salvelinus alpinus	1	.	482	0.002	0.002	0.44	17.2	303	0.23	0.002	0.02	2200	3000	0.21	7000	7.60
Carp	Cyprinus carpio	1	.	5700	0.002	0.002	0.33	17.9	428	1.88	0.002	0.06	4800	3800	0.21	555	9.10
Eulachon/ooligan, grease	Thaleichthys pacificus	1	.	4.60	0.12	0.002	0.02	0.002	0.002	0.002	0.002	0.002	11.7	6.30	0.03	3.50	0.40
Halibut	Hippoglussus stenolepsis	1	.	67.2	0.03	0.002	0.32	1.80	417	0.06	0.002	0.002	3500	6900	1.29	809	4.80
Ling cod/mariah/burbot	Lota lota	2	.	478	0.03	0.002	0.60	2.40	304	0.24	0.002	0.002	2100	3700	0.77	472	5.90
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	1	.	3200	0.08	0.002	0.94	5.90	298	0.28	0.002	0.002	3900	4000	0.34	721	8.30
Salmon, chinook/spring/king, eggs	Oncorhynchus tshawytscha	1	.	604	0.10	0.002	50.2	20.6	538	0.54	0.002	0.002	4100	2200	3.80	796	34.1
Salmon, pink	Oncorhynchus gorbuscha	1	.	977	0.09	0.002	0.74	7.50	314	0.18	0.002	0.03	3100	4000	0.36	2100	6.60
Salmon, sockeye	Oncorhynchus nerka	3	.	2000	0.07	0.002	1.88	19.3	453	0.62	0.002	0.04	4400	5300	0.58	3500	19.1
Salmon, unidentified		3	.	929	0.07	0.002	1.08	9.90	316	0.83	0.002	0.03	3400	4500	0.40	2900	10.6
Salmon, unidentified, eggs		3	.	464	0.14	0.01467	19.4	34.5	403	1.04	0.002	0.04	3100	1600	2.18	486	22.2
Salmon, unidentified, smoked		1	.	202	0.29	0.002	1.09	10.8	188	0.11	0.002	0.002	2200	3500	0.29	503	4.90
Trout, dolly varden	Salvelinus malma	1	.	253	0.002	0.002	0.45	5.00	280	0.11	0.002	0.002	2500	4300	0.69	427	4.90
Trout, kokanee	Oncorhynchus nerka	2	.	1900	0.10	0.002	11.4	8.40	367	0.61	0.002	0.03	3600	3700	1.25	1100	30.2
Trout, rainbow/steelhead	Oncorhynchus mykiss	2	.	4500	0.03	0.002	0.56	19.2	400	1.38	0.002	0.08	5500	5500	0.39	8000	19.7
Trout, unidentified		1	.	2400	0.17	0.002	1.50	19.0	410	0.99	0.002	0.88	4000	4500	0.58	1600	26.9
Whitefish, unidentified		1	.	3100	0.05	0.002	0.30	11.2	265	0.41	0.002	0.05	3900	4000	0.66	371	8.80
MONTANE CORDILLERA - LAND MAMMALS																	
Beaver, meat	Castor canadensis	1	.	84.0	0.05	0.002	2.40	64.0	397	0.63	0.03	0.002	2900	4700	0.34	4700	76.0
Black bear, fat	Ursus americanus	2	.	3.65	0.05	0.002	0.05	1.05	5.40	0.02	0.002	0.002	59.8	193	0.23	20.2	1.50
Black bear, meat	Ursus americanus	2	.	178	0.07	0.002	1.34	49.9	229	0.77	0.01	0.03	2200	3700	0.15	5400	40.6
Caribou, meat	Rangifer ssp.	1	.	42.9	0.002	0.002	3.24	56.2	285	0.47	0.002	0.002	2700	4000	0.13	478	33.9
Deer, liver	Odocoileus spp.	1	.	33.9	0.57	0.05	21.9	49.6	206	2.16	0.23	0.24	3900	3300	0.78	548	22.3
Deer, meat	Odocoileus spp.	5	.	153	0.08	0.002	2.88	38.1	292	0.40	0.07	0.02	2400	3800	0.27	1200	47.1

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Elk, meat	Cervus canadensis	2	.	69.6	0.06	0.002	1.65	34.4	259	0.16	0.002	0.02	2300	3800	0.19	512	50.7
Groundhog, meat	Marmota monax	1	.	104	0.09	0.002	0.47	11.4	65.2	18.9	0.002	0.03	502	2000	0.03	352	6.80
Hare/rabbit, meat	Lepus spp.	2	.	9600	0.09	0.002	1.83	43.6	462	0.63	0.02	0.10	6600	3200	0.17	691	20.6
Moose, kidney	Alces alces	2	.	93.0	0.002	0.035	3.25	60.4	139	2.14	0.31	0.05	2200	2500	0.63	1500	20.4
Moose, liver	Alces alces	2	.	48.2	0.002	0.095	68.0	170	139	3.50	1.24	0.002	3100	2700	0.80	775	24.1
Moose, meat	Alces alces	5	.	73.0	0.04	0.002	2.53	42.1	233	0.43	0.07	0.06	2200	3600	0.17	1300	50.5
MONTANE CORDILLERA - WILD BIRDS																	
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	2	.	3800	0.09	0.002	1.45	23.6	355	0.68	0.04	0.06	4400	3400	0.51	637	12.2
Chokecherry/pincherry	Prunus virginiana L.	2	.	3100	0.31	0.002	1.58	20.4	759	8.57	0.02	0.30	429	2100	0.07	12.5	5.35
Cranberry, high bush	Viburnum spp.	1	.	289	0.002	0.002	0.54	4.10	147	0.56	0.03	0.06	295	1500	0.002	1.40	1.50
MONTANE CORDILLERA - BERRIES, FRUITS, NUTS AND SEEDS																	
Grape, Oregon	Mahonia aquifolium	2	.	102	0.30	0.046	0.74	12.2	102	3.07	0.002	0.29	152	1500	0.002	23.0	2.75
Huckleberry	Vaccinium spp., Gaylussacia spp.	6	.	162	0.01	0.002	0.70	2.80	77.8	27.5	0.08	0.08	209	794	0.002	3.37	1.10
Nut, hazelnut	Corylus americana	1	.	1300	0.10	0.002	9.30	22.8	1700	11.4	2.30	1.60	3600	7700	0.20	0.002	20.4
Raspberry	Rubus idaeus	2	.	523	0.16	0.002	1.24	11.2	321	10.5	0.48	0.35	599	1700	0.002	3.15	6.05
Rosehip	Rosa spp.	1	.	1800	0.05	0.002	0.61	18.2	504	4.93	0.10	0.13	191	604	0.002	89.9	2.00
Saskatoon berry	Amelanchier alnifolia	2	.	1100	0.27	0.002	1.49	9.15	367	15.3	0.28	0.36	534	2900	0.002	11.8	4.65
Soapberry	Shepherdia canadensis	5	.	169	0.02	0.002	0.76	6.06	97.7	2.10	0.38	0.68	379	1500	0.09	8.82	2.12
MONTANE CORDILLERA - WILD PLANTS																	
Asparagus	Asparagus officinalis	1	.	241	0.03	0.002	1.64	7.10	224	1.74	0.05	0.66	921	3800	0.36	22.0	9.80
Avalanche lily	Erythronium montanum	1	.	152	1.30	0.002	1.15	15.5	180	2.56	0.25	0.61	746	3500	0.002	40.2	4.30
Bergamot, beebalm, horsemint	Monarda fistulosa, Monarda spp.	1	.	13700	1.20	0.002	5.80	160	2900	25.3	2.90	1.80	2200	19600	0.002	7.80	14.8
Bitter root	Lewisia rediviva	1	.	923	0.20	0.002	1.30	30.5	1100	29.6	0.70	0.30	991	5800	0.002	95.1	23.6
Buck brush	Ceanothus cuneatus	1	.	10200	0.40	0.002	2.10	64.7	2200	34.4	0.30	1.00	855	3200	0.002	0.002	9.80
Devil's club, bark	Oplopanax horridus	1	.	31700	3.60	0.3	4.30	423	1800	119	3.40	2.30	971	9500	0.002	77.8	24.2
Indian celery (Indian consumption plant, desert parsley)	Lomatium nudicaule	1	.	6400	0.20	0.002	6.40	55.2	2200	35.4	2.70	0.80	5800	22500	0.002	8.70	32.7
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	1	.	5800	0.80	0.002	4.50	88.6	1600	574	0.50	1.20	1800	5600	0.002	9.00	21.3
Sage, leaves	Salvia spp.	1	.	122	0.002	0.002	0.03	0.002	82.1	0.08	0.002	0.002	6.50	208	0.002	58.6	0.20
Yarrow	Achillea millefolium	1	.	8600	0.80	0.2	13.6	182	1600	62.0	1.40	0.60	3000	26500	0.002	223	31.5
MONTANE CORDILLERA - TREES (bark, leaves, syrup, needles, cones, gum)																	
Birch, bark	Betula spp.	1	.	279	0.30	0.002	8.10	16.0	237	103	0.002	0.10	140	106	0.002	31.2	375
Cedar, leaves	Thuja occidentalis, Thuja spp.	1	.	16500	0.50	0.002	2.10	116	1100	90.4	2.40	1.00	1300	5200	0.002	7.90	12.8
Tamarack, needles	Larix laricina	1	.	2500	2.80	0.3	6.20	479	734	294	0.002	1.40	1200	2700	0.002	17.2	24.9
Yew, bark	Taxus canadensis	1	.	26900	0.20	0.002	2.10	23.1	782	174	0.10	0.30	665	3500	0.002	36.1	99.4
MONTANE CORDILLERA - MUSHROOMS																	
Mushroom, unidentified		1	.	138	0.10	0.002	4.01	16.7	205	4.74	0.08	0.06	1500	4700	0.15	74.8	14.7
MONTANE CORDILLERA - CULTIVATED FOOD (ANIMALS)																	
Goat, meat	Capra aegagrus hircus	1	.	70.6	0.02	0.002	1.66	36.5	249	0.42	0.002	0.002	2200	3900	0.02	549	37.6
TAIGA PLAINS - FISH																	
Arctic grayling	Thymallus arcticus arcticus	1	.	24700	1.74	0.33	0.99	21.7	485	4.35	0.04	0.84	14100	3000	1.61	978	22.4
Northern pike/jackfish	Esox lucius	2	79.0	891	0.20	0.002	0.28	3.93	377	0.30	0.02	0.02	2500	3400	0.31	424	6.70
Salmon, coho	Oncorhynchus kisutch	1	.	1100	0.11	0.002	0.72	7.10	381	0.33	0.002	0.002	4300	6200	0.54	5400	8.80
Trout, dolly varden	Salvelinus malma	1	.	3400	0.08	0.002	0.38	5.00	274	0.23	0.002	0.03	3900	4100	0.89	540	6.80
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	.	4400	0.05	0.002	0.44	2.90	307	0.30	0.002	0.03	4700	4500	1.32	575	9.90
Walleye/pickerel	Sanders vitreus	1	.	16200	0.13	0.002	0.32	16.2	429	1.32	0.002	0.11	10000	3100	0.64	1400	13.1

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				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
TAIGA PLAINS - LAND MAMMALS																	
Beaver, fat	Castor canadensis	1	.	263	0.44	0.002	0.94	42.1	165	0.49	0.002	0.08	1500	2500	0.18	1300	19.3
Beaver, meat	Castor canadensis	2	.	69.8	0.15	0.002	0.50	21.4	105	0.07	0.002	0.04	1100	1800	0.09	322	15.2
Bison, meat	Bison bison athabascae	2	10.9	240	0.09	0.002	0.58	17.3	156	0.25	0.07	0.03	1400	2600	0.12	3500	27.8
Deer, meat	Odocoileus spp.	1	.	65.8	0.18	0.002	1.53	35.6	231	0.13	0.002	0.03	2200	3800	0.19	528	43.5
Elk, meat	Cervus canadensis	2	.	48.3	0.09	0.002	1.43	37.5	243	0.20	0.002	0.02	2200	3800	0.21	478	48.9
Hare/rabbit, liver	Lepus spp.	1	70.2	96.8	0.26	0.077	7.39	294	205	2.48	0.66	0.002	3400	2700	0.63	1000	45.7
Hare/rabbit, meat	Lepus spp.	3	75.0	175	0.44	0.013	2.18	103	220	0.58	0.09	0.06	2300	3200	0.26	692	16.5
Moose, bone marrow	Alces alces	1	.	543	0.37	0.002	0.25	14.1	26.2	0.04	0.002	0.13	451	160	0.05	1200	1.40
Moose, fat	Alces alces	2	.	0.90	0.002	0.002	0.002	0.002	0.75	0.002	0.002	0.002	12.0	22.5	0.002	60.1	0.10
Moose, heart	Alces alces	2	74.6	59.7	0.13	0.093	4.76	97.3	223	1.56	0.28	0.03	2800	3400	0.39	1000	24.1
Moose, intestine	Alces alces	2	20.9	28.9	0.23	0.00445	0.13	6.35	19.8	0.16	0.01	0.02	229	388	0.02	264	2.96
Moose, kidney	Alces alces	2	71.7	108	2.13	0.091	3.83	71.9	166	2.95	0.37	0.14	2500	2700	0.96	1400	30.4
Moose, liver	Alces alces	2	65.8	49.9	0.16	0.06845	25.7	105	204	2.85	0.98	0.002	3700	3500	0.75	591	35.3
Moose, meat	Alces alces	3	70.8	31.8	0.19	0.00343	1.00	22.3	169	0.16	0.01	0.05	1500	2600	0.12	550	34.9
Moose, meat, dried	Alces alces	1	.	134	0.34	0.002	1.99	60.2	359	1.15	0.002	0.08	3100	5000	0.37	1700	95.0
TAIGA PLAINS - WILD BIRDS																	
Duck, mallard, meat	Anas platyrhynchos	2	71.7	149	0.09	0.00415	4.36	58.0	275	0.46	0.02	0.002	2700	3500	0.44	685	13.9
Duck, northern pintail, meat	Anas acuta	1	57.7	41.7	0.06	0.0097	5.55	60.1	291	0.38	0.02	0.002	2800	3500	0.36	446	10.8
Duck, wigeon, meat	Anas americana	1	42.3	48.5	0.10	0.0127	3.31	54.5	188	0.35	0.02	0.002	2000	2300	0.19	420	8.36
Goose, Canada, meat	Branta canadensis	2	70.0	61.2	0.54	0.00645	4.29	53.9	254	0.38	0.04	0.08	2600	3700	0.27	580	17.4
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	3	69.9	107	0.08	0.002	1.16	20.1	338	0.18	0.07	0.03	2800	3900	0.24	500	6.23
TAIGA PLAINS - BERRIES, FRUITS, NUTS AND SEEDS																	
Chokecherry/pincherry	Prunus virginiana L.	1	.	576	0.07	0.002	1.65	6.60	233	1.95	0.02	0.30	557	3700	0.04	8.80	3.10
Cranberry, high bush	Viburnum spp.	1	.	274	0.04	0.002	0.55	3.40	157	2.78	0.002	0.12	313	1900	0.002	2.00	1.60
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	1	.	132	0.03	0.002	0.46	2.10	59.4	22.6	0.04	0.05	134	1100	0.002	0.002	1.20
Gooseberry	Ribes spp.	1	.	892	0.14	0.002	1.24	16.9	248	7.64	0.04	0.08	688	4300	0.002	4.20	3.30
Huckleberry	Vaccinium spp., Gaylussacia spp.	2	.	143	0.03	0.002	0.79	4.35	86.5	6.98	0.06	0.07	214	1100	0.002	5.85	1.15
Raspberry	Rubus idaeus	1	.	389	0.03	0.002	0.85	9.40	257	4.16	0.19	0.19	506	1800	0.002	3.70	4.00
Rosehip	Rosa spp.	1	.	2700	0.12	0.002	1.25	17.8	826	10.8	0.21	0.16	865	5300	0.002	3.30	3.50
Saskatoon berry	Amelanchier alnifolia	1	.	743	0.05	0.002	1.18	8.30	305	6.53	0.11	0.21	438	2900	0.03	1.20	4.40
Soapberry	Shepherdia canadensis	1	.	108	0.03	0.002	0.45	6.30	79.6	1.62	0.20	0.22	224	1700	0.002	10.6	1.30
Strawberry	Fragaria spp.	2	.	618	0.04	0.002	0.65	3.45	203	3.49	0.26	0.04	351	1600	0.002	9.00	1.40
TAIGA PLAINS - WILD PLANTS																	
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	1	.	3000	1.40	0.002	2.40	142	801	98.4	0.002	0.60	802	2800	0.002	31.5	12.2
Sweetflag/muskrat root	Acorus americanus, A. calamus	2	.	5200	1.85	0.3	4.85	2400	1400	117	3.75	1.10	2400	13700	0.002	669	25.1
TAIGA PLAINS - TREES (bark, leaves, syrup, needles, cones, gum)																	
Balsam fir, sap/pitch	Abies balsamea	1	.	9400	2.30	0.1	4.00	56.7	623	95.2	0.002	2.30	635	2100	0.002	49.1	143
Birch, sap	Betula spp.	1	.	105	0.002	0.002	0.14	0.002	55.4	0.95	0.002	0.03	142	1100	0.002	3.50	3.40
Poplar (balsam), bark	Populus balsamifera L.	1	.	228	0.26	0.002	0.75	4.10	223	0.99	0.002	0.05	422	3000	0.002	16.8	5.50
TAIGA PLAINS - MUSHROOMS																	
Mushroom, morel	Morchella spp.	1	.	1400	0.40	1	18.1	80.0	1100	127	0.20	1.20	14000	36400	0.20	178	84.0

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
BOREAL PLAINS - FISH																	
Arctic grayling	Thymallus arcticus arcticus	1	77.4	1100	1.08	0.0334	0.36	17.4	283	1.43	0.02	0.10	2500	3700	0.88	637	6.14
Ling cod/mariah/burbot	Lota lota	2	82.5	276	0.31	0.00365	0.22	4.03	267	0.27	0.01	0.08	1800	3300	0.21	280	3.75
Mooneye/goldeye	Hiodon tergisus, Hiodon alosoides	1	70.3	4600	0.36	0.0184	0.58	26.6	318	1.34	0.01	0.07	4500	3200	0.80	706	14.4
Northern pike/jackfish	Esox lucius	10	74.1	2000	0.08	0.00221	0.28	3.14	319	0.66	0.01	0.02	2900	3500	0.18	484	8.92
Northern pike/jackfish, eggs	Esox lucius	1	67.7	325	0.002	0.0164	0.99	15.7	387	9.10	0.02	0.002	3500	2900	0.58	472	73.5
Sucker, longnose	Catostomus catostomus	2	78.3	267	0.03	0.00555	0.52	6.96	301	0.44	0.005	0.17	2300	4200	0.20	556	5.05
Sucker, unidentified		1	.	212	0.03	0.002	0.28	4.90	507	0.22	0.002	0.20	2900	298	0.16	0.002	3.80
Sucker, unidentified, liver/eggs		1	72.0	364	0.002	0.0222	1.38	25.2	289	8.54	0.04	0.002	3300	2500	0.42	648	30.3
Sucker, white	Catostomus commersonii	1	79.5	339	0.002	0.0089	0.48	6.11	234	0.25	0.01	0.002	1900	3400	0.15	821	5.51
Trout, dolly varden	Salvelinus malma	1	.	625	0.08	0.02	0.63	8.20	387	0.14	0.002	0.002	2900	4300	0.62	547	7.60
Trout, lake	Salvelinus namaycush	3	73.9	4700	0.41	0.002	0.62	12.9	312	0.23	0.003	0.01	4100	3000	0.36	926	10.3
Trout, lake, smoked	Salvelinus namaycush	1	57.0	193	0.03	0.0057	0.42	5.16	360	0.23	0.01	0.002	3000	5100	1.02	589	7.32
Trout, rainbow/steelhead	Oncorhynchus mykiss	2	76.4	4300	0.26	0.0241	0.43	7.61	378	1.01	0.004	0.02	4800	4600	0.96	1000	11.8
Trout, unidentified		2	77.4	1300	0.30	0.0075	0.38	5.90	302	0.21	0.03	0.13	3200	4400	0.83	801	6.31
Walleye/pickerel	Sanders vitreus	12	77.1	224	0.05	0.00346	0.31	3.80	282	0.27	0.003	0.02	2400	3800	0.21	346	4.22
Whitefish, lake	Coregonus clupeaformis	5	75.6	202	0.10	0.0027	0.45	5.89	259	0.20	0.003	0.002	2200	3400	0.14	640	6.35
Whitefish, unidentified		5	68.8	3700	0.08	0.03	0.57	9.26	237	0.69	0.08	3.27	3300	3100	0.39	11400	11.2
BOREAL PLAINS - LAND MAMMALS																	
Beaver, feet	Castor canadensis	1	.	22100	1.33	0.07	0.96	78.8	520	1.38	0.05	0.63	14900	1100	0.15	2600	36.9
Beaver, heart	Castor canadensis	1	.	106	0.05	0.06	3.45	65.6	135	0.55	0.02	0.02	1300	1800	0.21	1600	20.3
Beaver, kidney	Castor canadensis	1	.	107	0.04	0.12	3.41	54.4	155	1.92	0.18	0.04	2200	2100	0.80	1300	30.5
Beaver, liver	Castor canadensis	1	.	55.8	0.05	0.15	3.27	166	155	1.18	0.46	0.002	2600	2300	0.25	871	35.9
Beaver, meat	Castor canadensis	2	73.1	181	0.05	0.023	0.88	197	148	0.30	0.01	0.002	1800	2900	0.16	1100	28.8
Beaver, tail	Castor canadensis	1	.	3600	1.28	0.07	1.09	135	97.1	1.32	0.05	0.49	2200	674	0.10	1400	16.9
Bison, kidney	Bison bison athabascae	1	28.3	42.6	0.03	0.0103	3.23	38.5	71.3	0.64	0.24	0.002	1100	997	0.52	827	10.7
Bison, liver	Bison bison athabascae	1	68.5	58.8	0.18	0.0372	3.81	59.2	170	2.66	1.19	0.002	3800	2700	0.33	1100	29.6
Bison, meat	Bison bison athabascae	3	41.6	254	0.28	0.0149	2.21	61.4	458	0.87	0.01	4.00	3900	6800	0.36	798	70.0
Black bear, fat	Ursus americanus	1	.	89.9	0.24	0.02	0.23	48.5	27.0	5.73	0.03	0.07	175	203	0.03	204	3.00
Black bear, meat	Ursus americanus	1	34.5	77.1	0.02	0.002	1.77	38.4	265	0.27	0.01	0.002	2400	4000	0.19	767	52.2
Caribou, meat	Rangifer ssp.	1	.	40.2	0.09	0.002	2.74	41.8	243	0.23	0.002	0.002	2400	3500	0.15	485	43.6
Deer, fat	Odocoileus spp.	1	36.8	126	0.01	0.002	0.40	8.53	83.9	0.10	0.02	0.08	856	1600	0.08	2500	13.2
Deer, heart	Odocoileus spp.	1	73.6	47.0	0.08	0.0104	4.87	55.7	232	0.39	0.03	0.002	2300	3000	0.40	837	19.1
Deer, kidney	Odocoileus spp.	2	78.7	73.2	0.14	0.0259	2.98	79.6	149	1.38	0.38	0.03	2300	2500	0.99	1500	29.0
Deer, liver	Odocoileus spp.	2	67.0	51.3	0.04	0.03995	38.5	130	169	2.32	0.43	0.002	3800	2800	0.63	828	33.9
Deer, meat	Odocoileus spp.	17	65.9	75.5	0.33	0.00437	1.77	34.9	246	0.20	0.01	0.04	2200	3200	0.18	462	36.3
Deer, meat, smoked	Odocoileus spp.	1	21.7	240	0.03	0.0268	5.31	120	788	1.55	0.03	13.9	6200	9700	0.57	6200	87.9
Elk, fat	Cervus canadensis	1	.	5.00	0.002	0.002	0.002	0.002	1.40	0.002	0.002	0.002	9.50	18.5	0.002	13.6	0.10
Elk, kidney	Cervus canadensis	2	73.4	138	0.16	0.00775	1.47	22.7	120	0.43	0.11	0.002	1300	1500	0.53	733	21.4
Elk, liver	Cervus canadensis	1	.	38.2	0.07	0.06	24.2	174	185	2.28	0.91	0.002	4400	3200	0.33	641	19.3
Elk, meat	Cervus canadensis	10	67.9	110	1.48	0.00827	1.80	44.0	264	0.53	0.02	0.21	2500	3500	0.20	515	44.3
Elk, meat, dried	Cervus canadensis	1	12.1	187	0.03	0.0086	4.07	89.4	909	0.52	0.01	0.002	8000	14600	0.18	1400	137
Hare/rabbit, heart	Lepus spp.	1	74.3	64.4	0.002	0.0274	4.79	102	199	1.16	0.30	0.002	2500	2800	0.51	830	24.5
Hare/rabbit, kidney	Lepus spp.	1	73.9	124	0.002	0.0653	4.44	87.2	206	2.59	0.26	0.05	3500	2800	1.34	1700	29.9
Hare/rabbit, meat	Lepus spp.	13	73.6	984	0.52	0.00784	2.66	41.6	276	0.34	0.02	0.04	2300	3500	0.17	517	17.2
Moose, bone marrow	Alces alces	1	.	8.70	0.002	0.002	0.002	0.002	0.002	0.002	0.002	0.002	9.50	4.90	0.002	3.70	0.002
Moose, fat	Alces alces	1	.	2.80	0.002	0.002	0.002	0.002	1.00	0.002	0.002	0.002	12.5	18.9	0.002	18.4	0.20
Moose, heart	Alces alces	11	71.3	50.9	0.23	0.02875	3.67	57.7	226	0.43	0.02	0.07	2200	3000	0.20	783	25.6

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Moose, intestine	Alces alces	5	35.7	55.6	0.12	0.0026	0.22	6.78	31.0	0.34	0.004	0.002	282	383	0.03	273	4.99
Moose, kidney	Alces alces	16	74.4	89.8	0.11	0.04488	8.83	81.5	190	2.59	0.36	0.07	2500	2400	0.80	1200	27.0
Moose, liver	Alces alces	10	69.7	74.3	0.52	0.05197	28.5	151	181	2.23	0.65	0.04	2700	2500	0.66	598	26.8
Moose, meat	Alces alces	20	63.4	114	0.36	0.00789	1.67	52.8	286	0.51	0.01	0.18	2600	4200	0.18	808	53.7
Moose, meat, dried	Alces alces	1	19.4	124	3.52	0.0361	3.91	102	580	0.89	0.07	0.82	5900	9800	0.31	2100	107
Moose, meat, smoked	Alces alces	3	40.0	95.9	0.33	0.0141	3.08	74.6	484	0.80	0.02	0.13	4100	6600	0.32	961	102
Moose, nose	Alces alces	4	69.1	107	0.84	0.01808	0.86	29.8	111	0.44	0.04	0.16	1100	1600	0.09	1700	16.2
Moose, stomach	Alces alces	1	.	989	0.10	0.12	0.95	17.7	218	38.5	0.002	0.43	1800	1600	0.09	1300	30.5
Moose, stomach lining	Alces alces	1	1.90	134	0.09	0.0062	0.20	42.4	51.4	0.61	0.005	0.04	363	946	0.01	678	3.30
Moose, tongue	Alces alces	3	73.8	110	0.27	0.00517	1.59	32.3	179	0.38	0.02	0.05	1800	2900	0.15	1300	27.2
BOREAL PLAINS - WILD BIRDS																	
Duck, coot, meat	Fulica americana	1	73.5	106	17.9	3.53	12.1	50100	204	180	0.38	10.5	1900	2600	0.19	609	16.5
Duck, gadwall, meat	Anas strepera	1	48.1	30.4	0.03	0.0044	3.72	33.7	189	0.27	0.01	0.002	1800	2100	0.26	366	7.79
Duck, goldeneye, meat	Bucephala clangula	1	63.5	174	3.91	0.0217	3.39	75.1	192	0.55	0.11	0.58	1900	2300	0.22	644	11.8
Duck, mallard, gizzards	Anas platyrhynchos	1	77.1	79.3	8.47	0.0298	1.15	101	206	0.90	0.08	0.39	1500	3000	0.23	574	34.3
Duck, mallard, meat	Anas platyrhynchos	12	62.7	220	0.23	0.00699	3.60	49.9	250	0.59	0.04	0.03	2500	2700	0.29	529	13.9
Duck, northern pintail, meat	Anas acuta	1	64.7	50.8	0.13	0.0059	3.92	36.0	230	0.31	0.03	0.07	2100	2600	0.15	429	8.67
Duck, scaup, meat	Aythya marila	1	63.5	37.2	0.01	0.0084	5.52	52.0	205	0.42	0.01	0.002	2100	2600	0.19	499	9.72
Duck, teal, meat	Anas spp.	2	69.2	1000	0.05	0.01385	3.98	45.5	232	0.59	0.02	0.002	2600	2800	0.34	559	13.9
Duck, unidentified, gizzards		2	69.6	497	6.44	0.1231	1.51	104	204	7.89	0.81	4.11	1600	3100	0.25	681	27.2
Duck, unidentified, heart		1	72.2	90.3	0.10	0.0281	6.12	129	227	1.40	0.07	0.07	2600	3000	0.48	986	24.0
Duck, unidentified, meat		1	55.0	71.9	0.01	0.0044	5.81	56.5	234	0.42	0.03	0.002	2300	2300	0.25	4400	14.9
Duck, wigeon, meat	Anas americana	2	52.0	55.1	0.08	0.00885	3.26	40.8	185	0.39	0.02	0.06	1800	2200	0.35	411	7.21
Goose, Canada, meat	Branta canadensis	7	58.5	81.2	0.10	0.00786	2.53	52.0	206	0.68	0.14	0.01	2200	2500	0.35	520	18.5
Goose, unidentified, gizzard		1	76.8	34.4	0.002	0.0067	0.83	39.5	181	0.72	0.02	0.002	1300	3700	0.21	722	33.3
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	20	70.0	218	0.23	0.00267	2.94	17.3	314	0.28	0.03	0.01	2700	3300	0.22	564	7.05
BOREAL PLAINS - BERRIES, FRUITS, NUTS AND SEEDS																	
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	20	78.1	224	0.08	0.00474	0.74	4.60	106	61.7	0.13	0.13	262	1100	0.005	13.9	1.34
Bunchberry	Cornus canadensis L.	1	.	3500	0.74	0.02	0.79	25.8	629	15.5	0.04	0.62	463	2400	0.002	5.20	4.50
Chokecherry/pincherry	Prunus virginiana L.	15	67.0	688	0.07	0.00992	1.28	13.9	258	5.52	0.07	0.33	467	3300	0.02	3.93	2.17
Crabapple	Malus coronaria, Pyrus coronaria	1	86.9	76.4	0.09	0.002	0.61	2.82	77.1	0.54	0.01	0.002	147	1500	0.002	0.002	0.20
Cranberry, high bush	Viburnum spp.	5	76.2	252	0.02	0.00288	0.48	3.00	163	0.63	0.01	0.12	300	1700	0.01	36.8	1.30
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	19	85.3	201	0.04	0.00213	0.70	3.06	106	20.9	0.03	0.10	287	1200	0.004	2.01	1.27
Currant	Ribes spp.	1	.	11200	10.8	0.2	7.50	287	2100	17.1	0.40	7.00	2200	12400	0.30	123	19.4
Gooseberry	Ribes spp.	2	.	4100	0.92	0.002	1.37	19.4	749	14.8	0.10	0.62	1400	5200	0.002	7.60	14.5
Huckleberry	Vaccinium spp., Gaylussacia spp.	1	.	96.7	0.002	0.002	0.50	1.50	55.1	9.66	0.09	0.03	163	854	0.002	1.00	0.60
Raspberry	Rubus idaeus	8	84.4	404	0.03	0.00753	0.80	7.68	280	3.81	0.13	0.32	617	2400	0.01	0.14	3.36
Rosehip	Rosa spp.	3	55.4	2100	0.12	0.0254	1.43	12.0	756	22.7	0.32	0.27	880	4900	0.04	2.60	3.67
Saskatoon berry	Amelanchier alnifolia	14	79.9	655	0.10	0.01685	1.08	6.77	286	12.5	0.13	0.34	362	2500	0.01	5.10	3.46
Strawberry	Fragaria spp.	3	85.4	548	0.03	0.0199	0.58	10.2	237	5.92	0.07	0.10	384	2200	0.002	6.53	1.58
BOREAL PLAINS - WILD PLANTS																	
Cattail	Typha latifolia	1	.	1200	0.65	0.5	6.83	433	732	170	0.39	0.72	1300	4500	0.17	130	6.00
Dandelion, greens	Taraxacum officinale	1	.	6900	4.00	1.3	9.70	4000	1200	71.8	0.50	4.60	1700	10300	0.20	482	40.1
Devil's club, stem/leaves	Oplopanax horridus	1	.	5000	2.20	0.002	1.60	37.3	1300	21.4	0.002	1.70	571	9300	0.002	83.8	6.60
Labrador tea, leaves	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	2	.	4700	3.55	0.05	4.05	103	1200	520	0.15	2.25	1200	5000	0.002	28.8	25.0

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	1	.	15.2	0.002	0.002	0.02	0.002	37.7	0	0.002	0.02	1.46	37.6	0.002	74.9	0.01
Lamb's quarters	Chenopodium album	1	.	3800	2.97	0.24	2.63	677	1500	35.3	0.28	1.86	830	8200	0.82	2200	16.1
Mint, leaves	Mentha spp.	2	99.8	4000	0.60	0.002	5.09	47.6	1300	26.4	0.35	0.35	1300	11100	0.002	107	16.8
Mint, tea	Mentha spp.	4	.	3900	0.85	0.0515	2.60	83.0	1100	10.1	1.03	0.62	911	5900	0.03	48.5	7.96
Stinging nettle, leaves	Urtica dioica	1	.	33200	2.10	0.1	2.30	142	4600	137	0.60	1.40	1700	9000	0.002	56.0	14.4
Strawberry blite	Blitum capitatum	1	.	1300	0.72	0.25	1.44	90.3	1400	69.6	0.11	0.74	670	6200	0.002	5.80	31.9
Sweetflag/muskrat root	Acorus americanus, A. calamus	2	25.8	3400	0.04	0.093	9.19	129	1300	93.5	1.75	0.11	2400	13000	0.01	1600	23.2
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	1	.	13.6	0.002	0.002	0.07	0.002	13.0	1.41	0.002	0.02	13.4	123	0.002	39.9	0.10
Wild parsnip	Pastinaca sativa	1	.	6500	2.20	0.002	2.00	36.3	738	163	0.20	1.20	481	11200	0.002	92.7	27.2
Wild rhubarb	unidentified	4	93.5	901	0.11	0.0059	0.91	4.06	160	1.37	0.08	0.12	1100	3500	0.004	21.5	1.14
Yarrow	Achillea millefolium	1	.	3100	1.20	0.1	3.60	85.9	824	46.2	0.20	1.00	1400	9900	0.002	32.0	10.6
BOREAL PLAINS - TREES (bark, leaves, syrup, needles, cones, gum)																	
Balsam fir, sap/pitch	Abies balsamea	1	.	1900	0.80	.	23.7	107	.	169	.	.	.	35700	0.20	145	101
Birch, bark	Betula spp.	1	.	8300	0.70	0.002	3.10	39.3	262	72.3	0.002	0.02	1100	2200	0.002	0.002	75.1
Spruce, gum	Picea spp.	1	.	716	0.40	0.04	0.97	71.0	83.5	36.3	0.002	0.16	107	237	0.002	11.2	8.10
Willow, bark	Salix spp.	1	.	7800	0.40	0.002	3.20	27.1	386	5.30	0.03	0.10	2200	6700	0.002	0.002	9.40
BOREAL PLAINS - MUSHROOMS																	
Mushroom, giant puffball	Calvatia gigantea	1	.	104	0.13	0.06	9.98	128	398	7.76	0.09	0.11	2200	3800	0.23	12.5	17.8
Mushroom, morel	Morchella spp.	1	.	1900	0.80	1	23.7	107	1400	169	0.20	1.60	14800	35700	0.20	145	101
Mushroom, unidentified		1	.	54.8	0.11	0.08	4.42	70.2	201	5.71	0.03	0.12	1200	4600	0.19	32.7	8.00
BOREAL PLAINS - CULTIVATED FOOD (PLANTS)																	
Carrots	Daucus carota subsp. sativus	1	93.4	394	0.002	0.002	0.42	6.74	235	1.39	0.05	0.06	605	4400	0.02	408	1.07
Potatoes	Solanum tuberosum	1	80.2	99.2	0.04	0.0113	1.08	22.7	298	2.45	0.14	0.10	687	4200	0.05	5.30	4.07
Spinach	Spinacia spp.	1	88.0	603	0.05	0.0059	0.56	10.3	524	6.62	0.20	0.07	482	3900	0.03	5.40	4.08
Tomatoes	Solanum lycopersicum	1	93.4	131	0.002	0.002	0.49	2.96	100	1.51	0.06	0.002	316	2200	0.002	23.9	1.09
Turnips and potatoes		1	74.6	190	0.002	0.0143	0.84	4.38	344	2.00	0.07	0.002	542	4800	0.02	87.6	2.91
PRAIRIES - FISH																	
Ling cod/mariah, liver	Lota lota	1	.	62.7	0.28	0.07	4.32	17.5	115	0.82	0.05	0.15	2000	2000	0.36	628	18.0
Northern pike/jackfish	Esox lucius	4	76.0	367	0.01	0.002	0.25	2.05	298	0.18	0.003	0.002	2300	3900	0.18	340	4.95
Perch, yellow	Perca flavescens	1	.	677	0.05	0.002	0.25	2.40	277	0.15	0.002	0.03	1600	2400	0.22	472	5.10
Sucker, white	Catostomus commersonii	2	.	10600	0.84	0.002	0.84	16.4	434	1.07	0.02	0.36	6800	3000	0.23	1100	9.65
Walleye/pickerel	Sanders vitreus	3	79.1	409	0.05	0.00287	0.41	3.08	298	0.38	0.004	0.02	2600	4300	0.29	381	5.43
Whitefish, lake	Coregonus clupeaformis	2	76.0	83.9	0.002	0.0034	0.33	5.42	271	0.20	0.002	0.002	2300	3800	0.12	490	5.45
Whitefish, unidentified		2	.	3600	0.04	0.0033	0.40	7.56	298	0.62	0.002	0.002	3300	3100	0.21	5800	10.0
PRAIRIES - LAND MAMMALS																	
Deer, fat	Odocoileus spp.	1	0.11	138	0.03	0.002	1.26	7.64	78.5	0.20	0.03	0.05	987	1600	0.20	1400	8.00
Deer, heart	Odocoileus spp.	1	.	38.5	0.002	0.002	4.03	69.9	204	0.27	0.03	0.002	2100	2800	0.25	688	17.7
Deer, kidney	Odocoileus spp.	3	79.4	80.3	0.01	0.02123	3.22	122	130	0.75	0.51	0.02	2400	2200	1.20	1900	26.3
Deer, liver	Odocoileus spp.	3	67.7	51.0	0.03	0.0401	50.8	131	175	1.58	0.27	0.01	3700	2700	1.23	905	29.3
Deer, meat	Odocoileus spp.	8	69.5	61.6	0.09	0.0028	2.37	40.5	255	0.26	0.01	0.03	2200	3500	0.17	736	34.1
Elk, heart	Cervus canadensis	1	.	43.9	0.08	0.002	4.21	47.7	237	0.36	0.002	0.002	2300	3300	0.24	732	20.0
Elk, kidney	Cervus canadensis	1	67.0	109	0.02	0.027	5.69	40.6	162	1.44	0.41	0.15	2600	2600	1.06	1800	21.2
Elk, meat	Cervus canadensis	7	70.0	75.0	0.04	0.00301	1.50	32.0	266	0.24	0.01	0.002	2200	3700	0.18	949	43.8
Hare/rabbit, brains	Lepus spp.	1	.	133	0.002	0.002	2.48	34.2	157	0.40	0.04	0.002	4000	3100	0.22	1400	13.7
Hare/rabbit, kidney	Lepus spp.	1	.	365	0.23	0.03	2.76	121	228	2.62	0.60	0.15	3000	1600	1.66	695	29.7
Hare/rabbit, liver	Lepus spp.	1	.	228	0.15	0.03	4.28	202	165	1.68	1.54	0.07	2300	1300	0.80	471	30.1

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Hare/rabbit, meat	Lepus spp.	7	73.5	6000	0.16	0.00449	2.38	34.3	427	0.28	0.02	0.10	5600	3300	0.19	761	19.3
Moose, kidney	Alces alces	2	78.9	188	0.09	0.05605	4.47	97.1	292	4.23	0.50	0.07	3000	3100	0.91	1500	30.8
Moose, liver	Alces alces	3	70.4	83.2	0.13	0.08233	23.8	199	183	2.69	1.01	0.04	3800	3100	0.99	810	32.2
Moose, meat	Alces alces	7	73.9	76.1	0.12	0.00851	1.49	39.7	239	0.23	0.01	0.05	2100	3400	0.20	631	43.0
Muskrat, meat	Ondatra zibethica	2	.	9100	0.37	0.002	1.53	122	469	0.75	0.07	0.13	8300	3500	0.18	1800	29.2
Porcupine, meat	Erethizon dorsatum	1	.	88.7	0.35	0.0058	1.56	75.9	199	0.44	0.04	0.11	1600	2600	0.10	726	39.7
PRAIRIES - WILD BIRDS																	
Duck, mallard, gizzards	Anas platyrhynchos	1	.	518	5.58	0.07	1.38	206	262	3.24	0.08	1.82	1400	3300	0.27	678	26.6
Duck, mallard, meat	Anas platyrhynchos	4	70.4	95.1	0.04	0.00573	5.23	59.2	280	0.47	0.02	0.002	2800	3300	0.33	625	12.2
Duck, northern pintail, meat	Anas acuta	1	.	11600	0.04	0.002	3.49	65.9	338	1.00	0.002	0.04	7300	2400	0.54	773	24.3
Duck, northern shoveller, meat	Anas clypeata	1	72.3	83.7	0.02	0.0145	7.78	66.2	297	0.55	0.02	0.002	3100	3800	0.53	748	10.7
Duck, teal, meat	Anas spp.	1	62.4	395	0.15	0.0095	7.34	72.0	304	0.76	0.03	0.002	3100	2900	0.44	594	12.3
Duck, unidentified, gizzards		1	.	1400	1.03	0.04	2.50	106	605	3.22	0.02	0.31	1500	3100	0.42	659	32.0
Duck, unidentified, heart		1	.	49.5	0.02	0.03	4.48	97.2	179	0.44	0.04	0.002	2100	2500	0.63	777	21.3
Duck, unidentified, meat		1	.	117	1.50	0.03	6.51	63.8	228	1.03	0.06	0.70	2400	3300	0.63	700	13.4
Goose, Canada, gizzard	Branta canadensis	1	.	319	0.12	0.002	1.37	48.6	236	1.15	0.05	0.07	1300	2400	0.31	702	35.1
Goose, Canada, meat	Branta canadensis	2	.	194	0.06	0.005	4.07	59.1	259	0.38	0.03	0.05	2600	3100	0.25	632	19.4
Goose, snow, meat	Chen caerulescens	1	.	68.2	0.02	0.002	5.63	54.9	273	0.42	0.04	0.002	2400	2300	0.42	483	22.9
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	8	69.6	422	0.38	0.00451	1.26	17.0	323	0.29	0.03	0.14	2800	3500	0.35	718	8.56
PRAIRIES - BERRIES, FRUITS, NUTS AND SEEDS																	
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	4	79.8	389	0.02	0.00433	0.80	6.71	167	33.0	0.09	0.16	300	1700	0.01	0.75	2.00
Blueberry, leaves	Vaccinium myrtilloides, Vaccinium angustifolium	1	.	6300	2.32	0.351	6.38	330	1600	758	0.03	5.16	931	6000	0.002	41.0	27.3
Chokecherry/pincherry	Prunus virginiana L.	6	61.4	633	0.04	0.00785	1.60	15.7	291	4.71	0.05	0.40	612	4100	0.02	6.87	2.28
Crabapple	Malus coronaria, Pyrus coronaria	1	.	40.4	0.002	0.002	0.35	1.00	50.9	0.43	0.002	0.002	131	1300	0.002	1.70	0.20
Cranberry, high bush	Viburnum spp.	2	85.6	348	0.002	0.002	0.80	2.37	199	0.57	0.01	0.06	284	1900	0.002	1.00	1.15
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	3	83.9	395	0.01	0.002	1.21	4.03	179	7.76	0.04	0.13	363	1800	0.002	0.002	2.04
Nut, hazelnut	Corylus americana	1	.	5100	.	0.002	15.6	43.5	2700	187	0.40	5.60	5000	9800	.	.	30.0
Plum	Prunus spp.	1	.	124	0.002	0.002	0.84	2.20	94.4	0.98	0.03	0.16	377	4300	0.002	0.002	1.20
Raspberry	Rubus idaeus	3	73.9	398	0.01	0.00393	0.79	5.64	268	3.71	0.16	0.16	448	1700	0.01	1.07	3.07
Raspberry, root	Rubus idaeus	1	88.9	488	0.04	0.0052	0.97	9.03	311	3.75	0.04	0.24	477	2000	0.002	0.002	3.13
Saskatoon berry	Amelanchier alnifolia	8	77.7	713	0.06	0.03844	1.28	7.69	364	9.48	0.05	0.18	474	3400	0.004	16.8	3.79
Saskatoon berry, root	Amelanchier alnifolia	1	74.8	652	0.03	0.0176	0.69	6.05	254	10.3	0.03	0.20	352	2500	0.002	27.5	3.37
PRAIRIES - WILD PLANTS																	
Mint, tea	Mentha spp.	1	.	24.8	0.002	0.002	0.02	0.10	18.3	0.35	0.002	0.01	26.7	179	0.002	541	0.10
Sage, tea	Salvia spp.	1	.	13.9	0.002	0.002	0.05	0.002	7.40	0.70	0.01	0.02	11.3	129	0.002	711	0.11
Sweetflag/muskrat root	Acorus americanus, A. calamus	1	.	4900	0.20	0.16	0.79	670	2400	56.9	1.48	0.14	1900	12400	0.01	1400	13.1
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	2	.	3600	0.35	0.002	1.55	70.6	1100	52.5	0.004	0.21	580	2400	0.002	591	9.59
Wild rhubarb	unidentified	1	90.6	772	0.08	0.0049	0.21	4.72	419	6.56	0.03	0.06	171	4500	0.02	9.20	2.01
Wild rice	Zitania aquatica	1	10.6	69.3	0.002	0.0081	2.35	9.31	894	11.3	0.12	0.08	3200	2900	0.002	12.5	40.7
PRAIRIES - CULTIVATED FOOD (ANIMALS)																	
Beef, fat	Bos taurus	1	0.88	0.002	0.20	0.002	0.08	2.36	7.75	0.03	0.002	0.12	97.4	170	0.002	47.3	1.31

Table S2.3. Concentrations of essential elements in traditional food by ecozone

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				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
BOREAL SHIELD - FISH, SEAFOOD AND MARINE MAMMALS																	
American eel	Anguilla rostrata	1	63.4	277	0.02	0.0147	0.40	3.54	183	0.26	0.005	0.002	2100	2500	0.22	776	26.3
Bass, largemouth	Micropterus dolomieu	1	78.6	224	0.06	0.002	0.13	1.45	246	0.08	0.002	0.002	1700	3300	0.35	361	4.08
Bass, smallmouth	Micropterus salmoides	1	77.2	99.7	0.01	0.002	0.25	2.35	225	0.12	0.002	0.002	1600	2900	0.27	648	3.26
Bass, unidentified		1	.	16000	0.34	0.002	2.52	16.0	417	1.39	0.002	0.17	9000	2800	0.64	1000	16.0
Carp	Cyprinus carpio	1	.	2200	0.15	0.0061	0.43	7.03	286	0.56	0.002	0.03	2700	3300	0.26	568	8.25
Catfish	Ameiurus nebulosus	3	79.7	2600	0.14	0.0062	0.32	5.03	235	1.00	0.002	0.04	2900	3100	0.27	487	6.82
Cisco	Coregonus spp.	3	70.7	1000	0.05	0.0027	0.52	5.97	257	0.31	0.002	0.01	2400	3300	0.59	552	9.04
Cod, Atlantic	Gadus morhua	1	76.1	134	0.02	0.002	0.32	2.13	237	0.14	0.002	0.002	1800	3100	0.36	7200	5.01
Cod, unidentified, eggs		1	82.2	61.9	0.002	0.002	0.49	4.38	141	0.46	0.002	0.002	3200	2600	0.46	1200	17.2
Cod, unidentified, tongue		1	83.5	97.4	0.03	0.002	0.25	1.39	134	0.10	0.002	0.002	790	976	0.30	961	12.4
Herring, Atlantic	Clupea harengus	1	71.0	452	0.02	0.0049	0.53	7.35	289	0.22	0.004	0.002	3800	4400	0.41	705	7.98
Ling cod/mariah, liver	Lota lota	1	.	64.1	0.03	0.07	1.54	28.2	107	0.85	0.05	0.002	2100	1700	0.38	542	10.6
Ling cod/mariah/burbot	Lota lota	1	.	467	0.47	0.002	0.36	11.5	218	0.34	0.002	0.24	2000	2900	0.19	784	6.80
Lobster	Homarus americanus	2	72.9	594	0.03	0.0125	24.1	1.69	356	0.47	0.02	0.07	2200	2800	0.80	3800	51.5
Mooneye/goldeye	Hiodon tergisus, Hiodon alosoides	1	78.2	178	0.04	0.0065	0.30	3.80	277	0.16	0.002	0.002	2300	4200	0.22	656	2.92
Mussels	Mytilus spp.	1	71.7	768	0.26	0.153	2.25	106	913	2.43	0.32	0.44	2600	1500	1.15	5100	26.7
Northern pike/jackfish	Esox lucius	13	77.3	1800	0.12	0.00249	0.29	4.09	301	0.85	0.002	0.02	2800	3700	0.28	487	10.7
Perch, yellow	Perca flavescens	5	74.6	4300	0.07	0.002	0.34	4.27	329	1.05	0.004	0.03	3900	3700	0.35	547	7.75
Salmon, Atlantic	Salmo salar	3	67.4	197	0.02	0.0027	0.46	4.57	283	0.14	0.002	0.002	2700	4000	0.34	611	5.25
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	2	71.6	778	0.12	0.0054	0.65	7.47	201	0.21	0.003	0.02	2100	3000	0.88	708	7.50
Salmon, pink	Oncorhynchus gorbuscha	1	.	241	0.37	0.0042	0.39	5.86	280	0.09	0.002	0.02	2400	4000	0.52	319	5.26
Salmon, sockeye	Oncorhynchus nerka	1	.	2700	0.05	0.0088	2.84	61.8	224	0.78	0.06	0.002	2700	2700	0.34	785	24.6
Salmon, unidentified		2	75.6	657	0.35	0.0034	0.43	7.27	190	0.18	0.004	0.03	1900	3000	0.57	387	5.81
Salmon, unidentified, eggs		1	58.5	533	0.002	0.035	3.35	21.3	601	0.83	0.002	0.01	4100	2000	3.03	548	18.8
Sauger	Stizostedion canadense	1	.	264	0.06	0.002	0.17	2.42	367	0.11	0.002	0.02	2300	4600	0.23	283	4.73
Scallop, Atlantic	Pecten magellanicus	2	78.8	238	0.01	0.0032	0.14	3.27	408	0.16	0.01	0.002	2500	3800	0.16	1400	10.2
Sea snail	unidentified	1	78.8	3100	0.06	0.0649	9.14	53.8	1100	1.10	0.05	0.14	1700	3100	0.49	4300	31.6
Seal, harp, meat	Pagophilus groenlandicus	1	64.4	58.5	0.01	0.002	1.17	148	178	0.10	0.004	0.002	1800	2600	0.57	716	22.6
Smelt	Osmerus mordax	4	73.8	4600	0.07	0.01615	0.44	12.5	279	2.33	0.01	0.08	3700	2500	0.57	856	30.3
Sturgeon	Acipenserspp.	7	69.9	1100	0.10	0.00569	0.44	5.86	206	0.55	0.002	0.04	2100	2600	0.51	717	6.23
Sucker, longnose	Catostomus catostomus	2	79.0	190	0.05	0.0043	0.43	4.23	272	0.30	0.003	0.002	2200	3700	0.13	491	3.97
Sucker, unidentified		2	.	530	0.02	0.00525	0.74	17.1	487	0.86	0.01	0.03	4200	8600	0.70	1200	32.8
Sucker, unidentified, eggs		2	64.7	304	0.11	0.0133	1.24	16.6	350	3.82	0.03	0.05	3600	2500	0.80	713	30.1
Sucker, white	Catostomus commersonii	2	79.0	3400	0.38	0.01135	0.42	19.2	333	2.51	0.04	0.14	3800	3900	0.19	638	8.00
Trout, brook/speckled	Salvelinus fontinalis	2	75.4	465	0.02	0.0128	0.55	6.73	257	0.36	0.01	0.002	2500	3800	0.54	657	29.5
Trout, brown	Salmo trutta	1	79.2	1000	0.002	0.0345	0.42	6.50	267	0.75	0.002	0.002	2800	3600	0.37	2000	8.33
Trout, lake	Salvelinus namaycush	12	70.3	475	0.10	0.00309	0.57	5.69	268	0.20	0.002	0.02	2600	3900	0.44	711	6.21
Trout, lake, smoked	Salvelinus namaycush	1	54.3	213	0.002	0.002	0.69	7.80	344	1.61	0.002	0.002	3000	4800	0.44	1600	4.94
Trout, rainbow/steelhead	Oncorhynchus mykiss	2	64.1	192	0.02	0.002	0.36	3.14	269	0.09	0.002	0.002	2300	3600	0.25	283	4.77
Trout, splake	Salvelinus fontinalis × Salvelinus namaycush	1	.	368	0.002	0.002	0.36	3.80	279	0.12	0.002	0.002	2300	3900	0.52	331	5.01
Trout, unidentified		2	.	715	0.45	0.00545	0.36	5.75	303	0.37	0.01	0.03	2500	4600	0.46	427	6.09
Trout, unidentified, guts		1	.	430	0.002	0.02	0.91	36.9	111	1.35	0.002	0.02	2000	2200	0.46	1600	56.0
Walleye/pickerel	Sanders vitreus	21	75.9	305	0.07	0.00236	0.25	2.70	284	0.13	0.002	0.02	2200	3900	0.31	363	4.56
Walleye/pickerel, eggs	Sanders vitreus	1	63.3	717	0.002	0.0124	0.76	11.7	416	1.45	0.01	0.002	3500	2300	0.44	1100	28.9
Walleye/pickerel, pemmican	Sanders vitreus	1	16.7	314	0.04	0.0092	0.81	17.2	708	2.56	0.01	0.04	6000	12400	0.53	1600	99.2
Whitefish, lake	Coregonus clupeaformis	13	73.9	2100	0.05	0.0156	0.39	6.53	283	1.12	0.002	0.01	3100	3700	0.48	1100	12.0
Whitefish, lake, dried	Coregonus clupeaformis	1	45.7	477	0.26	0.043	0.67	12.1	631	1.83	0.01	0.002	5700	9600	0.55	1300	13.4

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Whitefish, round	Prosopium cylindraceum	1	.	3700	0.002	0.0187	0.16	3.67	301	0.69	0.002	0.002	3800	4500	0.88	721	6.21
Whitefish, unidentified		5	.	4400	0.08	0.002	0.43	5.96	291	0.91	0.002	0.04	4300	3700	0.24	572	10.4
Whitefish, unidentified, eggs		1	.	228	0.03	0.002	0.95	10.3	278	1.37	0.002	0.02	3500	2600	1.29	1300	33.4
BOREAL SHIELD - LAND MAMMALS																	
Beaver, intestine	Castor canadensis	1	80.5	52.4	0.02	0.0298	1.34	36.7	139	9.37	0.02	0.002	1700	2100	0.10	1400	20.5
Beaver, liver	Castor canadensis	1	71.1	64.5	0.01	0.051	2.68	169	161	2.64	0.25	0.02	2400	2300	0.08	1100	28.1
Beaver, meat	Castor canadensis	10	57.1	349	0.18	0.01688	0.85	38.8	176	0.48	0.005	0.06	1600	2500	0.05	764	28.1
Beaver, tail	Castor canadensis	1	30.0	76.5	0.97	0.0303	0.66	36.9	35.4	1.48	0.09	0.44	299	339	0.03	678	7.20
Black bear, fat	Ursus americanus	3	1.17	5.87	0.002	0.002	0.03	1.31	3.82	0.01	0.002	0.002	47.7	55.0	0.01	223	0.18
Black bear, meat	Ursus americanus	5	62.9	83.5	0.03	0.004	1.55	40.7	212	0.24	0.01	0.01	1900	3000	0.15	782	48.9
Caribou, blood	Rangifer ssp.	1	79.0	31.0	0.002	0.002	0.48	566	39.1	1.39	0.002	0.002	427	2100	0.27	1200	3.43
Caribou, bone marrow	Rangifer ssp.	1	10.1	204	0.002	0.002	0.10	12.8	11.8	0.02	0.002	0.002	202	93.0	0.02	253	0.97
Caribou, brains	Rangifer ssp.	1	76.3	138	0.01	0.0045	2.35	26.9	142	0.38	0.01	0.002	3600	2900	0.16	1500	10.6
Caribou, fat	Rangifer ssp.	1	3.89	9.60	0.02	0.002	0.10	12.7	13.4	0.22	0.002	0.002	154	273	0.02	160	1.04
Caribou, fetus	Rangifer ssp.	1	81.5	186	0.35	0.002	0.87	16.0	152	0.27	0.02	0.09	2000	2200	0.06	1800	11.4
Caribou, heart	Rangifer ssp.	2	70.6	37.8	0.01	0.0119	4.91	64.7	277	0.59	0.003	0.002	2700	3500	0.29	734	17.5
Caribou, kidney	Rangifer ssp.	1	70.7	63.2	0.002	0.0377	3.93	39.1	164	1.44	0.18	0.002	2500	2500	0.84	990	18.3
Caribou, liver	Rangifer ssp.	1	70.1	39.7	0.002	0.046	23.9	239	200	2.85	0.69	0.002	4200	3000	0.40	850	21.9
Caribou, meat	Rangifer ssp.	8	63.7	102	0.47	0.0084	6.19	52.5	311	0.45	0.01	0.11	2700	4200	0.25	787	59.9
Caribou, meat, dried	Rangifer ssp.	1	52.7	95.3	0.64	0.0095	4.75	68.1	437	0.84	0.03	0.20	3900	5300	0.30	919	53.6
Caribou, stomach	Rangifer ssp.	1	49.7	22.8	0.002	0.002	0.23	28.4	32.4	10.6	0.002	0.002	404	653	0.07	712	3.89
Deer, heart	Odocoileus spp.	1	.	40.1	0.08	0.0096	4.30	54.0	238	0.34	0.01	0.04	2200	3000	0.35	796	21.7
Deer, kidney	Odocoileus spp.	2	.	59.5	0.48	0.02285	1.64	95.3	168	0.66	0.07	0.03	2200	3700	0.56	1400	32.9
Deer, liver	Odocoileus spp.	2	.	47.2	0.31	0.0775	72.0	100	191	3.76	0.25	0.02	4100	3700	0.54	695	41.2
Deer, meat	Odocoileus spp.	8	68.1	93.8	0.10	0.002	1.84	34.3	242	0.21	0.003	0.03	2100	3400	0.15	793	43.8
Deer, tongue	Odocoileus spp.	2	.	74.6	0.94	0.0082	1.83	39.8	197	0.81	0.02	0.06	1800	3500	0.19	1200	26.2
Elk, meat	Cervus canadensis	1	74.2	246	0.01	0.0046	0.95	24.3	219	0.18	0.002	0.002	1800	3000	0.04	482	50.2
Hare/rabbit, heart	Lepus spp.	2	72.7	96.1	0.02	0.0199	4.48	63.1	274	1.67	0.01	0.01	2600	3400	0.18	913	17.3
Hare/rabbit, intestines	Lepus spp.	1	81.2	140	0.002	0.0093	1.25	63.0	150	47.6	0.01	0.002	1700	1400	0.15	923	17.5
Hare/rabbit, liver	Lepus spp.	2	73.4	78.3	0.03	0.05125	3.10	255	155	3.96	0.37	0.01	2700	2300	0.26	1000	21.8
Hare/rabbit, meat	Lepus spp.	13	73.7	1800	0.11	0.01278	4.08	36.5	289	0.93	0.04	0.05	3000	3300	0.18	689	17.2
Moose, fat	Alces alces	4	17.5	30.3	0.06	0.002	0.18	11.5	21.1	0.18	0.002	0.01	208	372	0.02	189	1.79
Moose, heart	Alces alces	6	75.5	51.0	0.05	0.02733	3.74	51.7	214	0.45	0.01	0.01	2100	2800	0.18	824	21.1
Moose, intestine	Alces alces	3	6.75	81.5	0.06	0.008	0.23	13.0	44.6	1.94	0.003	0.04	296	517	0.03	347	5.20
Moose, kidney	Alces alces	9	77.4	87.4	0.10	0.0715	3.39	62.7	170	1.73	0.26	0.08	2300	2700	0.70	1400	32.6
Moose, liver	Alces alces	14	68.2	56.8	0.12	0.07723	43.8	167	168	2.62	0.82	0.08	3200	2800	0.35	920	42.7
Moose, meat	Alces alces	20	74.5	682	0.15	0.00957	1.33	32.8	234	0.35	0.005	0.05	2200	3400	0.10	614	50.8
Moose, meat, dried	Alces alces	3	46.2	117	2.33	0.02823	3.62	87.7	496	1.74	0.10	0.60	4500	7300	0.29	2600	80.3
Moose, nose	Alces alces	1	74.7	98.6	0.09	0.0078	1.01	20.4	120	0.33	0.01	0.08	1100	1700	0.06	2000	17.8
Moose, tongue	Alces alces	5	74.7	75.2	0.26	0.00568	1.38	29.0	167	0.49	0.02	0.09	1600	2700	0.09	1200	26.4
Muskrat, meat	Ondatra zibethica	3	65.2	5700	0.39	0.00853	1.12	75.8	342	0.69	0.01	0.07	4700	3900	0.10	871	19.0
Porcupine, meat	Erethizon dorsatum	1	72.6	101	0.17	0.0175	1.33	58.7	162	0.37	0.02	0.002	1300	2300	0.04	1200	26.2
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	1	73.2	612	0.002	0.0044	2.04	25.4	240	0.59	0.01	0.02	2300	3200	0.19	608	10.7

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
BOREAL SHIELD - WILD BIRDS																	
Arctic tern/stern, egg	Sterna paradisaea	1	76.0	747	0.002	0.0089	0.72	38.5	117	0.19	0.04	0.04	2600	1300	0.54	1400	17.0
Duck, black guillemot, meat	Cepphus grylle	1	72.6	295	0.02	0.0083	5.34	67.0	248	0.44	0.03	0.002	2700	2900	0.60	892	13.2
Duck, bufflehead, meat	Bucephala albeola	2	.	78.3	0.17	0.0108	4.52	67.7	231	0.89	0.02	0.55	2300	3300	0.16	735	13.5
Duck, eider, liver	Somateria spp.	1	74.5	80.7	0.01	0.0314	12.6	232	216	3.71	0.37	0.002	3100	2600	2.72	1500	30.2
Duck, eider, meat	Somateria spp.	1	71.6	185	0.03	0.0094	4.30	39.7	245	0.33	0.01	0.002	2200	2700	0.58	1400	16.3
Duck, gadwall, meat	Anas strepera	1	53.7	122	0.15	0.0074	2.80	52.3	182	0.63	0.02	0.002	1800	2200	0.26	535	11.3
Duck, goldeneye, meat	Bucephala clangula	2	71.5	43.7	0.06	0.00605	3.79	51.7	189	0.33	0.02	0.03	1800	2200	0.25	595	8.34
Duck, mallard, meat	Anas platyrhynchos	6	53.8	90.1	0.12	0.01252	4.32	70.1	287	0.87	0.03	0.04	2600	3900	0.50	803	17.9
Duck, scoter, meat	Melanitta nigra	1	69.2	62.2	0.09	0.0134	5.85	73.5	270	0.59	0.02	0.002	2700	3200	1.92	844	11.9
Duck, teal, meat	Anas spp.	2	.	87.7	0.23	0.0098	5.53	55.5	281	0.45	0.04	0.04	2500	4100	0.56	730	12.2
Duck, unidentified, meat		3	77.0	62.1	0.10	0.00377	5.61	47.1	225	0.56	0.01	0.07	2300	2700	0.31	3000	9.99
Goose, Canada, kidney	Branta canadensis	1	.	75.5	0.63	0.0445	1.15	156	202	1.59	0.05	0.08	1400	3700	0.25	850	31.8
Goose, Canada, meat	Branta canadensis	11	62.1	261	0.21	0.00447	3.34	53.7	226	0.36	0.02	0.07	2300	2800	0.20	613	18.4
Goose, snow, meat	Chen caerulescens	2	.	331	0.09	0.00685	4.06	50.6	254	0.53	0.02	0.03	2400	3000	0.29	482	14.4
Goose, unidentified, fat		2	0	34.8	0.15	0.002	0.37	14.6	65.2	0.17	0.01	0.04	571	1200	0.04	531	13.8
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	28	71.4	766	0.18	0.00354	2.88	31.2	318	0.64	0.03	0.02	2800	3300	0.22	648	7.99
BOREAL SHIELD - BERRIES, FRUITS, NUTS AND SEEDS																	
Blackberry	Rubus spp.	1	81.1	355	0.002	0.0157	2.35	4.25	403	16.6	0.01	0.26	458	2400	0.002	21.0	3.52
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	17	84.3	175	0.02	0.0022	0.65	2.65	74.6	33.8	0.02	0.16	159	798	0.002	26.4	1.23
Cloudberries/bakeapples	Rubus chamaemorus	2	85.8	107	0.01	0.00335	0.40	2.76	254	9.97	0.05	0.20	282	1800	0.002	37.9	3.35
Crabapple	Malus coronaria, Pyrus coronaria	1	79.5	207	0.07	0.0071	1.04	4.43	93.0	0.90	0.02	0.07	139	1700	0.002	0.002	0.65
Cranberry, high bush	Viburnum spp.	1	58.6	2700	0.04	0.0139	1.89	10.2	687	9.33	0.08	0.62	516	4900	0.002	0.002	3.79
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	9	86.1	128	0.07	0.00246	0.72	2.35	62.6	19.4	0.01	0.11	111	785	0.002	9.43	1.07
Gooseberry	Ribes spp.	2	.	326	0.03	0.002	0.94	2.15	150	8.69	0.02	0.13	262	2400	0.002	1.35	1.88
Hawthorn berry	Crataegus spp.	1	63.8	2800	0.11	0.0099	0.95	14.2	703	10.0	0.04	0.16	438	5300	0.002	0.002	3.42
Nut, acorn	Quercus spp.	1	40.5	508	0.06	0.0214	2.78	16.4	341	14.0	0.18	0.60	720	6700	0.04	0.002	5.75
Raspberry	Rubus idaeus	4	83.0	330	0.01	0.01238	0.82	5.90	231	11.4	0.15	0.51	411	1500	0.002	3.05	3.45
Rosehip	Rosa spp.	1	44.4	3200	0.30	0.0518	3.02	69.7	1600	40.0	0.11	0.85	1300	7300	0.05	10.4	7.96
Saskatoon berry	Amelanchier alnifolia	1	.	661	0.05	0.02	0.97	2.90	334	2.96	0.07	0.09	290	2000	0.002	3.80	2.10
Strawberry	Fragaria spp.	2	84.2	228	0.02	0.0116	0.60	4.26	148	5.39	0.04	0.36	218	1600	0.002	82.0	1.25
BOREAL SHIELD - WILD PLANTS																	
Dandelion, tea	Taraxacum officinale	1	.	268	0.002	0.002	0.25	1.80	63.6	0.34	0.002	0.02	56.7	640	0.002	8.10	0.90
Labrador tea, leaves	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	2	.	2000	0.27	0.002	2.52	16.3	435	310	0.002	0.32	452	1200	0.002	8.40	1.20
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	6	.	21.4	0.002	0.002	0.06	0.04	8.27	0.66	0.002	0.01	1.46	28.1	0.002	12.2	0.03
Lilypad	Nuphar lutea; Nymphaea odorata	1	.	2300	0.10	0.07	0.45	61.9	148	150	0.002	0.11	64.5	143	0.002	121	1.00
Mint, leaves	Mentha spp.	2	.	5500	1.05	0.151	3.55	278	2000	66.0	0.15	1.10	1200	9900	0.002	21.4	0.002
Mint, tea	Mentha spp.	2	.	44.1	0.002	0.002	0.04	0.002	23.4	0.28	0.002	0.002	4.85	61.4	0.002	14.2	0.10
Sage, leaves	Salvia spp.	1	.	0.83	0.002	0.002	0.002	0.002	0.38	0.01	0.002	0.002	0.64	8.30	0.002	0.002	0.01
Sage, tea	Salvia spp.	2	.	250	0.05	0.002	0.28	2.80	36.5	0.88	0.03	0.02	27.5	48.2	0.002	12.5	1.56
Sweetflag/muskrat root	Acorus americanus, A. calamus	1	.	3900	2.60	0.4	8.90	1200	2100	152	1.10	1.20	3700	12700	0.002	900	32.7
Sweetflag/muskrat root plus wild ginger, tea		1	.	21.3	0.002	0.002	0.13	0.46	11.0	0.23	0.002	0.004	19.7	59.1	0.002	13.6	0.05
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	2	.	125	0.02	0.002	0.55	21.5	38.8	1.31	0.04	0.02	11.8	58.1	0.002	39.9	0.35

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Wild rhubarb	unidentified	1	.	713	0.06	0.002	0.30	2.20	216	0.69	0.002	0.05	177	4300	0.002	12.1	0.70
Wild rice	Zitania aquatica	2	.	103	0.07	0.00585	1.85	4.44	390	3.48	0.01	0.11	1200	985	0.002	39.6	13.0
Wintergreen/teaberry	Gaultheria procumbens	1	60.7	3700	0.21	0.0219	1.08	19.3	937	111	0.04	0.68	450	3600	0.002	0.002	7.44
Yarrow, tea	Achillea millefolium	1	.	373	0.03	0.002	0.30	2.80	103	1.53	0.04	0.03	81.9	416	0.002	7.10	1.20
BOREAL SHIELD - TREES (bark, leaves, syrup, needles, cones, gum)																	
Birch, bark	Betula spp.	1	.	4300	0.10	0.1	3.40	12.3	447	76.3	0.002	0.20	208	715	0.002	9.10	138
Cedar, leaves	Thuja occidentalis, Thuja spp.	1	.	0.53	0.002	0.002	0.002	0.002	0.20	0.02	0.002	0.002	0.002	0.002	0.002	0.002	0.002
Cedar, tea	Thuja occidentalis, Thuja spp.	7	.	31.2	0.002	0.002	0.06	0.01	6.64	0.13	0.002	0.03	2.50	19.2	0.002	14.1	0.06
Ironwood (hornbeam), tea	Ostrya spp.	1	.	52.8	0.002	0.002	0.01	0.002	10.3	0.12	0.002	0.002	0.002	18.0	0.002	39.4	0.002
Juniper, tea	Juniperus communis	1	.	2700	0.31	0.002	0.83	9.40	139	73.7	0.06	0.09	145	242	0.002	7.40	4.20
Maple, syrup	Acer spp.	3	.	1100	0.01	0.0264	0.19	0.84	128	42.3	0.004	1.47	9.87	2000	0.002	0.002	7.68
Mountain ash, tea	Sorbus subg. Sorbus	1	.	39.5	0.002	0.002	0.14	0.002	18.2	0.17	0.002	0.002	6.00	66.5	0.002	5.90	0.30
Poplar (balsam), tea	Populus balsamifera L.	1	.	31.9	0.002	0.002	0.12	0.002	21.3	0.95	0.002	0.03	9.40	150	0.002	6.70	0.70
Spruce, tea	Picea spp.	1	.	179	0.002	0.002	0.09	1.20	19.4	0.82	0.002	0.002	7.10	73.7	0.002	4.00	2.30
Tamarack, tea	Larix laricina	2	.	24.6	0.002	0.002	0.08	0.002	9.46	3.48	0.002	0.002	3.84	41.4	0.002	3.70	0.36
Willow, tea	Salix spp.	1	.	1100	0.06	0.002	0.72	1.80	82.5	0.83	0.002	0.07	80.0	57.3	0.03	8.60	6.00
Yew, tea	Taxus canadensis	1	.	12.5	0.002	0.002	0.01	0.002	9.93	8.68	0.002	0.03	3.86	93.2	0.002	2.30	0.35
BOREAL SHIELD - MUSHROOMS																	
Mushroom, honey	Armillaria mellea	1	90.2	97.5	0.24	0.102	1.10	146	113	2.82	0.02	0.16	566	2800	0.94	0.002	10.3
Mushroom, mycena	Mycena spp.	1	90.0	50.2	0.14	0.0369	6.58	60.9	136	2.31	0.13	0.15	1100	2500	0.20	35.0	18.8
Mushroom, unidentified		1	47.3	228	0.18	0.0202	1.67	15.5	1900	24.5	0.03	0.13	839	2000	0.03	0.002	44.1
BOREAL SHIELD - CULTIVATED FOOD (PLANTS)																	
Apple	Malus domestica	1	71.8	38.5	0.03	0.002	0.28	1.47	36.7	0.31	0.01	0.07	87.2	945	0.002	51.0	0.28
Squash, hubbard	Cucurbita maxima	1	92.7	380	0.04	0.0317	0.72	2.77	184	0.87	0.02	0.24	329	3000	0.002	0.002	2.61
Squash, pumpkin	Cucurbita maxima	2	87.3	310	0.02	0.00935	0.82	2.66	295	0.85	0.02	0.08	303	4500	0.002	0.002	3.15
TAIGA SHIELD - FISH																	
Ling cod/mariah/burbot	Lota lota	1	78.9	563	0.002	0.002	0.19	2.57	245	0.29	0.002	0.002	2000	3300	0.10	612	4.18
Northern pike/jackfish	Esox lucius	4	77.1	2700	0.08	0.00268	0.41	5.93	280	2.57	0.002	0.02	3300	3300	0.27	558	16.8
Salmon, Atlantic	Salmo salar	1	70.2	115	0.002	0.0044	0.55	4.47	226	0.08	0.002	0.002	2400	3300	0.51	1000	5.64
Sucker, longnose	Catostomus catostomus	1	77.0	582	0.02	0.002	0.32	3.43	255	0.33	0.002	0.002	2200	3500	0.15	284	3.16
Sucker, white	Catostomus commersonii	1	.	4600	0.06	0.002	0.45	10.7	277	2.96	0.002	0.002	4400	4000	0.22	401	6.20
Trout, brook/speckled	Salvelinus fontinalis	2	74.0	308	0.09	0.00545	0.44	5.30	242	0.15	0.002	0.002	2400	3700	0.47	609	7.30
Trout, lake	Salvelinus namaycush	5	68.0	416	0.03	0.00322	0.42	5.44	232	0.34	0.004	0.02	2300	3500	0.36	553	5.64
Trout, lake, eggs	Salvelinus namaycush	2	64.4	282	0.02	0.02625	1.34	14.7	325	4.21	0.01	0.002	4100	2200	0.92	786	31.1
Trout, lake, smoked	Salvelinus namaycush	1	56.5	172	0.002	0.0074	1.00	14.4	400	0.48	0.002	0.37	4000	6700	0.32	684	8.65
Walleye/pickerel	Sanders vitreus	2	75.6	299	0.03	0.002	0.26	3.81	259	0.12	0.002	0.67	2300	4000	0.20	287	4.24
Whitefish, lake	Coregonus clupeaformis	2	75.5	257	0.03	0.00515	0.29	3.53	256	0.15	0.002	0.002	2200	3600	0.32	420	5.92
Whitefish, unidentified		1	.	7500	0.24	0.002	0.29	7.00	300	1.85	0.002	0.11	5600	3600	0.45	661	10.6
Whitefish, unidentified, smoked		1	52.8	416	0.15	0.0092	0.39	14.8	503	1.11	0.002	0.10	4300	7100	0.55	806	6.43
TAIGA SHIELD - LAND MAMMALS																	
Beaver, meat	Castor canadensis	4	52.2	98.6	0.10	0.00333	0.92	41.5	188	0.21	0.003	0.02	1700	3000	0.04	599	27.8
Black bear, fat	Ursus americanus	1	0	2.00	0.002	0.002	0.002	0.002	0.55	0.03	0.002	0.002	5.10	7.90	0.002	2.00	0.14
Black bear, meat	Ursus americanus	2	67.4	40.8	0.13	0.0031	1.21	35.3	179	0.16	0.02	0.03	1600	2600	0.10	565	38.0
Caribou, bone marrow	Rangifer ssp.	2	14.2	494	0.01	0.002	0.99	13.7	16.7	0.03	0.002	0.21	344	112	0.02	282	1.14
Caribou, brain	Rangifer ssp.	1	.	96.9	0.03	0.002	2.68	28.4	120	0.48	0.002	0.02	3500	2800	0.18	1400	10.5
Caribou, brains	Rangifer ssp.	1	75.8	392	0.002	0.002	2.43	25.0	141	0.37	0.01	0.002	3900	3000	0.16	1400	10.0
Caribou, fat	Rangifer ssp.	1	.	10.2	0.002	0.002	0.002	0.002	0.002	0.002	0.002	0.002	6.60	5.70	0.002	1.80	0.002
Caribou, heart	Rangifer ssp.	3	67.4	47.7	0.05	0.01113	4.12	63.5	218	0.50	0.004	0.02	2200	3000	0.25	719	16.2

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Caribou, intestine	Rangifer ssp.	1	.	96.0	0.04	0.002	1.01	20.8	90.6	2.73	0.002	0.04	1200	1700	0.15	963	12.9
Caribou, kidney	Rangifer ssp.	3	68.7	65.0	0.05	0.03313	3.44	36.6	183	0.99	0.09	0.01	2300	2700	0.62	1000	29.0
Caribou, liver	Rangifer ssp.	2	72.1	43.0	0.04	0.08465	21.4	155	167	2.97	0.58	0.02	3500	2800	0.34	732	28.9
Caribou, meat	Rangifer ssp.	4	70.4	90.8	0.11	0.00623	3.01	42.9	255	0.38	0.002	2.03	2400	3400	0.20	611	42.9
Caribou, meat, dried	Rangifer ssp.	1	23.9	50.5	0.18	0.0098	2.21	122	292	0.89	0.01	0.10	6000	9300	0.45	1900	37.8
Caribou, tongue	Rangifer ssp.	1	.	55.9	0.10	0.002	1.95	16.6	149	0.26	0.002	0.06	1700	2400	0.17	1100	20.9
Hare/rabbit, meat	Lepus spp.	3	71.7	8900	0.13	0.01277	2.68	41.7	369	2.84	0.02	0.12	7200	3000	0.23	825	17.2
Moose, bone marrow	Alces alces	1	12.1	588	0.02	0.002	0.04	3.89	15.8	0.01	0.002	0.002	338	47.7	0.002	185	0.72
Moose, heart	Alces alces	1	68.7	31.3	0.002	0.103	3.02	46.0	200	0.34	0.02	0.002	1800	2700	0.15	697	15.9
Moose, kidney	Alces alces	1	75.5	84.4	0.002	0.243	3.07	44.0	153	1.32	0.25	0.09	2700	2700	0.63	1400	23.2
Moose, liver	Alces alces	1	54.2	27.9	0.002	0.115	22.8	175	104	1.42	0.66	0.05	2100	1600	0.16	569	69.1
Moose, meat	Alces alces	4	72.1	66.4	0.07	0.0108	1.76	34.8	228	0.43	0.01	0.04	2100	3400	0.15	628	40.8
Moose, meat, dried	Alces alces	1	18.8	28.8	0.07	0.013	0.76	72.4	148	0.34	0.01	0.15	4400	7500	0.25	1000	29.5
Moose, tongue	Alces alces	1	.	79.7	0.11	0.002	1.89	24.1	169	0.29	0.002	0.04	1700	2800	0.25	1400	28.3
Muskrat, meat	Ondatra zibethica	1	71.8	458	0.15	0.0071	1.34	45.7	228	0.28	0.01	0.002	2100	3200	0.02	684	13.7
Porcupine, meat	Erethizon dorsatum	1	48.3	164	0.03	0.0154	0.51	13.8	69.6	0.69	0.02	0.002	751	1100	0.02	807	12.5
TAIGA SHIELD - WILD BIRDS																	
Duck, goldeneye, meat	Bucephala clangula	1	69.1	46.3	0.002	0.0183	6.95	97.8	317	0.71	0.03	0.002	3300	3600	0.51	665	12.3
Duck, mallard, meat	Anas platyrhynchos	2	56.9	5800	0.06	0.04665	4.67	92.8	316	1.14	0.05	0.12	5900	3300	1.35	1000	21.0
Goose, Canada, liver	Branta canadensis	1	66.8	109	0.002	0.0386	13.1	596	216	4.10	0.89	0.002	3800	2300	0.70	1000	37.3
Goose, Canada, meat	Branta canadensis	2	58.3	64.6	0.01	0.0085	4.98	68.9	259	0.50	0.03	0.02	2600	3200	0.34	689	15.4
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	6	70.1	3000	0.11	0.00318	3.01	43.7	324	1.50	0.02	0.08	4000	3400	0.25	748	10.5
TAIGA SHIELD - BERRIES, FRUITS, NUTS AND SEEDS																	
Blackberry, leaves	Rubus spp.	1	.	7000	0.30	0.002	4.60	38.9	2000	299	0.20	1.20	1600	6200	0.002	38.3	13.0
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	3	88.0	161	0.002	0.002	0.62	2.19	76.7	29.5	0.01	0.10	184	815	0.002	2.20	1.58
Cloudberries/bakeapples	Rubus chamaemorus	1	82.9	145	0.01	0.0085	0.92	4.34	295	13.9	0.06	0.16	376	1900	0.002	16.9	4.23
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	3	86.3	129	0.52	0.002	0.70	4.91	66.3	23.1	0.02	0.35	124	919	0.002	6.23	1.11
Raspberry	Rubus idaeus	1	81.7	279	0.002	0.0146	0.76	9.32	265	14.4	0.07	0.39	440	1900	0.002	0.002	3.91
TAIGA SHIELD - WILD PLANTS																	
Labrador tea, leaves	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	1	.	5700	0.30	0.002	3.80	47.0	1400	370	0.002	0.40	1600	5700	0.002	25.0	26.1
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	2	.	19.0	0.002	0.002	0.07	0.02	12.3	6.43	0.002	0.01	9.65	98.6	0.002	5.85	0.11
HUDSON PLAINS - FISH																	
Cisco	Coregonus spp.	1	76.2	117	0.14	0.0043	0.44	4.71	253	0.11	0.002	0.002	2400	4200	0.22	327	5.21
Northern pike/jackfish	Esox lucius	4	74.9	565	0.06	0.00275	0.51	3.42	270	0.38	0.004	0.01	2200	3300	0.18	505	7.69
Northern pike/jackfish, eggs	Esox lucius	1	60.8	335	0.002	0.0576	1.78	40.2	381	2.73	0.03	0.002	4300	3200	1.12	1100	97.5
Sturgeon	Acipenserspp.	4	72.1	277	0.11	0.00315	0.43	5.39	208	0.26	0.01	0.02	1800	2800	0.22	568	4.23
Trout, brook/speckled	Salvelinus fontinalis	1	77.1	821	0.01	0.002	0.35	3.97	223	0.12	0.002	0.002	2200	3200	0.26	715	4.61
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	76.1	301	0.04	0.0078	0.38	5.85	240	0.10	0.002	0.002	2400	4400	0.24	598	4.99
Trout, unidentified		1	75.2	760	0.11	0.0139	0.46	7.50	242	0.63	0.01	0.03	2500	3600	0.14	598	11.2
Walleye/pickerel	Sanders vitreus	4	77.6	496	0.25	0.00275	0.24	3.78	283	0.16	0.003	0.03	2200	4000	0.19	439	3.96
Whitefish, lake	Coregonus clupeaformis	4	73.0	663	0.04	0.01253	0.40	5.36	277	0.24	0.002	0.01	2500	4000	0.33	726	7.05
Whitefish, unidentified, eggs		1	58.9	374	0.01	0.0667	1.97	15.3	359	1.68	0.01	0.02	3400	1600	1.41	678	32.0

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
HUDSON PLAINS - LAND MAMMALS																	
Beaver, meat	Castor canadensis	3	67.4	81.8	0.09	0.00767	1.25	47.5	161	0.52	0.02	0.02	1700	2200	0.06	702	27.1
Beaver, tail	Castor canadensis	1	47.5	48.0	0.03	0.002	0.33	5.28	20.2	0.05	0.002	0.002	216	346	0.01	680	1.76
Black bear, fat	Ursus americanus	1	0	4.40	0.05	0.002	0.002	0.67	2.48	0.01	0.002	0.002	39.4	31.7	0.002	21.1	0.002
Black bear, meat	Ursus americanus	1	58.8	34.2	0.10	0.0049	1.28	37.0	166	0.13	0.01	0.002	1300	1800	0.14	370	56.9
Caribou, bone	Rangifer ssp.	1	22.6	1800	0.002	0.002	0.07	29.9	79.5	0.06	0.002	0.002	1700	716	0.04	956	3.96
Caribou, meat	Rangifer ssp.	4	65.6	1100	0.02	0.00258	1.84	37.3	233	0.28	0.004	0.002	2200	2700	0.08	568	43.1
Hare/rabbit, meat	Lepus spp.	5	73.7	105	0.03	0.00566	2.00	33.1	260	0.52	0.01	0.01	2200	3400	0.09	626	16.1
Moose, bone marrow	Alces alces	2	21.5	272	0.002	0.002	0.08	10.5	17.6	0.01	0.002	0.002	271	89.0	0.002	513	0.70
Moose, heart	Alces alces	3	71.3	60.1	0.07	0.01507	3.20	51.4	189	0.39	0.01	0.02	1700	2400	0.09	744	17.4
Moose, intestine	Alces alces	2	54.5	105	0.02	0.002	0.35	12.5	56.3	0.38	0.01	0.01	612	1100	0.03	603	7.91
Moose, kidney	Alces alces	4	77.3	127	0.09	0.0424	2.69	47.6	147	1.92	0.16	0.03	1900	2300	0.38	1200	30.3
Moose, liver	Alces alces	5	69.4	49.9	0.04	0.07128	25.5	135	156	2.46	0.89	0.02	3300	2600	0.37	694	22.9
Moose, meat	Alces alces	5	71.4	47.6	0.06	0.00524	1.37	31.7	211	0.27	0.02	0.01	1800	3100	0.08	594	41.1
Moose, nose	Alces alces	2	55.8	118	0.44	0.0069	0.88	29.0	107	0.54	0.02	0.06	1000	1500	0.06	1400	16.7
Moose, stomach	Alces alces	1	.	51.9	0.002	0.0041	1.10	17.3	216	0.27	0.002	0.02	1700	2900	0.21	860	69.3
Moose, tongue	Alces alces	3	72.0	99.0	0.28	0.00657	1.20	24.4	158	0.46	0.02	0.05	1400	2300	0.07	1000	22.1
Muskrat, meat	Ondatra zibethica	1	73.7	213	0.20	0.0258	1.87	130	198	1.44	0.18	0.02	1900	2500	0.03	674	17.3
HUDSON PLAINS - WILD BIRDS																	
Duck, godwit, meat	Limosa spp.	1	48.6	111	0.08	0.006	4.05	63.0	169	0.33	0.03	0.01	1500	1200	0.19	328	13.2
Duck, mallard, meat	Anas platyrhynchos	4	67.8	318	0.11	0.01018	4.59	53.4	253	0.40	0.02	0.01	2400	3100	0.37	582	14.4
Duck, northern pintail, meat	Anas acuta	2	57.0	101	0.04	0.00895	4.36	51.7	247	0.42	0.02	0.01	2400	3300	0.33	1600	13.6
Duck, teal, meat	Anas spp.	3	75.5	165	0.01	0.0096	5.25	78.7	254	0.40	0.02	0.002	2400	2900	0.48	639	13.2
Goose, Canada, meat	Branta canadensis	4	64.3	50.9	0.03	0.00423	3.21	49.8	200	0.52	0.03	0.01	1800	2600	0.15	588	21.8
Goose, snow, meat	Chen caerulescens	3	59.6	133	0.06	0.00523	3.07	43.1	240	0.36	0.02	0.01	2300	2900	0.19	580	14.6
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	5	70.1	54.5	0.02	0.00288	2.80	34.8	292	0.67	0.02	0.02	2500	3300	0.14	558	6.63
HUDSON PLAINS - BERRIES, FRUITS, NUTS AND SEEDS																	
Blackberry	Rubus spp.	1	89.3	67.1	0.03	0.002	1.02	1.17	41.4	2.53	0.002	0.70	82.2	830	0.002	0.002	0.87
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	3	84.6	173	0.01	0.002	0.77	2.92	71.3	47.0	0.03	0.25	175	810	0.002	4.50	1.11
Chokecherry/pincherry	Prunus virginiana L.	1	76.8	375	0.08	0.002	1.22	3.89	169	0.43	0.02	0.39	247	2100	0.002	0.002	1.91
Cranberry, high bush	Viburnum spp.	3	81.2	296	0.01	0.002	0.60	2.38	143	0.55	0.01	0.04	197	1600	0.002	0.67	1.27
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	4	86.5	162	0.02	0.002	0.56	2.11	79.4	12.8	0.01	0.08	127	1000	0.002	2.03	1.15
Rosehip	Rosa spp.	1	55.4	2900	0.05	0.0072	1.53	7.05	725	7.04	0.10	0.19	582	5800	0.002	0.002	3.88
Saskatoon berry	Amelanchier alnifolia	1	.	559	0.01	0.0075	0.93	3.77	166	21.1	0.02	0.21	242	1400	0.002	0.002	2.49
HUDSON PLAINS - WILD PLANTS																	
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	3	.	11.9	0.002	0.002	0.03	0.002	2.85	0.08	0.002	0.002	0.002	12.0	0.002	9.00	0.01
HUDSON PLAINS - TREES (bark, leaves, syrup, needles, cones, gum)																	
Cedar, tea	Thuja occidentalis, Thuja spp.	1	.	3.04	0.002	0.002	0.01	0.002	0.89	0.01	0.002	0.002	0.002	14.0	0.002	0.002	0.02
HUDSON PLAINS - CULTIVATED FOOD (PLANTS)																	
Potatoes	Solanum tuberosum	1	81.5	280	0.05	0.0103	1.29	22.3	199	1.55	0.09	0.09	309	2700	0.002	0.002	3.34

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
MIXEDWOOD PLAINS - FISH																	
Bass, smallmouth	Micropterus salmoides	3	77.2	93.9	0.03	0.002	0.21	2.23	256	0.08	0.002	0.002	1700	3000	0.55	221	2.99
Bass, white	Morone spp.	1	76.9	208	0.002	0.0041	0.47	3.55	261	0.13	0.002	0.002	1700	2900	0.58	482	3.88
Catfish	Ameiurus nebulosus	3	75.2	183	0.03	0.00823	0.29	6.88	258	0.29	0.002	0.01	2200	3700	0.24	383	6.19
Perch, yellow	Perca flavescens	4	78.1	253	0.03	0.00253	0.23	2.42	248	0.18	0.003	0.01	1700	3000	0.57	265	6.13
Salmon, unidentified		2	62.9	248	0.01	0.0054	0.53	4.15	268	0.60	0.004	0.03	2400	4000	0.52	2800	4.59
Smelt	Osmerus mordax	1	68.9	5000	0.21	0.0106	0.55	20.0	383	3.08	0.01	0.06	4500	3900	0.46	1100	25.8
Sturgeon	Acipenserspp.	2	66.0	84.5	0.01	0.00355	0.39	3.67	218	0.20	0.002	0.01	2100	3100	0.74	2500	4.37
Trout, brook/speckled	Salvelinus fontinalis	1	73.2	779	0.05	0.0119	0.28	3.20	283	0.25	0.01	0.002	2900	4000	0.56	416	5.95
Trout, brown	Salmo trutta	1	70.2	120	0.07	0.002	0.64	4.71	245	0.12	0.002	0.002	2100	4100	0.30	250	3.86
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	70.7	157	0.03	0.002	0.44	4.34	251	0.08	0.002	0.002	2200	3800	0.39	437	3.37
Walleye/pickerel	Sanders vitreus	6	78.7	242	0.04	0.002	0.24	2.41	237	0.10	0.004	0.01	1900	3300	0.36	237	3.69
MIXEDWOOD PLAINS - LAND MAMMALS																	
Beaver, meat	Castor canadensis	2	75.7	53.6	0.09	0.002	1.51	44.7	212	0.19	0.01	0.01	1900	3000	0.09	537	31.6
Black bear, meat	Ursus americanus	2	57.4	131	0.03	0.0052	1.76	46.1	287	0.37	0.01	0.04	2600	3800	0.15	8000	74.0
Deer, kidney	Odocoileus spp.	2	72.2	66.7	0.01	0.02625	3.17	53.2	151	1.44	0.26	0.01	2400	2300	0.68	1400	28.1
Deer, liver	Odocoileus spp.	3	70.9	59.3	0.05	0.03723	37.6	115	180	2.26	0.35	0.02	3200	2900	0.22	690	33.0
Deer, meat	Odocoileus spp.	6	70.2	104	0.13	0.00415	3.67	35.4	237	0.64	0.03	0.02	2100	3300	0.08	853	35.5
Hare/rabbit, meat	Lepus spp.	3	71.3	659	0.06	0.0044	1.77	44.4	228	0.44	0.10	0.03	2200	2600	0.15	550	16.6
Moose, meat	Alces alces	4	73.2	59.9	0.03	0.00303	1.24	29.7	219	0.17	0.002	0.01	2000	3400	0.05	1000	45.3
Muskrat, meat	Ondatra zibethica	2	76.0	195	0.04	0.009	0.85	60.7	174	1.31	0.02	0.01	1600	2900	0.06	789	15.1
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	2	74.9	467	0.05	0.0043	1.60	29.3	251	0.37	0.02	0.03	2400	3700	0.14	690	15.6
MIXEDWOOD PLAINS - WILD BIRDS																	
Duck, American black, meat	Anas rubripes	1	70.8	31.9	0.01	0.0076	4.03	52.3	285	0.37	0.01	0.15	2600	3900	0.36	519	9.47
Duck, mallard, meat	Anas platyrhynchos	3	70.2	44.1	0.02	0.00847	5.71	68.0	290	0.47	0.02	0.002	2900	3700	0.38	541	12.6
Duck, northern pintail, meat	Anas acuta	2	71.7	33.0	0.01	0.00575	4.83	51.4	265	0.39	0.02	0.01	2400	3100	0.60	452	9.46
Duck, wood, meat	Aix sponsa	1	72.2	34.1	0.02	0.006	4.86	57.9	333	0.46	0.02	0.002	3400	4100	0.33	527	10.8
Goose, Canada, meat	Branta canadensis	4	67.5	42.8	0.06	0.00485	4.04	61.2	261	0.34	0.03	0.02	2600	3400	0.17	476	14.8
Goose, snow, meat	Chen caerulescens	1	69.3	42.2	0.02	0.0068	6.00	51.8	285	0.35	0.02	0.002	3000	3400	0.11	489	17.1
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	1	72.5	63.2	0.002	0.002	0.82	5.76	319	0.12	0.01	0.002	2700	3100	0.10	463	5.26
Wild turkey, meat	Meleagris gallopava	3	68.7	57.9	0.06	0.002	1.40	20.6	247	0.16	0.03	0.03	2000	2900	0.15	604	26.0
MIXEDWOOD PLAINS - BERRIES, FRUITS, NUTS AND SEEDS																	
Blackberry	Rubus spp.	1	84.6	383	0.03	0.0111	2.45	4.90	233	9.07	0.06	0.27	311	1300	0.002	2.00	2.04
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	3	85.7	186	0.01	0.002	0.74	3.77	76.2	12.3	0.01	0.14	163	786	0.002	2.43	1.00
Crabapple	Malus coronaria, Pyrus coronaria	2	78.6	251	0.02	0.00455	1.03	3.24	120	0.51	0.04	0.03	173	2300	0.002	2.40	0.59
Cranberry, high bush	Viburnum spp.	1	85.6	548	0.03	0.002	0.85	2.78	177	0.66	0.06	0.14	313	2300	0.002	2.00	1.92
Elderberry	Sambucus spp.	1	84.7	880	0.01	0.002	1.04	5.87	530	2.97	0.17	0.05	642	1900	0.002	0.002	2.82
Grape, wild	Vitis riparia	1	77.1	839	0.002	0.002	1.64	6.14	280	2.82	0.02	0.02	534	3400	0.002	0.002	1.53
Hawthorn berry	Crataegus spp.	1	59.0	1300	0.04	0.0278	1.51	4.32	364	1.10	0.04	0.28	343	3500	0.002	0.002	1.41
Nut, acorn	Quercus spp.	3	35.5	173	0.06	0.002	0.94	17.4	160	1.69	0.10	0.11	381	3900	0.002	0.002	1.58
Nut, hazelnut	Corylus americana	1	23.1	1300	0.05	0.0241	6.03	17.4	696	93.6	0.02	0.71	1000	4500	0.002	0.002	7.79
Nut, hickory	Carya ovata	3	11.6	251	0.11	0.02903	4.04	9.56	460	17.3	1.02	1.36	1000	2300	0.01	0.002	16.6
Nut, walnut	Juglans spp	1	16.2	618	0.04	0.0257	10.8	31.8	1600	11.3	0.55	1.40	4000	4600	0.03	0.002	20.2
Raspberry	Rubus idaeus	2	83.0	261	0.03	0.00515	1.18	6.03	205	2.48	0.14	0.11	362	1800	0.002	64.5	2.41
Raspberry, leaf, tea	Rubus idaeus	1	.	31.8	0.002	0.002	0.03	0.002	10.2	0.03	0.002	0.002	2.83	37.8	0.002	12.9	0.05
Saskatoon berry	Amelanchier alnifolia	1	61.6	1400	0.02	0.002	1.48	1.21	393	4.22	0.16	0.30	736	4100	0.002	0.002	3.14
Strawberry	Fragaria spp.	2	87.4	262	0.41	0.0146	2.82	6.92	154	4.43	0.09	0.18	258	1800	0.002	0.002	2.48

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Sumac	Rhus typhina, R. glabra	1	12.4	115	0.02	0.002	0.68	2.87	134	0.37	0.04	0.03	286	1500	0.002	0.002	1.20
Sunflower, seeds	Helianthus annuus	1	9.53	366	0.52	0.0731	8.35	32.3	2000	9.15	0.33	0.61	3600	6400	0.08	0.002	18.7
MIXEDWOOD PLAINS - WILD PLANTS																	
Clover, tea	Trifolium spp.	1	.	19.5	0.002	0.002	0.02	0.002	8.14	0.002	0.002	0.002	3.06	39.8	0.002	41.6	0.02
Dandelion, greens	Taraxacum officinale	2	70.5	1800	0.04	0.0103	1.20	20.9	363	3.82	0.20	0.05	555	6000	0.01	105	6.56
Ferns, fiddleheads	Matteauccia struthiopteris	2	90.6	346	0.08	0.0036	4.42	11.7	238	2.73	0.07	0.87	882	1700	0.12	155	9.84
Horsetail shoots	Equisetum arvense	1	62.1	6600	0.41	0.101	1.03	41.8	1200	14.9	3.17	1.57	281	3400	0.06	0.002	7.73
Jerusalem artichoke	Helianthus tubererosus	1	72.6	385	0.15	0.0185	3.16	29.6	280	2.49	0.04	0.34	1100	5600	0.02	6.10	4.77
Leeks/onions	Allium spp.	2	78.9	686	0.27	0.0585	0.79	126	176	5.20	0.09	0.35	290	1800	0.002	66.5	3.61
Mint, leaves	Mentha spp.	1	.	75.7	0.002	0.002	0.01	0.002	21.1	0.03	0.002	0.002	0.002	74.0	0.002	0.002	0.02
Purple pitcher (turtle socks), leaves	Sarracenia purpurea	1	.	0.11	0.002	0.002	0.002	0.002	0.25	0.02	0.002	0.002	0.37	0.002	0.002	0.002	0.002
Sage, tea	Salvia spp.	1	.	3.91	0.002	0.002	0.29	0.002	1.13	0.01	0.002	0.002	8.24	126	0.002	0.002	0.04
Stinging nettle, leaves	Urtica dioica	3	72.5	11600	0.22	0.0329	1.21	70.8	1800	16.0	0.40	0.29	870	3600	0.01	11.8	5.34
Sweetflag/muskrat root	Acorus americanus, A. calamus	2	23.1	72.9	0.14	0.02105	7.38	76.4	1100	8.59	0.63	1.25	1600	4200	0.002	0.002	11.6
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	1	.	8.26	0.002	0.002	0.01	0.002	85.6	0.01	0.02	0.002	0.33	34.7	0.002	320	0.002
Tobacco	Nicotiana tabacum	1	54.9	21200	0.56	0.0904	5.59	247	1300	16.3	1.48	0.33	2000	26600	0.12	946	30.9
Western dock, leaves	Rumex occidentalis	1	.	10.2	0.002	0.002	0.02	0.002	9.04	0.01	0.002	0.002	1.22	38.7	0.002	7.70	0.01
Wild ginger	Asarum caudatum	1	61.5	3400	1.01	0.247	4.25	528	3000	37.7	0.18	0.74	752	13400	0.002	0.002	16.2
Wintergreen/teaberry	Gaultheria procumbens	1	58.1	6500	0.25	0.0384	1.37	32.9	1100	124	0.04	0.66	418	2100	0.002	4.40	9.42
MIXEDWOOD PLAINS - TREES (bark, leaves, syrup, needles, cones, gum)																	
Cedar, tea	Thuja occidentalis, Thuja spp.	3	.	27.1	0.002	0.002	0.04	0.002	13.0	0.02	0.002	0.01	12.8	55.7	0.002	18.8	0.02
Maple, syrup	Acer spp.	5	39.8	714	0.02	0.01548	0.57	0.34	111	25.4	0.004	0.12	9.00	1600	0.002	3.84	1.79
MIXEDWOOD PLAINS - MUSHROOMS																	
Mushroom, giant puffball	Calvatia gigantea	1	80.7	164	1.26	0.212	6.90	556	283	42.2	0.19	0.75	1800	3700	1.79	0.002	21.7
MIXEDWOOD PLAINS - CULTIVATED FOOD (PLANTS)																	
Apple	Malus domestica	1	85.5	61.7	0.07	0.002	0.25	1.16	50.4	0.34	0.01	0.002	102	918	0.002	2.00	0.16
Beans, dried	Phaseolus vulgaris	1	12.5	80.8	0.03	0.0425	7.02	49.5	1600	8.18	1.57	0.64	4000	14000	0.002	20.0	26.2
Beans, kidney, red	Phaseolus vulgaris	1	12.1	233	0.02	0.0459	6.90	55.2	1500	8.10	1.64	0.39	4300	15400	0.03	0.002	22.9
Beans, pole	Phaseolus vulgaris	1	84.2	568	0.10	0.0083	1.37	10.9	352	2.11	1.33	0.13	778	3000	0.002	35.9	3.67
Beans, snap	Phaseolus vulgaris	2	93.0	358	0.02	0.0033	0.54	4.71	141	0.77	0.81	0.08	245	1300	0.002	998	1.65
Beets	Beta vulgaris	2	86.1	192	0.02	0.008	0.77	7.77	179	3.88	0.02	0.04	272	2400	0.002	468	3.88
Brussel sprouts	Brassica oleracea var. gemmifera	1	84.8	2200	0.27	0.0331	0.23	107	349	11.1	0.38	0.10	528	3900	0.02	50.0	3.41
Cabbage	Brassica oleracea var. capitata	2	94.6	257	0.04	0.0039	0.37	10.5	107	1.73	0.07	0.05	243	1600	0.002	11.5	1.77
Carrots	Daucus carota subsp. sativus	1	86.8	474	0.06	0.0114	0.72	12.2	159	0.89	0.04	0.06	461	3200	0.002	172	2.52
Corn soup	Zea mays	1	69.5	79.4	0.03	0.0146	0.81	6.94	196	1.01	0.17	0.06	578	1200	0.04	2900	4.31
Corn, blue	Zea mays	1	10.1	39.3	0.03	0.002	0.43	3.66	594	1.39	0.11	0.03	2700	2400	0.002	0.002	2.75
Corn, calico	Zea mays	1	10.4	30.9	0.74	0.002	0.49	2.25	531	1.37	0.12	0.01	1800	2200	0.002	0.002	1.20
Corn, hominy	Zea mays	2	38.5	75.2	0.02	0.01195	0.40	142	303	7.56	0.16	0.01	656	1600	0.002	141	5.42
Corn, unidentified	Zea mays	1	72.6	117	0.03	0.002	0.47	6.78	475	2.61	0.01	0.03	835	810	0.002	32.0	7.03
Corn, unidentified, dried	Zea mays	1	9.71	59.3	0.01	0.002	0.72	3.81	746	3.08	0.15	0.02	2400	2600	0.02	89.0	3.62
Corn, white	Zea mays	2	33.7	66.9	0.07	0.002	1.13	8.89	598	2.55	0.17	0.07	1900	2300	0.01	38.6	8.55
Corn, white, flour	Zea mays	1	3.64	51.2	0.01	0.002	1.98	26.5	1500	5.25	0.33	0.22	3800	5000	0.03	2.00	29.4
Corn, yellow	Zea mays	2	63.6	55.7	0.02	0.002	1.04	6.03	409	2.21	0.06	0.05	1200	3300	0.002	157	6.85
Cucumber	Cucumis sativus	1	90.1	121	0.01	0.002	0.23	1.61	51.0	0.30	0.03	0.02	102	556	0.002	6600	0.52
Honey	Apis mellifera (bee)	2	19.4	58.4	0.01	0.002	0.09	0.90	15.1	0.14	0.003	0.03	32.7	380	0.002	7.15	0.30
Pepper, green	Capsicum annuum	1	91.8	107	0.002	0.002	0.76	4.27	124	1.14	0.08	0.03	235	2000	0.002	0.002	1.74
Potatoes	Solanum tuberosum	2	71.6	633	0.16	0.04665	1.89	94.1	322	9.82	0.56	0.52	619	4500	0.02	72.5	5.31

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Radish	Raphanus sativus	1	89.3	1000	0.17	0.0355	0.45	84.8	198	3.32	0.24	0.13	331	4600	0.03	59.0	3.48
Squash, butternut	Cucurbita maxima	1	87.7	371	0.03	0.0046	0.78	3.79	228	0.74	0.06	0.05	594	3900	0.002	2.00	2.11
Squash, winter	Cucurbita maxima	3	87.7	278	0.03	0.0029	0.82	5.03	246	1.10	0.08	0.06	449	3000	0.002	0.002	2.99
Squash, zucchini	Cucurbita pepo	1	96.4	161	0.83	0.0099	1.06	7.04	85.6	0.46	0.03	0.33	75.1	1200	0.002	0.002	1.45
Tomatoes	Solanum lycopersicum	1	93.6	118	0.02	0.0053	0.63	3.03	111	0.78	0.06	0.06	231	1900	0.002	1300	1.13
Turnip	Brassica rapa subsp. rapa	1	91.9	351	0.002	0.002	0.26	1.60	75.9	0.27	0.02	0.02	172	2100	0.002	66.0	1.31
MIXEDWOOD PLAINS - CULTIVATED FOOD (ANIMALS)																	
Beef, meat	Bos taurus	1	68.1	74.8	0.12	0.002	0.53	17.2	220	0.06	0.01	0.01	1900	3600	0.04	471	30.0
Chicken, eggs	Gallus gallus domesticus	1	72.1	540	0.01	0.002	0.76	23.8	125	0.44	0.06	0.002	2400	1300	0.41	1300	14.5
ATLANTIC MARITIME - FISH AND SEAFOOD																	
American eel	Anguilla rostrata	9	65.6	1100	0.24	0.01387	0.40	8.26	221	0.89	0.01	0.02	2700	3100	0.41	2100	30.1
Bass, smallmouth	Micropterus salmoides	1	70.2	139	0.002	0.002	0.38	2.48	351	0.18	0.002	0.002	2600	4700	0.41	473	4.48
Bass, striped	Morone saxatilis	7	74.7	487	0.09	0.00234	0.44	4.45	298	0.37	0.002	0.04	2500	3900	0.36	655	5.12
Bass, unidentified		3	76.3	372	0.02	0.0053	0.52	6.87	284	0.23	0.002	0.002	2300	3800	0.35	492	4.46
Clam, quahog (surf clam)	Spisula solidissima	2	77.0	1100	0.16	0.16725	1.16	129	582	6.80	0.24	0.25	1600	2000	0.32	8000	16.8
Clam, softshell	Mya arenaria	1	85.3	2400	0.17	0.184	1.75	335	870	13.5	0.19	0.28	1300	1200	0.31	5700	15.6
Clam, unidentified		2	78.6	1900	0.21	0.344	2.86	214	884	12.1	0.51	0.58	1800	1600	0.54	5200	18.3
Cod, Atlantic	Gadus morhua	3	78.8	158	0.01	0.00303	0.25	2.67	228	0.31	0.003	0.002	1800	2700	0.32	1200	3.83
Cod, Atlantic tomcod	Microgadus tomcod	1	78.5	357	0.002	0.002	0.37	2.53	313	0.24	0.002	0.002	2400	4100	0.33	597	6.39
Crab, snow	Chionoecetes opilio	8	73.4	1100	0.03	0.16929	9.02	3.82	687	0.35	0.02	0.03	2300	2400	0.98	4700	43.5
Flounder	Platichtys stellatus	2	80.5	739	0.04	0.0292	0.46	35.7	517	2.25	0.02	0.07	2600	3800	0.39	1400	8.62
Gaspereau	Alosa pseudoharengus	1	75.0	99.5	0.11	0.002	0.45	4.65	222	0.07	0.002	0.002	2100	3500	0.22	565	3.62
Haddock	Melanogrammus aeglefinus	2	79.1	109	0.002	0.002	0.24	1.47	294	0.08	0.003	0.002	2200	3100	0.31	1400	3.44
Halibut	Hippoglussus stenolepsis	3	72.7	133	0.03	0.002	0.24	1.55	267	0.14	0.003	0.002	2000	3600	0.41	787	3.92
Herring, Atlantic	Clupea harengus	1	61.0	574	0.02	0.0056	0.72	8.17	525	0.21	0.01	0.002	2500	3500	0.37	33300	10.3
Lobster	Homarus americanus	10	75.6	1000	0.04	0.01616	20.2	6.56	397	1.10	0.02	0.03	2200	2300	0.74	4900	44.1
Mackerel	Scomber scombrus	8	69.4	322	0.06	0.01211	0.87	16.2	319	0.40	0.01	0.02	2800	4300	0.51	616	7.12
Mussels	Mytilus spp.	2	84.7	541	0.13	0.0957	0.93	42.6	349	3.86	0.16	0.22	1300	841	0.48	1700	23.1
Oyster	Giganteus pacificus	3	78.9	4100	0.10	0.07203	37.9	65.8	607	8.00	0.09	0.35	1800	974	0.61	3500	666
Perch, yellow	Perca flavescens	1	76.1	137	0.09	0.0054	0.16	8.34	392	0.21	0.002	0.002	2000	4000	0.42	1600	3.18
Salmon, Atlantic	Salmo salar	13	71.1	192	0.01	0.00353	1.19	5.29	262	0.13	0.002	0.002	2400	3500	0.39	940	5.03
Scallop, Atlantic	Pecten magellanicus	6	76.4	121	0.01	0.0024	0.15	2.43	458	0.36	0.03	0.002	3000	4300	0.18	1500	13.0
Shad	Alosa sapidissima	1	74.1	1200	0.002	0.0081	1.21	93.8	434	0.68	0.01	0.002	4700	7400	1.88	1200	9.75
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	2	78.0	766	0.23	0.00575	3.96	3.79	297	0.41	0.01	0.05	1900	1000	0.24	4900	9.00
Smelt	Osmerus mordax	10	76.3	1200	0.01	0.00394	0.45	4.34	266	0.77	0.004	0.002	2600	3300	0.32	736	13.3
Sole	Parophrys vetulus	2	75.9	183	0.14	0.0046	0.20	2.32	213	0.13	0.003	0.002	1900	3600	0.36	509	5.37
Squid	Illex illecebrosus	2	82.4	204	0.002	0.002	7.81	1.30	342	0.79	0.01	0.002	2400	2700	0.36	1300	10.9
Sucker, unidentified		1	76.1	474	0.02	0.0061	0.28	3.58	330	0.63	0.01	0.002	2400	4100	0.27	581	6.22
Trout, brook/speckled	Salvelinus fontinalis	9	70.5	608	0.01	0.01124	0.52	5.85	304	0.60	0.003	0.01	2900	4400	0.39	1200	8.04
Trout, brown	Salmo trutta	3	74.3	376	0.08	0.002	0.42	3.74	268	0.18	0.01	0.002	2600	4100	0.34	527	4.85
Trout, lake	Salvelinus namaycush	1	78.1	197	0.002	0.0121	0.44	4.09	256	0.12	0.002	0.002	2600	4000	0.37	576	5.98
Trout, rainbow/steelhead	Oncorhynchus mykiss	5	70.9	487	0.01	0.00462	0.42	4.43	287	0.23	0.01	0.002	2700	4200	0.30	653	6.26
Trout, unidentified		3	74.1	1300	0.16	0.0166	0.46	4.74	278	1.14	0.004	0.03	2700	3100	0.39	861	9.23

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
ATLANTIC MARITIME - LAND MAMMALS																	
Black bear, meat	Ursus americanus	2	65.1	149	0.16	0.0042	1.54	28.4	189	0.25	0.03	0.09	1900	3000	0.13	486	36.2
Deer, liver	Odocoileus spp.	4	68.5	46.3	0.05	0.05418	60.5	97.2	169	4.07	0.27	0.02	3700	2900	0.41	751	30.4
Deer, liver and heart	Odocoileus spp.	1	67.5	42.7	0.01	0.0351	51.1	83.9	233	2.10	0.29	0.002	3100	3400	0.05	722	28.0
Deer, meat	Odocoileus spp.	11	70.0	157	0.10	0.00599	1.97	33.4	260	0.28	0.01	0.01	2300	3500	0.08	797	36.1
Hare/rabbit, liver	Lepus spp.	1	70.8	67.6	0.28	0.0544	4.20	357	204	4.73	0.25	0.09	3700	2800	0.19	870	31.9
Hare/rabbit, meat	Lepus spp.	8	73.3	182	0.04	0.00594	2.07	26.7	255	0.38	0.004	0.002	2200	3400	0.06	564	16.4
Moose, heart	Alces alces	4	75.0	53.7	0.03	0.02613	5.64	72.6	208	1.19	0.09	0.002	2400	2800	0.08	814	20.1
Moose, kidney	Alces alces	3	76.0	65.6	0.04	0.0227	5.49	279	132	3.32	0.20	0.03	2200	2900	0.33	1200	23.6
Moose, liver	Alces alces	9	71.4	79.8	0.06	0.03838	46.2	198	174	3.32	0.42	0.002	3100	3000	0.09	894	33.0
Moose, meat	Alces alces	11	71.5	187	0.05	0.01096	1.72	30.2	234	0.22	0.003	0.002	2100	3500	0.05	701	45.2
Moose, meat, dried	Alces alces	1	24.3	153	0.69	1.15	1.95	77.1	471	0.36	0.02	0.002	5500	9300	0.09	16800	105
Moose, nose	Alces alces	2	58.6	92.7	0.08	0.0096	1.14	49.3	111	0.76	0.01	0.002	982	1600	0.04	1500	11.3
Moose, tongue	Alces alces	2	76.0	105	0.08	0.0214	1.55	110	187	2.17	0.01	0.05	1700	2800	0.06	1300	23.3
Muskrat, meat	Ondatra zibethica	1	76.0	1700	0.09	0.0362	1.30	99.1	311	7.27	0.09	0.05	3000	3400	0.03	1100	20.7
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	2	74.2	541	0.15	0.0036	3.13	44.0	268	1.65	0.01	0.02	2500	3700	0.16	867	14.9
ATLANTIC MARITIME - WILD BIRDS																	
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	12	71.1	239	0.03	0.00308	0.99	12.0	324	0.29	0.01	0.01	2600	3200	0.20	477	4.91
ATLANTIC MARITIME - BERRIES, FRUITS, NUTS AND SEEDS																	
Blackberry	Rubus spp.	8	86.5	242	0.004	0.00521	0.94	4.22	172	10.8	0.02	0.15	259	1400	0.002	11.0	1.44
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	11	85.2	151	0.01	0.00404	0.56	2.76	63.4	27.7	0.01	0.10	138	728	0.002	13.2	1.00
Blueberry, jam	Vaccinium myrtilloides, Vaccinium angustifolium	1	32.4	54.5	0.04	0.002	0.29	1.21	23.0	6.65	0.01	0.002	54.0	387	0.002	83.7	0.38
Chokecherry/pincherry	Prunus virginiana L.	3	66.6	821	0.01	0.00603	1.52	9.75	229	5.33	0.06	0.24	512	4100	0.01	14.9	2.09
Crabapple	Malus coronaria, Pyrus coronaria	9	80.0	124	0.17	0.00686	1.40	4.92	83.4	0.79	0.02	0.07	160	1600	0.002	25.4	1.03
Crabapple, jam	Malus coronaria, Pyrus coronaria	1	30.1	56.5	0.02	0.0183	0.20	0.78	18.6	0.39	0.002	0.14	22.8	454	0.002	43.6	0.31
Cranberry, high bush	Viburnum spp.	3	78.5	317	0.03	0.002	0.85	3.27	162	1.38	0.02	0.08	282	1700	0.002	25.0	1.50
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	7	85.7	76.4	0.02	0.002	0.44	1.54	57.2	7.15	0.005	0.12	103	790	0.002	12.1	0.80
Currant	Ribes spp.	1	70.8	2500	0.01	0.0068	2.60	19.5	333	10.6	0.08	0.08	1200	6100	.	.	4.70
Elderberry	Sambucus spp.	1	64.4	829	0.002	0.0071	1.75	8.67	445	11.8	0.08	0.002	788	3300	0.002	.	2.47
Grape, wild	Vitis riparia	1	34.6	372	.	.	0.73	1.54	70.1	0.98	0.02	.	192	1200	.	11.4	0.56
Nut, butternut	Juglans cinerea	1	16.8	616	0.02	0.0353	8.08	31.6	1700	29.8	0.05	5.15	4800	4200	0.03	.	20.3
Nut, chestnut	Castanea dentata	1	60.8	381	0.002	0.002	4.77	7.56	415	2.44	0.12	0.10	1600	5700	0.09	179	4.75
Nut, hazelnut	Corylus americana	1	32.5	2300	0.002	0.0451	13.7	28.1	2200	80.1	0.16	2.72	4100	9000	0.002	10.7	23.1
Nut, hazelnut, dried	Corylus americana	1	7.15	1900	0.10	0.0845	8.01	25.7	642	89.4	0.02	2.65	968	5700	0.002	5.10	9.62
Raspberry	Rubus idaeus	9	79.7	233	0.01	0.01122	0.69	5.07	195	6.37	0.06	0.26	305	1500	0.002	10.5	2.31
Raspberry, leaf, tea	Rubus idaeus	1	.	41.5	0.002	0.002	0.06	0.002	20.6	2.94	0.002	0.02	34.6	207	0.002	37.0	0.13
Strawberry	Fragaria spp.	8	80.5	182	0.002	0.00781	0.39	2.90	112	3.16	0.04	0.04	201	1300	0.002	43.4	0.97
Strawberry, jam	Fragaria spp.	1	54.9	70.4	0.002	0.006	0.18	1.17	49.5	2.29	0.01	0.05	83.9	724	0.002	28.2	0.44
Sunflower, seeds	Helianthus annuus	1	6.64	1200	0.08	0.028	13.3	35.7	3100	15.6	0.37	1.64	5400	8200	0.38	.	31.7
ATLANTIC MARITIME - WILD PLANTS																	
Bear root, tea	Ligusticum spp.	1	.	26.2	0.002	0.002	0.03	0.19	8.05	0.06	0.002	0.002	0.75	64.0	0.002	70.0	0.07
Burdock, tea	Arctium spp.	1	.	12.2	0.002	0.002	0.15	0.11	13.4	0.08	0.002	0.01	15.8	161	0.002	44.2	0.08
Dandelion, roots	Taraxacum officinale	1	53.9	2100	3.54	1.75	8.05	3800	879	199	0.09	3.76	850	2500	0.06	396	41.3
Dandelion, tea	Taraxacum officinale	2	.	34.3	0.002	0.002	0.09	0.08	11.3	0.25	0.002	0.01	10.6	301	0.002	77.2	0.16
Ferns, fiddleheads	Matteauccia struthiopteris	10	88.4	372	0.02	0.00412	2.90	9.76	250	3.43	0.04	0.42	814	1700	0.01	223	8.65
Goldthread, tea	Coptis trifolia	4	.	16.9	0.002	0.002	0.05	0.01	8.22	0.30	0.002	0.01	1.95	24.5	0.002	58.8	0.13

Table S2.3. Concentrations of essential elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	MOISTURE g/100 g (%)	µg/g wet weight[b]													
				CALCIUM	CHROMIUM	COBALT	COPPER	IRON	MAGNESIUM	MANGANESE	MOLYBDENUM	NICKEL	PHOSPHORUS	POTASSIUM	SELENIUM	SODIUM	ZINC
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	2	.	15.9	0.002	0.002	0.02	0.04	4.76	0.79	0.002	0.002	1.58	25.7	0.002	24.4	0.03
Lichen-moss, tea	Usnea spp.	1	.	3.81	0.002	0.002	0.01	0.09	1.09	0.27	0.002	.	.	.	.	.	.
Mint, leaves	Mentha spp.	2	34.0	7300	0.25	0.1599	4.84	202	2500	661	0.31	0.55	1200	14400	0.03	1500	13.9
Mint, tea	Mentha spp.	1	.	69.3	0.002	0.002	0.08	0.15	57.3	0.59	0.02	0.02	21.8	315	0.002	71.8	0.50
Scarlet beebalm (oswego), tea	Monarda didyma	1	.	51.7	0.002	0.002	0.15	0.11	30.3	0.84	0.03	0.004	24.0	398	0.002	7.80	0.24
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	3	.	20.0	0.002	0.002	0.03	0.27	5.80	0.16	0.002	0.003	1.91	32.4	0.002	38.4	0.01
Sweetgrass, tea	Hierochloe odorata	1	.	36.7	0.002	0.002	0.03	0.002	15.3	0.14	0.01	0.01	4.60	286	0.002	37.0	0.18
Wild rhubarb	unidentified	4	92.1	832	0.02	0.00758	0.36	3.21	97.0	2.14	0.01	0.32	203	2600	0.002	23.6	2.77
Wintergreen/teaberry, tea	Gaultheria procumbens	2	.	10.5	0.002	0.002	0.01	0.002	2.42	0.22	0.002	0.002	0.002	11.7	0.002	26.5	0.01
Yarrow, tea	Achillea millefolium	2	.	29.5	0.002	0.00324	0.04	0.06	9.68	0.53	0.002	0.02	6.07	239	0.002	33.8	0.17
ATLANTIC MARITIME - TREES (bark, leaves, syrup, needles, cones, gum)																	
Birch, tea	Betula spp.	1	.	7.23	0.002	0.002	0.06	0.002	1.75	0.54	0.002	0.002	2.73	37.6	0.002	7.10	0.09
Cedar, tea	Thuja occidentalis, Thuja spp.	3	.	14.9	0.002	0.002	0.01	0.002	7.56	0.03	0.003	0.003	0.59	13.2	0.002	28.2	0.01
Hemlock, bark, tea	Tsuga canadensis	1	.	13.3	0.002	0.002	0.04	0.002	2.46	0.84	0.002	0.002	4.22	36.8	0.002	8.30	0.04
Maple, bark, tea	Acer spp.	1	.	24.2	0.002	0.002	0.01	0.002	5.46	4.80	0.002	0.01	6.07	83.2	0.002	11.7	0.06
Maple, syrup	Acer spp.	1	27.3	45.0	.	.	0.25	.	39.7	2.85	.	0.06	2.30	642	.	.	0.73
Pine, cone, tea	Pinus strobus	1	.	7.32	0.002	0.002	0.05	0.13	2.08	0.51	0.002	0.01	12.0	120	0.002	6.90	0.05
Pine, needle, tea	Pinus strobus	2	.	22.0	0.002	0.002	0.04	0.002	5.73	0.36	0.002	0.01	0.73	13.2	0.002	24.1	0.05
Spruce, tea	Picea spp.	2	.	16.8	0.002	0.002	0.04	0.002	5.42	0.76	0.002	0.01	2.73	24.9	0.002	10.9	0.03
Tamarack, tea	Larix laricina	1	.	10.8	0.002	0.002	0.04	0.07	4.81	1.95	0.002	0.02	3.82	64.9	0.002	6.70	0.07
ATLANTIC MARITIME - MUSHROOMS																	
Mushroom, chaga, tea	Inonotus obliquus	1	.	18.9	0.002	.	0.01	0.002	3.72	0.11	0.002	0.002	0.002	63.9	0.002	12.5	0.02
Mushroom, chanterelle	Cantharellus spp.	1	86.3	31.2	0.20	0.0189	7.89	8.33	146	1.61	0.01	0.16	928	6200	0.002	6.00	13.4
ATLANTIC MARITIME - CULTIVATED FOOD (PLANTS)																	
Apple	Malus domestica	3	85.7	57.7	0.03	0.002	0.47	1.50	49.3	0.41	0.01	0.02	118	1200	0.002	16.9	0.33
Beans, snap	Phaseolus vulgaris	2	93.3	283	0.01	0.002	0.42	3.53	116	1.24	0.11	0.05	240	1300	0.01	2400	1.42
Beets	Beta vulgaris	2	87.8	192	0.02	0.0127	0.83	8.80	180	5.42	0.02	0.07	247	3000	0.002	1200	2.91
Corn, unidentified	Zea mays	4	45.3	39.3	0.03	0.002	1.01	11.6	613	2.98	0.16	0.05	1600	2600	0.01	26.1	9.70
Honey	Apis mellifera (bee)	1	20.9	35.3	0.002	0.002	0.22	0.77	20.5	1.31	0.002	0.002	48.7	576	0.002	8.70	0.36
Potatoes	Solanum tuberosum	1	79.7	49.8	0.05	0.0088	1.98	5.58	292	1.39	0.07	0.09	671	4600	.	.	2.73
Squash, unidentified	Cucurbita maxima	2	77.5	159	0.08	0.0038	1.18	6.22	252	1.57	0.05	0.11	747	3800	0.002	4.40	3.39
Squash, unidentified, seeds	Cucurbita maxima	1	4.81	468	0.03	0.0146	14.6	88.5	5000	42.0	0.51	0.65	10100	7700	0.02	40.3	70.0
Tomatoes	Solanum lycopersicum	2	94.5	86.0	0.002	0.0067	0.46	2.44	107	0.93	0.02	0.03	242	2400	0.002	691	1.09

Table S3.1. Concentrations of toxic elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
FISH, SEAFOOD AND MARINE MAMMALS							
Abalone	Haliotis kamtschatkana	1	2.57	0.07	0.002	0.002	0.002
American eel	Anguilla rostrata	10	0.86	0.004	0.02	0.13	0.11
Arctic char, smoked	Salvelinus alpinus	1	0.04	0.002	0.002	0.92	0.74
Arctic grayling	Thymallus arcticus arcticus	2	0.04	0.01	0.002	0.10	0.03
Bass, largemouth	Micropterus dolomieu	1	0.02	0.002	0.002	0.27	0.08
Bass, smallmouth	Micropterus salmoides	5	0.22	0.002	0.002	0.44	0.24
Bass, striped	Morone saxatilis	7	0.72	0.002	0.004	0.16	0.13
Bass, unidentified		4	0.46	0.004	0.01	0.46	0.61
Bass, white	Morone spp.	1	0.21	0.002	0.01	0.11	0.05
Carp	Cyprinus carpio	2	0.08	0.002	0.004	0.54	0.16
Catfish	Ameiurus nebulosus	6	0.04	0.004	0.01	0.13	0.09
Cisco	Coregonus spp.	4	0.54	0.01	0.002	0.07	0.03
Clam, butter	Saxidomus giganteus	4	4.04	0.10	0.07	0.01	0.01
Clam, butter, cooked	Saxidomus giganteus	1	4.96	0.12	0.04	0.002	0.002
Clam, manila	Venerupis philippinarum	1	4.85	0.44	0.03	0.01	0.01
Clam, quahog (surf clam)	Spisula solidissima	2	1.18	0.04	0.08	0.01	.
Clam, razor	Ensis directus	1	0.86	0.02	0.002	0.002	0.002
Clam, softshell	Mya arenaria	1	3.30	0.05	0.13	0.01	0.01
Clam, unidentified		3	2.37	0.06	0.13	0.01	.
Cockle, basket	Clinocardium nuttalli	1	0.89	0.03	0.05	0.01	0.01
Cockle, unidentified		2	1.61	0.09	0.002	0.07	0.07
Cod, Atlantic	Gadus morhua	4	3.40	0.003	0.005	0.12	0.07
Cod, Atlantic tomcod	Microgadus tomcod	1	6.78	0.002	0.002	0.02	0.01
Cod, black	Anoplopoma fimbria	2	0.64	0.002	0.002	0.04	0.07
Cod, unidentified, eggs		1	2.50	0.002	0.01	0.03	.
Cod, unidentified, tongue		1	1.22	0.002	0.002	0.06	.
Crab, dungeness	Cancer magister	6	7.49	0.17	0.04	0.04	0.06
Crab, snow	Chionoecetes opilio	8	11.1	0.05	0.03	0.11	0.10

[a]1-5 animal or plant tissue samples collected in each community were pooled and analyzed. The data are mean concentrations of the number of pooled samples or communities.

[b]All samples are raw unless otherwise specified.

Table S3.1. Concentrations of toxic elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Eulachon/ooligan	Thaleichthys pacificus	3	0.90	0.02	0.002	0.01	0.01
Eulachon/ooligan, smoked	Thaleichthys pacificus	5	3.53	0.004	0.01	0.002	0.003
Eulachon/ooligan, grease	Thaleichthys pacificus	1	1.22	0.03	0.06	0.01	0.02
Flounder	Platichtys stellatus	2	3.74	0.02	0.03	0.05	0.03
Gaspereau	Alosa pseudoharengus	1	0.57	0.002	0.002	0.07	.
Haddock	Melanogrammus aeglefinus	2	2.46	0.002	0.004	0.04	0.02
Halibut	Hippoglussus stenolepsis	9	3.01	0.003	0.10	0.17	0.21
Herring, Atlantic	Clupea harengus	2	0.74	0.03	0.005	0.10	0.07
Herring, Pacific	Clupea pallasi	1	1.06	0.02	0.03	0.02	0.03
Herring, Pacific, eggs	Clupea pallasi	4	0.58	0.05	0.01	0.002	0.002
Herring, Pacific, eggs on kelp	Clupea pallasi	1	3.60	0.34	0.002	0.002	0.002
Herring, Pacific, eggs, cooked	Clupea pallasi	1	0.33	0.05	0.002	0.002	0.002
Ling cod/mariah, liver	Lota lota	2	0.11	0.01	0.34	0.02	0.04
Ling cod/mariah/burbot	Lota lota	6	0.20	0.002	0.01	0.21	0.24
Lobster	Homarus americanus	12	5.75	0.32	0.01	0.13	0.12
Mackerel	Scomber scombrus	8	0.88	0.01	0.01	0.03	0.02
Mooneye/goldeye	Hiodon tergisus, Hiodon alosoides	2	0.12	0.004	0.01	0.14	0.08
Mussels	Mytilus spp.	6	3.25	2.03	0.16	0.02	0.01
Northern pike/jackfish	Esox lucius	37	0.12	0.003	0.01	0.44	0.27
Northern pike/jackfish, eggs	Esox lucius	2	0.38	0.02	0.002	0.03	0.02
Octopus	Octopus spp.	1	9.07	0.01	0.002	0.04	0.04
Oyster	Giganteus pacificus	4	1.79	1.85	0.11	0.02	0.01
Perch, yellow	Perca flavescens	11	1.12	0.01	0.01	0.18	0.10
Rockfish/red snapper	Sebastes spp.	6	2.19	0.002	0.002	0.17	0.24
Salmon, Atlantic	Salmo salar	17	0.64	0.004	0.003	0.06	0.06
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	12	0.69	0.01	0.003	0.06	0.07
Salmon, chinook/spring/king, eggs	Oncorhynchus tshawytscha	1	0.38	0.01	0.002	0.002	0.01
Salmon, chum	Oncorhynchus keta	2	0.42	0.004	0.02	0.03	0.03
Salmon, chum, dried	Oncorhynchus keta	1	0.70	0.002	0.002	0.07	0.05
Salmon, chum, eggs	Oncorhynchus keta	1	0.34	0.002	0.002	0.002	0.002
Salmon, chum, half-smoked	Oncorhynchus keta	1	0.43	0.01	0.002	0.02	0.02

Table S3.1. Concentrations of toxic elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Salmon, chum, jarred	Oncorhynchus keta	1	0.35	0.01	0.02	0.02	0.02
Salmon, coho	Oncorhynchus kisutch	9	0.76	0.004	0.002	0.04	0.04
Salmon, coho, eggs	Oncorhynchus kisutch	2	0.42	0.01	0.002	0.09	0.004
Salmon, pink	Oncorhynchus gorbuscha	4	0.42	0.004	0.01	0.04	0.03
Salmon, pink, dried	Oncorhynchus gorbuscha	2	0.78	0.003	0.002	0.03	0.03
Salmon, sockeye	Oncorhynchus nerka	15	0.61	0.01	0.003	0.03	0.04
Salmon, sockeye, eggs	Oncorhynchus nerka	2	0.20	0.01	0.002	0.01	0.002
Salmon, sockeye, jarred/canned	Oncorhynchus nerka	2	0.58	0.01	0.002	0.03	0.04
Salmon, unidentified		7	0.43	0.005	0.003	0.07	0.07
Salmon, unidentified, eggs		5	0.23	0.01	0.01	0.04	0.002
Salmon, unidentified, smoked		1	0.84	0.02	0.002	0.04	.
Sauger	Stizostedion canadense	1	0.04	0.002	0.005	0.17	.
Scallop, Atlantic	Pecten magellanicus	8	1.33	0.11	0.003	0.02	0.02
Scallop, rock	Crassadoma gigantea	1	0.76	0.58	0.002	0.01	0.02
Sea cucumber	Parastichopus californicus	1	5.13	0.07	0.002	0.01	0.002
Sea snail	unidentified	1	3.31	1.47	0.03	0.02	0.02
Seal, harp, meat	Pagophilus groenlandicus	1	0.16	0.002	0.01	1.06	1.39
Seaweed	Porphyra abbottiae	3	24.6	3.73	0.45	0.002	0.002
Seaweed, dried	Porphyra abbottiae	2	26.4	4.39	0.10	0.002	.
Shad	Alosa sapidissima	1	7.44	0.04	0.03	0.08	0.03
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	5	6.79	0.02	0.04	0.02	0.03
Smelt	Osmerus mordax	15	0.90	0.03	0.01	0.04	0.03
Sole	Parophrys vetulus	2	5.78	0.002	0.002	0.05	0.05
Squid	Illex illecebrosus	2	2.71	0.07	0.003	0.03	0.03
Sturgeon	Acipenserspp.	13	0.39	0.01	0.03	0.24	0.18
Sucker, longnose	Catostomus catostomus	5	0.06	0.002	0.003	0.11	0.10
Sucker, unidentified		4	0.09	0.003	0.02	0.06	0.09
Sucker, unidentified, eggs		2	0.02	0.01	0.02	0.01	0.002
Sucker, unidentified, liver/eggs		1	0.03	0.002	0.002	0.01	.
Sucker, white	Catostomus commersonii	6	0.06	0.01	0.01	0.05	0.04

Table S3.1. Concentrations of toxic elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Trout, brook/speckled	Salvelinus fontinalis	15	0.48	0.01	0.004	0.21	0.20
Trout, brown	Salmo trutta	5	0.83	0.003	0.01	0.11	0.07
Trout, cutthroat	Salmo clarki clarki	1	0.18	0.02	0.002	0.05	0.08
Trout, dolly varden	Salvelinus malma	5	0.09	0.002	0.002	0.10	0.33
Trout, kokanee	Oncorhynchus nerka	2	0.11	0.01	0.06	0.04	0.07
Trout, lake	Salvelinus namaycush	23	0.12	0.002	0.01	0.30	0.27
Trout, lake, eggs	Salvelinus namaycush	2	0.05	0.01	0.07	0.01	0.005
Trout, lake, smoked	Salvelinus namaycush	3	0.12	0.002	0.003	0.37	0.29
Trout, rainbow/steelhead	Oncorhynchus mykiss	16	0.32	0.002	0.003	0.07	0.08
Trout, rainbow/steelhead, eggs	Oncorhynchus mykiss	1	0.21	0.002	0.002	0.002	0.002
Trout, splake	Salvelinus fontinalis × Salvelinus namaycush	1	0.03	0.002	0.002	0.08	.
Trout, unidentified		10	0.15	0.002	0.01	0.19	0.14
Trout, unidentified, guts		1	0.22	0.01	0.47	0.26	.
Walleye/pickerel	Sanders vitreus	49	0.09	0.003	0.01	0.38	0.30
Walleye/pickerel, eggs	Sanders vitreus	1	0.04	0.002	0.002	0.01	0.002
Walleye/pickerel, pemmican	Sanders vitreus	1	0.16	0.004	0.13	0.21	0.07
Whitefish, lake	Coregonus clupeaformis	26	0.37	0.01	0.04	0.11	0.06
Whitefish, lake, dried	Coregonus clupeaformis	1	0.20	0.01	0.04	0.11	.
Whitefish, round	Prosopium cylindraceum	1	0.03	0.01	0.002	0.03	.
Whitefish, unidentified		14	0.11	0.004	0.005	0.07	0.06
Whitefish, unidentified, eggs		2	0.32	0.002	0.01	0.01	0.004
Whitefish, unidentified, smoked		1	0.41	0.002	0.01	0.12	0.14
LAND MAMMALS							
Beaver, fat	Castor canadensis	1	0.05	0.05	0.77	0.002	.
Beaver, feet	Castor canadensis	1	0.09	0.02	0.03	0.002	.
Beaver, heart	Castor canadensis	1	0.03	0.09	2.69	0.002	0.002
Beaver, intestine	Castor canadensis	1	0.002	0.19	0.04	0.002	.
Beaver, kidney	Castor canadensis	1	0.04	21.6	0.002	0.01	0.002
Beaver, liver	Castor canadensis	2	0.02	1.89	0.04	0.002	0.002
Beaver, meat	Castor canadensis	25	0.03	0.11	2.17	0.003	0.002
Beaver, tail	Castor canadensis	3	0.05	0.02	0.08	0.002	.

Table S3.1. Concentrations of toxic elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Bison, kidney	Bison bison athabascae	1	0.01	1.21	0.01	0.02	.
Bison, liver	Bison bison athabascae	1	0.01	0.39	0.01	0.03	.
Bison, meat	Bison bison athabascae	5	0.03	0.01	26.3	0.002	0.002
Black bear, fat	Ursus americanus	11	0.02	0.003	0.03	0.004	0.002
Black bear, liver	Ursus americanus	1	0.04	0.03	0.73	0.002	0.01
Black bear, meat	Ursus americanus	15	0.01	0.02	1.00	0.004	0.002
Caribou, blood	Rangifer ssp.	1	0.002	0.002	0.02	0.01	.
Caribou, bone	Rangifer ssp.	1	0.002	0.002	0.01	0.01	.
Caribou, bone marrow	Rangifer ssp.	3	0.002	0.002	0.02	0.003	.
Caribou, brain	Rangifer ssp.	1	0.002	0.002	0.04	0.002	0.002
Caribou, brains	Rangifer ssp.	2	0.002	0.002	0.002	0.002	.
Caribou, fat	Rangifer ssp.	2	0.002	0.002	0.03	0.002	.
Caribou, fetus	Rangifer ssp.	1	0.01	0.002	0.01	0.002	.
Caribou, heart	Rangifer ssp.	5	0.01	0.01	1.10	0.01	0.004
Caribou, intestine	Rangifer ssp.	1	0.002	0.12	0.04	0.01	.
Caribou, kidney	Rangifer ssp.	4	0.01	3.89	0.12	0.59	0.002
Caribou, liver	Rangifer ssp.	3	0.02	0.82	0.12	0.13	0.01
Caribou, meat	Rangifer ssp.	18	0.02	0.01	0.13	0.01	0.01
Caribou, meat, dried	Rangifer ssp.	2	0.15	0.01	0.04	0.01	.
Caribou, stomach	Rangifer ssp.	1	0.01	0.01	0.05	0.01	.
Caribou, tongue	Rangifer ssp.	1	0.002	0.01	0.002	0.01	.
Deer, fat	Odocoileus spp.	2	0.002	0.002	0.005	0.002	.
Deer, heart	Odocoileus spp.	4	0.01	0.02	0.12	0.01	0.002
Deer, kidney	Odocoileus spp.	9	0.01	3.61	0.03	0.04	0.002
Deer, liver	Odocoileus spp.	18	0.02	0.38	0.31	0.01	0.003
Deer, liver and heart	Odocoileus spp.	2	0.04	0.05	0.01	0.01	0.01
Deer, meat	Odocoileus spp.	66	0.01	0.01	1.93	0.002	0.003
Deer, meat, smoked	Odocoileus spp.	1	0.01	0.02	0.01	0.01	.
Deer, tongue	Odocoileus spp.	2	0.03	0.01	0.11	0.002	.
Elk, fat	Cervus canadensis	1	0.002	0.002	0.002	0.002	.
Elk, heart	Cervus canadensis	1	0.05	0.002	0.002	0.002	0.002

Table S3.1. Concentrations of toxic elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Elk, kidney	Cervus canadensis	3	0.002	0.75	0.02	0.01	0.002
Elk, liver	Cervus canadensis	2	0.002	0.22	0.002	0.002	0.002
Elk, meat	Cervus canadensis	24	0.01	0.01	0.31	0.002	0.002
Elk, meat, dried	Cervus canadensis	1	0.01	0.04	0.01	0.002	.
Groundhog, meat	Marmota monax	1	0.002	0.01	0.06	0.09	.
Hare/rabbit, brains	Lepus spp.	1	0.002	0.01	0.002	0.002	.
Hare/rabbit, heart	Lepus spp.	3	0.003	0.15	0.04	0.01	.
Hare/rabbit, intestines	Lepus spp.	1	0.002	0.03	0.01	0.002	.
Hare/rabbit, kidney	Lepus spp.	2	0.002	6.34	0.01	0.03	0.002
Hare/rabbit, liver	Lepus spp.	5	0.002	1.16	0.05	0.01	0.002
Hare/rabbit, meat	Lepus spp.	58	0.04	0.11	4.10	0.003	0.002
Moose, bone marrow	Alces alces	5	0.002	0.01	0.002	0.003	.
Moose, fat	Alces alces	7	0.01	0.01	0.02	0.002	.
Moose, heart	Alces alces	28	0.004	0.26	0.08	0.002	0.002
Moose, intestine	Alces alces	12	0.01	0.02	0.05	0.002	.
Moose, kidney	Alces alces	40	0.02	11.2	0.12	0.02	0.002
Moose, liver	Alces alces	50	0.02	2.17	0.03	0.01	0.002
Moose, meat	Alces alces	86	0.01	0.01	0.42	0.003	0.002
Moose, meat, canned	Alces alces	1	0.002	0.002	0.002	0.002	0.002
Moose, meat, dried	Alces alces	8	0.02	0.02	0.05	0.003	.
Moose, meat, smoked	Alces alces	3	0.02	0.01	0.04	0.002	.
Moose, nose	Alces alces	9	0.01	0.01	0.04	0.002	.
Moose, stomach	Alces alces	2	0.13	0.03	0.002	0.002	.
Moose, stomach lining	Alces alces	1	0.01	0.01	0.04	0.002	.
Moose, tongue	Alces alces	14	0.02	0.03	0.20	0.002	.
Muskrat, meat	Ondatra zibethica	11	0.01	0.003	0.24	0.003	0.003
Porcupine, meat	Erethizon dorsatum	3	0.01	0.08	0.05	0.002	.
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	5	0.01	0.05	18.6	0.01	.
WILD BIRDS							
Arctic tern/stern, egg	Sterna paradisaea	1	0.06	0.002	0.002	0.05	0.04
Duck, American black, meat	Anas rubripes	1	0.01	0.002	0.18	0.07	.

Table S3.1. Concentrations of toxic elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Duck, black guillemot, meat	Cepphus grylle	1	0.36	0.002	0.01	0.10	0.10
Duck, bufflehead, meat	Bucephala albeola	2	0.11	0.003	0.04	0.04	.
Duck, coot, meat	Fulica americana	1	4.22	0.002	0.49	0.02	.
Duck, eider, liver	Somateria spp.	1	0.41	0.46	0.01	0.12	0.14
Duck, eider, meat	Somateria spp.	1	0.29	0.01	2.63	0.06	0.05
Duck, gadwall, meat	Anas strepera	2	0.01	0.004	0.01	0.10	.
Duck, godwit, meat	Limosa spp.	1	0.02	0.02	1.31	0.05	.
Duck, goldeneye, meat	Bucephala clangula	4	0.02	0.05	0.003	0.15	0.22
Duck, mallard, gizzards	Anas platyrhynchos	2	0.04	0.002	0.04	0.02	0.03
Duck, mallard, meat	Anas platyrhynchos	33	0.03	0.01	3.63	0.04	0.04
Duck, northern pintail, meat	Anas acuta	7	0.03	0.003	0.04	0.03	0.01
Duck, northern shoveller, meat	Anas clypeata	1	0.02	0.005	0.01	0.12	.
Duck, scaup, meat	Aythya marila	1	0.01	0.002	0.03	0.06	.
Duck, scoter, meat	Melanitta nigra	1	0.25	0.02	0.01	0.08	0.06
Duck, teal, meat	Anas spp.	8	0.05	0.01	1.28	0.06	0.07
Duck, unidentified, gizzards		3	0.08	0.01	1.75	0.05	0.09
Duck, unidentified, heart		2	0.05	0.004	4.67	0.03	.
Duck, unidentified, meat		5	0.03	0.01	0.89	0.04	0.08
Duck, wigeon, meat	Anas americana	3	0.02	0.003	0.19	0.004	.
Duck, wood, meat	Aix sponsa	1	0.002	0.01	0.05	0.01	.
Goose, Canada, gizzard	Branta canadensis	1	0.002	0.01	0.002	0.004	0.002
Goose, Canada, kidney	Branta canadensis	1	0.05	0.02	0.03	0.002	0.002
Goose, Canada, liver	Branta canadensis	1	0.004	0.31	0.04	0.02	0.01
Goose, Canada, meat	Branta canadensis	32	0.02	0.01	0.76	0.002	0.002
Goose, snow, meat	Chen caerulescens	7	0.02	0.003	0.11	0.002	0.002
Goose, unidentified, fat		2	0.01	0.02	0.01	0.002	.
Goose, unidentified, gizzard		1	0.004	0.002	0.002	0.002	.
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	87	0.01	0.03	4.71	0.004	0.002
Wild turkey, meat	Meleagris gallopava	3	0.02	0.004	0.01	0.002	.

Table S3.1. Concentrations of toxic elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
BERRIES, FRUITS, NUTS AND SEEDS							
Blackberry	Rubus spp.	16	0.003	0.004	0.004	0.002	.
Blackberry, leaves	Rubus spp.	1	0.002	0.002	0.002	0.01	.
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	64	0.004	0.003	0.01	0.003	.
Blueberry, jam	Vaccinium myrtilloides, Vaccinium angustifolium	1	0.002	0.002	0.005	0.002	.
Blueberry, leaves	Vaccinium myrtilloides, Vaccinium angustifolium	1	0.42	0.08	0.39	0.01	.
Bunchberry	Cornus canadensis L.	1	0.002	0.03	0.002	0.002	.
Chokecherry/pincherry	Prunus virginiana L.	29	0.01	0.002	0.01	0.002	.
Cloudberries/bakeapples	Rubus chamaemorus	3	0.005	0.04	0.002	0.002	.
Crabapple	Malus coronaria, Pyrus coronaria	17	0.003	0.002	0.07	0.002	.
Crabapple, jam	Malus coronaria, Pyrus coronaria	1	0.002	0.002	0.01	0.002	.
Cranberry, high bush	Viburnum spp.	17	0.003	0.004	0.01	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	48	0.003	0.004	0.01	0.002	.
Currant	Ribes spp.	2	0.31	0.002	0.21	0.002	.
Elderberry	Sambucus spp.	2	0.002	0.002	0.005	0.002	.
Gooseberry	Ribes spp.	5	0.003	0.02	0.002	0.01	.
Grape, Oregon	Mahonia aquifolium	2	0.002	0.002	0.002	0.002	.
Grape, wild	Vitis riparia	2	0.01	0.002	0.01	0.002	.
Hawthorn berry	Crataegus spp.	2	0.003	0.003	0.03	0.002	.
Huckleberry	Vaccinium spp., Gaylussacia spp.	15	0.002	0.002	0.002	0.002	.
Huckleberry, jam	Vaccinium spp., Gaylussacia spp.	1	0.002	0.002	0.002	0.002	.
Nut, acorn	Quercus spp.	4	0.01	0.003	0.01	0.002	.
Nut, butternut	Juglans cinerea	1	0.002	0.002	0.01	0.002	.
Nut, chestnut	Castanea dentata	1	0.02	0.02	0.002	0.002	.
Nut, hazelnut	Corylus americana	4	0.01	0.01	0.01	0.01	.
Nut, hazelnut, dried	Corylus americana	1	0.01	0.03	0.02	0.002	.
Nut, hickory	Carya ovata	3	0.01	0.004	0.03	0.002	.
Nut, walnut	Juglans spp	1	0.01	0.002	0.02	0.002	.
Plum	Prunus spp.	1	0.002	0.002	0.002	0.002	.

Table S3.1. Concentrations of toxic elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Raspberry	Rubus idaeus	32	0.01	0.01	0.01	0.002	.
Raspberry, leaf, tea	Rubus idaeus	2	0.002	0.002	0.002	0.002	.
Raspberry, root	Rubus idaeus	1	0.002	0.002	0.002	0.002	.
Rosehip	Rosa spp.	8	0.003	0.004	0.01	0.002	.
Rosehip, tea	Rosa spp.	1	0.002	0.002	0.002	0.002	.
Salal berry	Gaultheria shallon	1	0.002	0.01	0.002	0.002	.
Salmonberry	Rubus spectabilis	3	0.002	0.01	0.002	0.002	.
Saskatoon berry	Amelanchier alnifolia	32	0.003	0.01	0.01	0.002	.
Saskatoon berry, root	Amelanchier alnifolia	1	0.002	0.002	0.002	0.002	.
Soapberry	Shepherdia canadensis	11	0.002	0.01	0.03	0.004	.
Strawberry	Fragaria spp.	18	0.01	0.01	0.02	0.002	.
Strawberry, jam	Fragaria spp.	1	0.002	0.01	0.002	0.002	.
Sumac	Rhus typhina, R. glabra	1	0.002	0.002	0.002	0.002	.
Sunflower, seeds	Helianthus annuus	2	0.02	0.17	0.22	0.01	.
Thimbleberry	Rubus parviflorus	1	0.002	0.01	0.002	0.002	.
WILD PLANTS							
Asparagus	Asparagus officinalis	1	0.002	0.002	0.002	0.002	.
Avalanche lily	Erythronium montanum	1	0.002	0.002	0.002	0.002	.
Bear root, tea	Ligusticum spp.	1	0.02	0.002	0.002	0.002	.
Bergamot, beebalm, horsemint	Monarda fistulosa, Monarda spp.	1	0.20	0.02	0.20	0.002	.
Bitter root	Lewisia rediviva	1	0.002	0.22	0.002	0.002	.
Buck brush	Ceanothus cuneatus	1	0.002	0.002	0.002	0.002	.
Burdock, tea	Arctium spp.	1	0.002	0.002	0.002	0.002	.
Caribou weeds	Artemisia tilesii	1	0.30	1.54	0.30	0.02	.
Cattail	Typha latifolia	1	0.31	0.03	0.07	0.002	.
Clover, tea	Trifolium spp.	1	0.002	0.002	0.002	0.002	.
Cow parsnip (Indian celery)	Heracleum lanatum	1	0.002	0.004	0.002	0.002	.
Dandelion, greens	Taraxacum officinale	3	0.61	0.13	0.80	0.003	.
Dandelion, roots	Taraxacum officinale	1	1.31	0.12	3.79	0.01	.
Dandelion, tea	Taraxacum officinale	3	0.002	0.002	0.002	0.002	.
Devil's club, bark	Oplopanax horridus	1	0.002	0.26	0.70	0.002	.

Table S3.1. Concentrations of toxic elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Devil's club, stem/leaves	Oplopanax horridus	4	0.002	0.03	0.002	0.002	.
Ferns, fiddleheads	Matteauccia struthiopteris	12	0.003	0.12	0.01	0.002	.
Ferns, licorice	Polypodium glycyrrhiza	1	0.002	0.002	0.002	0.002	.
Ferns, licorice, tea	Polypodium glycyrrhiza	1	0.002	0.002	0.002	0.002	.
Goldthread, tea	Coptis trifolia	4	0.002	0.002	0.002	0.002	.
Horsetail shoots	Equisetum arvense	1	0.09	0.002	0.06	0.002	.
Indian celery (Indian consumption plant, desert parsley)	Lomatium nudicaule	1	0.002	0.10	0.002	0.002	.
Jerusalem artichoke	Helianthus tubererosus	1	0.02	0.01	0.03	0.002	.
Labrador tea, leaves	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	12	0.03	0.02	0.07	0.002	.
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	19	0.002	0.002	0.002	0.002	.
Lamb's quarters	Chenopodium album	1	0.46	0.07	0.36	0.002	.
Leeks/onions	Allium spp.	2	0.07	0.01	0.54	0.002	.
Lichen-moss, tea	Usnea spp.	1	0.002	0.002	0.002	0.002	.
Lilypad	Nuphar lutea; Nymphaea odorata	1	0.07	0.002	0.05	0.002	.
Mint, leaves	Mentha spp.	8	0.08	0.01	0.16	0.01	.
Mint, tea	Mentha spp.	16	0.01	0.004	0.02	0.003	.
Purple pitcher (turtle socks), leaves	Sarracenia purpurea	1	0.002	0.002	0.002	0.002	.
Sage, leaves	Salvia spp.	2	0.002	0.002	0.002	0.002	.
Sage, tea	Salvia spp.	6	0.002	0.002	0.002	0.002	.
Scarlet beebalm (oswego), tea	Monarda didyma	1	0.002	0.002	0.002	0.002	.
Stinging nettle, leaves	Urtica dioica	9	0.04	0.02	0.32	0.005	.
Strawberry blite	Blitum capitatum	1	0.05	0.12	0.09	0.002	.
Sweetflag/muskrat root	Acorus americanus, A. calamus	8	0.31	0.01	0.06	0.002	.
Sweetflag/muskrat root plus wild ginger, tea		1	0.002	0.002	0.002	0.002	.
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	14	0.01	0.002	0.02	0.003	.
Sweetgrass, tea	Hierochloe odorata	1	0.002	0.002	0.002	0.002	.
Tobacco	Nicotiana tabacum	1	0.20	0.39	1.10	0.04	.

Table S3.1. Concentrations of toxic elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Western dock, leaves	Rumex occidentalis	1	0.002	0.002	0.002	0.002	.
Wild ginger	Asarum caudatum	1	0.10	0.06	0.51	0.01	.
Wild parsnip	Pastinaca sativa	1	0.10	0.22	0.002	0.002	.
Wild rhubarb	unidentified	11	0.01	0.01	0.02	0.002	.
Wild rice	Zitania aquatica	3	0.01	0.002	0.04	0.002	.
Wintergreen/teaberry	Gaultheria procumbens	2	0.02	0.004	0.14	0.005	.
Wintergreen/teaberry, tea	Gaultheria procumbens	2	0.002	0.002	0.002	0.002	.
Yarrow	Achillea millefolium	4	0.002	0.11	0.10	0.002	.
Yarrow, tea	Achillea millefolium	3	0.002	0.002	0.002	0.002	.
TREES (bark, leaves, syrup, needles, cones, gum)							
Alder, bark	Alnus incana, A. spp	1	0.002	0.002	0.002	0.002	.
Balsam fir, bark	Abies balsamea	1	0.002	0.04	0.002	0.002	.
Balsam fir, sap/pitch	Abies balsamea	2	0.10	0.18	0.002	0.01	.
Birch, bark	Betula spp.	3	0.002	0.08	0.03	0.005	.
Birch, sap	Betula spp.	1	0.002	0.002	0.002	0.002	.
Birch, tea	Betula spp.	1	0.002	0.002	0.002	0.002	.
Cascara, bark	Rhamnus purshiana	1	0.002	0.002	0.90	0.002	.
Cedar, leaves	Thuja occidentalis, Thuja spp.	2	0.002	0.002	0.002	0.01	.
Cedar, tea	Thuja occidentalis, Thuja spp.	14	0.002	0.002	0.002	0.002	.
Hemlock, bark, tea	Tsuga canadensis	1	0.002	0.002	0.002	0.002	.
Ironwood (hornbeam), tea	Ostrya spp.	1	0.002	0.002	0.002	0.002	.
Juniper, tea	Juniperus communis	1	0.002	0.02	0.04	0.002	.
Maple, bark, tea	Acer spp.	1	0.002	0.002	0.002	0.002	.
Maple, syrup	Acer spp.	9	0.02	0.01	0.03	0.002	.
Mountain ash, tea	Sorbus subg. Sorbus	1	0.002	0.002	0.002	0.002	.
Pine, cone, tea	Pinus strobus	1	0.002	0.002	0.002	0.002	.
Pine, needle, tea	Pinus strobus	2	0.002	0.002	0.002	0.002	.
Poplar (balsam), bark	Populus balsamifera L.	1	0.08	0.03	0.03	0.002	.
Poplar (balsam), tea	Populus balsamifera L.	1	0.002	0.002	0.002	0.002	.
Spruce, gum	Picea spp.	1	0.05	0.01	0.07	0.002	.
Spruce, leaves	Picea spp.	1	0.002	0.002	0.07	0.002	.

Table S3.1. Concentrations of toxic elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Spruce, tea	Picea spp.	3	0.002	0.002	0.002	0.002	.
Tamarack, needles	Larix laricina	1	0.002	0.002	0.30	0.002	.
Tamarack, tea	Larix laricina	3	0.002	0.002	0.002	0.002	.
Willow, bark	Salix spp.	2	0.05	1.14	0.002	0.002	.
Willow, tea	Salix spp.	1	0.002	0.01	0.07	0.002	.
Yew, bark	Taxus canadensis	1	0.002	0.31	0.002	0.002	.
Yew, tea	Taxus canadensis	1	0.002	0.002	0.002	0.002	.
MUSHROOMS							
Mushroom, chaga, tea	Inonotus obliquus	1	.	0.002	0.002	0.002	.
Mushroom, chanterelle	Cantharellus spp.	2	0.02	0.05	0.03	0.02	.
Mushroom, giant puffball	Calvatia gigantea	2	0.32	0.12	0.64	0.86	.
Mushroom, honey	Armillaria mellea	1	0.03	0.16	0.09	0.02	.
Mushroom, morel	Morchella spp.	2	0.20	0.29	0.002	0.01	.
Mushroom, mycena	Mycena spp.	1	0.03	0.09	1.04	0.50	.
Mushroom, pine	Tricholoma magnivelare	3	6.52	0.18	0.06	0.25	.
Mushroom, unidentified		4	0.46	0.15	0.05	0.07	.
CULTIVATED FOOD - PLANTS							
Apple	Malus domestica	5	0.01	0.002	0.01	0.002	.
Beans, dried	Phaseolus vulgaris	1	0.002	0.002	0.002	0.002	.
Beans, kidney, red	Phaseolus vulgaris	1	0.002	0.002	0.005	0.002	.
Beans, pole	Phaseolus vulgaris	1	0.002	0.002	0.002	0.002	.
Beans, snap	Phaseolus vulgaris	4	0.003	0.002	0.01	0.002	.
Beets	Beta vulgaris	4	0.01	0.01	0.02	0.002	.
Brussel sprouts	Brassica oleracea var. gemmifera	1	0.02	0.01	0.08	0.002	.
Cabbage	Brassica oleracea var. capitata	2	0.002	0.004	0.01	0.002	.
Carrots	Daucus carota subsp. sativus	2	0.01	0.01	0.13	0.01	.
Corn soup	Zea mays	1	0.002	0.002	0.01	0.002	.
Corn, blue	Zea mays	1	0.002	0.01	0.002	0.002	.
Corn, calico	Zea mays	1	0.002	0.005	0.01	0.002	.
Corn, hominy	Zea mays	2	0.03	0.002	0.002	0.002	.
Corn, unidentified	Zea mays	5	0.01	0.01	0.01	0.002	.

Table S3.1. Concentrations of toxic elements in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Corn, unidentified, dried	Zea mays	1	0.002	0.002	0.01	0.002	.
Corn, white	Zea mays	2	0.004	0.002	0.03	0.002	.
Corn, white, flour	Zea mays	1	0.01	0.01	0.01	0.002	.
Corn, yellow	Zea mays	2	0.002	0.01	0.01	0.002	.
Cucumber	Cucumis sativus	1	0.01	0.002	0.01	0.002	.
Honey	Apis mellifera (bee)	3	0.002	0.002	0.01	0.002	.
Pepper, green	Capsicum annuum	1	0.002	0.01	0.005	0.002	.
Potatoes	Solanum tuberosum	5	0.02	0.02	0.04	0.002	.
Radish	Raphanus sativus	1	0.05	0.02	0.13	0.002	.
Spinach	Spinacia spp.	1	0.01	0.002	0.01	0.002	.
Squash, butternut	Cucurbita maxima	1	0.002	0.002	0.004	0.002	.
Squash, hubbard	Cucurbita maxima	1	0.002	0.03	0.002	0.002	.
Squash, pumpkin	Cucurbita maxima	2	0.002	0.01	0.002	0.002	.
Squash, unidentified	Cucurbita maxima	2	0.01	0.002	0.01	0.002	.
Squash, unidentified, seeds	Cucurbita maxima	1	0.002	0.02	0.17	0.01	.
Squash, winter	Cucurbita maxima	3	0.002	0.002	0.01	0.002	.
Squash, zucchini	Cucurbita pepo	1	0.002	0.002	0.07	0.002	.
Tomatoes	Solanum lycopersicum	4	0.002	0.01	0.01	0.002	.
Turnip	Brassica rapa subsp. rapa	1	0.002	0.01	0.004	0.002	.
Turnips and potatoes		1	0.002	0.04	0.002	0.002	.
CULTIVATED FOOD - ANIMALS							
Beef, fat	Bos taurus	1	0.002	0.002	0.002	0.002	.
Beef, meat	Bos taurus	1	0.002	0.002	0.004	0.002	.
Chicken, eggs	Gallus gallus domesticus	1	0.002	0.002	0.002	0.002	.
Goat, meat	Capra aegagrus hircus	2	0.002	0.002	0.13	0.002	0.002

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
BRITISH COLUMBIA 2008 & 2009 - FISH AND SEAFOOD							
Abalone	Haliotis kamtschatkana	1	2.57	0.07	0.002	0.002	0.002
Arctic char, smoked	Salvelinus alpinus	1	0.04	0.002	0.002	0.92	0.74
Arctic grayling	Thymallus arcticus arcticus	1	0.06	0.01	0.002	0.02	.
Carp	Cyprinus carpio	1	0.07	0.002	0.002	0.72	0.18
Clam, butter	Saxidomus giganteus	4	4.04	0.10	0.07	0.01	0.01
Clam, butter, cooked	Saxidomus giganteus	1	4.96	0.12	0.04	0.002	0.002
Clam, manila	Venerupis philippinarum	1	4.85	0.44	0.03	0.01	0.01
Clam, razor	Ensis directus	1	0.86	0.02	0.002	0.002	0.002
Clam, unidentified		1	3.25	0.07	0.002	0.002	.
Cockle, basket	Clinocardium nuttalli	1	0.89	0.03	0.05	0.01	0.01
Cockle, unidentified		2	1.61	0.09	0.002	0.07	0.07
Cod, black	Anoplopoma fimbria	2	0.64	0.002	0.002	0.04	0.07
Crab, dungeness	Cancer magister	6	7.49	0.17	0.04	0.04	0.06
Eulachon/ooligan	Thaleichthys pacificus	3	0.90	0.02	0.002	0.01	0.01
Eulachon/ooligan, grease	Thaleichthys pacificus	5	3.53	0.004	0.01	0.002	0.003
Eulachon/ooligan, smoked	Thaleichthys pacificus	1	1.22	0.03	0.06	0.01	0.02
Halibut	Hippoglussus stenolepsis	6	2.46	0.003	0.15	0.19	0.25
Herring, Pacific	Clupea pallasi	1	1.06	0.02	0.03	0.02	0.03
Herring, Pacific, eggs	Clupea pallasi	4	0.58	0.05	0.01	0.002	0.002
Herring, Pacific, eggs on kelp	Clupea pallasi	1	3.60	0.34	0.002	0.002	0.002
Herring, Pacific, eggs, cooked	Clupea pallasi	1	0.33	0.05	0.002	0.002	0.002
Ling cod/mariah/burbot	Lota lota	3	0.34	0.002	0.01	0.23	0.25
Mussels	Mytilus spp.	3	3.72	3.67	0.06	0.01	0.01
Northern pike/jackfish	Esox lucius	1	0.03	0.002	0.002	0.18	0.17
Octopus	Octopus spp.	1	9.07	0.01	0.002	0.04	0.04
Oyster	Giganteus pacificus	1	2.24	3.56	0.03	0.01	0.01
Rockfish/red snapper	Sebastes spp.	6	2.19	0.002	0.002	0.17	0.24
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	10	0.80	0.005	0.002	0.03	0.04
Salmon, chinook/spring/king, eggs	Oncorhynchus tshawytscha	1	0.38	0.01	0.002	0.002	0.01
Salmon, chum	Oncorhynchus keta	2	0.42	0.004	0.02	0.03	0.03
Salmon, chum, dried	Oncorhynchus keta	1	0.70	0.002	0.002	0.07	0.05
Salmon, chum, eggs	Oncorhynchus keta	1	0.34	0.002	0.002	0.002	0.002
Salmon, chum, half-smoked	Oncorhynchus keta	1	0.43	0.01	0.002	0.02	0.02
Salmon, chum, jarred	Oncorhynchus keta	1	0.35	0.01	0.02	0.02	0.02
Salmon, coho	Oncorhynchus kisutch	9	0.76	0.004	0.002	0.04	0.04
Salmon, coho, eggs	Oncorhynchus kisutch	2	0.42	0.01	0.002	0.09	0.004
Salmon, pink	Oncorhynchus gorbuscha	3	0.52	0.004	0.01	0.02	0.03
Salmon, pink, dried	Oncorhynchus gorbuscha	2	0.78	0.003	0.002	0.03	0.03
Salmon, sockeye	Oncorhynchus nerka	14	0.66	0.01	0.002	0.03	0.04
Salmon, sockeye, eggs	Oncorhynchus nerka	2	0.20	0.01	0.002	0.01	0.002
Salmon, sockeye, jarred/canned	Oncorhynchus nerka	2	0.58	0.01	0.002	0.03	0.04
Salmon, unidentified		3	0.72	0.01	0.002	0.02	0.05
Salmon, unidentified, eggs		4	0.28	0.01	0.01	0.05	0.002
Salmon, unidentified, smoked		1	0.84	0.02	0.002	0.04	.
Scallop, rock	Crassadoma gigantea	1	0.76	0.58	0.002	0.01	0.02
Sea cucumber	Parastichopus californicus	1	5.13	0.07	0.002	0.01	0.002
Seaweed	Porphyra abbottiae	3	24.6	3.73	0.45	0.002	0.002
Seaweed, dried	Porphyra abbottiae	2	26.4	4.39	0.10	0.002	.

[a]1-5 animal or plant tissue samples collected in each community were pooled and analyzed. The data are mean concentrations of the number of pooled samples or communities.
[b]All samples are raw unless otherwise specified.

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	3	8.91	0.02	0.02	0.01	0.02
Trout, cutthroat	Salmo clarki clarki	1	0.18	0.02	0.002	0.05	0.08
Trout, dolly varden	Salvelinus malma	5	0.09	0.002	0.002	0.10	0.33
Trout, kokanee	Oncorhynchus nerka	2	0.11	0.01	0.06	0.04	0.07
Trout, lake	Salvelinus namaycush	3	0.11	0.002	0.002	0.13	0.17
Trout, rainbow/steelhead	Oncorhynchus mykiss	6	0.14	0.003	0.002	0.08	0.10
Trout, rainbow/steelhead, eggs	Oncorhynchus mykiss	1	0.21	0.002	0.002	0.002	0.002
Trout, unidentified		2	0.06	0.002	0.002	0.19	0.26
Walleye/pickerel	Sanders vitreus	1	0.04	0.01	0.002	0.16	0.32
Whitefish, unidentified		2	0.09	0.002	0.002	0.09	0.09
BRITISH COLUMBIA 2008 & 2009 - LAND MAMMALS							
Beaver, fat	Castor canadensis	1	0.05	0.05	0.77	0.002	.
Beaver, feet	Castor canadensis	1	0.09	0.02	0.03	0.002	.
Beaver, heart	Castor canadensis	1	0.03	0.09	2.69	0.002	0.002
Beaver, kidney	Castor canadensis	1	0.04	21.6	0.002	0.01	0.002
Beaver, liver	Castor canadensis	1	0.03	3.44	0.03	0.002	0.002
Beaver, meat	Castor canadensis	4	0.04	0.02	0.002	0.002	0.002
Beaver, tail	Castor canadensis	1	0.13	0.03	0.20	0.002	.
Bison, meat	Bison bison athabascae	2	0.05	0.002	0.12	0.002	0.002
Black bear, fat	Ursus americanus	5	0.04	0.01	0.06	0.002	0.002
Black bear, liver	Ursus americanus	1	0.04	0.03	0.73	0.002	0.01
Black bear, meat	Ursus americanus	2	0.02	0.01	0.57	0.002	0.002
Caribou, meat	Rangifer ssp.	2	0.002	0.01	0.002	0.002	0.002
Deer, heart	Odocoileus spp.	1	0.04	0.04	0.002	0.03	0.002
Deer, liver	Odocoileus spp.	4	0.05	0.21	0.01	0.01	0.004
Deer, liver and heart	Odocoileus spp.	1	0.08	0.04	0.002	0.02	0.01
Deer, meat	Odocoileus spp.	15	0.02	0.01	1.49	0.003	0.002
Elk, fat	Cervus canadensis	1	0.002	0.002	0.002	0.002	.
Elk, kidney	Cervus canadensis	1	0.002	0.03	0.03	0.002	0.002
Elk, liver	Cervus canadensis	2	0.002	0.22	0.002	0.002	0.002
Elk, meat	Cervus canadensis	6	0.03	0.01	0.02	0.002	0.002
Groundhog, meat	Marmota monax	1	0.002	0.01	0.06	0.09	.
Hare/rabbit, meat	Lepus spp.	6	0.01	0.40	0.24	0.005	0.002
Moose, bone marrow	Alces alces	2	0.002	0.01	0.002	0.002	.
Moose, fat	Alces alces	3	0.002	0.003	0.002	0.002	.
Moose, heart	Alces alces	3	0.002	0.02	0.002	0.002	0.002
Moose, intestine	Alces alces	2	0.002	0.004	0.002	0.002	.
Moose, kidney	Alces alces	6	0.03	11.8	0.17	0.01	0.002
Moose, liver	Alces alces	8	0.04	3.51	0.002	0.004	0.002
Moose, meat	Alces alces	14	0.003	0.01	0.07	0.002	0.002
Moose, meat, canned	Alces alces	1	0.002	0.002	0.002	0.002	0.002
Moose, meat, dried	Alces alces	1	0.04	0.04	0.002	0.002	.
Moose, nose	Alces alces	1	0.03	0.01	0.05	0.002	.
Moose, stomach	Alces alces	1	0.002	0.05	0.002	0.002	.
Moose, tongue	Alces alces	1	0.03	0.01	0.09	0.002	.
BRITISH COLUMBIA 2008 & 2009 - WILD BIRDS							
Duck, mallard, meat	Anas platyrhynchos	1	0.04	0.01	0.002	0.01	0.01
Goose, Canada, meat	Branta canadensis	1	0.03	0.01	2.65	0.002	0.002
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	8	0.03	0.05	13.2	0.002	0.002

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
BRITISH COLUMBIA 2008 & 2009 - BERRIES, FRUITS, NUTS AND SEEDS							
Blackberry	Rubus spp.	5	0.002	0.003	0.002	0.002	.
Blueberry	angustifolium	7	0.005	0.002	0.005	0.01	.
Bunchberry	Cornus canadensis L.	1	0.002	0.03	0.002	0.002	.
Chokecherry/pincherry	Prunus virginiana L.	6	0.01	0.002	0.02	0.002	.
Crabapple	Malus coronaria, Pyrus coronaria	3	0.002	0.002	0.002	0.002	.
Cranberry, high bush	Viburnum spp.	4	0.002	0.01	0.002	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	5	0.002	0.003	0.002	0.002	.
Currant	Ribes spp.	1	0.60	0.002	0.40	0.002	.
Gooseberry	Ribes spp.	3	0.002	0.02	0.002	0.02	.
Grape, Oregon	Mahonia aquifolium	2	0.002	0.002	0.002	0.002	.
Huckleberry	Vaccinium spp., Gaylussacia spp.	15	0.002	0.002	0.002	0.002	.
Huckleberry, jam	Vaccinium spp., Gaylussacia spp.	1	0.002	0.002	0.002	0.002	.
Nut, hazelnut	Corylus americana	1	0.002	0.002	0.002	0.002	.
Raspberry	Rubus idaeus	5	0.01	0.01	0.002	0.002	.
Rosehip	Rosa spp.	5	0.002	0.005	0.002	0.002	.
Salal berry	Gaultheria shallon	1	0.002	0.01	0.002	0.002	.
Salmonberry	Rubus spectabilis	3	0.002	0.01	0.002	0.002	.
Saskatoon berry	Amelanchier alnifolia	9	0.002	0.02	0.01	0.002	.
Soapberry	Shepherdia canadensis	11	0.002	0.01	0.03	0.004	.
Strawberry	Fragaria spp.	3	0.002	0.01	0.002	0.002	.
Thimbleberry	Rubus parviflorus	1	0.002	0.01	0.002	0.002	.
BRITISH COLUMBIA 2008 & 2009 - WILD PLANTS							
Asparagus	Asparagus officinalis	1	0.002	0.002	0.002	0.002	.
Avalanche lily	Erythronium montanum	1	0.002	0.002	0.002	0.002	.
Bergamot, beebalm, horsemint	Monarda fistulosa, Monarda spp.	1	0.20	0.02	0.20	0.002	.
Bitter root	Lewisia rediviva	1	0.002	0.22	0.002	0.002	.
Buck brush	Ceanothus cuneatus	1	0.002	0.002	0.002	0.002	.
Caribou weeds	Artemisia tilesii	1	0.30	1.54	0.30	0.02	.
Cattail	Typha latifolia	1	0.31	0.03	0.07	0.002	.
Cow parsnip (Indian celery)	Heracleum lanatum	1	0.002	0.004	0.002	0.002	.
Dandelion, greens	Taraxacum officinale	1	1.80	0.31	1.90	0.002	.
Devil's club, bark	Oplopanax horridus	1	0.002	0.26	0.70	0.002	.
Devil's club, stem/leaves	Oplopanax horridus	4	0.002	0.03	0.002	0.002	.
Ferns, licorice	Polypodium glycyrrhiza	1	0.002	0.002	0.002	0.002	.
Indian celery (Indian consumption plant, desert parsley)	Lomatium nudicaule	1	0.002	0.10	0.002	0.002	.
Labrador tea, leaves	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	9	0.03	0.03	0.07	0.002	.
Lamb's quarters	Chenopodium album	1	0.46	0.07	0.36	0.002	.
Mint, leaves	Mentha spp.	2	0.15	0.02	0.05	0.01	.
Mint, tea	Mentha spp.	1	0.20	0.04	0.30	0.01	.
Sage, leaves	Salvia spp.	1	0.002	0.002	0.002	0.002	.
Stinging nettle, leaves	Urtica dioica	6	0.03	0.03	0.23	0.01	.
Strawberry blite	Blitum capitatum	1	0.05	0.12	0.09	0.002	.
Sweetflag/muskrat root	Acorus americanus, A. calamus	2	0.75	0.01	0.002	0.002	.
Wild parsnip	Pastinaca sativa	1	0.10	0.22	0.002	0.002	.
Wild rhubarb	unidentified	1	0.002	0.002	0.002	0.002	.
Yarrow	Achillea millefolium	4	0.002	0.11	0.10	0.002	.
BRITISH COLUMBIA 2008 & 2009 - TREES (bark, leaves, syrup, needles, cones, gum)							
Alder, bark	Alnus incana, A. spp	1	0.002	0.002	0.002	0.002	.

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Balsam fir, bark	Abies balsamea	1	0.002	0.04	0.002	0.002	.
Balsam fir, sap/pitch	Abies balsamea	2	0.10	0.18	0.002	0.01	.
Birch, bark	Betula spp.	1	0.002	0.08	0.002	0.002	.
Birch, sap	Betula spp.	1	0.002	0.002	0.002	0.002	.
Cascara, bark	Rhamnus purshiana	1	0.002	0.002	0.90	0.002	.
Cedar, leaves	Thuja occidentalis, Thuja spp.	1	0.002	0.002	0.002	0.01	.
Poplar (balsam), bark	Populus balsamifera L.	1	0.08	0.03	0.03	0.002	.
Spruce, gum	Picea spp.	1	0.05	0.01	0.07	0.002	.
Spruce, leaves	Picea spp.	1	0.002	0.002	0.07	0.002	.
Tamarack, needles	Larix laricina	1	0.002	0.002	0.30	0.002	.
Willow, bark	Salix spp.	1	0.10	2.28	0.002	0.002	.
Yew, bark	Taxus canadensis	1	0.002	0.31	0.002	0.002	.
BRITISH COLUMBIA 2008 & 2009 - MUSHROOMS							
Mushroom, chanterelle	Cantharellus spp.	1	0.03	0.06	0.05	0.04	.
Mushroom, giant puffball	Calvatia gigantea	1	0.10	0.10	0.08	0.002	.
Mushroom, morel	Morchella spp.	2	0.20	0.29	0.002	0.01	.
Mushroom, pine	Tricholoma magnivelare	3	6.52	0.18	0.06	0.25	.
Mushroom, unidentified		3	0.58	0.17	0.02	0.10	.
BRITISH COLUMBIA 2008 & 2009 - CULTIVATED FOOD (ANIMALS)							
Goat, meat	Capra aegagrus hircus	2	0.002	0.002	0.13	0.002	0.002
ALBERTA 2013 - FISH							
Arctic grayling	Thymallus arcticus arcticus	1	0.02	0.01	0.002	0.17	0.03
Ling cod/mariah/burbot	Lota lota	1	0.04	0.002	0.002	0.22	.
Mooneye/goldeye	Hiodon tergisus, Hiodon alosoides	1	0.02	0.01	0.02	0.20	.
Northern pike/jackfish	Esox lucius	4	0.05	0.002	0.004	0.56	0.27
Sucker, longnose	Catostomus catostomus	1	0.03	0.002	0.002	0.13	0.08
Trout, lake	Salvelinus namaycush	1	0.12	0.002	0.01	0.24	0.04
Trout, lake, smoked	Salvelinus namaycush	1	0.01	0.002	0.002	0.08	0.04
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	0.01	0.002	0.002	0.08	0.02
Trout, unidentified		2	0.06	0.002	0.004	0.09	0.02
Walleye/pickerel	Sanders vitreus	4	0.05	0.002	0.004	0.55	0.15
Whitefish, lake	Coregonus clupeaformis	2	0.04	0.002	0.003	0.32	0.03
Whitefish, unidentified		3	0.07	0.002	0.003	0.14	0.04
ALBERTA 2013 - LAND MAMMALS							
Beaver, meat	Castor canadensis	1	0.17	0.01	0.02	0.02	.
Bison, kidney	Bison bison athabascae	1	0.01	1.21	0.01	0.02	.
Bison, liver	Bison bison athabascae	1	0.01	0.39	0.01	0.03	.
Bison, meat	Bison bison athabascae	3	0.02	0.02	43.7	0.002	.
Black bear, meat	Ursus americanus	1	0.01	0.01	0.01	0.002	.
Deer, fat	Odocoileus spp.	2	0.002	0.002	0.005	0.002	.
Deer, kidney	Odocoileus spp.	1	0.002	6.12	0.02	0.02	.
Deer, liver	Odocoileus spp.	1	0.002	0.23	0.01	0.002	.
Deer, meat	Odocoileus spp.	11	0.003	0.003	0.07	0.002	.
Elk, meat	Cervus canadensis	5	0.02	0.01	0.08	0.002	.
Elk, meat, dried	Cervus canadensis	1	0.01	0.04	0.01	0.002	.
Hare/rabbit, liver	Lepus spp.	1	0.002	3.75	0.01	0.01	.
Hare/rabbit, meat	Lepus spp.	7	0.03	0.04	4.20	0.002	.
Moose, heart	Alces alces	6	0.01	0.50	0.02	0.003	.
Moose, intestine	Alces alces	5	0.004	0.02	0.10	0.002	.
Moose, kidney	Alces alces	8	0.01	13.2	0.04	0.01	.
Moose, liver	Alces alces	7	0.01	1.61	0.01	0.004	.
Moose, meat	Alces alces	12	0.005	0.01	0.10	0.002	.

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Moose, nose	Alces alces	2	0.01	0.01	0.01	0.002	.
Moose, stomach lining	Alces alces	1	0.01	0.01	0.04	0.002	.
Moose, tongue	Alces alces	2	0.002	0.04	0.01	0.002	.
Muskrat, meat	Ondatra zibethica	1	.	.	.	.	.
Porcupine, meat	Erethizon dorsatum	1	0.01	0.01	0.12	0.002	.
ALBERTA 2013 - WILD BIRDS							
Duck, coot, meat	Fulica americana	1	4.22	0.002	0.49	0.02	.
Duck, goldeneye, meat	Bucephala clangula	1	0.01	0.002	0.004	0.06	.
Duck, mallard, gizzards	Anas platyrhynchos	1	0.01	0.002	0.002	0.03	.
Duck, mallard, meat	Anas platyrhynchos	6	0.01	0.005	0.35	0.06	.
Duck, northern pintail, meat	Anas acuta	1	0.04	0.002	0.01	0.01	.
Duck, scaup, meat	Aythya marila	1	0.01	0.002	0.03	0.06	.
Duck, wigeon, meat	Anas americana	1	0.03	0.002	0.36	0.002	.
Goose, Canada, meat	Branta canadensis	6	0.02	0.01	0.03	0.002	.
Goose, unidentified, gizzard		1	0.004	0.002	0.002	0.002	.
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	14	0.01	0.01	0.95	0.002	.
ALBERTA 2013 - BERRIES, FRUITS, NUTS AND SEEDS							
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	8	0.003	0.003	0.02	0.002	.
Blueberry, leaves	Vaccinium myrtilloides, Vaccinium angustifolium	1	0.42	0.08	0.39	0.01	.
Chokecherry/pincherry	Prunus virginiana L.	7	0.003	0.002	0.003	0.002	.
Cranberry, high bush	Viburnum spp.	2	0.002	0.002	0.002	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	6	0.004	0.004	0.004	0.002	.
Raspberry	Rubus idaeus	4	0.02	0.004	0.003	0.002	.
Raspberry, root	Rubus idaeus	1	0.002	0.002	0.002	0.002	.
Saskatoon berry	Amelanchier alnifolia	7	0.01	0.01	0.003	0.002	.
Saskatoon berry, root	Amelanchier alnifolia	1	0.002	0.002	0.002	0.002	.
Strawberry	Fragaria spp.	3	0.01	0.01	0.01	0.002	.
ALBERTA 2013 - WILD PLANTS							
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	1	0.002	0.002	0.002	0.002	.
Mint, leaves	Mentha spp.	1	0.005	0.002	0.002	0.002	.
Mint, tea	Mentha spp.	4	0.002	0.002	0.002	0.002	.
Sage, tea	Salvia spp.	1	0.002	0.002	0.002	0.002	.
Sweetflag/muskrat root	Acorus americanus, A. calamus	3	0.15	0.02	0.06	0.002	.
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	2	0.002	0.002	0.002	0.002	.
Wild rhubarb	unidentified	1	0.002	0.002	0.002	0.002	.
ALBERTA 2013 - CULTIVATED FOOD (PLANTS)							
Spinach	Spinacia spp.	1	0.01	0.002	0.01	0.002	.
Turnips and potatoes		1	0.002	0.04	0.002	0.002	.
ALBERTA 2013 - CULTIVATED FOOD (ANIMALS)							
Beef, fat	Bos taurus	1	0.002	0.002	0.002	0.002	.
SASKATCHEWAN 2015 - FISH							
Ling cod/mariah/burbot	Lota lota	1	0.09	0.002	0.002	0.28	0.36
Mooneye/goldeye	Hiodon tergisus, Hiodon alosoides	1	0.23	0.002	0.002	0.07	0.08
Northern pike/jackfish	Esox lucius	10	0.04	0.002	0.003	0.33	0.32
Northern pike/jackfish, eggs	Esox lucius	1	0.01	0.002	0.002	0.01	0.002
Perch, yellow	Perca flavescens	1	0.05	0.002	0.002	0.16	0.12
Sucker, longnose	Catostomus catostomus	4	0.07	0.002	0.004	0.10	0.11
Sucker, unidentified, liver/eggs		1	0.03	0.002	0.002	0.01	.
Sucker, white	Catostomus commersonii	2	0.04	0.002	0.002	0.04	0.05

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Trout, lake	Salvelinus namaycush	5	0.11	0.002	0.005	0.27	0.27
Trout, lake, smoked	Salvelinus namaycush	1	0.17	0.002	0.01	0.40	0.51
Walleye/pickerel	Sanders vitreus	10	0.04	0.002	0.01	0.39	0.34
Whitefish, lake	Coregonus clupeaformis	8	0.08	0.002	0.003	0.05	0.06
Whitefish, lake, dried	Coregonus clupeaformis	1	0.20	0.01	0.04	0.11	.
Whitefish, unidentified, smoked		1	0.41	0.002	0.01	0.12	0.14
SASKATCHEWAN 2015 - LAND MAMMALS							
Beaver, meat	Castor canadensis	2	0.002	0.02	0.01	0.002	.
Beaver, tail	Castor canadensis	1	0.005	0.02	0.03	0.002	.
Black bear, meat	Ursus americanus	1	0.002	0.005	0.01	0.01	.
Caribou, blood	Rangifer ssp.	1	0.002	0.002	0.02	0.01	.
Caribou, bone marrow	Rangifer ssp.	2	0.002	0.002	0.03	0.004	.
Caribou, brains	Rangifer ssp.	2	0.002	0.002	0.002	0.002	.
Caribou, fat	Rangifer ssp.	1	0.002	0.002	0.07	0.002	.
Caribou, fetus	Rangifer ssp.	1	0.01	0.002	0.01	0.002	.
Caribou, heart	Rangifer ssp.	2	0.01	0.002	0.01	0.01	.
Caribou, kidney	Rangifer ssp.	2	0.01	4.57	0.08	0.72	.
Caribou, liver	Rangifer ssp.	2	0.01	0.77	0.10	0.10	.
Caribou, meat	Rangifer ssp.	3	0.01	0.005	0.03	0.01	.
Caribou, meat, dried	Rangifer ssp.	2	0.15	0.01	0.04	0.01	.
Deer, heart	Odocoileus spp.	1	0.002	0.02	0.06	0.002	.
Deer, kidney	Odocoileus spp.	2	0.004	3.29	0.01	0.03	.
Deer, liver	Odocoileus spp.	2	0.002	0.14	0.01	0.002	.
Deer, meat	Odocoileus spp.	11	0.01	0.01	0.04	0.002	.
Deer, meat, smoked	Odocoileus spp.	1	0.01	0.02	0.01	0.01	.
Elk, kidney	Cervus canadensis	2	0.002	1.11	0.01	0.01	.
Elk, meat	Cervus canadensis	9	0.003	0.003	0.03	0.002	.
Hare/rabbit, heart	Lepus spp.	1	0.002	0.04	0.11	0.01	.
Hare/rabbit, kidney	Lepus spp.	1	0.002	11.3	0.01	0.04	.
Hare/rabbit, meat	Lepus spp.	12	0.01	0.04	0.12	0.005	.
Moose, bone marrow	Alces alces	1	0.002	0.002	0.002	0.01	.
Moose, fat	Alces alces	1	0.002	0.002	0.01	0.002	.
Moose, heart	Alces alces	6	0.003	0.01	0.04	0.002	.
Moose, kidney	Alces alces	8	0.01	6.18	0.01	0.02	.
Moose, liver	Alces alces	6	0.01	1.40	0.04	0.01	.
Moose, meat	Alces alces	15	0.004	0.005	0.13	0.005	.
Moose, meat, dried	Alces alces	5	0.03	0.01	0.06	0.004	.
Moose, meat, smoked	Alces alces	3	0.02	0.01	0.04	0.002	.
Moose, nose	Alces alces	1	0.002	0.01	0.01	0.002	.
Muskrat, meat	Ondatra zibethica	2	0.01	0.004	1.13	0.002	.
SASKATCHEWAN 2015 - WILD BIRDS							
Duck, gadwall, meat	Anas strepera	2	0.01	0.004	0.01	0.10	.
Duck, mallard, meat	Anas platyrhynchos	9	0.01	0.01	0.03	0.01	0.01
Duck, northern pintail, meat	Anas acuta	1	0.01	0.002	0.002	0.03	.
Duck, northern shoveller, meat	Anas clypeata	1	0.02	0.005	0.01	0.12	.
Duck, teal, meat	Anas spp.	3	0.02	0.01	0.83	0.04	.
Duck, unidentified, gizzards		2	0.04	0.01	0.78	0.03	.
Duck, unidentified, heart		1	0.07	0.01	9.34	0.03	.
Duck, unidentified, meat		1	0.03	0.002	0.004	0.01	.
Duck, wigeon, meat	Anas americana	2	0.02	0.003	0.10	0.01	.
Goose, Canada, meat	Branta canadensis	5	0.01	0.01	3.20	0.003	.

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	14	0.01	0.03	4.71	0.002	.
SASKATCHEWAN 2015 - BERRIES, FRUITS, NUTS AND SEEDS							
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	12	0.003	0.002	0.01	0.002	.
Chokecherry/pincherry	Prunus virginiana L.	11	0.005	0.002	0.01	0.002	.
Crabapple	Malus coronaria, Pyrus coronaria	1	0.002	0.002	0.01	0.002	.
Cranberry, high bush	Viburnum spp.	2	0.002	0.002	0.01	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	13	0.003	0.003	0.01	0.002	.
Raspberry	Rubus idaeus	5	0.004	0.004	0.01	0.002	.
Rosehip	Rosa spp.	2	0.01	0.002	0.01	0.002	.
Rosehip, tea	Rosa spp.	1	0.002	0.002	0.002	0.002	.
Saskatoon berry	Amelanchier alnifolia	9	0.002	0.01	0.01	0.002	.
SASKATCHEWAN 2015 - WILD PLANTS							
Ferns, licorice, tea	Polypodium glycyrrhiza	1	0.002	0.002	0.002	0.002	.
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	5	0.002	0.002	0.002	0.002	.
Mint, tea	Mentha spp.	8	0.002	0.002	0.002	0.002	.
Sage, tea	Salvia spp.	2	0.002	0.002	0.002	0.002	.
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	5	0.002	0.002	0.002	0.002	.
Wild rhubarb	unidentified	3	0.04	0.01	0.01	0.002	.
Wild rice	Zitania aquatica	1	0.01	0.002	0.13	0.002	.
SASKATCHEWAN 2015 - CULTIVATED FOOD (PLANTS)							
Carrots	Daucus carota subsp. sativus	1	0.005	0.01	0.005	0.002	.
Potatoes	Solanum tuberosum	1	0.01	0.02	0.01	0.002	.
Tomatoes	Solanum lycopersicum	1	0.002	0.002	0.03	0.002	.
MANITOBA 2010 - FISH							
Bass, unidentified		1	0.12	0.01	0.03	0.14	0.15
Catfish	Ameiurus nebulosus	2	0.02	0.002	0.002	0.06	0.08
Ling cod/mariah, liver	Lota lota	2	0.11	0.01	0.34	0.02	0.04
Ling cod/mariah/burbot	Lota lota	1	0.04	0.002	0.002	0.09	0.09
Northern pike/jackfish	Esox lucius	10	0.05	0.003	0.002	0.25	0.20
Perch, yellow	Perca flavescens	2	0.04	0.01	0.02	0.10	0.10
Sturgeon	Acipenserspp.	2	0.42	0.002	0.02	0.13	0.20
Sucker, unidentified		1	0.03	0.002	0.002	0.03	0.04
Sucker, white	Catostomus commersonii	3	0.06	0.002	0.01	0.01	0.02
Trout, lake	Salvelinus namaycush	2	0.13	0.002	0.04	0.26	0.38
Trout, lake, eggs	Salvelinus namaycush	1	0.08	0.002	0.14	0.01	0.01
Trout, unidentified, guts		1	0.22	0.01	0.47	0.26	.
Walleye/pickerel	Sanders vitreus	12	0.07	0.002	0.01	0.26	0.16
Whitefish, unidentified		9	0.13	0.004	0.01	0.05	0.06
Whitefish, unidentified, eggs		1	0.11	0.002	0.002	0.002	0.002
MANITOBA 2010 - LAND MAMMALS							
Beaver, meat	Castor canadensis	3	0.002	0.01	0.01	0.002	0.002
Caribou, brain	Rangifer ssp.	1	0.002	0.002	0.04	0.002	0.002
Caribou, fat	Rangifer ssp.	1	0.002	0.002	0.002	0.002	.
Caribou, heart	Rangifer ssp.	1	0.002	0.01	0.002	0.01	0.004
Caribou, intestine	Rangifer ssp.	1	0.002	0.12	0.04	0.01	.
Caribou, kidney	Rangifer ssp.	1	0.002	6.42	0.30	0.91	0.002
Caribou, liver	Rangifer ssp.	1	0.04	0.93	0.17	0.20	0.01
Caribou, meat	Rangifer ssp.	2	0.02	0.004	0.57	0.01	0.01
Caribou, tongue	Rangifer ssp.	1	0.002	0.01	0.002	0.01	.

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Deer, heart	Odocoileus spp.	1	0.002	0.002	0.41	0.002	0.002
Deer, kidney	Odocoileus spp.	2	0.002	2.25	0.06	0.02	0.002
Deer, liver	Odocoileus spp.	2	0.03	0.32	0.03	0.01	0.004
Deer, meat	Odocoileus spp.	7	0.01	0.01	6.12	0.002	0.003
Elk, heart	Cervus canadensis	1	0.05	0.002	0.002	0.002	0.002
Elk, meat	Cervus canadensis	3	0.002	0.003	2.10	0.002	0.002
Hare/rabbit, brains	Lepus spp.	1	0.002	0.01	0.002	0.002	.
Hare/rabbit, kidney	Lepus spp.	1	0.002	1.38	0.002	0.02	0.002
Hare/rabbit, liver	Lepus spp.	1	0.002	0.21	0.002	0.01	0.002
Hare/rabbit, meat	Lepus spp.	7	0.23	0.09	23.3	0.003	0.002
Moose, fat	Alces alces	1	0.02	0.03	0.09	0.002	.
Moose, heart	Alces alces	2	0.002	0.02	0.84	0.003	0.002
Moose, intestine	Alces alces	1	0.03	0.02	0.03	0.002	.
Moose, kidney	Alces alces	5	0.05	7.86	0.61	0.02	0.002
Moose, liver	Alces alces	5	0.02	1.42	0.05	0.01	0.003
Moose, meat	Alces alces	10	0.03	0.02	1.62	0.003	0.002
Moose, tongue	Alces alces	2	0.002	0.06	0.08	0.002	.
Muskrat, meat	Ondatra zibethica	3	0.002	0.002	0.002	0.003	0.003
MANITOBA 2010 - WILD BIRDS							
Duck, mallard, gizzards	Anas platyrhynchos	1	0.07	0.002	0.07	0.02	0.03
Duck, mallard, meat	Anas platyrhynchos	4	0.04	0.07	0.07	0.05	0.06
Duck, northern pintail, meat	Anas acuta	1	0.04	0.002	0.03	0.01	0.01
Duck, unidentified, gizzards		1	0.17	0.01	3.70	0.07	0.09
Duck, unidentified, heart		1	0.02	0.002	0.002	0.02	.
Duck, unidentified, meat		3	0.03	0.02	1.48	0.05	0.08
Goose, Canada, gizzard	Branta canadensis	1	0.002	0.01	0.002	0.004	0.002
Goose, Canada, meat	Branta canadensis	4	0.01	0.01	0.29	0.002	0.002
Goose, snow, meat	Chen caerulescens	2	0.002	0.002	0.002	0.002	0.002
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	9	0.02	0.06	18.6	0.003	0.003
MANITOBA 2010 - BERRIES, FRUITS, NUTS AND SEEDS							
Blackberry, leaves	Rubus spp.	1	0.002	0.002	0.002	0.01	.
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	8	0.002	0.005	0.03	0.003	.
Chokecherry/pincherry	Prunus virginiana L.	1	0.002	0.002	0.002	0.002	.
Crabapple	Malus coronaria, Pyrus coronaria	1	0.002	0.002	0.002	0.002	.
Cranberry, high bush	Viburnum spp.	1	0.002	0.002	0.002	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	8	0.002	0.004	0.01	0.002	.
Gooseberry	Ribes spp.	1	0.002	0.004	0.002	0.002	.
Nut, hazelnut	Corylus americana	1	0.002	.	.	0.002	.
Plum	Prunus spp.	1	0.002	0.002	0.002	0.002	.
Raspberry	Rubus idaeus	5	0.002	0.004	0.04	0.002	.
Saskatoon berry	Amelanchier alnifolia	5	0.002	0.002	0.002	0.002	.
MANITOBA 2010 - WILD PLANTS							
Dandelion, tea	Taraxacum officinale	1	0.002	0.002	0.002	0.002	.
Labrador tea, leaves	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	3	0.002	0.01	0.07	0.002	.
Lilypad	Nuphar lutea; Nymphaea odorata	1	0.07	0.002	0.05	0.002	.
Mint, leaves	Mentha spp.	1	.	0.03	0.50	0.002	.
Mint, tea	Mentha spp.	1	0.002	0.002	0.002	0.002	.
Sage, tea	Salvia spp.	1	0.002	0.004	0.002	0.002	.
Sweetflag/muskrat root	Acorus americanus, A. calamus	1	0.50	0.002	0.20	0.002	.

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	3	0.03	0.002	0.11	0.005	.
Wild rhubarb	unidentified	2	0.002	0.005	0.002	0.002	.
Wild rice	Zitania aquatica	1	0.002	0.002	0.002	0.002	.
Yarrow, tea	Achillea millefolium	1	0.002	0.002	0.002	0.002	.
MANITOBA 2010 - TREES (bark, leaves, syrup, needles, cones, gum)							
Birch, bark	Betula spp.	2	0.002	0.08	0.05	0.01	.
Cedar, tea	Thuja occidentalis, Thuja spp.	1	0.002	0.002	0.002	0.002	.
Juniper, tea	Juniperus communis	1	0.002	0.02	0.04	0.002	.
Mountain ash, tea	Sorbus subg. Sorbus	1	0.002	0.002	0.002	0.002	.
Poplar (balsam), tea	Populus balsamifera L.	1	0.002	0.002	0.002	0.002	.
Spruce, tea	Picea spp.	1	0.002	0.002	0.002	0.002	.
Tamarack, tea	Larix laricina	1	0.002	0.002	0.002	0.002	.
Willow, bark	Salix spp.	1	0.002	0.002	0.002	0.002	.
Willow, tea	Salix spp.	1	0.002	0.01	0.07	0.002	.
ONTARIO 2011 & 2012 - FISH							
Bass, largemouth	Micropterus dolomieu	1	0.02	0.002	0.002	0.27	0.08
Bass, smallmouth	Micropterus salmoides	3	0.09	0.002	0.002	0.58	0.29
Carp	Cyprinus carpio	1	0.09	0.002	0.01	0.37	0.14
Catfish	Ameiurus nebulosus	1	0.09	0.002	0.002	0.07	0.06
Cisco	Coregonus spp.	3	0.08	0.01	0.002	0.08	0.01
Northern pike/jackfish	Esox lucius	9	0.12	0.002	0.02	0.63	0.30
Perch, yellow	Perca flavescens	6	0.04	0.005	0.01	0.21	0.09
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	2	0.13	0.01	0.01	0.20	0.38
Salmon, pink	Oncorhynchus gorbuscha	1	0.10	0.002	0.01	0.07	.
Salmon, sockeye	Oncorhynchus nerka	1	0.04	0.01	0.01	0.07	.
Salmon, unidentified		4	0.20	0.002	0.004	0.11	0.09
Salmon, unidentified, eggs		1	0.06	0.002	0.004	0.02	0.002
Sauger	Stizostedion canadense	1	0.04	0.002	0.005	0.17	.
Smelt	Osmerus mordax	5	0.32	0.09	0.01	0.04	0.01
Sturgeon	Acipenserspp.	9	0.37	0.01	0.03	0.26	0.15
Sucker, unidentified		2	0.11	0.002	0.03	0.03	.
Sucker, unidentified, eggs		1	0.02	0.002	0.002	0.01	.
Sucker, white	Catostomus commersonii	1	0.11	0.06	0.02	0.19	0.08
Trout, brook/speckled	Salvelinus fontinalis	1	0.54	0.002	0.002	0.11	0.07
Trout, brown	Salmo trutta	1	0.28	0.002	0.01	0.16	0.07
Trout, lake	Salvelinus namaycush	6	0.15	0.003	0.01	0.30	0.17
Trout, rainbow/steelhead	Oncorhynchus mykiss	2	0.23	0.002	0.002	0.11	0.07
Trout, splake	Salvelinus fontinalis × Salvelinus namaycush	1	0.03	0.002	0.002	0.08	.
Trout, unidentified		3	0.14	0.002	0.01	0.35	0.25
Walleye/pickerel	Sanders vitreus	17	0.15	0.003	0.01	0.33	0.23
Walleye/pickerel, eggs	Sanders vitreus	1	0.04	0.002	0.002	0.01	0.002
Walleye/pickerel, pemmican	Sanders vitreus	1	0.16	0.004	0.13	0.21	0.07
Whitefish, lake	Coregonus clupeaformis	11	0.66	0.01	0.005	0.08	0.04
Whitefish, round	Prosopium cylindraceum	1	0.03	0.01	0.002	0.03	.
Whitefish, unidentified, eggs		1	0.52	0.002	0.01	0.02	0.01
ONTARIO 2011 & 2012 - LAND MAMMALS							
Beaver, liver	Castor canadensis	1	0.002	0.33	0.04	0.002	.
Beaver, meat	Castor canadensis	7	0.05	0.35	7.73	0.002	0.002
Black bear, meat	Ursus americanus	3	0.003	0.04	0.02	0.005	.
Caribou, bone	Rangifer ssp.	1	0.002	0.002	0.01	0.01	.
Caribou, meat	Rangifer ssp.	6	0.02	0.004	0.02	0.01	.

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Deer, heart	Odocoileus spp.	1	0.01	0.01	0.002	0.002	.
Deer, kidney	Odocoileus spp.	3	0.01	3.03	0.02	0.05	0.002
Deer, liver	Odocoileus spp.	4	0.01	0.47	1.34	0.01	0.002
Deer, meat	Odocoileus spp.	9	0.01	0.004	4.91	0.002	0.002
Deer, tongue	Odocoileus spp.	2	0.03	0.01	0.11	0.002	.
Elk, meat	Cervus canadensis	1	0.002	0.01	0.01	0.002	.
Hare/rabbit, heart	Lepus spp.	1	0.004	0.01	0.01	0.002	.
Hare/rabbit, liver	Lepus spp.	1	0.002	0.66	0.06	0.02	.
Hare/rabbit, meat	Lepus spp.	11	0.01	0.04	0.04	0.003	0.002
Moose, bone marrow	Alces alces	2	0.002	0.002	0.002	0.002	.
Moose, fat	Alces alces	2	0.004	0.003	0.01	0.002	.
Moose, heart	Alces alces	5	0.004	0.01	0.01	0.002	.
Moose, intestine	Alces alces	4	0.01	0.02	0.01	0.002	.
Moose, kidney	Alces alces	8	0.01	13.9	0.02	0.02	0.002
Moose, liver	Alces alces	12	0.02	1.47	0.03	0.01	0.002
Moose, meat	Alces alces	15	0.005	0.03	0.99	0.003	0.002
Moose, nose	Alces alces	2	0.01	0.003	0.01	0.002	.
Moose, stomach	Alces alces	1	0.25	0.01	0.002	0.002	.
Moose, tongue	Alces alces	5	0.03	0.03	0.45	0.002	.
Muskrat, meat	Ondatra zibethica	3	0.02	0.004	0.01	0.004	0.002
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	2	0.01	0.07	1.03	0.01	.
ONTARIO 2011 & 2012 - WILD BIRDS							
Duck, American black, meat	Anas rubripes	1	0.01	0.002	0.18	0.07	.
Duck, bufflehead, meat	Bucephala albeola	2	0.11	0.003	0.04	0.04	.
Duck, godwit, meat	Limosa spp.	1	0.02	0.02	1.31	0.05	.
Duck, goldeneye, meat	Bucephala clangula	2	0.02	0.08	0.004	0.06	0.03
Duck, mallard, meat	Anas platyrhynchos	8	0.05	0.01	1.56	0.02	0.01
Duck, northern pintail, meat	Anas acuta	4	0.02	0.003	0.06	0.03	.
Duck, teal, meat	Anas spp.	5	0.06	0.01	1.54	0.07	0.07
Duck, unidentified, meat		1	0.01	0.002	0.02	0.04	.
Goose, Canada, kidney	Branta canadensis	1	0.05	0.02	0.03	0.002	0.002
Goose, Canada, meat	Branta canadensis	8	0.01	0.002	0.39	0.003	0.002
Goose, snow, meat	Chen caerulescens	3	0.03	0.003	0.24	0.002	0.002
Goose, unidentified, fat		1	0.01	0.04	0.01	0.002	.
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	18	0.01	0.02	0.87	0.01	0.002
Wild turkey, meat	Meleagris gallopava	3	0.02	0.004	0.01	0.002	.
ONTARIO 2011 & 2012 - BERRIES, FRUITS, NUTS AND SEEDS							
Blackberry	Rubus spp.	2	0.002	0.002	0.01	0.002	.
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	10	0.005	0.003	0.01	0.002	.
Chokecherry/pincherry	Prunus virginiana L.	1	0.002	0.002	0.01	0.002	.
Crabapple	Malus coronaria, Pyrus coronaria	2	0.002	0.002	0.01	0.002	.
Cranberry, high bush	Viburnum spp.	3	0.002	0.004	0.04	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	5	0.003	0.01	0.01	0.002	.
Elderberry	Sambucus spp.	1	0.002	0.002	0.004	0.002	.
Gooseberry	Ribes spp.	1	0.01	0.04	0.002	0.002	.
Grape, wild	Vitis riparia	1	0.002	0.002	0.01	0.002	.
Hawthorn berry	Crataegus spp.	2	0.003	0.003	0.03	0.002	.
Nut, acorn	Quercus spp.	4	0.01	0.003	0.01	0.002	.
Nut, hazelnut	Corylus americana	1	0.02	0.01	0.03	0.002	.
Nut, hickory	Carya ovata	3	0.01	0.004	0.03	0.002	.

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Nut, walnut	Juglans spp	1	0.01	0.002	0.02	0.002	.
Raspberry	Rubus idaeus	2	0.004	0.01	0.005	0.002	.
Rosehip	Rosa spp.	1	0.002	0.002	0.02	0.002	.
Saskatoon berry	Amelanchier alnifolia	2	0.003	0.002	0.004	0.002	.
Strawberry	Fragaria spp.	4	0.003	0.02	0.05	0.002	.
Sumac	Rhus typhina, R. glabra	1	0.002	0.002	0.002	0.002	.
Sunflower, seeds	Helianthus annuus	1	0.02	0.03	0.43	0.002	.
ONTARIO 2011 & 2012 - WILD PLANTS							
Dandelion, greens	Taraxacum officinale	1	0.002	0.002	0.002	0.002	.
Horsetail shoots	Equisetum arvense	1	0.09	0.002	0.06	0.002	.
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	8	0.002	0.002	0.002	0.002	.
Leeks/onions	Allium spp.	2	0.07	0.01	0.54	0.002	.
Mint, leaves	Mentha spp.	2	0.002	0.002	0.002	0.002	.
Mint, tea	Mentha spp.	1	0.002	0.002	0.002	0.002	.
Purple pitcher (turtle socks), leaves	Sarracenia purpurea	1	0.002	0.002	0.002	0.002	.
Sage, leaves	Salvia spp.	1	0.002	0.002	0.002	0.002	.
Sage, tea	Salvia spp.	2	0.002	0.002	0.002	0.002	.
Stinging nettle, leaves	Urtica dioica	1	0.002	0.002	0.002	0.002	.
Sweetflag/muskrat root	Acorus americanus, A. calamus	2	0.02	0.002	0.04	0.002	.
Sweetflag/muskrat root plus wild ginger, tea		1	0.002	0.002	0.002	0.002	.
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	1	0.002	0.002	0.002	0.002	.
Tobacco	Nicotiana tabacum	1	0.20	0.39	1.10	0.04	.
Western dock, leaves	Rumex occidentalis	1	0.002	0.002	0.002	0.002	.
Wild ginger	Asarum caudatum	1	0.10	0.06	0.51	0.01	.
Wild rice	Zitania aquatica	1	0.01	0.002	0.002	0.002	.
Wintergreen/teaberry	Gaultheria procumbens	1	0.01	0.002	0.17	0.002	.
ONTARIO 2011 & 2012 - TREES (bark, leaves, syrup, needles, cones, gum)							
Cedar, leaves	Thuja occidentalis, Thuja spp.	1	0.002	0.002	0.002	0.002	.
Cedar, tea	Thuja occidentalis, Thuja spp.	8	0.002	0.002	0.002	0.002	.
Ironwood (hornbeam), tea	Ostrya spp.	1	0.002	0.002	0.002	0.002	.
Maple, syrup	Acer spp.	6	0.01	0.01	0.04	0.002	.
ONTARIO 2011 & 2012 - MUSHROOMS							
Mushroom, giant puffball	Calvatia gigantea	1	0.54	0.13	1.19	1.72	.
Mushroom, honey	Armillaria mellea	1	0.03	0.16	0.09	0.02	.
Mushroom, mycena	Mycena spp.	1	0.03	0.09	1.04	0.50	.
Mushroom, unidentified		1	0.12	0.09	0.11	0.01	.
ONTARIO 2011 & 2012 - CULTIVATED FOOD (PLANTS)							
Apple	Malus domestica	1	0.002	0.002	0.01	0.002	.
Beans, dried	Phaseolus vulgaris	1	0.002	0.002	0.002	0.002	.
Beans, kidney, red	Phaseolus vulgaris	1	0.002	0.002	0.005	0.002	.
Beans, snap	Phaseolus vulgaris	2	0.002	0.002	0.01	0.002	.
Beets	Beta vulgaris	2	0.004	0.01	0.02	0.002	.
Brussel sprouts	Brassica oleracea var. gemmifera	1	0.02	0.01	0.08	0.002	.
Cabbage	Brassica oleracea var. capitata	2	0.002	0.004	0.01	0.002	.
Carrots	Daucus carota subsp. sativus	1	0.01	0.01	0.26	0.01	.
Corn soup	Zea mays	1	0.002	0.002	0.01	0.002	.
Corn, blue	Zea mays	1	0.002	0.01	0.002	0.002	.
Corn, calico	Zea mays	1	0.002	0.005	0.01	0.002	.
Corn, hominy	Zea mays	2	0.03	0.002	0.002	0.002	.
Corn, unidentified	Zea mays	1	0.002	0.002	0.01	0.002	.

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Corn, unidentified, dried	Zea mays	1	0.002	0.002	0.01	0.002	.
Corn, white	Zea mays	1	0.002	0.002	0.04	0.002	.
Corn, yellow	Zea mays	2	0.002	0.01	0.01	0.002	.
Cucumber	Cucumis sativus	1	0.01	0.002	0.01	0.002	.
Pepper, green	Capsicum annuum	1	0.002	0.01	0.005	0.002	.
Potatoes	Solanum tuberosum	2	0.004	0.02	0.02	0.002	.
Radish	Raphanus sativus	1	0.05	0.02	0.13	0.002	.
Squash, hubbard	Cucurbita maxima	1	0.002	0.03	0.002	0.002	.
Squash, pumpkin	Cucurbita maxima	2	0.002	0.01	0.002	0.002	.
Squash, winter	Cucurbita maxima	3	0.002	0.002	0.01	0.002	.
Squash, zucchini	Cucurbita pepo	1	0.002	0.002	0.07	0.002	.
Tomatoes	Solanum lycopersicum	1	0.002	0.01	0.01	0.002	.
Turnip	Brassica rapa subsp. rapa	1	0.002	0.01	0.004	0.002	.
ONTARIO 2011 & 2012 - CULTIVATED FOOD (ANIMALS)							
Beef, meat	Bos taurus	1	0.002	0.002	0.004	0.002	.
QUEBEC 2016 - FISH AND SEAFOOD							
American eel	Anguilla rostrata	2	0.79	0.01	0.01	0.10	0.09
Bass, smallmouth	Micropterus salmoides	1	0.07	0.002	0.002	0.33	0.27
Bass, striped	Morone saxatilis	1	0.55	0.002	0.002	0.19	0.10
Bass, unidentified		1	0.58	0.002	0.002	0.14	0.14
Bass, white	Morone spp.	1	0.21	0.002	0.01	0.11	0.05
Catfish	Ameiurus nebulosus	3	0.03	0.005	0.01	0.20	0.11
Cisco	Coregonus spp.	1	1.93	0.002	0.002	0.03	0.04
Clam, softshell	Mya arenaria	1	3.30	0.05	0.13	0.01	0.01
Cod, Atlantic	Gadus morhua	1	3.39	0.002	0.01	0.12	0.16
Crab, snow	Chionoecetes opilio	2	6.78	0.03	0.02	0.08	0.10
Lobster	Homarus americanus	3	4.75	0.10	0.01	0.13	0.13
Mackerel	Scomber scombrus	1	1.31	0.01	0.002	0.04	0.05
Northern pike/jackfish	Esox lucius	3	0.70	0.005	0.003	0.71	0.33
Northern pike/jackfish, eggs	Esox lucius	1	0.75	0.04	0.002	0.05	0.04
Perch, yellow	Perca flavescens	1	0.08	0.002	0.01	0.25	0.15
Salmon, Atlantic	Salmo salar	5	0.54	0.003	0.002	0.07	0.07
Scallop, Atlantic	Pecten magellanicus	1	0.61	0.13	0.002	0.01	0.01
Sea snail	unidentified	1	3.31	1.47	0.03	0.02	0.02
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	1	4.02	0.02	0.15	0.04	0.05
Smelt	Osmerus mordax	2	1.18	0.01	0.01	0.02	0.02
Sole	Parophrys vetulus	1	1.46	0.002	0.002	0.02	0.01
Sturgeon	Acipenserspp.	2	0.42	0.01	0.002	0.25	0.27
Sucker, unidentified, eggs		1	0.01	0.02	0.05	0.01	0.002
Trout, brook/speckled	Salvelinus fontinalis	5	0.11	0.003	0.01	0.29	0.28
Trout, brown	Salmo trutta	1	0.25	0.01	0.03	0.11	0.08
Trout, lake	Salvelinus namaycush	6	0.12	0.002	0.01	0.43	0.38
Trout, lake, eggs	Salvelinus namaycush	1	0.02	0.01	0.004	0.01	0.002
Trout, lake, smoked	Salvelinus namaycush	1	0.18	0.002	0.002	0.63	0.31
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	1.00	0.002	0.002	0.14	0.14
Walleye/pickerel	Sanders vitreus	5	0.14	0.002	0.002	0.75	0.76
Whitefish, lake	Coregonus clupeaformis	5	0.33	0.02	0.18	0.17	0.11
QUEBEC 2016 - LAND MAMMALS							
Beaver, intestine	Castor canadensis	1	0.002	0.19	0.04	0.002	.
Beaver, meat	Castor canadensis	7	0.003	0.01	0.01	0.002	0.002

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Beaver, tail	Castor canadensis	1	0.002	0.01	0.002	0.002	.
Black bear, fat	Ursus americanus	4	0.002	0.002	0.004	0.002	.
Black bear, meat	Ursus americanus	5	0.003	0.01	2.75	0.004	0.002
Caribou, bone marrow	Rangifer ssp.	1	0.002	0.002	0.01	0.002	.
Caribou, heart	Rangifer ssp.	2	0.01	0.01	2.74	0.01	.
Caribou, kidney	Rangifer ssp.	1	0.01	0.02	0.01	0.01	.
Caribou, meat	Rangifer ssp.	5	0.02	0.01	0.20	0.02	.
Caribou, stomach	Rangifer ssp.	1	0.01	0.01	0.05	0.01	.
Deer, kidney	Odocoileus spp.	1	0.004	6.22	0.04	0.04	.
Deer, liver	Odocoileus spp.	1	0.002	0.14	0.02	0.002	.
Deer, meat	Odocoileus spp.	4	0.002	0.01	0.01	0.002	.
Hare/rabbit, heart	Lepus spp.	1	0.002	0.40	0.01	0.03	.
Hare/rabbit, intestines	Lepus spp.	1	0.002	0.03	0.01	0.002	.
Hare/rabbit, liver	Lepus spp.	1	0.002	0.08	0.03	0.01	.
Hare/rabbit, meat	Lepus spp.	7	0.004	0.28	0.03	0.002	.
Moose, heart	Alces alces	1	0.002	0.02	0.01	0.002	.
Moose, kidney	Alces alces	2	0.002	24.3	0.02	0.01	0.002
Moose, liver	Alces alces	4	0.003	3.86	0.11	0.003	0.002
Moose, meat	Alces alces	10	0.002	0.01	0.03	0.002	.
Moose, meat, dried	Alces alces	1	0.002	0.01	0.01	0.002	.
Moose, nose	Alces alces	1	0.002	0.03	0.01	0.002	.
Moose, tongue	Alces alces	1	0.002	0.02	0.05	0.002	.
Muskrat, meat	Ondatra zibethica	1	0.002	0.002	0.01	0.002	.
Porcupine, meat	Erethizon dorsatum	2	0.004	0.11	0.01	0.002	.
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	1	0.005	0.03	0.02	0.002	.
QUEBEC 2016 - WILD BIRDS							
Arctic tern/stern, egg	Sterna paradisaea	1	0.06	0.002	0.002	0.05	0.04
Duck, black guillemot, meat	Cepphus grylle	1	0.36	0.002	0.01	0.10	0.10
Duck, eider, liver	Somateria spp.	1	0.41	0.46	0.01	0.12	0.14
Duck, eider, meat	Somateria spp.	1	0.29	0.01	2.63	0.06	0.05
Duck, goldeneye, meat	Bucephala clangula	1	0.03	0.05	0.002	0.43	0.42
Duck, mallard, meat	Anas platyrhynchos	5	0.04	0.02	20.9	0.06	0.05
Duck, scoter, meat	Melanitta nigra	1	0.25	0.02	0.01	0.08	0.06
Duck, wood, meat	Aix sponsa	1	0.002	0.01	0.05	0.01	.
Goose, Canada, liver	Branta canadensis	1	0.004	0.31	0.04	0.02	0.01
Goose, Canada, meat	Branta canadensis	7	0.003	0.004	0.09	0.002	0.002
Goose, snow, meat	Chen caerulescens	2	0.01	0.004	0.01	0.002	0.002
Goose, unidentified, fat		1	0.002	0.002	0.002	0.002	.
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	12	0.01	0.05	3.28	0.002	.
QUEBEC 2016 - BERRIES, FRUITS, NUTS AND SEEDS							
Blackberry	Rubus spp.	1	0.002	0.005	0.002	0.002	.
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	8	0.002	0.01	0.01	0.002	.
Chokecherry/pincherry	Prunus virginiana L.	1	0.002	0.002	0.002	0.002	.
Cloudberries/bakeapples	Rubus chamaemorus	2	0.002	0.04	0.002	0.002	.
Crabapple	Malus coronaria, Pyrus coronaria	2	0.002	0.004	0.51	0.002	.
Cranberry, high bush	Viburnum spp.	3	0.002	0.004	0.01	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	3	0.002	0.002	0.002	0.002	.
Raspberry	Rubus idaeus	3	0.003	0.004	0.01	0.002	.
Raspberry, leaf, tea	Rubus idaeus	1	0.002	0.002	0.002	0.002	.
Strawberry	Fragaria spp.	1	0.002	0.002	0.002	0.002	.

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
QUEBEC 2016 - WILD PLANTS							
Bear root, tea	Ligusticum spp.	1	0.02	0.002	0.002	0.002	.
Clover, tea	Trifolium spp.	1	0.002	0.002	0.002	0.002	.
Dandelion, greens	Taraxacum officinale	1	0.03	0.07	0.49	0.005	.
Ferns, fiddleheads	Matteauccia struthiopteris	4	0.002	0.22	0.01	0.002	.
Jerusalem artichoke	Helianthus tubererosus	1	0.02	0.01	0.03	0.002	.
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	3	0.002	0.002	0.002	0.002	.
Stinging nettle, leaves	Urtica dioica	2	0.07	0.01	0.72	0.002	.
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	1	0.002	0.002	0.002	0.002	.
Sweetgrass, tea	Hierochloe odorata	1	0.002	0.002	0.002	0.002	.
Wintergreen/teaberry	Gaultheria procumbens	1	0.04	0.005	0.10	0.01	.
QUEBEC 2016 - TREES (bark, leaves, syrup, needles, cones, gum)							
Cedar, tea	Thuja occidentalis, Thuja spp.	3	0.002	0.002	0.002	0.002	.
Maple, syrup	Acer spp.	2	0.06	0.003	0.02	0.002	.
Pine, needle, tea	Pinus strobus	1	0.002	0.002	0.002	0.002	.
Tamarack, tea	Larix laricina	1	0.002	0.002	0.002	0.002	.
Yew, tea	Taxus canadensis	1	0.002	0.002	0.002	0.002	.
QUEBEC 2016 - MUSHROOMS							
Mushroom, chaga, tea	Inonotus obliquus	1	.	0.002	0.002	0.002	.
Mushroom, chanterelle	Cantharellus spp.	1	0.01	0.03	0.02	0.002	.
QUEBEC 2016 - CULTIVATED FOOD (PLANTS)							
Apple	Malus domestica	2	0.002	0.002	0.01	0.002	.
Beans, pole	Phaseolus vulgaris	1	0.002	0.002	0.002	0.002	.
Corn, white	Zea mays	1	0.01	0.002	0.02	0.002	.
Corn, white, flour	Zea mays	1	0.01	0.01	0.01	0.002	.
Honey	Apis mellifera (bee)	3	0.002	0.002	0.01	0.002	.
Potatoes	Solanum tuberosum	1	0.10	0.02	0.16	0.002	.
Squash, butternut	Cucurbita maxima	1	0.002	0.002	0.004	0.002	.
QUEBEC 2016 - CULTIVATED FOOD (ANIMALS)							
Chicken, eggs	Gallus gallus domesticus	1	0.002	0.002	0.002	0.002	.
ATLANTIC 2014 - FISH, SEAFOOD AND MARINE MAMMALS							
American eel	Anguilla rostrata	8	0.88	0.004	0.02	0.13	0.12
Bass, smallmouth	Micropterus salmoides	1	0.73	0.002	0.002	0.16	0.13
Bass, striped	Morone saxatilis	6	0.75	0.002	0.004	0.15	0.13
Bass, unidentified		2	0.57	0.002	0.004	0.78	1.53
Clam, quahog (surf clam)	Spisula solidissima	2	1.18	0.04	0.08	0.01	.
Clam, unidentified		2	1.94	0.06	0.19	0.02	.
Cod, Atlantic	Gadus morhua	3	3.40	0.003	0.004	0.12	0.04
Cod, Atlantic tomcod	Microgadus tomcod	1	6.78	0.002	0.002	0.02	0.01
Cod, unidentified, eggs		1	2.50	0.002	0.01	0.03	.
Cod, unidentified, tongue		1	1.22	0.002	0.002	0.06	.
Crab, snow	Chionoecetes opilio	6	12.6	0.06	0.03	0.12	.
Flounder	Platichtys stellatus	2	3.74	0.02	0.03	0.05	0.03
Gaspereau	Alosa pseudoharengus	1	0.57	0.002	0.002	0.07	.
Haddock	Melanogrammus aeglefinus	2	2.46	0.002	0.004	0.04	0.02
Halibut	Hippoglussus stenolepsis	3	4.12	0.002	0.002	0.14	0.08
Herring, Atlantic	Clupea harengus	2	0.74	0.03	0.005	0.10	0.07
Lobster	Homarus americanus	9	6.08	0.39	0.01	0.13	0.12
Mackerel	Scomber scombrus	7	0.81	0.01	0.02	0.03	0.02
Mussels	Mytilus spp.	3	2.78	0.38	0.25	0.03	0.01

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Oyster	Giganteus pacificus	3	1.64	1.28	0.13	0.02	.
Perch, yellow	Perca flavescens	1	11.9	0.002	0.01	0.09	0.05
Salmon, Atlantic	Salmo salar	12	0.68	0.004	0.003	0.06	0.05
Scallop, Atlantic	Pecten magellanicus	7	1.43	0.11	0.003	0.02	0.02
Seal, harp, meat	Pagophilus groenlandicus	1	0.16	0.002	0.01	1.06	1.39
Shad	Alosa sapidissima	1	7.44	0.04	0.03	0.08	0.03
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	1	3.17	0.04	0.01	0.03	0.02
Smelt	Osmerus mordax	8	1.20	0.01	0.003	0.04	0.03
Sole	Parophrys vetulus	1	10.1	0.002	0.002	0.09	0.08
Squid	Illex illecebrosus	2	2.71	0.07	0.003	0.03	0.03
Sucker, unidentified		1	0.11	0.01	0.005	0.14	0.14
Trout, brook/speckled	Salvelinus fontinalis	9	0.68	0.01	0.004	0.17	0.18
Trout, brown	Salmo trutta	3	1.21	0.002	0.002	0.10	0.06
Trout, rainbow/steelhead	Oncorhynchus mykiss	6	0.46	0.002	0.004	0.04	0.04
Trout, unidentified		3	0.26	0.003	0.02	0.10	0.07
ATLANTIC 2014 - LAND MAMMALS							
Beaver, meat	Castor canadensis	1	0.02	0.002	0.002	0.002	.
Black bear, fat	Ursus americanus	2	0.002	0.002	0.01	0.01	.
Black bear, meat	Ursus americanus	3	0.02	0.01	0.01	0.004	.
Deer, liver	Odocoileus spp.	4	0.02	0.71	0.01	0.03	.
Deer, liver and heart	Odocoileus spp.	1	0.002	0.07	0.01	0.01	.
Deer, meat	Odocoileus spp.	9	0.01	0.01	1.43	0.003	.
Hare/rabbit, liver	Lepus spp.	1	0.002	1.09	0.13	0.01	.
Hare/rabbit, meat	Lepus spp.	8	0.04	0.01	5.23	0.002	.
Moose, heart	Alces alces	5	0.01	0.84	0.01	0.003	.
Moose, kidney	Alces alces	3	0.02	7.90	0.02	0.01	.
Moose, liver	Alces alces	8	0.02	2.44	0.03	0.004	.
Moose, meat	Alces alces	10	0.01	0.01	0.02	0.002	.
Moose, meat, dried	Alces alces	1	0.005	0.03	0.06	0.002	.
Moose, nose	Alces alces	2	0.01	0.02	0.15	0.002	.
Moose, tongue	Alces alces	3	0.03	0.02	0.07	0.002	.
Muskrat, meat	Ondatra zibethica	1	0.05	0.005	0.06	0.002	.
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	2	0.02	0.04	45.4	0.01	.
ATLANTIC 2014 - WILD BIRDS							
Goose, Canada, meat	Branta canadensis	1	0.15	0.002	0.43	0.002	.
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	12	0.01	0.02	0.21	0.002	.
ATLANTIC 2014 - BERRIES, FRUITS, NUTS AND SEEDS							
Blackberry	Rubus spp.	8	0.005	0.004	0.004	0.002	.
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	11	0.01	0.002	0.01	0.002	.
Blueberry, jam	Vaccinium myrtilloides, Vaccinium angustifolium	1	0.002	0.002	0.005	0.002	.
Chokecherry/pincherry	Prunus virginiana L.	2	0.01	0.002	0.01	0.002	.
Cloudberries/bakeapples	Rubus chamaemorus	1	0.01	0.04	0.002	0.002	.
Crabapple	Malus coronaria, Pyrus coronaria	8	0.005	0.002	0.01	0.002	.
Crabapple, jam	Malus coronaria, Pyrus coronaria	1	0.002	0.002	0.01	0.002	.
Cranberry, high bush	Viburnum spp.	2	0.01	0.004	0.02	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	8	0.003	0.004	0.004	0.002	.
Currant	Ribes spp.	1	0.01	.	0.02	0.002	.
Elderberry	Sambucus spp.	1	0.002	0.002	0.01	0.002	.

Table S3.2. Concentrations of toxic elements in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Grape, wild	Vitis riparia	1	0.01	.	0.01	0.002	.
Nut, butternut	Juglans cinerea	1	0.002	0.002	0.01	0.002	.
Nut, chestnut	Castanea dentata	1	0.02	0.02	0.002	0.002	.
Nut, hazelnut	Corylus americana	1	0.002	0.02	0.005	0.01	.
Nut, hazelnut, dried	Corylus americana	1	0.01	0.03	0.02	0.002	.
Raspberry	Rubus idaeus	8	0.01	0.01	0.01	0.002	.
Raspberry, leaf, tea	Rubus idaeus	1	0.002	0.002	0.002	0.002	.
Strawberry	Fragaria spp.	7	0.01	0.01	0.01	0.002	.
Strawberry, jam	Fragaria spp.	1	0.002	0.01	0.002	0.002	.
Sunflower, seeds	Helianthus annuus	1	0.02	0.31	0.01	0.01	.
ATLANTIC 2014 - WILD PLANTS							
Burdock, tea	Arctium spp.	1	0.002	0.002	0.002	0.002	.
Dandelion, roots	Taraxacum officinale	1	1.31	0.12	3.79	0.01	.
Dandelion, tea	Taraxacum officinale	2	0.002	0.002	0.002	0.002	.
Ferns, fiddleheads	Matteauccia struthiopteris	8	0.004	0.08	0.01	0.002	.
Goldthread, tea	Coptis trifolia	4	0.002	0.002	0.002	0.002	.
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	2	0.002	0.002	0.002	0.002	.
Lichen-moss, tea	Usnea spp.	1	0.002	0.002	0.002	0.002	.
Mint, leaves	Mentha spp.	2	0.13	0.02	0.34	0.01	.
Mint, tea	Mentha spp.	1	0.002	0.002	0.002	0.002	.
Scarlet beebalm (oswego), tea	Monarda didyma	1	0.002	0.002	0.002	0.002	.
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	2	0.002	0.002	0.002	0.002	.
Wild rhubarb	unidentified	4	0.004	0.02	0.05	0.002	.
Wintergreen/teaberry, tea	Gaultheria procumbens	2	0.002	0.002	0.002	0.002	.
Yarrow, tea	Achillea millefolium	2	0.002	0.002	0.002	0.002	.
ATLANTIC 2014 - TREES (bark, leaves, syrup, needles, cones, gum)							
Birch, tea	Betula spp.	1	0.002	0.002	0.002	0.002	.
Cedar, tea	Thuja occidentalis, Thuja spp.	2	0.002	0.002	0.002	0.002	.
Hemlock, bark, tea	Tsuga canadensis	1	0.002	0.002	0.002	0.002	.
Maple, bark, tea	Acer spp.	1	0.002	0.002	0.002	0.002	.
Maple, syrup	Acer spp.	1	0.01	.	0.01	.	.
Pine, cone, tea	Pinus strobus	1	0.002	0.002	0.002	0.002	.
Pine, needle, tea	Pinus strobus	1	0.002	0.002	0.002	0.002	.
Spruce, tea	Picea spp.	2	0.002	0.002	0.002	0.002	.
Tamarack, tea	Larix laricina	1	0.002	0.002	0.002	0.002	.
ATLANTIC 2014 - CULTIVATED FOOD (PLANTS)							
Apple	Malus domestica	2	0.01	0.002	0.01	0.002	.
Beans, snap	Phaseolus vulgaris	2	0.005	0.002	0.01	0.002	.
Beets	Beta vulgaris	2	0.01	0.01	0.01	0.002	.
Corn, unidentified	Zea mays	4	0.01	0.01	0.01	0.002	.
Potatoes	Solanum tuberosum	1	0.01	0.002	0.01	.	.
Squash, unidentified	Cucurbita maxima	2	0.01	0.002	0.01	0.002	.
Squash, unidentified, seeds	Cucurbita maxima	1	0.002	0.02	0.17	0.01	.
Tomatoes	Solanum lycopersicum	2	0.002	0.01	0.002	0.002	.

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
PACIFIC MARITIME - FISH AND SEAFOOD							
Abalone	Haliotis kamtschatkana	1	2.57	0.07	0.002	0.002	0.002
Clam, butter	Saxidomus giganteus	4	4.04	0.10	0.07	0.01	0.01
Clam, butter, cooked	Saxidomus giganteus	1	4.96	0.12	0.04	0.002	0.002
Clam, manila	Venerupis philippinarum	1	4.85	0.44	0.03	0.01	0.01
Clam, razor	Ensis directus	1	0.86	0.02	0.002	0.002	0.002
Clam, unidentified		1	3.25	0.07	0.002	0.002	.
Cockle, basket	Clinocardium nuttalli	1	0.89	0.03	0.05	0.01	0.01
Cockle, unidentified		2	1.61	0.09	0.002	0.07	0.07
Cod, black	Anoplopoma fimbria	2	0.64	0.002	0.002	0.04	0.07
Crab, dungeness	Cancer magister	6	7.49	0.17	0.04	0.04	0.06
Eulachon/ooligan	Thaleichthys pacificus	3	0.90	0.02	0.002	0.01	0.01
Eulachon/ooligan, grease	Thaleichthys pacificus	4	3.90	0.004	0.01	0.002	0.003
Eulachon/ooligan, smoked	Thaleichthys pacificus	1	1.22	0.03	0.06	0.01	0.02
Halibut	Hippoglussus stenolepsis	5	2.27	0.003	0.19	0.19	0.27
Herring, Pacific	Clupea pallasi	1	1.06	0.02	0.03	0.02	0.03
Herring, Pacific, eggs	Clupea pallasi	4	0.58	0.05	0.01	0.002	0.002
Herring, Pacific, eggs on kelp	Clupea pallasi	1	3.60	0.34	0.002	0.002	0.002
Herring, Pacific, eggs, cooked	Clupea pallasi	1	0.33	0.05	0.002	0.002	0.002
Mussels	Mytilus spp.	3	3.72	3.67	0.06	0.01	0.01
Octopus	Octopus spp.	1	9.07	0.01	0.002	0.04	0.04
Oyster	Giganteus pacificus	1	2.24	3.56	0.03	0.01	0.01
Rockfish/red snapper	Sebastes spp.	6	2.19	0.002	0.002	0.17	0.24
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	9	0.82	0.01	0.002	0.03	0.04
Salmon, chum	Oncorhynchus keta	2	0.42	0.004	0.02	0.03	0.03
Salmon, chum, dried	Oncorhynchus keta	1	0.70	0.002	0.002	0.07	0.05
Salmon, chum, eggs	Oncorhynchus keta	1	0.34	0.002	0.002	0.002	0.002
Salmon, chum, half-smoked	Oncorhynchus keta	1	0.43	0.01	0.002	0.02	0.02
Salmon, chum, jarred	Oncorhynchus keta	1	0.35	0.01	0.02	0.02	0.02
Salmon, coho	Oncorhynchus kisutch	8	0.79	0.004	0.002	0.04	0.04
Salmon, coho, eggs	Oncorhynchus kisutch	2	0.42	0.01	0.002	0.09	0.004
Salmon, pink	Oncorhynchus gorbuscha	2	0.52	0.01	0.01	0.01	0.02
Salmon, pink, dried	Oncorhynchus gorbuscha	2	0.78	0.003	0.002	0.03	0.03
Salmon, sockeye	Oncorhynchus nerka	9	0.64	0.01	0.002	0.02	0.04
Salmon, sockeye, eggs	Oncorhynchus nerka	2	0.20	0.01	0.002	0.01	0.002
Salmon, sockeye, jarred/canned	Oncorhynchus nerka	2	0.58	0.01	0.002	0.03	0.04
Salmon, unidentified, eggs		1	0.34	0.01	0.002	0.002	0.002
Scallop, rock	Crassadoma gigantea	1	0.76	0.58	0.002	0.01	0.02
Sea cucumber	Parastichopus californicus	1	5.13	0.07	0.002	0.01	0.002
Seaweed	Porphyra abbottiae	3	24.6	3.73	0.45	0.002	0.002
Seaweed, dried	Porphyra abbottiae	2	26.4	4.39	0.10	0.002	.
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	3	8.91	0.02	0.02	0.01	0.02
Trout, cutthroat	Salmo clarki clarki	1	0.18	0.02	0.002	0.05	0.08
Trout, dolly varden	Salvelinus malma	2	0.14	0.002	0.002	0.01	0.14
Trout, lake	Salvelinus namaycush	1	0.002	0.002	0.002	0.002	0.03
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	0.62	0.002	0.002	0.16	0.11
Trout, rainbow/steelhead, eggs	Oncorhynchus mykiss	1	0.21	0.002	0.002	0.002	0.002
Trout, unidentified		1	0.04	0.002	0.002	0.28	0.36

[a]1-5 animal or plant tissue samples collected in each community were pooled and analyzed. The data are mean concentrations of the number of pooled samples or communities.

[b]All samples are raw unless otherwise specified.

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
PACIFIC MARITIME - LAND MAMMALS							
Black bear, liver	Ursus americanus	1	0.04	0.03	0.73	0.002	0.01
Deer, heart	Odocoileus spp.	1	0.04	0.04	0.002	0.03	0.002
Deer, liver	Odocoileus spp.	3	0.06	0.18	0.02	0.01	0.004
Deer, liver and heart	Odocoileus spp.	1	0.08	0.04	0.002	0.02	0.01
Deer, meat	Odocoileus spp.	8	0.02	0.004	1.03	0.004	0.002
Elk, liver	Cervus canadensis	1	0.002	0.18	0.002	0.002	0.002
Elk, meat	Cervus canadensis	1	0.05	0.01	0.08	0.002	.
Hare/rabbit, meat	Lepus spp.	1	0.002	0.002	0.60	0.002	0.002
Moose, heart	Alces alces	1	0.002	0.02	0.002	0.002	0.002
Moose, kidney	Alces alces	1	0.02	5.37	0.002	0.01	0.002
Moose, liver	Alces alces	2	0.03	2.86	0.002	0.002	0.002
Moose, meat	Alces alces	4	0.002	0.02	0.01	0.002	0.002
Moose, meat, canned	Alces alces	1	0.002	0.002	0.002	0.002	0.002
PACIFIC MARITIME - WILD BIRDS							
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	2	0.04	0.01	18.3	0.002	0.002
PACIFIC MARITIME - BERRIES, FRUITS, NUTS AND SEEDS							
Blackberry	Rubus spp.	5	0.002	0.003	0.002	0.002	.
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	2	0.002	0.002	0.01	0.002	.
Chokecherry/pincherry	Prunus virginiana L.	1	0.002	0.002	0.002	0.002	.
Crabapple	Malus coronaria, Pyrus coronaria	3	0.002	0.002	0.002	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	2	0.002	0.002	0.002	0.002	.
Huckleberry	Vaccinium spp., Gaylussacia spp.	6	0.002	0.002	0.002	0.002	.
Huckleberry, jam	Vaccinium spp., Gaylussacia spp.	1	0.002	0.002	0.002	0.002	.
Raspberry	Rubus idaeus	2	0.002	0.02	0.002	0.002	.
Rosehip	Rosa spp.	1	0.002	0.002	0.002	0.002	.
Salal berry	Gaultheria shallon	1	0.002	0.01	0.002	0.002	.
Salmonberry	Rubus spectabilis	3	0.002	0.01	0.002	0.002	.
Saskatoon berry	Amelanchier alnifolia	4	0.002	0.02	0.002	0.002	.
Soapberry	Shepherdia canadensis	5	0.002	0.01	0.06	0.01	.
Strawberry	Fragaria spp.	1	0.002	0.01	0.002	0.002	.
Thimbleberry	Rubus parviflorus	1	0.002	0.01	0.002	0.002	.
PACIFIC MARITIME - WILD PLANTS							
Cow parsnip (Indian celery)	Heracleum lanatum	1	0.002	0.004	0.002	0.002	.
Devil's club, stem/leaves	Oplopanax horridus	3	0.002	0.03	0.002	0.002	.
Ferns, licorice	Polypodium glycyrrhiza	1	0.002	0.002	0.002	0.002	.
Labrador tea, leaves	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	5	0.04	0.02	0.10	0.002	.
Mint, leaves	Mentha spp.	1	0.20	0.002	0.002	0.01	.
Stinging nettle, leaves	Urtica dioica	5	0.02	0.03	0.24	0.01	.
Wild rhubarb	unidentified	1	0.002	0.002	0.002	0.002	.
Yarrow	Achillea millefolium	2	0.002	0.14	0.002	0.002	.
PACIFIC MARITIME - TREES (bark, leaves, syrup, needles, cones, gum)							
Alder, bark	Alnus incana, A. spp	1	0.002	0.002	0.002	0.002	.
Balsam fir, bark	Abies balsamea	1	0.002	0.04	0.002	0.002	.
Cascara, bark	Rhamnus purshiana	1	0.002	0.002	0.90	0.002	.
Spruce, leaves	Picea spp.	1	0.002	0.002	0.07	0.002	.
Willow, bark	Salix spp.	1	0.10	2.28	0.002	0.002	.

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
PACIFIC MARITIME - MUSHROOMS							
Mushroom, chanterelle	Cantharellus spp.	1	0.03	0.06	0.05	0.04	.
Mushroom, pine	Tricholoma magnivelare	3	6.52	0.18	0.06	0.25	.
Mushroom, unidentified		1	1.60	0.20	0.002	0.24	.
PACIFIC MARITIME - CULTIVATED FOOD (ANIMALS)							
Goat, meat	Capra aegagrus hircus	1	0.002	0.002	0.22	0.002	0.002
BOREAL CORDILLERA - FISH							
Salmon, sockeye	Oncorhynchus nerka	2	0.61	0.01	0.002	0.03	0.04
Trout, lake	Salvelinus namaycush	1	0.08	0.002	0.002	0.31	0.10
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	0.05	0.002	0.002	0.002	0.12
BOREAL CORDILLERA - LAND MAMMALS							
Black bear, fat	Ursus americanus	1	.	.	.	.	.
Moose, liver	Alces alces	1	0.06	8.46	0.002	0.01	0.002
Moose, meat	Alces alces	2	0.002	0.02	0.002	0.002	0.002
BOREAL CORDILLERA - BERRIES, FRUITS, NUTS AND SEEDS							
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	1	0.002	0.002	0.002	0.002	.
BOREAL CORDILLERA - WILD PLANTS							
Caribou weeds	Artemisia tilesii	1	0.30	1.54	0.30	0.02	.
MONTANE CORDILLERA - FISH							
Arctic char, smoked	Salvelinus alpinus	1	0.04	0.002	0.002	0.92	0.74
Carp	Cyprinus carpio	1	0.07	0.002	0.002	0.72	0.18
Eulachon/ooligan, grease	Thaleichthys pacificus	1	2.04	0.002	0.002	0.002	.
Halibut	Hippoglussus stenolepsis	1	3.37	0.002	0.002	0.22	0.17
Ling cod/mariah/burbot	Lota lota	2	0.49	0.002	0.02	0.27	0.36
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	1	0.64	0.002	0.002	0.03	0.04
Salmon, chinook/spring/king, eggs	Oncorhynchus tshawytscha	1	0.38	0.01	0.002	0.002	0.01
Salmon, pink	Oncorhynchus gorbuscha	1	0.53	0.002	0.002	0.04	0.04
Salmon, sockeye	Oncorhynchus nerka	3	0.73	0.01	0.002	0.03	0.05
Salmon, unidentified		3	0.72	0.01	0.002	0.02	0.05
Salmon, unidentified, eggs		3	0.26	0.01	0.01	0.06	0.002
Salmon, unidentified, smoked		1	0.84	0.02	0.002	0.04	.
Trout, dolly varden	Salvelinus malma	1	0.05	0.002	0.002	0.002	0.54
Trout, kokanee	Oncorhynchus nerka	2	0.11	0.01	0.06	0.04	0.07
Trout, rainbow/steelhead	Oncorhynchus mykiss	2	0.02	0.002	0.002	0.08	0.10
Trout, unidentified		1	0.07	0.002	0.002	0.11	0.15
Whitefish, unidentified		1	0.18	0.002	0.002	0.02	0.04
MONTANE CORDILLERA - LAND MAMMALS							
Beaver, meat	Castor canadensis	1	0.03	0.02	0.002	0.002	0.002
Black bear, fat	Ursus americanus	3	0.002	0.002	0.002	0.002	0.002
Black bear, meat	Ursus americanus	2	0.02	0.01	0.57	0.002	0.002
Caribou, meat	Rangifer ssp.	1	0.002	0.002	0.002	0.002	0.002
Deer, liver	Odocoileus spp.	1	0.03	0.32	0.002	0.01	0.002
Deer, meat	Odocoileus spp.	5	0.03	0.01	2.81	0.002	0.002
Elk, meat	Cervus canadensis	2	0.02	0.002	0.002	0.002	0.002
Groundhog, meat	Marmota monax	1	0.002	0.01	0.06	0.09	.
Hare/rabbit, meat	Lepus spp.	2	0.002	0.002	0.34	0.002	0.002
Moose, kidney	Alces alces	2	0.02	7.31	0.50	0.02	0.002
Moose, liver	Alces alces	2	0.04	1.54	0.002	0.002	0.002
Moose, meat	Alces alces	5	0.002	0.01	0.01	0.002	0.002
MONTANE CORDILLERA - WILD BIRDS							
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	2	0.04	0.01	0.13	0.002	0.002

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
MONTANE CORDILLERA - BERRIES, FRUITS, NUTS AND SEEDS							
Chokecherry/pincherry	Prunus virginiana L.	2	0.002	0.002	0.002	0.002	.
Cranberry, high bush	Viburnum spp.	1	0.002	0.01	0.002	0.002	.
Grape, Oregon	Mahonia aquifolium	2	0.002	0.002	0.002	0.002	.
Huckleberry	Vaccinium spp., Gaylussacia spp.	6	0.002	0.002	0.002	0.002	.
Nut, hazelnut	Corylus americana	1	0.002	0.002	0.002	0.002	.
Raspberry	Rubus idaeus	2	0.02	0.01	0.002	0.002	.
Rosehip	Rosa spp.	1	0.002	0.002	0.002	0.002	.
Saskatoon berry	Amelanchier alnifolia	2	0.002	0.01	0.02	0.002	.
Soapberry	Shepherdia canadensis	5	0.002	0.01	0.002	0.002	.
MONTANE CORDILLERA - WILD PLANTS							
Asparagus	Asparagus officinalis	1	0.002	0.002	0.002	0.002	.
Avalanche lily	Erythronium montanum	1	0.002	0.002	0.002	0.002	.
Bergamot, beebalm, horsemint	Monarda fistulosa, Monarda spp.	1	0.20	0.02	0.20	0.002	.
Bitter root	Lewisia rediviva	1	0.002	0.22	0.002	0.002	.
Buck brush	Ceanothus cuneatus	1	0.002	0.002	0.002	0.002	.
Devil's club, bark	Oplopanax horridus	1	0.002	0.26	0.70	0.002	.
Indian celery (Indian consumption pl	Lomatium nudicaule	1	0.002	0.10	0.002	0.002	.
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	1	0.002	0.002	0.002	0.002	.
Sage, leaves	Salvia spp.	1	0.002	0.002	0.002	0.002	.
Yarrow	Achillea millefolium	1	0.002	0.09	0.20	0.002	.
MONTANE CORDILLERA - TREES (bark, leaves, syrup, needles, cones, gum)							
Birch, bark	Betula spp.	1	0.002	0.08	0.002	0.002	.
Cedar, leaves	Thuja occidentalis, Thuja spp.	1	0.002	0.002	0.002	0.01	.
Tamarack, needles	Larix laricina	1	0.002	0.002	0.30	0.002	.
Yew, bark	Taxus canadensis	1	0.002	0.31	0.002	0.002	.
MONTANE CORDILLERA - MUSHROOMS							
Mushroom, unidentified		1	0.04	0.25	0.002	0.05	.
MONTANE CORDILLERA - CULTIVATED FOOD (ANIMALS)							
Goat, meat	Capra aegagrus hircus	1	0.002	0.002	0.03	0.002	0.002
TAIGA PLAINS - FISH							
Arctic grayling	Thymallus arcticus arcticus	1	0.06	0.01	0.002	0.02	.
Northern pike/jackfish	Esox lucius	2	0.04	0.002	0.004	0.20	0.15
Salmon, coho	Oncorhynchus kisutch	1	0.53	0.01	0.002	0.04	0.05
Trout, dolly varden	Salvelinus malma	1	0.04	0.002	0.002	0.14	0.15
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	0.05	0.002	0.002	0.05	0.08
Walleye/pickerel	Sanders vitreus	1	0.04	0.01	0.002	0.16	0.32
TAIGA PLAINS - LAND MAMMALS							
Beaver, fat	Castor canadensis	1	0.05	0.05	0.77	0.002	.
Beaver, meat	Castor canadensis	2	0.06	0.01	0.002	0.002	0.002
Bison, meat	Bison bison athabascae	2	0.02	0.002	0.002	0.002	0.002
Deer, meat	Odocoileus spp.	1	0.002	0.02	0.04	0.002	.
Elk, meat	Cervus canadensis	2	0.04	0.02	0.02	0.002	.
Hare/rabbit, liver	Lepus spp.	1	0.002	3.75	0.01	0.01	.
Hare/rabbit, meat	Lepus spp.	3	0.01	0.81	0.04	0.01	0.002
Moose, bone marrow	Alces alces	1	0.002	0.02	0.002	0.002	.
Moose, fat	Alces alces	2	0.002	0.003	0.002	0.002	.
Moose, heart	Alces alces	2	0.01	1.45	0.002	0.01	0.002
Moose, intestine	Alces alces	2	0.002	0.01	0.01	0.002	.
Moose, kidney	Alces alces	2	0.04	16.4	0.01	0.01	0.002
Moose, liver	Alces alces	2	0.02	1.67	0.005	0.002	0.002

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Moose, meat	Alces alces	3	0.002	0.004	0.005	0.002	.
Moose, meat, dried	Alces alces	1	0.04	0.04	0.002	0.002	.
TAIGA PLAINS - WILD BIRDS							
Duck, mallard, meat	Anas platyrhynchos	2	0.03	0.004	0.004	0.01	0.01
Duck, northern pintail, meat	Anas acuta	1	0.04	0.002	0.01	0.01	.
Duck, wigeon, meat	Anas americana	1	0.03	0.002	0.36	0.002	.
Goose, Canada, meat	Branta canadensis	2	0.03	0.01	1.33	0.002	0.002
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	3	0.02	0.12	2.63	0.002	.
TAIGA PLAINS - BERRIES, FRUITS, NUTS AND SEEDS							
Chokecherry/pincherry	Prunus virginiana L.	1	0.002	0.002	0.002	0.002	.
Cranberry, high bush	Viburnum spp.	1	0.002	0.01	0.002	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	1	0.002	0.002	0.002	0.002	.
Gooseberry	Ribes spp.	1	0.002	0.01	0.002	0.002	.
Huckleberry	Vaccinium spp., Gaylussacia spp.	2	0.002	0.004	0.002	0.002	.
Raspberry	Rubus idaeus	1	0.002	0.002	0.002	0.002	.
Rosehip	Rosa spp.	1	0.002	0.002	0.002	0.002	.
Saskatoon berry	Amelanchier alnifolia	1	0.002	0.01	0.002	0.002	.
Soapberry	Shepherdia canadensis	1	0.002	0.002	0.002	0.002	.
Strawberry	Fragaria spp.	2	0.002	0.01	0.002	0.002	.
TAIGA PLAINS - WILD PLANTS							
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	1	0.10	0.002	0.002	0.002	.
Sweetflag/muskrat root	Acorus americanus, A. calamus	2	0.75	0.01	0.002	0.002	.
TAIGA PLAINS - TREES (bark, leaves, syrup, needles, cones, gum)							
Balsam fir, sap/pitch	Abies balsamea	1	0.002	0.10	0.002	0.002	.
Birch, sap	Betula spp.	1	0.002	0.002	0.002	0.002	.
Poplar (balsam), bark	Populus balsamifera L.	1	0.08	0.03	0.03	0.002	.
TAIGA PLAINS - MUSHROOMS							
Mushroom, morel	Morchella spp.	1	0.20	0.32	0.002	0.002	.
BOREAL PLAINS - FISH							
Arctic grayling	Thymallus arcticus arcticus	1	0.02	0.01	0.002	0.17	0.03
Ling cod/mariah/burbot	Lota lota	2	0.05	0.002	0.002	0.18	0.13
Mooneye/goldeye	Hiodon tergisus, Hiodon alosoides	1	0.02	0.01	0.02	0.20	.
Northern pike/jackfish	Esox lucius	10	0.04	0.002	0.003	0.44	0.27
Northern pike/jackfish, eggs	Esox lucius	1	0.01	0.002	0.002	0.01	0.002
Sucker, longnose	Catostomus catostomus	2	0.02	0.002	0.002	0.09	0.06
Sucker, unidentified		1	0.03	0.002	0.002	0.03	0.04
Sucker, unidentified, liver/eggs		1	0.03	0.002	0.002	0.01	.
Sucker, white	Catostomus commersonii	1	0.06	0.002	0.002	0.07	0.08
Trout, dolly varden	Salvelinus malma	1	0.08	0.002	0.002	0.34	0.69
Trout, lake	Salvelinus namaycush	3	0.15	0.002	0.004	0.19	0.24
Trout, lake, smoked	Salvelinus namaycush	1	0.01	0.002	0.002	0.08	0.04
Trout, rainbow/steelhead	Oncorhynchus mykiss	2	0.05	0.01	0.002	0.08	0.06
Trout, unidentified		2	0.06	0.002	0.004	0.09	0.02
Walleye/pickerel	Sanders vitreus	12	0.05	0.002	0.01	0.46	0.27
Whitefish, lake	Coregonus clupeaformis	5	0.05	0.002	0.003	0.17	0.05
Whitefish, unidentified		5	0.06	0.003	0.003	0.07	0.06
BOREAL PLAINS - LAND MAMMALS							
Beaver, feet	Castor canadensis	1	0.09	0.02	0.03	0.002	.
Beaver, heart	Castor canadensis	1	0.03	0.09	2.69	0.002	0.002
Beaver, kidney	Castor canadensis	1	0.04	21.6	0.002	0.01	0.002

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Beaver, liver	Castor canadensis	1	0.03	3.44	0.03	0.002	0.002
Beaver, meat	Castor canadensis	2	0.09	0.02	0.01	0.01	.
Beaver, tail	Castor canadensis	1	0.13	0.03	0.20	0.002	.
Bison, kidney	Bison bison athabascae	1	0.01	1.21	0.01	0.02	.
Bison, liver	Bison bison athabascae	1	0.01	0.39	0.01	0.03	.
Bison, meat	Bison bison athabascae	3	0.04	0.02	43.7	0.002	.
Black bear, fat	Ursus americanus	1	0.11	0.01	0.18	0.002	.
Black bear, meat	Ursus americanus	1	0.01	0.01	0.01	0.002	.
Caribou, meat	Rangifer ssp.	1	0.002	0.01	0.002	0.002	.
Deer, fat	Odocoileus spp.	1	0.002	0.002	0.01	0.002	.
Deer, heart	Odocoileus spp.	1	0.002	0.02	0.06	0.002	.
Deer, kidney	Odocoileus spp.	2	0.004	5.62	0.02	0.04	.
Deer, liver	Odocoileus spp.	2	0.002	0.21	0.01	0.002	.
Deer, meat	Odocoileus spp.	19	0.01	0.005	0.93	0.002	0.01
Deer, meat, smoked	Odocoileus spp.	1	0.01	0.02	0.01	0.01	.
Elk, fat	Cervus canadensis	1	0.002	0.002	0.002	0.002	.
Elk, kidney	Cervus canadensis	2	0.002	0.06	0.02	0.002	0.002
Elk, liver	Cervus canadensis	1	0.002	0.27	0.002	0.002	0.002
Elk, meat	Cervus canadensis	11	0.02	0.01	0.69	0.002	0.002
Elk, meat, dried	Cervus canadensis	1	0.01	0.04	0.01	0.002	.
Hare/rabbit, heart	Lepus spp.	1	0.002	0.04	0.11	0.01	.
Hare/rabbit, kidney	Lepus spp.	1	0.002	11.3	0.01	0.04	.
Hare/rabbit, meat	Lepus spp.	13	0.02	0.03	2.15	0.002	0.002
Moose, bone marrow	Alces alces	1	0.002	0.002	0.002	0.002	.
Moose, fat	Alces alces	1	0.002	0.002	0.002	0.002	.
Moose, heart	Alces alces	11	0.003	0.01	0.03	0.002	.
Moose, intestine	Alces alces	5	0.004	0.02	0.10	0.002	.
Moose, kidney	Alces alces	16	0.01	10.2	0.02	0.02	0.002
Moose, liver	Alces alces	11	0.01	2.20	0.02	0.01	0.002
Moose, meat	Alces alces	21	0.01	0.01	0.96	0.002	0.002
Moose, meat, dried	Alces alces	2	0.06	0.01	0.08	0.002	.
Moose, meat, smoked	Alces alces	3	0.02	0.01	0.04	0.002	.
Moose, nose	Alces alces	4	0.01	0.01	0.02	0.002	.
Moose, stomach	Alces alces	1	0.002	0.05	0.002	0.002	.
Moose, stomach lining	Alces alces	1	0.01	0.01	0.04	0.002	.
Moose, tongue	Alces alces	3	0.01	0.03	0.03	0.002	.
Muskrat, meat	Ondatra zibethica	1	.	.	.	.	.
BOREAL PLAINS - WILD BIRDS							
Duck, coot, meat	Fulica americana	1	4.22	0.002	0.49	0.02	.
Duck, gadwall, meat	Anas strepera	1	0.01	0.002	0.002	0.01	.
Duck, goldeneye, meat	Bucephala clangula	1	0.01	0.002	0.004	0.06	.
Duck, mallard, gizzards	Anas platyrhynchos	1	0.01	0.002	0.002	0.03	.
Duck, mallard, meat	Anas platyrhynchos	12	0.02	0.01	0.20	0.04	0.01
Duck, northern pintail, meat	Anas acuta	1	0.01	0.002	0.002	0.03	.
Duck, scaup, meat	Aythya marila	1	0.01	0.002	0.03	0.06	.
Duck, teal, meat	Anas spp.	2	0.02	0.01	1.24	0.03	.
Duck, unidentified, gizzards		2	0.04	0.01	0.78	0.03	.
Duck, unidentified, heart		1	0.07	0.01	9.34	0.03	.
Duck, unidentified, meat		1	0.03	0.002	0.004	0.01	.
Duck, wigeon, meat	Anas americana	2	0.02	0.003	0.10	0.01	.
Goose, Canada, meat	Branta canadensis	7	0.01	0.01	0.01	0.002	0.002
Goose, unidentified, gizzard		1	0.004	0.002	0.002	0.002	.

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	20	0.01	0.02	4.15	0.002	0.003
BOREAL PLAINS - BERRIES, FRUITS, NUTS AND SEEDS							
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	20	0.004	0.002	0.01	0.01	.
Bunchberry	Cornus canadensis L.	1	0.002	0.03	0.002	0.002	.
Chokecherry/pincherry	Prunus virginiana L.	15	0.01	0.002	0.01	0.002	.
Crabapple	Malus coronaria, Pyrus coronaria	1	0.002	0.002	0.01	0.002	.
Cranberry, high bush	Viburnum spp.	5	0.002	0.004	0.003	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	19	0.003	0.004	0.01	0.002	.
Currant	Ribes spp.	1	0.60	0.002	0.40	0.002	.
Gooseberry	Ribes spp.	2	0.002	0.03	0.002	0.03	.
Huckleberry	Vaccinium spp., Gaylussacia spp.	1	0.002	0.002	0.002	0.002	.
Raspberry	Rubus idaeus	8	0.01	0.003	0.01	0.002	.
Rosehip	Rosa spp.	3	0.003	0.01	0.002	0.002	.
Rosehip, tea	Rosa spp.	1	0.002	0.002	0.002	0.002	.
Saskatoon berry	Amelanchier alnifolia	14	0.004	0.01	0.01	0.002	.
Strawberry	Fragaria spp.	3	0.01	0.01	0.01	0.002	.
BOREAL PLAINS - WILD PLANTS							
Cattail	Typha latifolia	1	0.31	0.03	0.07	0.002	.
Dandelion, greens	Taraxacum officinale	1	1.80	0.31	1.90	0.002	.
Devil's club, stem/leaves	Oplopanax horridus	1	0.002	0.03	0.002	0.002	.
Labrador tea, leaves	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	2	0.002	0.081	0.05	0.002	.
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	4	0.002	0.002	0.002	0.002	.
Lamb's quarters	Chenopodium album	1	0.46	0.07	0.36	0.002	.
Mint, leaves	Mentha spp.	2	0.05	0.02	0.05	0.002	.
Mint, tea	Mentha spp.	9	0.02	0.01	0.04	0.003	.
Sage, tea	Salvia spp.	1	0.002	0.002	0.002	0.002	.
Stinging nettle, leaves	Urtica dioica	1	0.10	0.05	0.20	0.002	.
Strawberry blite	Blitum capitatum	1	0.05	0.12	0.09	0.002	.
Sweetflag/muskrat root	Acorus americanus, A. calamus	2	0.08	0.03	0.01	0.002	.
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	5	0.002	0.002	0.002	0.002	.
Wild parsnip	Pastinaca sativa	1	0.10	0.22	0.002	0.002	.
Wild rhubarb	unidentified	4	0.03	0.01	0.01	0.002	.
Yarrow	Achillea millefolium	1	0.002	0.09	0.20	0.002	.
BOREAL PLAINS - TREES (bark, leaves, syrup, needles, cones, gum)							
Balsam fir, sap/pitch	Abies balsamea	1	0.20	0.25	0.002	0.01	.
Birch, bark	Betula spp.	1	0.002	0.04	0.10	0.01	.
Spruce, gum	Picea spp.	1	0.05	0.01	0.07	0.002	.
Willow, bark	Salix spp.	1	0.002	0.002	0.002	0.002	.
BOREAL PLAINS - MUSHROOMS							
Mushroom, giant puffball	Calvatia gigantea	1	0.10	0.10	0.08	0.002	.
Mushroom, morel	Morchella spp.	1	0.20	0.25	0.002	0.01	.
Mushroom, unidentified		1	0.10	0.06	0.07	0.002	.
BOREAL PLAINS - CULTIVATED FOOD (PLANTS)							
Carrots	Daucus carota subsp. sativus	1	0.005	0.01	0.005	0.002	.
Potatoes	Solanum tuberosum	1	0.01	0.02	0.01	0.002	.
Spinach	Spinacia spp.	1	0.01	0.002	0.01	0.002	.
Tomatoes	Solanum lycopersicum	1	0.002	0.002	0.03	0.002	.
Turnips and potatoes		1	0.002	0.04	0.002	0.002	.

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
PRAIRIES - FISH							
Ling cod/mariah, liver	Lota lota	1	0.14	0.01	0.67	0.02	0.03
Northern pike/jackfish	Esox lucius	4	0.05	0.002	0.003	0.15	0.10
Perch, yellow	Perca flavescens	1	0.002	0.002	0.002	0.09	0.08
Sucker, white	Catostomus commersonii	2	0.04	0.002	0.02	0.01	0.01
Walleye/pickerel	Sanders vitreus	3	0.08	0.002	0.01	0.19	0.17
Whitefish, lake	Coregonus clupeaformis	2	0.02	0.002	0.002	0.03	0.02
Whitefish, unidentified		2	0.11	0.002	0.002	0.26	0.17
PRAIRIES - LAND MAMMALS							
Deer, fat	Odocoileus spp.	1	0.002	0.002	0.002	0.002	.
Deer, heart	Odocoileus spp.	1	0.002	0.002	0.41	0.002	0.002
Deer, kidney	Odocoileus spp.	3	0.002	1.99	0.04	0.02	0.002
Deer, liver	Odocoileus spp.	3	0.02	0.24	0.02	0.004	0.004
Deer, meat	Odocoileus spp.	8	0.01	0.003	3.52	0.002	0.002
Elk, heart	Cervus canadensis	1	0.05	0.002	0.002	0.002	0.002
Elk, kidney	Cervus canadensis	1	0.002	2.13	0.02	0.03	.
Elk, meat	Cervus canadensis	7	0.002	0.003	0.01	0.002	0.002
Hare/rabbit, brains	Lepus spp.	1	0.002	0.01	0.002	0.002	.
Hare/rabbit, kidney	Lepus spp.	1	0.002	1.38	0.002	0.02	0.002
Hare/rabbit, liver	Lepus spp.	1	0.002	0.21	0.002	0.01	0.002
Hare/rabbit, meat	Lepus spp.	7	0.22	0.04	23.7	0.002	0.002
Moose, kidney	Alces alces	2	0.01	7.77	0.02	0.01	.
Moose, liver	Alces alces	3	0.01	1.01	0.02	0.002	.
Moose, meat	Alces alces	7	0.005	0.003	0.03	0.002	0.002
Muskrat, meat	Ondatra zibethica	2	0.002	0.002	0.002	0.003	0.003
Porcupine, meat	Erethizon dorsatum	1	0.01	0.01	0.12	0.002	.
PRAIRIES - WILD BIRDS							
Duck, mallard, gizzards	Anas platyrhynchos	1	0.07	0.002	0.07	0.02	0.03
Duck, mallard, meat	Anas platyrhynchos	4	0.02	0.003	0.01	0.02	0.03
Duck, northern pintail, meat	Anas acuta	1	0.04	0.002	0.03	0.01	0.01
Duck, northern shoveller, meat	Anas clypeata	1	0.02	0.005	0.01	0.12	.
Duck, teal, meat	Anas spp.	1	0.02	0.002	0.01	0.08	.
Duck, unidentified, gizzards		1	0.17	0.01	3.70	0.07	0.09
Duck, unidentified, heart		1	0.02	0.002	0.002	0.02	.
Duck, unidentified, meat		1	0.06	0.01	3.64	0.04	.
Goose, Canada, gizzard	Branta canadensis	1	0.002	0.01	0.002	0.004	0.002
Goose, Canada, meat	Branta canadensis	2	0.02	0.002	0.53	0.002	.
Goose, snow, meat	Chen caerulescens	1	0.002	0.002	0.002	0.002	0.002
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	8	0.01	0.06	3.29	0.002	.
PRAIRIES - BERRIES, FRUITS, NUTS AND SEEDS							
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	4	0.002	0.003	0.01	0.002	.
Blueberry, leaves	Vaccinium myrtilloides, Vaccinium angustifolium	1	0.42	0.08	0.39	0.01	.
Chokecherry/pincherry	Prunus virginiana L.	6	0.003	0.003	0.01	0.002	.
Crabapple	Malus coronaria, Pyrus coronaria	1	0.002	0.002	0.002	0.002	.
Cranberry, high bush	Viburnum spp.	2	0.002	0.002	0.002	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	3	0.002	0.005	0.003	0.002	.
Nut, hazelnut	Corylus americana	1	0.002	.	.	0.002	.
Plum	Prunus spp.	1	0.002	0.002	0.002	0.002	.
Raspberry	Rubus idaeus	3	0.003	0.002	0.002	0.002	.
Raspberry, root	Rubus idaeus	1	0.002	0.002	0.002	0.002	.

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Saskatoon berry	Amelanchier alnifolia	8	0.002	0.01	0.01	0.002	.
Saskatoon berry, root	Amelanchier alnifolia	1	0.002	0.002	0.002	0.002	.
PRAIRIES - WILD PLANTS							
Ferns, licorice, tea	Polypodium glycyrrhiza	1	0.002	0.002	0.002	0.002	.
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	2	0.002	0.002	0.002	0.002	.
Mint, tea	Mentha spp.	3	0.002	0.002	0.002	0.002	.
Sage, tea	Salvia spp.	2	0.002	0.002	0.002	0.002	.
Sweetflag/muskrat root	Acorus americanus, A. calamus	1	0.28	0.01	0.16	0.002	.
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	3	0.002	0.002	0.10	0.005	.
Wild rhubarb	unidentified	1	0.002	0.02	0.01	0.002	.
Wild rice	Zitania aquatica	1	0.01	0.002	0.13	0.002	.
PRAIRIES - CULTIVATED FOOD (ANIMALS)							
Beef, fat	Bos taurus	1	0.002	0.002	0.002	0.002	.
BOREAL SHIELD - FISH, SEAFOOD AND MARINE MAMMALS							
American eel	Anguilla rostrata	1	0.55	0.002	0.05	0.24	0.18
Bass, largemouth	Micropterus dolomieu	1	0.02	0.002	0.002	0.27	0.08
Bass, smallmouth	Micropterus salmoides	1	0.03	0.002	0.002	0.67	0.31
Bass, unidentified		1	0.12	0.01	0.03	0.14	0.15
Carp	Cyprinus carpio	1	0.09	0.002	0.01	0.37	0.14
Catfish	Ameiurus nebulosus	3	0.02	0.003	0.01	0.12	0.08
Cisco	Coregonus spp.	3	0.08	0.01	0.002	0.08	0.01
Cod, Atlantic	Gadus morhua	1	4.72	0.002	0.01	0.29	0.09
Cod, unidentified, eggs		1	2.50	0.002	0.01	0.03	.
Cod, unidentified, tongue		1	1.22	0.002	0.002	0.06	.
Herring, Atlantic	Clupea harengus	1	0.92	0.05	0.002	0.11	0.09
Ling cod/mariah, liver	Lota lota	1	0.08	0.02	0.002	0.03	0.06
Ling cod/mariah/burbot	Lota lota	1	0.04	0.002	0.002	0.09	0.09
Lobster	Homarus americanus	2	8.11	0.32	0.01	0.25	0.32
Mooneye/goldeye	Hiodon tergisus, Hiodon alosoides	1	0.23	0.002	0.002	0.07	0.08
Mussels	Mytilus spp.	1	2.95	0.68	0.40	0.06	0.01
Northern pike/jackfish	Esox lucius	13	0.04	0.003	0.01	0.58	0.36
Perch, yellow	Perca flavescens	5	0.06	0.01	0.02	0.19	0.12
Salmon, Atlantic	Salmo salar	3	0.37	0.003	0.002	0.04	0.04
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	2	0.13	0.01	0.01	0.20	0.38
Salmon, pink	Oncorhynchus gorbuscha	1	0.10	0.002	0.01	0.07	.
Salmon, sockeye	Oncorhynchus nerka	1	0.04	0.01	0.01	0.07	.
Salmon, unidentified		2	0.22	0.002	0.01	0.19	0.16
Salmon, unidentified, eggs		1	0.06	0.002	0.004	0.02	0.002
Sauger	Stizostedion canadense	1	0.04	0.002	0.005	0.17	.
Scallop, Atlantic	Pecten magellanicus	2	1.01	0.12	0.002	0.03	0.03
Sea snail	unidentified	1	3.31	1.47	0.03	0.02	0.02
Seal, harp, meat	Pagophilus groenlandicus	1	0.16	0.002	0.01	1.06	1.39
Smelt	Osmerus mordax	4	0.31	0.10	0.01	0.04	0.01
Sturgeon	Acipenserspp.	7	0.31	0.01	0.01	0.11	0.09
Sucker, longnose	Catostomus catostomus	2	0.07	0.002	0.003	0.13	0.13
Sucker, unidentified		2	0.11	0.002	0.03	0.03	.
Sucker, unidentified, eggs		2	0.02	0.01	0.02	0.01	0.002
Sucker, white	Catostomus commersonii	2	0.07	0.03	0.01	0.10	0.05
Trout, brook/speckled	Salvelinus fontinalis	2	0.13	0.01	0.01	0.46	0.53
Trout, brown	Salmo trutta	1	0.25	0.01	0.03	0.11	0.08
Trout, lake	Salvelinus namaycush	12	0.15	0.003	0.01	0.34	0.24

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Trout, lake, smoked	Salvelinus namaycush	1	0.18	0.002	0.002	0.63	0.31
Trout, rainbow/steelhead	Oncorhynchus mykiss	2	0.21	0.002	0.002	0.02	.
Trout, splake	Salvelinus fontinalis × Salvelinus namaycush	1	0.03	0.002	0.002	0.08	.
Trout, unidentified		2	0.11	0.002	0.01	0.47	0.43
Trout, unidentified, guts		1	0.22	0.01	0.47	0.26	.
Walleye/pickerel	Sanders vitreus	21	0.08	0.003	0.01	0.37	0.38
Walleye/pickerel, eggs	Sanders vitreus	1	0.04	0.002	0.002	0.01	0.002
Walleye/pickerel, pemmican	Sanders vitreus	1	0.16	0.004	0.13	0.21	0.07
Whitefish, lake	Coregonus clupeaformis	13	0.13	0.01	0.07	0.10	0.07
Whitefish, lake, dried	Coregonus clupeaformis	1	0.20	0.01	0.04	0.11	.
Whitefish, round	Prosopium cylindraceum	1	0.03	0.01	0.002	0.03	.
Whitefish, unidentified		5	0.15	0.01	0.01	0.02	0.03
Whitefish, unidentified, eggs		1	0.11	0.002	0.002	0.002	0.002
BOREAL SHIELD - LAND MAMMALS							
Beaver, intestine	Castor canadensis	1	0.002	0.19	0.04	0.002	.
Beaver, liver	Castor canadensis	1	0.002	0.33	0.04	0.002	.
Beaver, meat	Castor canadensis	11	0.03	0.01	4.91	0.002	0.002
Beaver, tail	Castor canadensis	1	0.005	0.02	0.03	0.002	.
Black bear, fat	Ursus americanus	3	0.002	0.002	0.01	0.01	.
Black bear, meat	Ursus americanus	5	0.01	0.02	2.75	0.01	.
Caribou, blood	Rangifer ssp.	1	0.002	0.002	0.02	0.01	.
Caribou, bone marrow	Rangifer ssp.	1	0.002	0.002	0.06	0.002	.
Caribou, brains	Rangifer ssp.	1	0.002	0.002	0.002	0.002	.
Caribou, fat	Rangifer ssp.	1	0.002	0.002	0.07	0.002	.
Caribou, fetus	Rangifer ssp.	1	0.01	0.002	0.01	0.002	.
Caribou, heart	Rangifer ssp.	2	0.01	0.01	0.01	0.01	.
Caribou, kidney	Rangifer ssp.	1	0.01	3.91	0.08	0.65	.
Caribou, liver	Rangifer ssp.	1	0.01	1.06	0.18	0.20	.
Caribou, meat	Rangifer ssp.	8	0.02	0.01	0.27	0.01	0.01
Caribou, meat, dried	Rangifer ssp.	1	0.28	0.01	0.02	0.01	.
Caribou, stomach	Rangifer ssp.	1	0.01	0.01	0.05	0.01	.
Deer, heart	Odocoileus spp.	1	0.01	0.01	0.002	0.002	.
Deer, kidney	Odocoileus spp.	2	0.02	4.44	0.01	0.08	0.002
Deer, liver	Odocoileus spp.	2	0.02	0.79	0.005	0.02	0.002
Deer, meat	Odocoileus spp.	8	0.01	0.01	0.01	0.002	0.002
Deer, tongue	Odocoileus spp.	2	0.03	0.01	0.11	0.002	.
Elk, meat	Cervus canadensis	1	0.002	0.01	0.01	0.002	.
Hare/rabbit, heart	Lepus spp.	2	0.003	0.21	0.01	0.01	.
Hare/rabbit, intestines	Lepus spp.	1	0.002	0.03	0.01	0.002	.
Hare/rabbit, liver	Lepus spp.	2	0.002	0.37	0.04	0.01	.
Hare/rabbit, meat	Lepus spp.	13	0.02	0.21	0.02	0.004	0.002
Moose, fat	Alces alces	4	0.01	0.01	0.03	0.002	.
Moose, heart	Alces alces	6	0.003	0.02	0.29	0.002	0.002
Moose, intestine	Alces alces	3	0.02	0.01	0.01	0.002	.
Moose, kidney	Alces alces	9	0.03	14.2	0.35	0.02	0.002
Moose, liver	Alces alces	14	0.02	2.12	0.04	0.01	0.003
Moose, meat	Alces alces	20	0.01	0.01	0.70	0.003	0.002
Moose, meat, dried	Alces alces	3	0.02	0.01	0.06	0.01	.
Moose, nose	Alces alces	1	0.002	0.03	0.01	0.002	.
Moose, tongue	Alces alces	5	0.03	0.05	0.46	0.002	.
Muskrat, meat	Ondatra zibethica	3	0.02	0.004	0.17	0.004	0.002

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Porcupine, meat	Erethizon dorsatum	1	0.004	0.19	0.004	0.002	.
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	1	0.01	0.06	1.47	0.01	.
BOREAL SHIELD - WILD BIRDS							
Arctic tern/stern, egg	Sterna paradisaea	1	0.06	0.002	0.002	0.05	0.04
Duck, black guillemot, meat	Cepphus grylle	1	0.36	0.002	0.01	0.10	0.10
Duck, bufflehead, meat	Bucephala albeola	2	0.11	0.003	0.04	0.04	.
Duck, eider, liver	Somateria spp.	1	0.41	0.46	0.01	0.12	0.14
Duck, eider, meat	Somateria spp.	1	0.29	0.01	2.63	0.06	0.05
Duck, gadwall, meat	Anas strepera	1	0.01	0.005	0.02	0.18	.
Duck, goldeneye, meat	Bucephala clangula	2	0.02	0.08	0.004	0.06	0.03
Duck, mallard, meat	Anas platyrhynchos	6	0.07	0.01	19.3	0.03	0.02
Duck, scoter, meat	Melanitta nigra	1	0.25	0.02	0.01	0.08	0.06
Duck, teal, meat	Anas spp.	2	0.11	0.01	3.78	0.09	0.07
Duck, unidentified, meat		3	0.02	0.01	0.27	0.05	0.08
Goose, Canada, kidney	Branta canadensis	1	0.05	0.02	0.03	0.002	0.002
Goose, Canada, meat	Branta canadensis	11	0.02	0.003	1.77	0.002	0.002
Goose, snow, meat	Chen caerulescens	2	0.01	0.004	0.09	0.002	0.002
Goose, unidentified, fat		2	0.01	0.02	0.01	0.002	.
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	28	0.01	0.02	7.89	0.01	0.002
BOREAL SHIELD - BERRIES, FRUITS, NUTS AND SEEDS							
Blackberry	Rubus spp.	1	0.002	0.002	0.002	0.002	.
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	17	0.004	0.004	0.02	0.002	.
Cloudberries/bakeapples	Rubus chamaemorus	2	0.01	0.03	0.002	0.002	.
Crabapple	Malus coronaria, Pyrus coronaria	1	0.002	0.002	0.01	0.002	.
Cranberry, high bush	Viburnum spp.	1	0.002	0.002	0.11	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	9	0.002	0.004	0.01	0.002	.
Gooseberry	Ribes spp.	2	0.004	0.02	0.002	0.002	.
Hawthorn berry	Crataegus spp.	1	0.005	0.002	0.05	0.002	.
Nut, acorn	Quercus spp.	1	0.01	0.01	0.01	0.002	.
Raspberry	Rubus idaeus	4	0.01	0.01	0.05	0.002	.
Rosehip	Rosa spp.	1	0.01	0.002	0.02	0.002	.
Saskatoon berry	Amelanchier alnifolia	1	0.002	0.002	0.002	0.002	.
Strawberry	Fragaria spp.	2	0.004	0.02	0.01	0.002	.
BOREAL SHIELD - WILD PLANTS							
Dandelion, tea	Taraxacum officinale	1	0.002	0.002	0.002	0.002	.
Labrador tea, leaves	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	2	0.002	0.01	0.05	0.002	.
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	6	0.002	0.002	0.002	0.002	.
Lilypad	Nuphar lutea; Nymphaea odorata	1	0.07	0.002	0.05	0.002	.
Mint, leaves	Mentha spp.	2	0.002	0.02	0.25	0.002	.
Mint, tea	Mentha spp.	3	0.002	0.002	0.002	0.002	.
Sage, leaves	Salvia spp.	1	0.002	0.002	0.002	0.002	.
Sage, tea	Salvia spp.	2	0.002	0.003	0.002	0.002	.
Sweetflag/muskrat root	Acorus americanus, A. calamus	1	0.50	0.002	0.20	0.002	.
Sweetflag/muskrat root plus wild ginger, tea		1	0.002	0.002	0.002	0.002	.
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	2	0.03	0.002	0.01	0.002	.
Wild rhubarb	unidentified	1	0.002	0.01	0.002	0.002	.
Wild rice	Zitania aquatica	2	0.01	0.002	0.002	0.002	.
Wintergreen/teaberry	Gaultheria procumbens	1	0.01	0.002	0.17	0.002	.

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Yarrow, tea	Achillea millefolium	1	0.002	0.002	0.002	0.002	.
BOREAL SHIELD - TREES (bark, leaves, syrup, needles, cones, gum)							
Birch, bark	Betula spp.	1	0.002	0.11	0.002	0.002	.
Cedar, leaves	Thuja occidentalis, Thuja spp.	1	0.002	0.002	0.002	0.002	.
Cedar, tea	Thuja occidentalis, Thuja spp.	7	0.002	0.002	0.002	0.002	.
Ironwood (hornbeam), tea	Ostrya spp.	1	0.002	0.002	0.002	0.002	.
Juniper, tea	Juniperus communis	1	0.002	0.02	0.04	0.002	.
Maple, syrup	Acer spp.	3	0.01	0.01	0.05	0.002	.
Mountain ash, tea	Sorbus subg. Sorbus	1	0.002	0.002	0.002	0.002	.
Poplar (balsam), tea	Populus balsamifera L.	1	0.002	0.002	0.002	0.002	.
Spruce, tea	Picea spp.	1	0.002	0.002	0.002	0.002	.
Tamarack, tea	Larix laricina	2	0.002	0.002	0.002	0.002	.
Willow, tea	Salix spp.	1	0.002	0.01	0.07	0.002	.
Yew, tea	Taxus canadensis	1	0.002	0.002	0.002	0.002	.
BOREAL SHIELD - MUSHROOMS							
Mushroom, honey	Armillaria mellea	1	0.03	0.16	0.09	0.02	.
Mushroom, mycena	Mycena spp.	1	0.03	0.09	1.04	0.50	.
Mushroom, unidentified		1	0.12	0.09	0.11	0.01	.
BOREAL SHIELD - CULTIVATED FOOD (PLANTS)							
Apple	Malus domestica	1	0.002	0.002	0.01	0.002	.
Squash, hubbard	Cucurbita maxima	1	0.002	0.03	0.002	0.002	.
Squash, pumpkin	Cucurbita maxima	2	0.002	0.01	0.002	0.002	.
TAIGA SHIELD - FISH							
Ling cod/mariah/burbot	Lota lota	1	0.09	0.002	0.002	0.28	0.36
Northern pike/jackfish	Esox lucius	4	0.04	0.002	0.004	0.25	0.22
Salmon, Atlantic	Salmo salar	1	0.56	0.01	0.002	0.08	0.10
Sucker, longnose	Catostomus catostomus	1	0.11	0.002	0.01	0.11	0.13
Sucker, white	Catostomus commersonii	1	0.11	0.002	0.002	0.03	0.03
Trout, brook/speckled	Salvelinus fontinalis	2	0.01	0.002	0.002	0.28	0.37
Trout, lake	Salvelinus namaycush	5	0.06	0.002	0.004	0.39	0.46
Trout, lake, eggs	Salvelinus namaycush	2	0.05	0.01	0.07	0.01	0.005
Trout, lake, smoked	Salvelinus namaycush	1	0.17	0.002	0.01	0.40	0.51
Walleye/pickerel	Sanders vitreus	2	0.03	0.002	0.01	0.43	0.42
Whitefish, lake	Coregonus clupeaformis	2	0.12	0.002	0.002	0.11	0.08
Whitefish, unidentified		1	0.13	0.002	0.002	0.03	0.05
Whitefish, unidentified, smoked		1	0.41	0.002	0.01	0.12	0.14
TAIGA SHIELD - LAND MAMMALS							
Beaver, meat	Castor canadensis	4	0.002	0.01	0.01	0.002	0.002
Black bear, fat	Ursus americanus	1	0.002	0.002	0.002	0.002	.
Black bear, meat	Ursus americanus	2	0.002	0.01	0.01	0.01	.
Caribou, bone marrow	Rangifer ssp.	2	0.002	0.002	0.004	0.004	.
Caribou, brain	Rangifer ssp.	1	0.002	0.002	0.04	0.002	0.002
Caribou, brains	Rangifer ssp.	1	0.002	0.002	0.002	0.002	.
Caribou, fat	Rangifer ssp.	1	0.002	0.002	0.002	0.002	.
Caribou, heart	Rangifer ssp.	3	0.01	0.003	1.83	0.01	0.004
Caribou, intestine	Rangifer ssp.	1	0.002	0.12	0.04	0.01	.
Caribou, kidney	Rangifer ssp.	3	0.01	3.89	0.13	0.57	0.002
Caribou, liver	Rangifer ssp.	2	0.02	0.71	0.09	0.10	0.01
Caribou, meat	Rangifer ssp.	4	0.01	0.01	0.04	0.01	0.01
Caribou, meat, dried	Rangifer ssp.	1	0.03	0.02	0.06	0.005	.
Caribou, tongue	Rangifer ssp.	1	0.002	0.01	0.002	0.01	.
Hare/rabbit, meat	Lepus spp.	3	0.004	0.08	0.02	0.01	0.002

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Moose, bone marrow	Alces alces	1	0.002	0.002	0.002	0.01	.
Moose, heart	Alces alces	1	0.002	0.01	0.01	0.002	.
Moose, kidney	Alces alces	1	0.002	12.6	0.01	0.01	.
Moose, liver	Alces alces	1	0.005	0.72	0.08	0.004	.
Moose, meat	Alces alces	4	0.003	0.01	0.03	0.01	0.005
Moose, meat, dried	Alces alces	1	0.01	0.002	0.02	0.002	.
Moose, tongue	Alces alces	1	0.002	0.01	0.16	0.002	.
Muskrat, meat	Ondatra zibethica	1	0.005	0.002	1.79	0.002	.
Porcupine, meat	Erethizon dorsatum	1	0.004	0.03	0.02	0.002	.
TAIGA SHIELD - WILD BIRDS							
Duck, goldeneye, meat	Bucephala clangula	1	0.03	0.05	0.002	0.43	0.42
Duck, mallard, meat	Anas platyrhynchos	2	0.08	0.13	0.08	0.15	0.15
Goose, Canada, liver	Branta canadensis	1	0.004	0.31	0.04	0.02	0.01
Goose, Canada, meat	Branta canadensis	2	0.002	0.01	0.01	0.002	0.002
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	6	0.004	0.07	1.30	0.002	0.002
TAIGA SHIELD - BERRIES, FRUITS, NUTS AND SEEDS							
Blackberry, leaves	Rubus spp.	1	0.002	0.002	0.002	0.01	.
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	3	0.002	0.01	0.01	0.002	.
Cloudberries/bakeapples	Rubus chamaemorus	1	0.002	0.05	0.002	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	3	0.002	0.002	0.003	0.002	.
Raspberry	Rubus idaeus	1	0.002	0.01	0.002	0.002	.
TAIGA SHIELD - WILD PLANTS							
Labrador tea, leaves	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	1	0.002	0.002	0.10	0.002	.
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	2	0.002	0.002	0.002	0.002	.
HUDSON PLAINS - FISH							
Cisco	Coregonus spp.	1	1.93	0.002	0.002	0.03	0.04
Northern pike/jackfish	Esox lucius	4	0.73	0.004	0.02	0.54	0.33
Northern pike/jackfish, eggs	Esox lucius	1	0.75	0.04	0.002	0.05	0.04
Sturgeon	Acipenserspp.	4	0.43	0.01	0.07	0.39	0.27
Trout, brook/speckled	Salvelinus fontinalis	1	0.54	0.002	0.002	0.11	0.07
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	1.00	0.002	0.002	0.14	0.14
Trout, unidentified		1	0.21	0.002	0.01	0.12	0.06
Walleye/pickerel	Sanders vitreus	4	0.42	0.002	0.003	0.40	0.25
Whitefish, lake	Coregonus clupeaformis	4	1.85	0.003	0.003	0.10	0.06
Whitefish, unidentified, eggs		1	0.52	0.002	0.01	0.02	0.01
HUDSON PLAINS - LAND MAMMALS							
Beaver, meat	Castor canadensis	3	0.01	0.82	0.01	0.002	.
Beaver, tail	Castor canadensis	1	0.002	0.01	0.002	0.002	.
Black bear, fat	Ursus americanus	1	0.002	0.002	0.002	0.002	.
Black bear, meat	Ursus americanus	1	0.002	0.03	0.002	0.002	0.002
Caribou, bone	Rangifer ssp.	1	0.002	0.002	0.01	0.01	.
Caribou, meat	Rangifer ssp.	4	0.02	0.002	0.01	0.01	.
Hare/rabbit, meat	Lepus spp.	5	0.003	0.02	0.05	0.002	.
Moose, bone marrow	Alces alces	2	0.002	0.002	0.002	0.002	.
Moose, heart	Alces alces	3	0.01	0.004	0.01	0.002	.
Moose, intestine	Alces alces	2	0.002	0.03	0.01	0.002	.
Moose, kidney	Alces alces	4	0.005	13.3	0.01	0.02	0.002
Moose, liver	Alces alces	5	0.01	1.52	0.09	0.01	0.002

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Moose, meat	Alces alces	5	0.01	0.07	0.09	0.004	.
Moose, nose	Alces alces	2	0.01	0.003	0.01	0.002	.
Moose, stomach	Alces alces	1	0.25	0.01	0.002	0.002	.
Moose, tongue	Alces alces	3	0.004	0.01	0.01	0.002	.
Muskrat, meat	Ondatra zibethica	1	0.01	0.01	0.002	0.002	.
HUDSON PLAINS - WILD BIRDS							
Duck, godwit, meat	Limosa spp.	1	0.02	0.02	1.31	0.05	.
Duck, mallard, meat	Anas platyrhynchos	4	0.02	0.01	0.19	0.04	0.01
Duck, northern pintail, meat	Anas acuta	2	0.03	0.004	0.06	0.04	.
Duck, teal, meat	Anas spp.	3	0.03	0.01	0.06	0.06	.
Goose, Canada, meat	Branta canadensis	4	0.01	0.002	0.23	0.003	0.002
Goose, snow, meat	Chen caerulescens	3	0.03	0.003	0.18	0.002	0.002
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	5	0.01	0.02	0.29	0.002	.
HUDSON PLAINS - BERRIES, FRUITS, NUTS AND SEEDS							
Blackberry	Rubus spp.	1	0.002	0.002	0.02	0.002	.
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	3	0.003	0.002	0.01	0.002	.
Chokecherry/pincherry	Prunus virginiana L.	1	0.002	0.002	0.01	0.002	.
Cranberry, high bush	Viburnum spp.	3	0.002	0.004	0.003	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	4	0.002	0.002	0.01	0.002	.
Rosehip	Rosa spp.	1	0.002	0.002	0.02	0.002	.
Saskatoon berry	Amelanchier alnifolia	1	0.005	0.002	0.002	0.002	.
HUDSON PLAINS - WILD PLANTS							
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	3	0.002	0.002	0.002	0.002	.
HUDSON PLAINS - TREES (bark, leaves, syrup, needles, cones, gum)							
Cedar, tea	Thuja occidentalis, Thuja spp.	1	0.002	0.002	0.002	0.002	.
HUDSON PLAINS - CULTIVATED FOOD (PLANTS)							
Potatoes	Solanum tuberosum	1	0.01	0.01	0.01	0.002	.
MIXEDWOOD PLAINS - FISH							
Bass, smallmouth	Micropterus salmoides	3	0.11	0.002	0.002	0.46	0.26
Bass, white	Morone spp.	1	0.21	0.002	0.01	0.11	0.05
Catfish	Ameiurus nebulosus	3	0.06	0.004	0.003	0.14	0.10
Perch, yellow	Perca flavescens	4	0.04	0.002	0.005	0.21	0.09
Salmon, unidentified		2	0.19	0.002	0.002	0.04	0.02
Smelt	Osmerus mordax	1	0.37	0.02	0.01	0.03	0.02
Sturgeon	Acipenserspp.	2	0.58	0.002	0.003	0.40	0.19
Trout, brook/speckled	Salvelinus fontinalis	1	0.002	0.004	0.002	0.28	0.36
Trout, brown	Salmo trutta	1	0.28	0.002	0.01	0.16	0.07
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	0.21	0.002	0.002	0.19	0.07
Walleye/pickerel	Sanders vitreus	6	0.05	0.002	0.002	0.39	0.21
MIXEDWOOD PLAINS - LAND MAMMALS							
Beaver, meat	Castor canadensis	2	0.004	0.01	0.09	0.002	.
Black bear, meat	Ursus americanus	2	0.004	0.04	0.02	0.002	.
Deer, kidney	Odocoileus spp.	2	0.003	3.22	0.04	0.02	.
Deer, liver	Odocoileus spp.	3	0.003	0.15	1.79	0.003	.
Deer, meat	Odocoileus spp.	6	0.005	0.01	7.35	0.002	.
Hare/rabbit, meat	Lepus spp.	3	0.01	0.02	0.02	0.002	.
Moose, meat	Alces alces	4	0.002	0.01	0.28	0.002	.
Muskrat, meat	Ondatra zibethica	2	0.002	0.002	0.01	0.002	.
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	2	0.01	0.05	0.31	0.003	.

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
MIXEDWOOD PLAINS - WILD BIRDS							
Duck, American black, meat	Anas rubripes	1	0.01	0.002	0.18	0.07	.
Duck, mallard, meat	Anas platyrhynchos	3	0.02	0.01	0.19	0.02	0.03
Duck, northern pintail, meat	Anas acuta	2	0.01	0.002	0.05	0.03	.
Duck, wood, meat	Aix sponsa	1	0.002	0.01	0.05	0.01	.
Goose, Canada, meat	Branta canadensis	4	0.002	0.003	0.004	0.002	0.002
Goose, snow, meat	Chen caerulescens	1	0.002	0.002	0.02	0.002	0.002
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	1	0.01	0.04	0.40	0.002	.
Wild turkey, meat	Meleagris gallopava	3	0.02	0.004	0.01	0.002	.
MIXEDWOOD PLAINS - BERRIES, FRUITS, NUTS AND SEEDS							
Blackberry	Rubus spp.	1	0.002	0.005	0.002	0.002	.
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	3	0.002	0.002	0.005	0.002	.
Crabapple	Malus coronaria, Pyrus coronaria	2	0.002	0.004	0.33	0.002	.
Cranberry, high bush	Viburnum spp.	1	0.002	0.01	0.01	0.002	.
Elderberry	Sambucus spp.	1	0.002	0.002	0.004	0.002	.
Grape, wild	Vitis riparia	1	0.002	0.002	0.01	0.002	.
Hawthorn berry	Crataegus spp.	1	0.002	0.005	0.01	0.002	.
Nut, acorn	Quercus spp.	3	0.01	0.002	0.01	0.002	.
Nut, hazelnut	Corylus americana	1	0.02	0.01	0.03	0.002	.
Nut, hickory	Carya ovata	3	0.01	0.004	0.03	0.002	.
Nut, walnut	Juglans spp	1	0.01	0.002	0.02	0.002	.
Raspberry	Rubus idaeus	2	0.002	0.004	0.01	0.002	.
Raspberry, leaf, tea	Rubus idaeus	1	0.002	0.002	0.002	0.002	.
Saskatoon berry	Amelanchier alnifolia	1	0.002	0.002	0.01	0.002	.
Strawberry	Fragaria spp.	2	0.002	0.01	0.10	0.002	.
Sumac	Rhus typhina, R. glabra	1	0.002	0.002	0.002	0.002	.
Sunflower, seeds	Helianthus annuus	1	0.02	0.03	0.43	0.002	.
MIXEDWOOD PLAINS - WILD PLANTS							
Clover, tea	Trifolium spp.	1	0.002	0.002	0.002	0.002	.
Dandelion, greens	Taraxacum officinale	2	0.01	0.04	0.25	0.003	.
Ferns, fiddleheads	Matteauccia struthiopteris	2	0.002	0.39	0.01	0.002	.
Horsetail shoots	Equisetum arvense	1	0.09	0.002	0.06	0.002	.
Jerusalem artichoke	Helianthus tubererosus	1	0.02	0.01	0.03	0.002	.
Leeks/onions	Allium spp.	2	0.07	0.01	0.54	0.002	.
Mint, leaves	Mentha spp.	1	0.002	0.002	0.002	0.002	.
Purple pitcher (turtle socks), leaves	Sarracenia purpurea	1	0.002	0.002	0.002	0.002	.
Sage, tea	Salvia spp.	1	0.002	0.002	0.002	0.002	.
Stinging nettle, leaves	Urtica dioica	3	0.04	0.01	0.48	0.002	.
Sweetflag/muskrat root	Acorus americanus, A. calamus	2	0.02	0.002	0.04	0.002	.
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	1	0.002	0.002	0.002	0.002	.
Tobacco	Nicotiana tabacum	1	0.20	0.39	1.10	0.04	.
Western dock, leaves	Rumex occidentalis	1	0.002	0.002	0.002	0.002	.
Wild ginger	Asarum caudatum	1	0.10	0.06	0.51	0.01	.
Wintergreen/teaberry	Gaultheria procumbens	1	0.04	0.005	0.10	0.01	.
MIXEDWOOD PLAINS - TREES (bark, leaves, syrup, needles, cones, gum)							
Cedar, tea	Thuja occidentalis, Thuja spp.	3	0.002	0.002	0.002	0.002	.
Maple, syrup	Acer spp.	5	0.03	0.01	0.02	0.002	.
MIXEDWOOD PLAINS - MUSHROOMS							
Mushroom, giant puffball	Calvatia gigantea	1	0.54	0.13	1.19	1.72	.

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
MIXEDWOOD PLAINS - CULTIVATED FOOD (PLANTS)							
Apple	Malus domestica	1	0.002	0.002	0.01	0.002	.
Beans, dried	Phaseolus vulgaris	1	0.002	0.002	0.002	0.002	.
Beans, kidney, red	Phaseolus vulgaris	1	0.002	0.002	0.005	0.002	.
Beans, pole	Phaseolus vulgaris	1	0.002	0.002	0.002	0.002	.
Beans, snap	Phaseolus vulgaris	2	0.002	0.002	0.01	0.002	.
Beets	Beta vulgaris	2	0.004	0.01	0.02	0.002	.
Brussel sprouts	Brassica oleracea var. gemmifera	1	0.02	0.01	0.08	0.002	.
Cabbage	Brassica oleracea var. capitata	2	0.002	0.004	0.01	0.002	.
Carrots	Daucus carota subsp. sativus	1	0.01	0.01	0.26	0.01	.
Corn soup	Zea mays	1	0.002	0.002	0.01	0.002	.
Corn, blue	Zea mays	1	0.002	0.01	0.002	0.002	.
Corn, calico	Zea mays	1	0.002	0.005	0.01	0.002	.
Corn, hominy	Zea mays	2	0.03	0.002	0.002	0.002	.
Corn, unidentified	Zea mays	1	0.002	0.002	0.01	0.002	.
Corn, unidentified, dried	Zea mays	1	0.002	0.002	0.01	0.002	.
Corn, white	Zea mays	2	0.004	0.002	0.03	0.002	.
Corn, white, flour	Zea mays	1	0.01	0.01	0.01	0.002	.
Corn, yellow	Zea mays	2	0.002	0.01	0.01	0.002	.
Cucumber	Cucumis sativus	1	0.01	0.002	0.01	0.002	.
Honey	Apis mellifera (bee)	2	0.002	0.002	0.01	0.002	.
Pepper, green	Capsicum annuum	1	0.002	0.01	0.005	0.002	.
Potatoes	Solanum tuberosum	2	0.05	0.02	0.09	0.002	.
Radish	Raphanus sativus	1	0.05	0.02	0.13	0.002	.
Squash, butternut	Cucurbita maxima	1	0.002	0.002	0.004	0.002	.
Squash, winter	Cucurbita maxima	3	0.002	0.002	0.01	0.002	.
Squash, zucchini	Cucurbita pepo	1	0.002	0.002	0.07	0.002	.
Tomatoes	Solanum lycopersicum	1	0.002	0.01	0.01	0.002	.
Turnip	Brassica rapa subsp. rapa	1	0.002	0.01	0.004	0.002	.
MIXEDWOOD PLAINS - CULTIVATED FOOD (ANIMALS)							
Beef, meat	Bos taurus	1	0.002	0.002	0.004	0.002	.
Chicken, eggs	Gallus gallus domesticus	1	0.002	0.002	0.002	0.002	.
ATLANTIC MARITIME - FISH AND SEAFOOD							
American eel	Anguilla rostrata	9	0.89	0.005	0.01	0.11	0.10
Bass, smallmouth	Micropterus salmoides	1	0.73	0.002	0.002	0.16	0.13
Bass, striped	Morone saxatilis	7	0.72	0.002	0.004	0.16	0.13
Bass, unidentified		3	0.57	0.002	0.003	0.57	0.84
Clam, quahog (surf clam)	Spisula solidissima	2	1.18	0.04	0.08	0.01	.
Clam, softshell	Mya arenaria	1	3.30	0.05	0.13	0.01	0.01
Clam, unidentified		2	1.94	0.06	0.19	0.02	.
Cod, Atlantic	Gadus morhua	3	2.95	0.003	0.004	0.07	0.07
Cod, Atlantic tomcod	Microgadus tomcod	1	6.78	0.002	0.002	0.02	0.01
Crab, snow	Chionoecetes opilio	8	11.1	0.05	0.03	0.11	0.10
Flounder	Platichtys stellatus	2	3.74	0.02	0.03	0.05	0.03
Gaspereau	Alosa pseudoharengus	1	0.57	0.002	0.002	0.07	.
Haddock	Melanogrammus aeglefinus	2	2.46	0.002	0.004	0.04	0.02
Halibut	Hippoglussus stenolepsis	3	4.12	0.002	0.002	0.14	0.08
Herring, Atlantic	Clupea harengus	1	0.56	0.01	0.01	0.09	0.05
Lobster	Homarus americanus	10	5.28	0.32	0.01	0.10	0.08
Mackerel	Scomber scombrus	8	0.88	0.01	0.01	0.03	0.02
Mussels	Mytilus spp.	2	2.69	0.24	0.18	0.02	.
Oyster	Giganteus pacificus	3	1.64	1.28	0.13	0.02	.

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Perch, yellow	Perca flavescens	1	11.9	0.002	0.01	0.09	0.05
Salmon, Atlantic	Salmo salar	13	0.71	0.004	0.003	0.07	0.06
Scallop, Atlantic	Pecten magellanicus	6	1.44	0.11	0.003	0.01	0.01
Shad	Alosa sapidissima	1	7.44	0.04	0.03	0.08	0.03
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	2	3.60	0.03	0.08	0.03	0.03
Smelt	Osmerus mordax	10	1.19	0.01	0.003	0.04	0.03
Sole	Parophrys vetulus	2	5.78	0.002	0.002	0.05	0.05
Squid	Illex illecebrosus	2	2.71	0.07	0.003	0.03	0.03
Sucker, unidentified		1	0.11	0.01	0.005	0.14	0.14
Trout, brook/speckled	Salvelinus fontinalis	9	0.71	0.01	0.005	0.14	0.09
Trout, brown	Salmo trutta	3	1.21	0.002	0.002	0.10	0.06
Trout, lake	Salvelinus namaycush	1	0.22	0.002	0.002	0.06	0.08
Trout, rainbow/steelhead	Oncorhynchus mykiss	5	0.52	0.002	0.004	0.04	0.04
Trout, unidentified		3	0.26	0.003	0.02	0.10	0.07
ATLANTIC MARITIME - LAND MAMMALS							
Black bear, fat	Ursus americanus	1	.	.	.	.	.
Black bear, meat	Ursus americanus	2	0.01	0.01	0.01	0.002	.
Deer, liver	Odocoileus spp.	4	0.02	0.71	0.01	0.03	.
Deer, liver and heart	Odocoileus spp.	1	0.002	0.07	0.01	0.01	.
Deer, meat	Odocoileus spp.	11	0.01	0.005	1.17	0.003	.
Hare/rabbit, liver	Lepus spp.	1	0.002	1.09	0.13	0.01	.
Hare/rabbit, meat	Lepus spp.	8	0.04	0.01	5.23	0.002	.
Moose, heart	Alces alces	4	0.01	1.04	0.01	0.003	.
Moose, kidney	Alces alces	3	0.02	7.90	0.02	0.01	.
Moose, liver	Alces alces	9	0.02	2.50	0.02	0.003	.
Moose, meat	Alces alces	11	0.01	0.01	0.02	0.002	.
Moose, meat, dried	Alces alces	1	0.005	0.03	0.06	0.002	.
Moose, nose	Alces alces	2	0.01	0.02	0.15	0.002	.
Moose, tongue	Alces alces	2	0.04	0.03	0.11	0.002	.
Muskrat, meat	Ondatra zibethica	1	0.05	0.005	0.06	0.002	.
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	2	0.02	0.04	45.4	0.01	.
ATLANTIC MARITIME - WILD BIRDS							
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	12	0.01	0.02	2.10	0.002	.
ATLANTIC MARITIME - BERRIES, FRUITS, NUTS AND SEEDS							
Blackberry	Rubus spp.	8	0.005	0.004	0.004	0.002	.
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	11	0.01	0.002	0.01	0.002	.
Blueberry, jam	Vaccinium myrtilloides, Vaccinium angustifolium	1	0.002	0.002	0.005	0.002	.
Chokecherry/pincherry	Prunus virginiana L.	3	0.01	0.002	0.005	0.002	.
Crabapple	Malus coronaria, Pyrus coronaria	9	0.005	0.002	0.05	0.002	.
Crabapple, jam	Malus coronaria, Pyrus coronaria	1	0.002	0.002	0.01	0.002	.
Cranberry, high bush	Viburnum spp.	3	0.01	0.003	0.01	0.002	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	7	0.003	0.005	0.004	0.002	.
Currant	Ribes spp.	1	0.01	.	0.02	0.002	.
Elderberry	Sambucus spp.	1	0.002	0.002	0.01	0.002	.
Grape, wild	Vitis riparia	1	0.01	.	0.01	0.002	.
Nut, butternut	Juglans cinerea	1	0.002	0.002	0.01	0.002	.
Nut, chestnut	Castanea dentata	1	0.02	0.02	0.002	0.002	.
Nut, hazelnut	Corylus americana	1	0.002	0.02	0.005	0.01	.

Table S3.3. Concentrations of toxic elements in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	NUMBER OF COMMUNITIES[a]	µg/g wet weight[b]				
			ARSENIC	CADMIUM	LEAD	MERCURY	METHYLHG
Nut, hazelnut, dried	Corylus americana	1	0.01	0.03	0.02	0.002	.
Raspberry	Rubus idaeus	9	0.01	0.01	0.01	0.002	.
Raspberry, leaf, tea	Rubus idaeus	1	0.002	0.002	0.002	0.002	.
Strawberry	Fragaria spp.	8	0.01	0.01	0.005	0.002	.
Strawberry, jam	Fragaria spp.	1	0.002	0.01	0.002	0.002	.
Sunflower, seeds	Helianthus annuus	1	0.02	0.31	0.01	0.01	.
ATLANTIC MARITIME - WILD PLANTS							
Bear root, tea	Ligusticum spp.	1	0.02	0.002	0.002	0.002	.
Burdock, tea	Arctium spp.	1	0.002	0.002	0.002	0.002	.
Dandelion, roots	Taraxacum officinale	1	1.31	0.12	3.79	0.01	.
Dandelion, tea	Taraxacum officinale	2	0.002	0.002	0.002	0.002	.
Ferns, fiddleheads	Matteauccia struthiopteris	10	0.004	0.07	0.01	0.002	.
Goldthread, tea	Coptis trifolia	4	0.002	0.002	0.002	0.002	.
Labrador tea, tea	Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum	2	0.002	0.002	0.002	0.002	.
Lichen-moss, tea	Usnea spp.	1	0.002	0.002	0.002	0.002	.
Mint, leaves	Mentha spp.	2	0.13	0.02	0.34	0.01	.
Mint, tea	Mentha spp.	1	0.002	0.002	0.002	0.002	.
Scarlet beebalm (oswego), tea	Monarda didyma	1	0.002	0.002	0.002	0.002	.
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	3	0.002	0.002	0.002	0.002	.
Sweetgrass, tea	Hierochloe odorata	1	0.002	0.002	0.002	0.002	.
Wild rhubarb	unidentified	4	0.004	0.02	0.05	0.002	.
Wintergreen/teaberry, tea	Gaultheria procumbens	2	0.002	0.002	0.002	0.002	.
Yarrow, tea	Achillea millefolium	2	0.002	0.002	0.002	0.002	.
ATLANTIC MARITIME - TREES (bark, leaves, syrup, needles, cones, gum)							
Birch, tea	Betula spp.	1	0.002	0.002	0.002	0.002	.
Cedar, tea	Thuja occidentalis, Thuja spp.	3	0.002	0.002	0.002	0.002	.
Hemlock, bark, tea	Tsuga canadensis	1	0.002	0.002	0.002	0.002	.
Maple, bark, tea	Acer spp.	1	0.002	0.002	0.002	0.002	.
Maple, syrup	Acer spp.	1	0.01	.	0.01	.	.
Pine, cone, tea	Pinus strobus	1	0.002	0.002	0.002	0.002	.
Pine, needle, tea	Pinus strobus	2	0.002	0.002	0.002	0.002	.
Spruce, tea	Picea spp.	2	0.002	0.002	0.002	0.002	.
Tamarack, tea	Larix laricina	1	0.002	0.002	0.002	0.002	.
ATLANTIC MARITIME - MUSHROOMS							
Mushroom, chaga, tea	Inonotus obliquus	1	.	0.002	0.002	0.002	.
Mushroom, chanterelle	Cantharellus spp.	1	0.01	0.03	0.02	0.002	.
ATLANTIC MARITIME - CULTIVATED FOOD (PLANTS)							
Apple	Malus domestica	3	0.01	0.002	0.01	0.002	.
Beans, snap	Phaseolus vulgaris	2	0.005	0.002	0.01	0.002	.
Beets	Beta vulgaris	2	0.01	0.01	0.01	0.002	.
Corn, unidentified	Zea mays	4	0.01	0.01	0.01	0.002	.
Honey	Apis mellifera (bee)	1	0.002	0.002	0.01	0.002	.
Potatoes	Solanum tuberosum	1	0.01	0.002	0.01	.	.
Squash, unidentified	Cucurbita maxima	2	0.01	0.002	0.01	0.002	.
Squash, unidentified, seeds	Cucurbita maxima	1	0.002	0.02	0.17	0.01	.
Tomatoes	Solanum lycopersicum	2	0.002	0.01	0.002	0.002	.

Table S4.1. Concentrations of persistent organic pollutants (POPs) in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
FISH, SEAFOOD AND MARINE MAMMALS											
Abalone	Haliotis kamtschatkana	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.22	0.0005
American eel	Anguilla rostrata	8	4.04	1.06	8.98	9.42	0.86	0.25	8.45	2.65	0.08
Arctic char, smoked	Salvelinus alpinus	1	.	0.54	0.0005	1.63	1.90	3.14	.	.	.
Arctic grayling	Thymallus arcticus arcticus	2	0.0005	0.06	0.38	0.0005	0.02	0.0005	4.26	0.09	0.16
Bass, largemouth	Micropterus dolomieu	1	0.0005	0.04	0.0005	0.96	0.0005	0.0005	2.27	0.54	.
Bass, smallmouth	Micropterus salmoides	4	0.0005	0.25	1.82	14.0	0.19	0.10	3.15	3.12	0.08
Bass, striped	Morone saxatilis	6	0.08	0.39	4.07	4.83	0.41	0.15	3.27	0.89	0.04
Bass, unidentified		3	0.0005	0.27	24.1	23.1	0.50	0.07	13.2	6.44	0.06
Bass, white	Morone spp.	1	0.0005	0.57	3.42	30.6	0.75	0.0005	5.16	14.6	0.17
Carp	Cyprinus carpio	2	.	0.79	3.20	63.3	0.75	1.51	.	.	.
Catfish	Ameiurus nebulosus	6	0.0005	1.07	9.74	59.7	1.09	0.0005	4.79	13.3	0.51
Cisco	Coregonus spp.	4	4.24	0.62	3.42	7.10	1.09	3.05	0.27	2.37	1.72
Clam, butter	Saxidomus giganteus	4	1.07	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.08	0.02
Clam, butter, cooked	Saxidomus giganteus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Clam, manila	Venerupis philippinarum	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.07	0.0005
Clam, razor	Ensis directus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.09	0.0005
Clam, softshell	Mya arenaria	1	0.04	0.08	0.13	0.0005	0.0005	0.0005	0.55	0.01	0.01
Clam, unidentified		1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Cockle, basket	Clinocardium nuttalli	1	0.01	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.03	0.0005
Cockle, unidentified		2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.19	0.0005
Cod, Atlantic	Gadus morhua	4	0.0005	0.41	0.85	2.83	0.38	0.0005	0.81	0.38	0.01
Cod, black	Anoplopoma fimbria	2	0.09	0.22	2.56	0.62	0.0005	0.24	.	0.38	0.005
Crab, dungeness	Cancer magister	6	0.0005	0.0005	1.60	0.06	0.0005	0.0005	0.45	0.37	0.10
Crab, snow	Chionoecetes opilio	3	0.0005	0.25	1.32	2.41	0.47	0.11	13.8	0.12	0.05
Eulachon/ooligan	Thaleichthys pacificus	3	3.58	1.32	2.28	0.18	0.0005	0.0005	1.86	0.57	0.16
Eulachon/ooligan, grease	Thaleichthys pacificus	5	0.21	13.8	21.1	0.89	0.0005	4.49	.	3.09	0.49
Eulachon/ooligan, smoked	Thaleichthys pacificus	1	24.9	2.78	3.30	0.0005	0.0005	0.0005	.	.	.
Flounder	Platichtys stellatus	2	0.0005	0.25	1.00	1.59	0.19	0.06	2.79	1.72	0.0005
Haddock	Melanogrammus aeglefinus	2	0.0005	0.23	0.04	0.0005	0.0005	0.0005	0.87	0.04	0.01
Halibut	Hippoglussus stenolepsis	8	0.0005	0.20	1.66	0.73	0.42	0.23	0.84	0.52	0.02
Herring, Atlantic	Clupea harengus	2	0.36	1.12	2.90	3.04	1.15	1.41	2.09	0.80	0.0005
Herring, Pacific	Clupea pallasi	1	0.0005	0.0005	0.0005	8.24	0.0005	0.0005	.	1.80	0.0005
Herring, Pacific, eggs	Clupea pallasi	4	0.0005	0.12	0.0005	0.0005	0.0005	0.0005	0.0005	0.20	0.02
Herring, Pacific, eggs on kelp	Clupea pallasi	1	0.0005	0.84	1.13	0.0005	0.0005	0.0005	.	0.48	0.0005
Herring, Pacific, eggs, cooked	Clupea pallasi	1	0.0005	0.70	1.02	0.0005	0.0005	0.0005	.	.	.
Ling cod/mariah/burbot	Lota lota	5	0.0005	0.06	1.16	0.13	0.05	0.13	1.89	0.25	0.0005

[a]1-5 animal or plant tissue samples collected in each community were pooled and analyzed. The data are mean concentrations of the number of pooled samples or communities.

[b]All samples are raw unless otherwise specified.

Table S4.1. Concentrations of persistent organic pollutants (POPs) in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
Lobster	Homarus americanus	12	0.08	0.13	0.84	0.71	0.03	0.01	3.94	0.11	0.02
Mackerel	Scomber scombrus	8	0.52	0.80	2.17	7.82	0.49	0.40	53.3	0.88	0.04
Mooneye/goldeye	Hiodon tergisus, Hiodon alosoides	2	0.0005	0.54	0.54	0.71	0.48	0.48	3.39	0.24	0.0005
Mussels	Mytilus spp.	4	0.14	0.11	0.34	0.43	0.0005	0.0005	0.07	0.14	0.07
Northern pike/jackfish	Esox lucius	37	0.88	0.12	0.76	2.35	0.12	0.12	3.28	1.18	0.15
Northern pike/jackfish, eggs	Esox lucius	1	0.0005	1.72	1.62	4.76	0.60	0.46	5.38	0.89	0.05
Octopus	Octopus spp.	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Oyster	Giganteus pacificus	3	0.04	0.15	0.16	0.05	0.02	0.0005	0.0005	0.28	0.19
Perch, yellow	Perca flavescens	11	1.93	0.14	2.01	20.7	0.32	0.0005	3.17	1.59	0.39
Rockfish/red snapper	Sebastes spp.	6	0.0005	0.0005	1.28	0.20	0.0005	0.0005	.	0.54	0.01
Salmon, Atlantic	Salmo salar	16	0.02	1.84	5.30	6.60	1.25	3.53	2.40	0.52	0.07
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	12	2.60	1.60	8.38	15.7	2.57	5.30	4.80	3.85	0.59
Salmon, chinook/spring/king, eggs	Oncorhynchus tshawytscha	1	0.01	2.23	8.54	4.79	1.37	3.05	12.6	0.39	0.29
Salmon, chum	Oncorhynchus keta	2	0.54	0.70	1.30	0.16	0.0005	0.0005	.	0.27	0.002
Salmon, chum, dried	Oncorhynchus keta	1	0.31	0.65	0.0005	0.0005	0.0005	0.0005	.	0.43	0.0005
Salmon, chum, eggs	Oncorhynchus keta	1	0.01	0.67	0.80	0.0005	0.0005	0.0005	.	0.27	0.0005
Salmon, chum, half-smoked	Oncorhynchus keta	1	0.61	1.03	0.87	0.0005	0.0005	0.0005	.	0.12	0.0005
Salmon, chum, jarred	Oncorhynchus keta	1	.	0.85	0.70	0.0005	0.0005	0.0005	0.0005	.	.
Salmon, coho	Oncorhynchus kisutch	9	0.21	1.25	5.36	1.63	0.27	0.94	0.72	0.73	0.03
Salmon, coho, eggs	Oncorhynchus kisutch	2	0.0005	1.36	3.28	1.12	0.0005	0.57	.	0.76	0.08
Salmon, pink	Oncorhynchus gorbuscha	4	4.68	0.90	2.47	5.37	0.58	2.21	.	2.77	0.35
Salmon, pink, dried	Oncorhynchus gorbuscha	2	0.05	1.23	3.05	0.51	0.0005	0.91	.	.	.
Salmon, sockeye	Oncorhynchus nerka	14	1.66	0.92	2.34	0.48	0.31	1.08	0.51	1.01	0.12
Salmon, sockeye, eggs	Oncorhynchus nerka	2	0.0005	1.06	2.00	0.20	0.55	0.57	.	0.32	0.17
Salmon, sockeye, jarred/canned	Oncorhynchus nerka	2	0.03	1.11	2.92	0.76	0.0005	0.0005	.	.	.
Salmon, unidentified		7	0.29	0.97	14.7	40.7	3.95	8.70	2.15	8.83	0.47
Salmon, unidentified, eggs		5	0.004	1.11	13.4	22.4	1.98	2.51	9.30	12.7	3.02
Salmon, unidentified, smoked		1	0.0005	0.55	1.23	0.0005	0.0005	0.41	.	0.0005	.
Scallop, Atlantic	Pecten magellanicus	5	0.01	0.03	0.09	0.0005	0.0054	0.0005	0.92	0.02	0.01
Scallop, rock	Crassadoma gigantea	1	1.63	0.0005	0.0005	0.0005	0.0005	0.44	0.0005	0.10	0.04
Sea cucumber	Parastichopus californicus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Sea snail	unidentified	1	0.0005	0.18	0.12	0.0005	0.04	0.0005	0.71	0.02	0.0005
Seal, harp, meat	Pagophilus groenlandicus	1	0.0005	2.76	28.5	265	10.7	4.00	3.70	9.08	0.09
Seaweed	Porphyra abbottiae	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	1.51	1.84
Seaweed, dried	Porphyra abbottiae	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Shad	Alosa sapidissima	1	0.0005	0.70	4.54	6.22	0.93	1.50	4.14	1.02	0.10
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	4	0.0005	0.13	0.46	1.49	0.10	0.01	2.44	0.09	0.02
Smelt	Osmerus mordax	14	0.04	0.55	4.79	8.44	0.73	0.55	7.32	1.66	0.19

Table S4.1. Concentrations of persistent organic pollutants (POPs) in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
Sole	Parophrys vetulus	2	0.0005	0.17	0.35	0.0005	0.02	0.0005	0.37	0.33	0.0005
Squid	Illex illecebrosus	1	0.0005	0.24	0.09	.	0.11	0.0005	2.14	0.13	0.0005
Sturgeon	Acipenserspp.	13	2.43	0.70	6.16	54.1	0.93	0.13	1.09	5.88	3.05
Sucker, longnose	Catostomus catostomus	5	0.11	0.36	0.87	0.69	0.09	0.04	3.83	0.49	0.01
Sucker, unidentified		4	343	0.35	1.87	2.17	0.21	0.0005	15.2	1.17	1.33
Sucker, unidentified, eggs		2	0.04	0.47	3.46	4.66	0.18	0.0005	30.4	0.87	0.0005
Sucker, white	Catostomus commersonii	4	0.0005	0.12	0.56	4.12	0.08	0.02	3.12	0.30	0.02
Trout, brook/speckled	Salvelinus fontinalis	14	0.0005	0.43	3.89	5.17	0.38	0.21	3.99	1.25	0.07
Trout, brown	Salmo trutta	5	0.01	1.10	21.6	64.4	2.53	0.31	2.11	10.3	0.31
Trout, cutthroat	Salmo clarki clarki	1	0.0005	1.09	3.89	1.82	0.0005	0.61	.	0.32	0.0005
Trout, dolly varden	Salvelinus malma	5	0.0005	0.45	1.28	0.92	0.43	0.30	.	5.05	0.02
Trout, kokanee	Oncorhynchus nerka	2	0.0005	0.52	12.9	0.24	0.0005	0.15	6.01	2.55	0.0005
Trout, lake	Salvelinus namaycush	23	1.37	1.10	11.9	21.3	2.73	6.26	3.60	9.25	1.09
Trout, lake, eggs	Salvelinus namaycush	2	0.0005	0.94	0.83	0.67	0.33	0.0005	17.5	1.56	0.01
Trout, lake, smoked	Salvelinus namaycush	3	8.06	2.47	7.25	27.5	2.82	2.85	0.97	16.8	0.99
Trout, rainbow/steelhead	Oncorhynchus mykiss	14	2.16	0.46	8.65	26.1	1.10	0.31	8.85	4.75	0.40
Trout, rainbow/steelhead, eggs	Oncorhynchus mykiss	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Trout, unidentified		10	1.39	0.22	9.88	2.25	0.14	0.02	3.04	5.69	0.31
Walleye/pickerel	Sanders vitreus	49	1.90	0.13	1.07	5.47	0.21	0.50	4.28	1.31	0.27
Walleye/pickerel, eggs	Sanders vitreus	1	0.0005	1.30	2.50	2.34	0.0005	0.0005	.	0.26	0.34
Walleye/pickerel, pemmican	Sanders vitreus	1	32.1	1.13	3.21	4.43	0.0005	0.18	.	1.89	0.29
Whitefish, lake	Coregonus clupeaformis	25	34.3	0.66	3.10	6.76	0.90	1.46	4.02	2.85	1.07
Whitefish, lake, dried	Coregonus clupeaformis	1	3.46	.	.	.	.	.	.	.	.
Whitefish, round	Prosopium cylindraceum	1	.	0.70	9.40	36.9	1.63	5.89	.	.	.
Whitefish, unidentified		14	0.36	0.46	1.37	0.51	0.02	0.05	3.00	0.57	0.02
Whitefish, unidentified, eggs		2	0.0005	2.68	2.13	4.29	1.51	1.51	0.0005	0.65	0.26
Whitefish, unidentified, smoked		1	30.6	2.91	2.25	4.80	2.93	3.59	13.5	0.90	0.07
LAND MAMMALS											
Beaver, fat	Castor canadensis	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.52	0.01
Beaver, feet	Castor canadensis	1	.	0.0005	1.59	0.58	0.0005	0.0005	.	.	.
Beaver, heart	Castor canadensis	1	.	0.0005	1.30	0.0005	0.0005	0.0005	.	.	.
Beaver, kidney	Castor canadensis	1	.	0.0005	16.1	0.0005	0.0005	0.0005	0.0005	.	.
Beaver, liver	Castor canadensis	1	.	0.0005	13.8	0.0005	0.0005	0.0005	0.0005	.	.
Beaver, meat	Castor canadensis	16	0.90	0.12	0.40	1.71	0.0005	0.0005	1.23	1.37	0.02
Beaver, tail	Castor canadensis	2	.	0.0005	9.75	8.83	0.0005	0.0005	0.07	.	.
Bison, liver	Bison bison athabascae	1	0.0005	.	.	.	.	.	.	.	.
Bison, meat	Bison bison athabascae	4	80.0	0.0005	0.0005	0.0005	0.0005	0.0005	0.15	.	.
Black bear, fat	Ursus americanus	9	1.51	0.42	0.49	12.9	0.05	0.0005	1.23	1.18	0.03
Black bear, liver	Ursus americanus	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	0.69	.	.
Black bear, meat	Ursus americanus	9	0.42	0.03	0.0005	0.0005	0.0005	0.0005	4.11	0.31	0.10

Table S4.1. Concentrations of persistent organic pollutants (POPs) in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
Caribou, bone marrow	Rangifer ssp.	1	.	.	.	.	.	.	0.29	.	.
Caribou, fat	Rangifer ssp.	2	.	34.7	0.0005	0.11	0.0005	0.0005	0.0005	0.48	9.06
Caribou, heart	Rangifer ssp.	1	.	.	.	.	.	.	1.01	.	.
Caribou, kidney	Rangifer ssp.	3	.	.	.	.	.	.	3.31	.	.
Caribou, liver	Rangifer ssp.	3	.	0.35	0.0005	0.0005	.	.	21.9	0.19	.
Caribou, meat	Rangifer ssp.	14	0.77	0.19	0.0005	0.0005	0.0005	0.0005	0.86	0.82	0.05
Caribou, meat, dried	Rangifer ssp.	2	12.8	.	.	.	.	.	.	.	.
Caribou, stomach	Rangifer ssp.	1	.	.	.	.	.	.	4.15	.	.
Deer, heart	Odocoileus spp.	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Deer, kidney	Odocoileus spp.	4	.	0.64	0.0005	0.0005	0.0005	0.0005	8.12	0.11	.
Deer, liver	Odocoileus spp.	12	0.0005	0.37	1.92	0.18	0.0005	0.0005	9.12	0.52	0.04
Deer, liver and heart	Odocoileus spp.	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Deer, meat	Odocoileus spp.	57	0.79	0.02	0.004	0.54	0.0005	0.0005	1.77	15.1	0.10
Deer, meat, smoked	Odocoileus spp.	1	1.72	.	.	.	.	.	.	.	.
Elk, fat	Cervus canadensis	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Elk, kidney	Cervus canadensis	3	0.0005	0.45	0.0005	0.0005	0.0005	0.0005	1.06	.	.
Elk, liver	Cervus canadensis	2	.	0.0005	4.70	5.59	0.0005	0.0005	1.89	.	.
Elk, meat	Cervus canadensis	23	0.28	0.03	0.0005	0.0005	0.0005	0.0005	1.09	0.13	0.16
Elk, meat, dried	Cervus canadensis	1	8.80	.	.	.	.	.	1.50	.	.
Groundhog, meat	Marmota monax	1	0.0005	.	.	.	.	.	.	0.0005	.
Hare/rabbit, intestines	Lepus spp.	1	.	.	.	.	.	.	17.1	.	.
Hare/rabbit, liver	Lepus spp.	1	.	.	.	.	.	.	1.19	.	.
Hare/rabbit, meat	Lepus spp.	26	0.0005	0.03	0.0005	0.06	0.0005	0.0005	0.59	0.41	0.03
Moose, bone marrow	Alces alces	2	.	0.18	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Moose, fat	Alces alces	6	.	5.02	0.0005	0.05	0.0005	0.0005	0.0005	6.34	0.02
Moose, heart	Alces alces	4	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.28	.	.
Moose, intestine	Alces alces	3	.	0.72	0.0005	0.0005	0.0005	0.0005	.	.	.
Moose, kidney	Alces alces	21	0.08	0.10	0.0005	0.0005	0.0005	0.0005	5.49	0.02	0.02
Moose, liver	Alces alces	36	0.39	0.08	0.89	0.0005	0.0005	0.0005	4.91	0.13	0.43
Moose, meat	Alces alces	78	0.87	0.02	0.0005	0.004	0.0005	0.0005	2.31	0.90	0.14
Moose, meat, canned	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Moose, meat, dried	Alces alces	7	42.9	0.0005	0.0005	0.0005	0.0005	0.0005	0.63	.	.
Moose, meat, smoked	Alces alces	3	24.0	.	.	.	.	.	.	.	.
Moose, nose	Alces alces	2	.	1.77	2.55	0.0005	0.0005	0.0005	0.23	.	.
Moose, stomach	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Moose, tongue	Alces alces	2	.	0.0005	0.0005	0.0005	0.0005	0.0005	0.29	.	.
Muskrat, meat	Ondatra zibethica	5	1.88	0.03	0.01	2.60	0.0005	0.0005	0.0005	0.18	0.22
Porcupine, meat	Erethizon dorsatum	2	.	.	.	.	.	.	0.31	.	.
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	1	.	.	.	.	.	.	0.41	.	.

Table S4.1. Concentrations of persistent organic pollutants (POPs) in traditional food in all regions

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
WILD BIRDS											
Duck, black guillemot, meat	Cepphus grylle	1	0.0005	3.32	4.04	10.4	0.24	0.18	9.08	1.05	0.0005
Duck, eider, liver	Somateria spp.	1	0.0005	1.19	2.26	5.65	0.43	0.21	4.00	0.56	0.01
Duck, goldeneye, meat	Bucephala clangula	2	0.0005	3.16	6.39	13.8	0.0005	0.0005	.	.	0.0005
Duck, mallard, meat	Anas platyrhynchos	26	43.2	0.82	12.5	48.3	0.20	0.004	15.6	1.85	0.74
Duck, northern pintail, meat	Anas acuta	1	7.95	.	1.93	0.64	0.0005	0.0005	3.35	0.50	1.49
Duck, scoter, meat	Melanitta nigra	1	0.0005	1.34	6.67	44.4	0.07	0.02	3.70	0.79	0.33
Duck, teal, meat	Anas spp.	1	25.4	.	.	.	.	.	.	0.73	8.92
Duck, unidentified, meat		3	2.89	0.0005	0.79	0.0005	0.0005	0.0005	0.93	1.18	0.04
Goose, Canada, kidney	Branta canadensis	1	.	0.25	2.54	0.12	0.31	0.04	16.8	.	.
Goose, Canada, liver	Branta canadensis	1	0.0005	0.42	0.31	0.0005	1.02	0.0005	6.28	0.51	0.01
Goose, Canada, meat	Branta canadensis	20	10.6	0.33	3.75	0.61	0.14	0.12	2.18	49.8	0.07
Goose, snow, meat	Chen caerulescens	7	0.01	0.31	7.87	0.10	0.09	0.18	0.40	1.70	0.13
Goose, unidentified, fat		1	.	0.97	0.0005	.	0.0005	0.0005	.	.	.
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	21	0.48	0.02	0.12	0.87	0.01	0.0005	0.0005	0.31	0.11
BERRIES, FRUITS, NUTS AND SEEDS											
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Cranberry, high bush	Viburnum spp.	3	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.0005	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Huckleberry	Vaccinium spp., Gaylussacia spp.	6	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.0005	.
Raspberry	Rubus idaeus	3	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.0005	.
Raspberry, root	Rubus idaeus	1	0.0005	.	.	.	.	.	.	.	.
Saskatoon berry	Amelanchier alnifolia	9	0.03	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Soapberry	Shepherdia canadensis	5	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.0005	.
Strawberry	Fragaria spp.	2	0.0005	.	.	.	.	.	.	.	.
WILD PLANTS											
Caribou weeds	Artemisia tilesii	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Ferns, fiddleheads	Matteauccia struthiopteris	1	.	.	.	.	.	.	0.0005	.	.
Sweetflag/muskrat root	Acorus americanus, A. calamus	2	0.05	.	.	.	.	.	.	.	.
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	1	0.0005	.	.	.	.	.	.	.	.
TREES (bark, leaves, syrup, needles, cones, gum)											
Birch, bark	Betula spp.	1	.	.	.	.	.	.	.	0.13	.
CULTIVATED FOOD - ANIMALS											
Goat, meat	Capra aegagrus hircus	2	0.0005	0.32	0.0005	0.0005	0.0005	0.0005	.	0.0005	.

Table S4.2. Concentrations of persistent organic pollutants (POPs) in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
BRITISH COLUMBIA 2008 & 2009 - FISH AND SEAFOOD											
Abalone	Haliotis kamtschatkana	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.22	0.0005
Arctic char, smoked	Salvelinus alpinus	1	.	0.54	0.0005	1.63	1.90	3.14	.	.	.
Arctic grayling	Thymallus arcticus arcticus	1	.	0.0005	0.70	0.0005	0.0005	0.0005	.	.	.
Carp	Cyprinus carpio	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Clam, butter	Saxidomus giganteus	4	1.07	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.08	0.02
Clam, butter, cooked	Saxidomus giganteus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Clam, manila	Venerupis philippinarum	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.07	0.0005
Clam, razor	Ensis directus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.09	0.0005
Clam, unidentified		1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Cockle, basket	Clinocardium nuttalli	1	0.01	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.03	0.0005
Cockle, unidentified		2	0.003	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.19	0.0005
Cod, black	Anoplopoma fimbria	2	0.09	0.22	2.56	0.62	0.0005	0.24	.	0.38	0.005
Crab, dungeness	Cancer magister	6	0.003	0.0005	1.60	0.06	0.0005	0.0005	0.45	0.37	0.10
Eulachon/ooligan	Thaleichthys pacificus	3	3.58	1.32	2.28	0.18	0.0005	0.0005	1.86	0.57	0.16
Eulachon/ooligan, grease	Thaleichthys pacificus	5	0.21	13.8	21.1	0.89	0.0005	4.49	.	3.09	0.49
Eulachon/ooligan, smoked	Thaleichthys pacificus	1	24.9	2.78	3.30	0.0005	0.0005	0.0005	.	.	.
Halibut	Hippoglussus stenolepsis	6	0.0005	0.12	1.50	0.73	0.34	0.08	0.0005	0.62	0.03
Herring, Pacific	Clupea pallasi	1	0.0005	0.0005	0.0005	8.24	0.0005	0.0005	.	1.80	0.0005
Herring, Pacific, eggs	Clupea pallasi	4	0.002	0.12	0.0005	0.0005	0.0005	0.0005	0.0005	0.20	0.02
Herring, Pacific, eggs on kelp	Clupea pallasi	1	0.0005	0.84	1.13	0.0005	0.0005	0.0005	.	0.48	0.0005
Herring, Pacific, eggs, cooked	Clupea pallasi	1	0.0005	0.70	1.02	0.0005	0.0005	0.0005	.	.	.
Ling cod/mariah/burbot	Lota lota	3	0.0005	0.0005	1.84	0.15	0.0005	0.14	.	0.35	0.0005
Mussels	Mytilus spp.	3	0.11	0.13	0.39	0.16	0.0005	0.0005	0.0005	0.13	0.02
Northern pike/jackfish	Esox lucius	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.41	0.05
Octopus	Octopus spp.	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Oyster	Giganteus pacificus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.29	0.33
Rockfish/red snapper	Sebastes spp.	6	0.0005	0.0005	1.28	0.20	0.0005	0.0005	.	0.54	0.01
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	10	1.88	1.63	3.29	0.92	0.90	2.18	0.26	0.82	0.08
Salmon, chinook/spring/king, eggs	Oncorhynchus tshawytscha	1	0.01	2.23	8.54	4.79	1.37	3.05	12.6	0.39	0.29
Salmon, chum	Oncorhynchus keta	2	0.54	0.70	1.30	0.16	0.0005	0.0005	.	0.27	0.002
Salmon, chum, dried	Oncorhynchus keta	1	0.31	0.65	0.0005	0.0005	0.0005	0.0005	.	0.43	0.0005
Salmon, chum, eggs	Oncorhynchus keta	1	0.01	0.67	0.80	0.0005	0.0005	0.0005	.	0.28	0.0005
Salmon, chum, half-smoked	Oncorhynchus keta	1	0.61	1.03	0.87	0.0005	0.0005	0.0005	.	0.12	0.0005
Salmon, chum, jarred	Oncorhynchus keta	1	.	0.85	0.70	0.0005	0.0005	0.0005	0.0005	.	.
Salmon, coho	Oncorhynchus kisutch	9	0.21	1.25	5.36	1.63	0.27	0.94	0.72	0.73	0.03
Salmon, coho, eggs	Oncorhynchus kisutch	2	0.0005	1.36	3.28	1.12	0.0005	0.57	.	0.76	0.08
Salmon, pink	Oncorhynchus gorbuscha	3	0.97	0.88	1.33	0.13	0.0005	0.41	.	0.39	0.01
Salmon, pink, dried	Oncorhynchus gorbuscha	2	0.05	1.23	3.05	0.51	0.0005	0.91	.	.	.
Salmon, sockeye	Oncorhynchus nerka	14	1.66	0.92	2.34	0.48	0.31	1.08	0.51	1.01	0.12
Salmon, sockeye, eggs	Oncorhynchus nerka	2	0.0005	1.06	2.00	0.20	0.55	0.57	.	0.32	0.17
Salmon, sockeye, jarred/canned	Oncorhynchus nerka	2	0.03	1.11	2.92	0.76	0.0005	0.0005	.	.	.

[a]1-5 animal or plant tissue samples collected in each community were pooled and analyzed. The data are mean concentrations of the number of pooled samples or communities.

[b]All samples are raw unless otherwise specified.

Table S4.2. Concentrations of persistent organic pollutants (POPs) in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
Salmon, unidentified		3	0.0005	0.65	1.60	0.0005	0.33	0.37	0.82	1.68	0.0005
Salmon, unidentified, smoked		1	0.0005	0.55	1.23	0.0005	0.0005	0.41	.	0.0005	.
Salmon, unidentified, eggs		4	0.01	0.50	0.62	0.12	0.0005	0.52	9.30	0.07	0.10
Scallop, rock	Crassadoma gigantea	1	1.63	0.0005	0.0005	0.0005	0.0005	0.44	0.0005	0.10	0.04
Sea cucumber	Parastichopus californicus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Seaweed	Porphyra abbottiae	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	1.51	1.84
Seaweed, dried	Porphyra abbottiae	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	3	0.003	0.14	0.61	1.39	0.0005	0.0005	0.62	0.02	0.0005
Trout, cutthroat	Salmo clarki clarki	1	0.0005	1.09	3.89	1.82	0.0005	0.61	.	0.32	0.0005
Trout, dolly varden	Salvelinus malma	5	0.0005	0.45	1.28	0.92	0.43	0.30	.	5.05	0.02
Trout, kokanee	Oncorhynchus nerka	2	0.002	0.52	12.9	0.24	0.0005	0.15	6.01	2.55	0.0005
Trout, lake	Salvelinus namaycush	3	0.002	0.41	10.8	0.0005	0.37	0.12	.	9.73	0.0005
Trout, rainbow/steelhead	Oncorhynchus mykiss	6	0.0005	0.10	0.23	0.0005	0.0005	0.08	.	0.53	0.004
Trout, rainbow/steelhead, eggs	Oncorhynchus mykiss	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Trout, unidentified		2	0.01	0.0005	3.43	1.06	0.0005	0.0005	0.0005	0.91	0.02
Walleye/pickerel	Sanders vitreus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.29	0.004
Whitefish, unidentified		2	2.19	0.64	0.56	0.23	0.0005	0.18	0.0005	1.15	0.05
BRITISH COLUMBIA 2008 & 2009 - LAND MAMMALS											
Beaver, fat	Castor canadensis	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.52	0.01
Beaver, feet	Castor canadensis	1	.	0.0005	1.59	0.58	0.0005	0.0005	.	.	.
Beaver, heart	Castor canadensis	1	.	0.0005	1.30	0.0005	0.0005	0.0005	.	.	.
Beaver, kidney	Castor canadensis	1	.	0.0005	16.1	0.0005	0.0005	0.0005	0.0005	.	.
Beaver, liver	Castor canadensis	1	.	0.0005	13.8	0.0005	0.0005	0.0005	0.0005	.	.
Beaver, meat	Castor canadensis	4	2.48	0.09	0.95	1.36	0.0005	0.0005	0.0005	0.20	0.07
Beaver, tail	Castor canadensis	1	.	0.0005	9.75	8.83	0.0005	0.0005	.	.	.
Bison, meat	Bison bison athabascae	2	.	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Black bear, fat	Ursus americanus	5	0.003	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.37	0.06
Black bear, liver	Ursus americanus	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	0.69	.	.
Black bear, meat	Ursus americanus	2	0.01	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.05	0.0005
Caribou, meat	Rangifer ssp.	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.41	0.09
Deer, heart	Odocoileus spp.	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Deer, liver	Odocoileus spp.	4	0.0005	0.25	0.0005	0.0005	0.0005	0.0005	0.67	0.33	0.04
Deer, liver and heart	Odocoileus spp.	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Deer, meat	Odocoileus spp.	15	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.27	0.0005
Elk, fat	Cervus canadensis	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Elk, kidney	Cervus canadensis	1	.	0.45	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Elk, liver	Cervus canadensis	2	.	0.0005	4.70	5.59	0.0005	0.0005	1.89	.	.
Elk, meat	Cervus canadensis	6	0.0005	0.05	0.0005	0.0005	0.0005	0.0005	0.0005	0.16	0.60
Groundhog, meat	Marmota monax	1	0.0005	.	.	.	.	.	.	0.0005	.
Hare/rabbit, meat	Lepus spp.	6	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.11	0.0005
Moose, bone marrow	Alces alces	2	.	0.18	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Moose, fat	Alces alces	3	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.27	0.02
Moose, heart	Alces alces	3	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.

Table S4.2. Concentrations of persistent organic pollutants (POPs) in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
Moose, intestine	Alces alces	2	.	0.46	0.0005	0.0005	0.0005	0.0005	.	.	.
Moose, kidney	Alces alces	6	0.0005	0.10	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.
Moose, liver	Alces alces	8	0.0005	0.06	1.11	0.0005	0.0005	0.0005	0.11	0.15	0.26
Moose, meat	Alces alces	14	0.19	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.68	0.03
Moose, meat, canned	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Moose, meat, dried	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Moose, nose	Alces alces	1	.	1.77	2.55	0.0005	0.0005	0.0005	.	.	.
Moose, stomach	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Moose, tongue	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
BRITISH COLUMBIA 2008 & 2009 - WILD BIRDS											
Duck, mallard, meat	Anas platyrhynchos	1	.	0.0005	1.24	0.0005	0.0005	0.0005	0.68	0.35	0.05
Goose, Canada, meat	Branta canadensis	1	0.0005	0.80	4.96	0.0005	0.0005	0.0005	0.0005	0.09	0.0005
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	8	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.
BRITISH COLUMBIA 2008 & 2009 - BERRIES, FRUITS, NUTS AND SEEDS											
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Cranberry, high bush	Viburnum spp.	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.0005	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Huckleberry	Vaccinium spp., Gaylussacia spp.	6	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.0005	.
Raspberry	Rubus idaeus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.0005	.
Saskatoon berry	Amelanchier alnifolia	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Soapberry	Shepherdia canadensis	5	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.0005	.
BRITISH COLUMBIA 2008 & 2009 - WILD PLANTS											
Caribou weeds	Artemisia tilesii	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
BRITISH COLUMBIA 2008 & 2009 - CULTIVATED FOOD (ANIMALS)											
Goat, meat	Capra aegagrus hircus	2	0.0005	0.32	0.0005	0.0005	0.0005	0.0005	.	0.0005	.
ALBERTA 2013 - FISH											
Arctic grayling	Thymallus arcticus arcticus	1	0.0005	0.11	0.07	0.0005	0.04	0.0005	4.26	0.09	0.16
Mooneye/goldeye	Hiodon tergisus, Hiodon alosoides	1	0.0005	.	.	.	.	.	.	.	.
Northern pike/jackfish	Esox lucius	4	0.0005	0.33	0.92	0.22	0.17	0.15	0.16	0.80	0.0005
Sucker, longnose	Catostomus catostomus	1	0.0005	0.31	0.43	0.0005	0.08	0.0005	0.23	.	0.01
Trout, lake	Salvelinus namaycush	1	0.0005	0.59	1.68	3.37	1.06	1.40	1.04	1.70	0.0005
Trout, lake, smoked	Salvelinus namaycush	1	0.0005	0.26	1.66	0.13	0.0005	0.0005	0.0005	0.38	0.10
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	.	0.11	1.02	0.41	0.09	0.02	0.10	0.19	0.09
Trout, unidentified		2	0.0005	0.24	6.13	6.39	0.48	0.09	0.47	20.6	0.01
Walleye/pickerel	Sanders vitreus	4	0.20	0.14	0.18	0.69	0.06	0.04	0.25	0.48	0.02
Whitefish, lake	Coregonus clupeaformis	2	0.0005	0.25	0.75	0.20	0.07	0.0005	.	0.20	0.01
Whitefish, unidentified		3	0.16	0.69	2.20	1.61	0.10	0.09	0.22	0.93	0.004
ALBERTA 2013 - LAND MAMMALS											
Beaver, meat	Castor canadensis	1	0.18	.	.	.	.	.	.	.	.
Bison, liver	Bison bison athabascae	1	0.0005	.	.	.	.	.	.	.	.
Bison, meat	Bison bison athabascae	2	80.0	.	.	.	.	.	0.31	.	.
Black bear, meat	Ursus americanus	1	0.64	.	.	.	.	.	.	.	.
Deer, liver	Odocoileus spp.	1	0.0005	.	.	.	.	.	.	.	.

Table S4.2. Concentrations of persistent organic pollutants (POPs) in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
Deer, meat	Odocoileus spp.	9	0.03	.	.	.	.	.	0.39	.	.
Elk, meat	Cervus canadensis	5	0.66	.	.	.	.	.	0.44	.	.
Elk, meat, dried	Cervus canadensis	1	8.80	.	.	.	.	.	1.50	.	.
Hare/rabbit, meat	Lepus spp.	7	0.0005	.	.	.	.	.	.	.	.
Moose, liver	Alces alces	7	0.002	.	.	.	.	.	1.58	.	.
Moose, meat	Alces alces	8	0.14	.	.	.	.	.	0.15	.	.
Muskrat, meat	Ondatra zibethica	1	0.0005	.	.	.	.	.	.	.	.
ALBERTA 2013 - WILD BIRDS											
Duck, goldeneye, meat	Bucephala clangula	1	0.0005	.	.	.	.	.	.	.	.
Duck, mallard, meat	Anas platyrhynchos	6	19.2	.	.	.	.	.	.	.	.
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	1	0.0005	.	.	.	.	.	.	.	.
ALBERTA 2013 - BERRIES, FRUITS, NUTS AND SEEDS											
Cranberry, high bush	Viburnum spp.	2	0.0005	.	.	.	.	.	.	.	.
Raspberry	Rubus idaeus	2	0.0005	.	.	.	.	.	.	.	.
Raspberry, root	Rubus idaeus	1	0.0005	.	.	.	.	.	.	.	.
Saskatoon berry	Amelanchier alnifolia	7	0.04	.	.	.	.	.	.	.	.
Strawberry	Fragaria spp.	2	0.0005	.	.	.	.	.	.	.	.
ALBERTA 2013 - WILD PLANTS											
Sweetflag/muskrat root	Acorus americanus, A. calamus	2	0.05	.	.	.	.	.	.	.	.
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	1	0.0005	.	.	.	.	.	.	.	.
SASKATCHEWAN 2015 - FISH											
Ling cod/mariah/burbot	Lota lota	1	0.0005	0.32	0.26	0.22	0.25	0.22	1.89	0.25	0.0005
Mooneye/goldeye	Hiodon tergisus, Hiodon alosoides	1	0.0005	0.54	0.54	0.71	0.48	0.48	3.39	0.24	0.0005
Northern pike/jackfish	Esox lucius	10	0.0005	0.09	0.42	0.18	0.01	0.0005	1.80	0.50	0.003
Perch, yellow	Perca flavescens	1	0.0005	0.09	0.13	0.0005	0.0005	0.0005	1.36	0.11	0.0005
Sucker, longnose	Catostomus catostomus	4	0.14	0.37	0.98	0.86	0.09	0.05	4.72	0.49	0.01
Sucker, white	Catostomus commersonii	1	0.0005	0.16	0.33	0.0005	0.05	0.0005	3.76	0.29	0.0005
Trout, lake	Salvelinus namaycush	5	0.54	1.39	3.50	5.92	1.33	1.44	4.95	2.22	0.03
Trout, lake, smoked	Salvelinus namaycush	1	2.91	1.52	5.68	15.2	0.0005	0.0005	1.42	2.00	0.30
Walleye/pickerel	Sanders vitreus	10	0.0005	0.12	0.26	0.13	0.05	0.01	2.25	0.23	0.0005
Whitefish, lake	Coregonus clupeaformis	8	0.14	0.59	0.77	0.69	0.27	0.23	2.09	0.64	0.01
Whitefish, lake, dried	Coregonus clupeaformis	1	3.46	.	.	.	.	.	.	.	.
Whitefish, unidentified, smoked		1	30.6	2.91	2.25	4.80	2.93	3.59	13.5	0.90	0.07
SASKATCHEWAN 2015 - LAND MAMMALS											
Caribou, fat	Rangifer ssp.	1	.	34.7	0.0005	0.22	0.0005	0.0005	.	.	.
Caribou, kidney	Rangifer ssp.	2	.	.	.	.	.	.	4.81	.	.
Caribou, liver	Rangifer ssp.	2	.	.	.	.	.	.	27.4	.	.
Caribou, meat	Rangifer ssp.	3	1.95	.	.	.	.	.	0.97	.	.
Caribou, meat, dried	Rangifer ssp.	2	12.8	.	.	.	.	.	.	.	.
Deer, meat	Odocoileus spp.	11	0.04	.	.	.	.	.	3.68	.	.
Deer, meat, smoked	Odocoileus spp.	1	1.72	.	.	.	.	.	.	.	.
Elk, kidney	Cervus canadensis	2	0.0005	.	.	.	.	.	1.59	.	.
Elk, meat	Cervus canadensis	8	0.16	.	.	.	.	.	2.64	.	.
Moose, fat	Alces alces	1	.	22.9	0.0005	0.18	0.0005	0.0005	.	.	.

Table S4.2. Concentrations of persistent organic pollutants (POPs) in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
Moose, kidney	Alces alces	7	.	.	.	.	.	.	5.82	.	.
Moose, liver	Alces alces	5	.	.	.	.	.	.	0.88	.	.
Moose, meat	Alces alces	14	0.88	.	.	.	.	.	3.92	.	.
Moose, meat, dried	Alces alces	5	53.5	.	.	.	.	.	0.23	.	.
Moose, meat, smoked	Alces alces	3	24.0	.	.	.	.	.	.	.	.
SASKATCHEWAN 2015 - WILD BIRDS											
Duck, mallard, meat	Anas platyrhynchos	8	1.64	0.90	4.17	24.4	0.10	0.0005	17.6	0.70	0.21
Goose, Canada, meat	Branta canadensis	4	3.68	0.27	1.63	0.50	0.08	0.0005	4.61	0.26	0.07
MANITOBA 2010 - FISH											
Bass, unidentified		1	0.0005	0.41	15.9	26.8	0.0005	0.0005	37.4	12.7	0.19
Catfish	Ameiurus nebulosus	2	0.01	1.28	12.8	11.9	0.0005	0.0005	9.97	7.37	0.42
Ling cod/mariah/burbot	Lota lota	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.06	.
Northern pike/jackfish	Esox lucius	10	0.004	0.0005	0.15	0.03	0.0005	0.0005	3.85	1.19	0.07
Perch, yellow	Perca flavescens	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	5.32	1.32	0.03
Sturgeon	Acipenserspp.	2	0.0005	0.44	4.90	7.37	0.0005	0.0005	0.78	2.12	0.08
Sucker, unidentified		1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.01	0.004
Sucker, white	Catostomus commersonii	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	2.80	0.16	0.03
Trout, lake	Salvelinus namaycush	2	0.23	1.47	11.7	9.24	2.41	3.46	1.71	4.49	0.15
Trout, lake, eggs	Salvelinus namaycush	1	.	0.55	0.57	0.0005	.	.	28.9	1.58	.
Walleye/pickerel	Sanders vitreus	12	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	2.44	0.65	0.12
Whitefish, unidentified		9	0.02	0.35	1.28	0.21	0.0005	0.0005	4.08	0.40	0.03
Whitefish, unidentified, eggs		1	0.0005	.	.	.	.	.	.	.	0.04
MANITOBA 2010 - LAND MAMMALS											
Beaver, meat	Castor canadensis	3	0.17	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	2.53	0.02
Caribou, fat	Rangifer ssp.	1	.	.	.	0.0005	0.0005	0.0005	0.0005	0.48	9.06
Caribou, liver	Rangifer ssp.	1	.	0.35	0.0005	0.0005	.	.	10.9	0.19	.
Caribou, meat	Rangifer ssp.	2	0.0005	0.44	0.0005	0.0005	.	.	0.0005	1.65	0.01
Deer, kidney	Odocoileus spp.	1	.	0.64	0.0005	0.0005	0.0005	0.0005	0.0005	0.11	.
Deer, liver	Odocoileus spp.	2	.	0.60	5.75	0.55	0.0005	0.0005	0.0005	0.83	.
Deer, meat	Odocoileus spp.	7	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	21.4	0.02
Elk, meat	Cervus canadensis	3	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.12	0.01
Hare/rabbit, meat	Lepus spp.	7	0.0005	0.06	0.0005	0.12	0.0005	0.0005	0.0005	0.46	0.03
Moose, fat	Alces alces	1	.	.	.	.	.	.	0.0005	18.5	.
Moose, liver	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.26	.
Moose, meat	Alces alces	10	0.07	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.80	0.01
Muskrat, meat	Ondatra zibethica	3	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.22	0.003
MANITOBA 2010 - WILD BIRDS											
Duck, mallard, meat	Anas platyrhynchos	4	0.003	0.45	25.7	31.9	0.0005	0.0005	18.2	4.08	0.0005
Duck, northern pintail, meat	Anas acuta	1	7.95	.	1.93	0.64	0.0005	0.0005	3.35	0.50	1.49
Duck, unidentified, meat		3	2.89	0.0005	0.79	0.0005	0.0005	0.0005	0.93	1.18	0.04
Goose, Canada, meat	Branta canadensis	4	1.06	0.14	0.0005	0.0005	0.0005	0.0005	0.0005	3.43	0.06
Goose, snow, meat	Chen caerulescens	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.37	0.06
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	9	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.36	0.04

Table S4.2. Concentrations of persistent organic pollutants (POPs) in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
MANITOBA 2010 - WILD PLANTS											
Birch, bark	Betula spp.	1	.	.	.	.	.	.	.	0.13	.
ONTARIO 2011 & 2012 - FISH											
Bass, largemouth	Micropterus dolomieu	1	0.0005	0.04	0.0005	0.96	0.0005	0.0005	2.27	0.54	.
Bass, smallmouth	Micropterus salmoides	2	0.0005	0.24	2.23	15.6	0.0005	0.14	2.61	2.15	0.01
Carp	Cyprinus carpio	1	.	1.57	6.40	127	1.49	3.03	.	.	.
Catfish	Ameiurus nebulosus	1	0.0005	3.13	16.3	231	4.55	0.0005	1.91	8.00	1.53
Cisco	Coregonus spp.	3	6.36	0.63	4.47	9.46	1.40	4.06	0.38	3.49	3.44
Northern pike/jackfish	Esox lucius	9	3.86	0.15	1.85	8.98	0.32	0.34	8.27	2.40	0.56
Perch, yellow	Perca flavescens	6	3.55	0.15	3.11	33.2	0.54	0.0005	2.95	2.02	0.71
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	2	5.12	1.41	33.8	89.8	10.9	20.9	9.35	16.0	2.64
Salmon, pink	Oncorhynchus gorbuscha	1	15.8	0.94	5.89	21.1	2.30	7.61	.	9.90	1.38
Salmon, unidentified		4	0.36	1.21	24.6	71.2	6.66	14.9	2.59	10.6	0.63
Salmon, unidentified, eggs		1	0.0005	3.55	64.3	111	9.90	10.5	.	38.0	5.93
Smelt	Osmerus mordax	4	0.23	0.91	11.6	20.6	1.90	1.87	21.3	6.11	2.00
Sturgeon	Acipenserspp.	9	3.50	0.71	5.51	43.4	0.98	0.14	1.14	3.85	4.25
Sucker, unidentified		2	515	0.52	2.81	3.26	0.32	0.0005	43.0	1.75	2.00
Sucker, unidentified, eggs		1	.	0.41	5.05	8.14	0.35	0.0005	.	.	.
Sucker, white	Catostomus commersonii	1	.	0.31	1.89	16.5	0.19	0.06	.	0.59	.
Trout, brook/speckled	Salvelinus fontinalis	1	0.0005	1.17	0.56	3.34	1.11	0.44	0.32	0.91	0.17
Trout, brown	Salmo trutta	1	0.06	3.28	102	282	11.0	0.66	.	47.5	1.47
Trout, lake	Salvelinus namaycush	6	4.66	1.69	26.6	63.7	7.37	20.8	5.86	22.2	3.62
Trout, rainbow/steelhead	Oncorhynchus mykiss	2	13.0	1.71	57.0	154	6.89	1.60	15.3	23.1	2.06
Trout, unidentified		3	4.86	0.35	0.30	0.46	0.0005	0.0005	7.74	2.41	0.91
Walleye/pickerel	Sanders vitreus	17	5.19	0.23	2.72	15.4	0.52	1.38	8.08	2.65	0.67
Walleye/pickerel, eggs	Sanders vitreus	1	0.0005	1.30	2.50	2.34	0.0005	0.0005	.	0.26	0.34
Walleye/pickerel, pemmican	Sanders vitreus	1	32.1	1.13	3.21	4.43	0.0005	0.18	.	1.89	0.29
Whitefish, lake	Coregonus clupeaformis	11	77.6	0.91	5.89	14.6	1.80	3.15	6.75	5.87	2.57
Whitefish, round	Prosopium cylindraceum	1	.	0.70	9.40	36.9	1.63	5.89	.	.	.
Whitefish, unidentified, eggs		1	0.0005	2.68	2.13	4.29	1.51	1.51	0.0005	0.65	0.49
ONTARIO 2011 & 2012 - LAND MAMMALS											
Beaver, meat	Castor canadensis	2	.	0.22	0.02	9.91	0.0005	0.0005	.	0.42	.
Caribou, meat	Rangifer ssp.	2	.	0.32	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Deer, kidney	Odocoileus spp.	2	.	.	.	.	.	.	15.6	.	.
Deer, liver	Odocoileus spp.	2	.	.	.	.	.	.	17.9	.	.
Deer, meat	Odocoileus spp.	3	12.7	0.24	0.04	6.50	0.0005	0.0005	8.09	0.39	0.40
Elk, meat	Cervus canadensis	1	.	.	.	.	.	.	0.0005	.	.
Moose, fat	Alces alces	1	.	2.19	0.0005	.	0.0005	0.0005	.	.	.
Moose, intestine	Alces alces	1	.	1.26	0.0005	.	0.0005	0.0005	.	.	.
Moose, kidney	Alces alces	4	.	.	.	.	.	.	13.7	.	.
Moose, liver	Alces alces	6	5.41	.	.	.	.	.	15.8	0.09	1.34
Moose, meat	Alces alces	12	6.38	0.09	0.0005	0.03	0.0005	0.0005	7.81	1.61	0.78
Muskrat, meat	Ondatra zibethica	1	9.40	0.11	0.03	10.4	0.0005	0.0005	.	0.08	0.88

Table S4.2. Concentrations of persistent organic pollutants (POPs) in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
ONTARIO 2011 & 2012 - WILD BIRDS											
Duck, goldeneye, meat	Bucephala clangula	1	.	3.16	6.39	13.8	0.0005	0.0005	.	.	0.0005
Duck, mallard, meat	Anas platyrhynchos	3	427	0.48	3.38	7.45	0.53	0.0005	.	0.86	5.31
Duck, teal, meat	Anas spp.	1	25.4	.	.	.	.	.	.	0.73	8.92
Goose, Canada, kidney	Branta canadensis	1	.	0.25	2.54	0.12	0.31	0.04	16.8	.	.
Goose, Canada, meat	Branta canadensis	6	75.0	0.26	4.85	0.47	0.30	0.46	.	0.48	0.14
Goose, snow, meat	Chen caerulescens	3	0.0005	0.55	17.8	0.17	0.0005	0.39	.	4.50	0.18
Goose, unidentified, fat		1	.	0.97	0.0005	.	0.0005	0.0005	.	.	.
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	3	6.28	0.16	1.10	14.8	0.10	0.0005	.	0.26	0.78
QUEBEC 2016 - FISH AND SEAFOOD											
American eel	Anguilla rostrata	2	0.0005	0.35	10.7	2.97	0.31	0.02	3.53	0.83	0.01
Bass, smallmouth	Micropterus salmoides	1	0.0005	0.10	1.79	10.7	0.26	0.0005	4.93	6.65	0.26
Bass, striped	Morone saxatilis	1	0.0005	0.16	3.37	3.02	0.06	0.0005	2.63	0.56	0.01
Bass, unidentified		1	0.0005	0.29	2.43	2.73	0.33	0.0005	1.19	0.66	0.0005
Bass, white	Morone spp.	1	0.0005	0.57	3.42	30.6	0.75	0.0005	5.16	14.6	0.17
Catfish	Ameiurus nebulosus	3	0.0005	0.24	5.56	34.4	0.66	0.0005	2.29	19.0	0.23
Cisco	Coregonus spp.	1	0.0005	0.58	0.29	0.0005	0.18	0.0005	0.16	0.12	0.0005
Clam, softshell	Mya arenaria	1	0.04	0.08	0.13	0.0005	0.0005	0.0005	0.55	0.01	0.01
Cod, Atlantic	Gadus morhua	1	0.0005	0.70	1.94	5.68	1.10	0.0005	0.48	0.75	0.03
Crab, snow	Chionoecetes opilio	2	0.0005	0.25	0.80	1.82	0.26	0.0005	14.6	0.07	0.04
Lobster	Homarus americanus	3	0.03	0.15	1.17	1.15	0.02	0.0005	2.32	0.05	0.01
Mackerel	Scomber scombrus	1	0.0005	1.56	2.86	10.9	0.78	1.13	2.14	1.59	0.07
Northern pike/jackfish	Esox lucius	3	0.01	0.27	0.75	1.08	0.16	0.14	2.38	0.44	0.06
Northern pike/jackfish, eggs	Esox lucius	1	0.0005	1.72	1.62	4.76	0.60	0.46	5.38	0.89	0.05
Perch, yellow	Perca flavescens	1	0.0005	0.13	1.04	7.59	0.15	0.0005	3.42	2.57	0.004
Salmon, Atlantic	Salmo salar	4	0.0005	2.24	5.38	7.62	1.45	3.69	1.03	0.68	0.06
Scallop, Atlantic	Pecten magellanicus	1	0.0005	0.02	0.01	0.0005	0.0005	0.0005	0.22	0.01	0.0005
Sea snail	unidentified	1	0.0005	0.18	0.12	0.0005	0.04	0.0005	0.71	0.02	0.0005
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	1	0.0005	0.12	0.02	1.79	0.40	0.05	4.25	0.17	0.04
Smelt	Osmerus mordax	2	0.0005	0.43	4.01	4.05	0.48	0.04	3.93	0.68	0.03
Sole	Parophrys vetulus	1	0.0005	0.09	0.51	0.0005	0.04	0.0005	0.37	0.05	0.0005
Sturgeon	Acipenserspp.	2	0.0005	0.90	10.4	149	1.60	0.24	1.31	18.8	0.58
Sucker, unidentified, eggs		1	0.04	0.53	1.87	1.18	0.0005	0.0005	30.4	0.87	0.0005
Trout, brook/speckled	Salvelinus fontinalis	4	0.0005	0.36	2.76	3.34	0.42	0.42	6.00	1.98	0.13
Trout, brown	Salmo trutta	1	0.0005	0.22	0.33	0.0005	0.04	0.0005	2.55	0.21	0.0005
Trout, lake	Salvelinus namaycush	6	0.04	0.56	6.58	9.46	0.77	0.11	2.02	4.95	0.10
Trout, lake, eggs	Salvelinus namaycush	1	0.0005	1.33	1.09	1.33	0.33	0.0005	6.24	1.54	0.01
Trout, lake, smoked	Salvelinus namaycush	1	21.3	5.62	14.4	67.2	8.45	8.55	1.50	48.1	2.57
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	0.0005	0.18	0.28	0.39	0.17	0.10	0.73	0.14	0.04
Walleye/pickerel	Sanders vitreus	5	0.03	0.12	0.59	0.49	0.12	0.0005	4.17	1.18	0.01
Whitefish, lake	Coregonus clupeaformis	4	0.53	0.30	1.27	0.75	0.09	0.0005	3.78	0.28	0.0005

Table S4.2. Concentrations of persistent organic pollutants (POPs) in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
QUEBEC 2016 - LAND MAMMALS											
Beaver, meat	Castor canadensis	6	0.0005	0.39	0.17	0.0005	0.0005	0.0005	2.25	0.03	0.004
Beaver, tail	Castor canadensis	1	.	.	.	.	.	.	0.07	.	.
Black bear, fat	Ursus americanus	4	2.27	0.93	1.11	28.9	0.12	0.0005	1.23	1.99	0.01
Black bear, meat	Ursus americanus	5	0.61	0.10	0.0005	0.0005	0.0005	0.0005	1.21	0.83	0.20
Caribou, bone marrow	Rangifer ssp.	1	.	.	.	.	.	.	0.29	.	.
Caribou, heart	Rangifer ssp.	1	.	.	.	.	.	.	1.01	.	.
Caribou, kidney	Rangifer ssp.	1	.	.	.	.	.	.	0.31	.	.
Caribou, meat	Rangifer ssp.	5	0.13	.	.	.	.	.	1.14	.	.
Caribou, stomach	Rangifer ssp.	1	.	.	.	.	.	.	4.15	.	.
Deer, kidney	Odocoileus spp.	1	.	.	.	.	.	.	1.21	.	.
Deer, liver	Odocoileus spp.	1	.	.	.	.	.	.	1.13	.	.
Deer, meat	Odocoileus spp.	4	0.0005	.	.	.	.	.	0.41	.	.
Hare/rabbit, intestines	Lepus spp.	1	.	.	.	.	.	.	17.1	.	.
Hare/rabbit, liver	Lepus spp.	1	.	.	.	.	.	.	1.19	.	.
Hare/rabbit, meat	Lepus spp.	6	0.0005	.	.	.	.	.	1.37	.	.
Moose, heart	Alces alces	1	.	.	.	.	.	.	0.55	.	.
Moose, kidney	Alces alces	2	0.24	0.07	0.0005	0.0005	0.0005	0.0005	0.20	0.04	0.02
Moose, liver	Alces alces	4	0.0005	0.32	0.01	0.0005	0.0005	0.0005	2.50	0.0005	0.01
Moose, meat	Alces alces	10	0.0005	.	.	.	.	.	0.83	.	.
Moose, meat, dried	Alces alces	1	0.32	.	.	.	.	.	1.02	.	.
Moose, nose	Alces alces	1	.	.	.	.	.	.	0.23	.	.
Moose, tongue	Alces alces	1	.	.	.	.	.	.	0.29	.	.
Porcupine, meat	Erethizon dorsatum	2	.	.	.	.	.	.	0.31	.	.
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	1	.	.	.	.	.	.	0.41	.	.
QUEBEC 2016 - WILD BIRDS											
Duck, black guillemot, meat	Cepphus grylle	1	0.0005	3.32	4.04	10.4	0.24	0.18	9.08	1.05	0.0005
Duck, eider, liver	Somateria spp.	1	0.0005	1.19	2.26	5.65	0.43	0.21	4.00	0.56	0.01
Duck, mallard, meat	Anas platyrhynchos	4	2.81	1.54	23.7	149	0.35	0.02	12.8	3.04	0.24
Duck, scoter, meat	Melanitta nigra	1	0.0005	1.34	6.67	44.4	0.07	0.02	3.70	0.79	0.33
Goose, Canada, liver	Branta canadensis	1	0.0005	0.42	0.31	0.0005	1.02	0.0005	6.28	0.51	0.01
Goose, Canada, meat	Branta canadensis	5	0.11	0.49	7.10	1.44	0.16	0.0005	1.97	156	0.06
Goose, snow, meat	Chen caerulescens	2	0.02	0.28	0.90	0.09	0.32	0.05	0.60	0.25	0.12
QUEBEC 2016 - WILD PLANTS											
Ferns, fiddleheads	Matteauccia struthiopteris	1	.	.	.	.	.	.	0.0005	.	.
ATLANTIC 2014 - FISH, SEAFOOD AND MARINE MAMMALS											
American eel	Anguilla rostrata	6	5.38	1.29	8.40	11.6	1.05	0.33	10.1	3.26	0.10
Bass, smallmouth	Micropterus salmoides	1	0.0005	0.41	1.05	.	0.52	0.11	2.44	1.56	0.04
Bass, striped	Morone saxatilis	5	0.10	0.43	4.22	5.28	0.48	0.19	3.39	0.96	0.05
Bass, unidentified		1	0.0005	0.11	53.9	39.9	1.18	0.21	0.89	5.94	0.0005
Cod, Atlantic	Gadus morhua	3	0.0005	0.32	0.49	1.87	0.14	0.0005	0.92	0.26	0.0005
Crab, snow	Chionoecetes opilio	1	0.0005	0.25	2.37	3.59	0.90	0.33	12.1	0.23	0.07
Flounder	Platichtys stellatus	2	0.0005	0.25	1.00	1.59	0.19	0.06	2.79	1.72	0.0005
Haddock	Melanogrammus aeglefinus	2	0.0005	0.23	0.04	0.0005	0.0005	0.0005	0.87	0.04	0.01

Table S4.2. Concentrations of persistent organic pollutants (POPs) in traditional food by region

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
Halibut	Hippoglussus stenolepsis	2	0.0005	0.67	2.60	.	0.91	1.16	1.26	0.32	0.02
Herring, Atlantic	Clupea harengus	2	0.36	1.12	2.90	3.04	1.15	1.41	2.09	0.80	0.0005
Lobster	Homarus americanus	9	0.09	0.13	0.73	0.57	0.03	0.02	4.55	0.14	0.02
Mackerel	Scomber scombrus	7	0.60	0.70	2.07	7.32	0.45	0.29	60.6	0.78	0.04
Mussels	Mytilus spp.	1	0.23	0.05	0.21	1.22	0.0005	0.0005	0.22	0.16	0.18
Oyster	Giganteus pacificus	2	0.06	0.22	0.24	0.08	0.03	0.0005	.	0.27	0.05
Perch, yellow	Perca flavescens	1	0.0005	0.37	0.27	.	0.10	0.0005	0.67	0.11	0.0005
Salmon, Atlantic	Salmo salar	12	0.03	1.70	5.27	6.20	1.18	3.47	2.85	0.47	0.08
Scallop, Atlantic	Pecten magellanicus	4	0.01	0.03	0.11	0.0005	0.01	0.0005	1.10	0.02	0.01
Seal, harp, meat	Pagophilus groenlandicus	1	0.0005	2.76	28.5	265	10.7	4.00	3.70	9.08	0.09
Shad	Alosa sapidissima	1	0.0005	0.70	4.54	6.22	0.93	1.50	4.14	1.02	0.10
Smelt	Osmerus mordax	8	0.0005	0.40	1.58	1.77	0.22	0.02	6.42	0.80	0.01
Sole	Parophrys vetulus	1	0.0005	0.26	0.19	.	0.0005	0.0005	.	0.62	0.0005
Squid	Illex illecebrosus	1	0.0005	0.24	0.09	.	0.11	0.0005	2.14	0.13	0.0005
Sucker, unidentified		1	.	.	.	.	.	.	2.72	.	.
Trout, brook/speckled	Salvelinus fontinalis	9	0.0005	0.37	4.87	6.32	0.26	0.08	3.51	0.97	0.03
Trout, brown	Salmo trutta	3	0.0005	0.67	1.86	13.3	0.53	0.30	1.96	1.28	0.02
Trout, rainbow/steelhead	Oncorhynchus mykiss	4	0.0005	0.51	1.10	14.4	0.33	0.15	11.5	1.02	0.04
Trout, unidentified		3	0.0005	0.27	23.1	1.48	0.10	0.0005	2.62	0.60	0.02
ATLANTIC 2014 - LAND MAMMALS											
Black bear, meat	Ursus americanus	1	.	.	.	.	.	.	22.7	.	.
Deer, liver	Odocoileus spp.	2	.	.	.	.	.	.	30.3	0.11	.
Deer, meat	Odocoileus spp.	8	.	.	.	.	.	.	3.09	.	.
Moose, kidney	Alces alces	2	.	.	.	.	.	.	1.43	.	.
Moose, liver	Alces alces	5	.	.	.	.	.	.	8.28	.	.
Moose, meat	Alces alces	10	.	.	.	.	.	.	1.80	.	.

Table S4.3. Concentrations of persistent organic pollutants (POPs) in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
PACIFIC MARITIME - FISH AND SEAFOOD											
Abalone	Haliotis kamtschatkana	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.22	0.0005
Clam, butter	Saxidomus giganteus	4	1.07	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.08	0.02
Clam, butter, cooked	Saxidomus giganteus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Clam, manila	Venerupis philippinarum	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.07	0.0005
Clam, razor	Ensis directus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.09	0.0005
Clam, unidentified		1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Cockle, basket	Clinocardium nuttalli	1	0.01	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.03	0.0005
Cockle, unidentified		2	0.003	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.19	0.0005
Cod, black	Anoplopoma fimbria	2	0.09	0.22	2.56	0.62	0.0005	0.24	.	0.38	0.005
Crab, dungeness	Cancer magister	6	0.003	0.0005	1.60	0.06	0.0005	0.0005	0.45	0.37	0.10
Eulachon/ooligan	Thaleichthys pacificus	3	3.58	1.32	2.28	0.18	0.0005	0.0005	1.86	0.57	0.16
Eulachon/ooligan, grease	Thaleichthys pacificus	4	0.21	14.5	22.7	1.11	0.0005	4.73	.	3.21	0.49
Eulachon/ooligan, smoked	Thaleichthys pacificus	1	24.9	2.78	3.30	0.0005	0.0005	0.0005	.	.	.
Halibut	Hippoglussus stenolepsis	5	0.0005	0.14	1.80	0.87	0.41	0.09	0.0005	0.62	0.03
Herring, Pacific	Clupea pallasi	1	0.0005	0.0005	0.0005	8.24	0.0005	0.0005	.	1.80	0.0005
Herring, Pacific, eggs	Clupea pallasi	4	0.002	0.12	0.0005	0.0005	0.0005	0.0005	0.0005	0.20	0.02
Herring, Pacific, eggs on kelp	Clupea pallasi	1	0.0005	0.84	1.13	0.0005	0.0005	0.0005	.	0.48	0.0005
Herring, Pacific, eggs, cooked	Clupea pallasi	1	0.0005	0.70	1.02	0.0005	0.0005	0.0005	.	.	.
Mussels	Mytilus spp.	3	0.11	0.13	0.39	0.16	0.0005	0.0005	0.0005	0.13	0.02
Octopus	Octopus spp.	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Oyster	Giganteus pacificus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.29	0.33
Rockfish/red snapper	Sebastes spp.	6	0.0005	0.0005	1.28	0.20	0.0005	0.0005	.	0.54	0.01
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	9	2.20	1.69	3.39	0.98	1.00	2.24	0.26	0.75	0.05
Salmon, chum	Oncorhynchus keta	2	0.54	0.70	1.30	0.16	0.0005	0.0005	.	0.27	0.002
Salmon, chum, dried	Oncorhynchus keta	1	0.31	0.65	0.0005	0.0005	0.0005	0.0005	.	0.43	0.0005
Salmon, chum, eggs	Oncorhynchus keta	1	0.01	0.67	0.80	0.0005	0.0005	0.0005	.	0.28	0.0005
Salmon, chum, half-smoked	Oncorhynchus keta	1	0.61	1.03	0.87	0.0005	0.0005	0.0005	.	0.12	0.0005
Salmon, chum, jarred	Oncorhynchus keta	1	.	0.85	0.70	0.0005	0.0005	0.0005	0.0005	.	.
Salmon, coho	Oncorhynchus kisutch	8	0.06	1.21	5.56	1.69	0.17	0.92	0.72	0.77	0.02
Salmon, coho, eggs	Oncorhynchus kisutch	2	0.0005	1.36	3.28	1.12	0.0005	0.57	.	0.76	0.08
Salmon, pink	Oncorhynchus gorbuscha	2	1.46	0.54	0.96	0.0005	0.0005	0.0005	.	0.21	0.0005
Salmon, pink, dried	Oncorhynchus gorbuscha	2	0.05	1.23	3.05	0.51	0.0005	0.91	.	.	.
Salmon, sockeye	Oncorhynchus nerka	9	0.93	1.05	3.02	0.70	0.38	1.03	0.45	1.20	0.07
Salmon, sockeye, eggs	Oncorhynchus nerka	2	0.0005	1.06	2.00	0.20	0.55	0.57	.	0.32	0.17
Salmon, sockeye, jarred/canned	Oncorhynchus nerka	2	0.03	1.11	2.92	0.76	0.0005	0.0005	.	.	.
Salmon, unidentified, eggs		1	.	1.64	2.49	0.49	0.0005	2.09	.	.	.
Scallop, rock	Crassadoma gigantea	1	1.63	0.0005	0.0005	0.0005	0.0005	0.44	0.0005	0.10	0.04
Sea cucumber	Parastichopus californicus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Seaweed	Porphyra abbottiae	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	1.51	1.84
Seaweed, dried	Porphyra abbottiae	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	3	0.003	0.14	0.61	1.39	0.0005	0.0005	0.62	0.02	0.0005

[a]1-5 animal or plant tissue samples collected in each community were pooled and analyzed. The data are mean concentrations of the number of pooled samples or communities.

[b]All samples are raw unless otherwise specified.

Table S4.3. Concentrations of persistent organic pollutants (POPs) in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
Trout, cutthroat	Salmo clarki clarki	1	0.0005	1.09	3.89	1.82	0.0005	0.61	.	0.32	0.0005
Trout, dolly varden	Salvelinus malma	2	0.0005	0.35	3.20	1.35	0.58	0.43	.	12.6	0.0005
Trout, lake	Salvelinus namaycush	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	0.0005	0.62	1.37	0.0005	0.0005	0.45	.	.	.
Trout, rainbow/steelhead, eggs	Oncorhynchus mykiss	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Trout, unidentified		1	.	0.0005	0.57	1.74	0.0005	0.0005	.	.	.
PACIFIC MARITIME - LAND MAMMALS											
Black bear, liver	Ursus americanus	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	0.69	.	.
Deer, heart	Odocoileus spp.	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Deer, liver	Odocoileus spp.	3	0.0005	0.33	0.0005	0.0005	0.0005	0.0005	0.56	0.33	0.04
Deer, liver and heart	Odocoileus spp.	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Deer, meat	Odocoileus spp.	8	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Elk, liver	Cervus canadensis	1	.	0.0005	0.0005	0.46	0.0005	0.0005	1.89	.	.
Elk, meat	Cervus canadensis	1	.	0.30	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Hare/rabbit, meat	Lepus spp.	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Moose, heart	Alces alces	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Moose, kidney	Alces alces	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Moose, liver	Alces alces	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Moose, meat	Alces alces	4	0.01	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.26	0.0005
Moose, meat, canned	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
PACIFIC MARITIME - WILD BIRDS											
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
PACIFIC MARITIME - BERRIES, FRUITS, NUTS AND SEEDS											
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Cranberry, low-bush	Vaccinium oxycoccos, Oxycoccus oxycoccos	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Huckleberry	Vaccinium spp., Gaylussacia spp.	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Saskatoon berry	Amelanchier alnifolia	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Soapberry	Shepherdia canadensis	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
PACIFIC MARITIME - CULTIVATED FOOD (ANIMALS)											
Goat, meat	Capra aegagrus hircus	1	0.0005	0.64	0.0005	0.0005	0.0005	0.0005	.	.	.
BOREAL CORDILLERA - FISH											
Salmon, sockeye	Oncorhynchus nerka	2	1.42	0.26	0.87	0.0005	0.0005	0.66	0.36	0.41	0.11
Trout, lake	Salvelinus namaycush	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
BOREAL CORDILLERA - LAND MAMMALS											
Black bear, fat	Ursus americanus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Moose, liver	Alces alces	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.32	0.19
Moose, meat	Alces alces	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	1.42	0.01
BOREAL CORDILLERA - BERRIES, FRUITS, NUTS AND SEEDS											
Blueberry	Vaccinium myrtilloides, Vaccinium angustifolium	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
BOREAL CORDILLERA - WILD PLANTS											
Caribou weeds	Artemisia tilesii	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.

Table S4.3. Concentrations of persistent organic pollutants (POPs) in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
MONTANE CORDILLERA - FISH											
Arctic char, smoked	Salvelinus alpinus	1	.	0.54	0.0005	1.63	1.90	3.14	.	.	.
Carp	Cyprinus carpio	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Eulachon/ooligan, grease	Thaleichthys pacificus	1	.	11.2	15.0	0.0005	0.0005	3.54	.	2.65	0.50
Halibut	Hippoglussus stenolepsis	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Ling cod/mariah/burbot	Lota lota	2	0.0005	0.0005	2.77	0.23	0.0005	0.22	.	0.40	0.0005
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	1	0.0005	1.12	2.36	0.44	0.0005	1.66	.	1.28	0.29
Salmon, chinook/spring/king, eggs	Oncorhynchus tshawytscha	1	0.01	2.23	8.54	4.79	1.37	3.05	12.6	0.39	0.29
Salmon, pink	Oncorhynchus gorbuscha	1	0.004	1.57	2.07	0.39	0.0005	1.22	.	0.77	0.03
Salmon, sockeye	Oncorhynchus nerka	3	3.03	0.95	1.28	0.14	0.33	1.50	0.72	1.03	0.24
Salmon, unidentified		3	0.0005	0.65	1.60	0.0005	0.33	0.37	0.82	1.68	0.0005
Salmon, unidentified, eggs		3	0.01	0.12	0.0005	0.0005	0.0005	0.0005	9.30	0.07	0.10
Salmon, unidentified, smoked		1	0.0005	0.55	1.23	0.0005	0.0005	0.41	.	0.0005	.
Trout, dolly varden	Salvelinus malma	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.65	0.06
Trout, kokanee	Oncorhynchus nerka	2	0.002	0.52	12.9	0.24	0.0005	0.15	6.01	2.55	0.0005
Trout, rainbow/steelhead	Oncorhynchus mykiss	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.29	0.01
Trout, unidentified		1	0.01	0.0005	6.29	0.37	0.0005	0.0005	0.0005	0.91	0.02
Whitefish, unidentified		1	4.32	0.46	0.0005	0.0005	0.0005	0.35	0.0005	0.55	0.0005
MONTANE CORDILLERA - LAND MAMMALS											
Beaver, meat	Castor canadensis	1	7.41	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.20	0.07
Black bear, fat	Ursus americanus	3	0.01	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.34	0.08
Black bear, meat	Ursus americanus	2	0.01	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.05	0.0005
Caribou, meat	Rangifer ssp.	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.67	0.08
Deer, liver	Odocoileus spp.	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	1.01	.	.
Deer, meat	Odocoileus spp.	5	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.27	0.0005
Elk, meat	Cervus canadensis	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.16	0.60
Groundhog, meat	Marmota monax	1	0.0005	.	.	.	.	.	.	0.0005	.
Hare/rabbit, meat	Lepus spp.	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.11	0.0005
Moose, kidney	Alces alces	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.0005	.
Moose, liver	Alces alces	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.27	0.07	0.30
Moose, meat	Alces alces	5	0.38	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.57	0.06
MONTANE CORDILLERA - WILD BIRDS											
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.0005	.
MONTANE CORDILLERA - BERRIES, FRUITS, NUTS AND SEEDS											
Cranberry, high bush	Viburnum spp.	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.0005	.
Huckleberry	Vaccinium spp., Gaylussacia spp.	4	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.0005	.
Raspberry	Rubus idaeus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.0005	.
Soapberry	Shepherdia canadensis	3	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.0005	.
MONTANE CORDILLERA - CULTIVATED FOOD (ANIMALS)											
Goat, meat	Capra aegagrus hircus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.0005	.

Table S4.3. Concentrations of persistent organic pollutants (POPs) in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
TAIGA PLAINS - FISH											
Arctic grayling	Thymallus arcticus arcticus	1	.	0.0005	0.70	0.0005	0.0005	0.0005	.	.	.
Northern pike/jackfish	Esox lucius	2	0.0005	0.04	0.03	0.0005	0.02	0.0005	0.0005	0.24	0.03
Salmon, coho	Oncorhynchus kisutch	1	1.12	1.51	3.71	1.14	1.09	1.11	.	0.46	0.08
Trout, dolly varden	Salvelinus malma	1	0.0005	0.32	0.0005	1.55	0.0005	0.30	.	6.36	0.0005
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.06	0.0005
Walleye/pickerel	Sanders vitreus	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.29	0.004
TAIGA PLAINS - LAND MAMMALS											
Beaver, fat	Castor canadensis	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.52	0.01
Beaver, meat	Castor canadensis	2	0.01	0.18	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Bison, meat	Bison bison athabascae	2	.	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Deer, meat	Odocoileus spp.	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Elk, meat	Cervus canadensis	2	.	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Hare/rabbit, meat	Lepus spp.	3	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Moose, bone marrow	Alces alces	1	.	0.36	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Moose, fat	Alces alces	2	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.26	0.04
Moose, heart	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Moose, intestine	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Moose, kidney	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Moose, liver	Alces alces	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Moose, meat	Alces alces	3	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.03	0.36	.
Moose, meat, dried	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
TAIGA PLAINS - WILD BIRDS											
Duck, mallard, meat	Anas platyrhynchos	2	0.0005	0.0005	1.24	0.0005	0.0005	0.0005	0.68	0.35	0.05
Goose, Canada, meat	Branta canadensis	1	0.0005	0.80	4.96	0.0005	0.0005	0.0005	0.0005	0.09	0.0005
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	2	.	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
BOREAL PLAINS - FISH											
Arctic grayling	Thymallus arcticus arcticus	1	0.0005	0.11	0.07	0.0005	0.04	0.0005	4.26	0.09	0.16
Ling cod/mariah/burbot	Lota lota	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.30	0.0005
Mooneye/goldeye	Hiodon tergisus, Hiodon alosoides	1	0.0005	.	.	.	.	.	.	.	.
Northern pike/jackfish	Esox lucius	10	0.0005	0.16	0.58	0.15	0.07	0.06	1.76	0.69	0.01
Sucker, longnose	Catostomus catostomus	2	0.27	0.23	0.63	0.44	0.04	0.0005	1.70	0.21	0.01
Sucker, unidentified		1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.01	0.004
Trout, dolly varden	Salvelinus malma	1	0.01	1.22	0.0005	0.37	1.00	0.36	.	0.57	0.0005
Trout, lake	Salvelinus namaycush	3	0.002	1.07	13.5	3.37	1.10	0.61	4.18	5.37	0.04
Trout, lake, smoked	Salvelinus namaycush	1	0.0005	0.26	1.66	0.13	0.0005	0.0005	0.0005	0.38	0.10
Trout, rainbow/steelhead	Oncorhynchus mykiss	2	0.0005	0.06	0.51	0.21	0.05	0.01	0.10	0.72	0.05
Trout, unidentified		2	0.0005	0.24	6.13	6.39	0.48	0.09	0.47	20.6	0.01
Walleye/pickerel	Sanders vitreus	12	0.07	0.07	0.17	0.25	0.03	0.01	1.97	0.20	0.01
Whitefish, lake	Coregonus clupeaformis	5	0.03	0.33	0.79	0.34	0.09	0.0005	2.33	0.84	0.01
Whitefish, unidentified		5	0.01	0.54	0.89	0.20	0.06	0.05	1.50	0.72	0.04

Table S4.3. Concentrations of persistent organic pollutants (POPs) in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
BOREAL PLAINS - LAND MAMMALS											
Beaver, feet	Castor canadensis	1	.	0.0005	1.59	0.58	0.0005	0.0005	.	.	.
Beaver, heart	Castor canadensis	1	.	0.0005	1.30	0.0005	0.0005	0.0005	.	.	.
Beaver, kidney	Castor canadensis	1	.	0.0005	16.1	0.0005	0.0005	0.0005	0.0005	.	.
Beaver, liver	Castor canadensis	1	.	0.0005	13.8	0.0005	0.0005	0.0005	0.0005	.	.
Beaver, meat	Castor canadensis	2	0.18	0.0005	3.78	5.43	0.0005	0.0005	.	.	.
Beaver, tail	Castor canadensis	1	.	0.0005	9.75	8.83	0.0005	0.0005	.	.	.
Bison, liver	Bison bison athabascae	1	0.0005	.	.	.	.	.	.	.	.
Bison, meat	Bison bison athabascae	2	80.0	0.0005	0.0005	0.0005	0.0005	0.0005	0.31	.	.
Black bear, fat	Ursus americanus	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.44	0.01
Black bear, meat	Ursus americanus	1	0.64	.	.	.	.	.	.	.	.
Caribou, meat	Rangifer ssp.	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.16	0.10
Deer, liver	Odocoileus spp.	1	0.0005	.	.	.	.	.	.	.	.
Deer, meat	Odocoileus spp.	17	0.04	0.0005	0.0005	0.0005	0.0005	0.0005	2.55	0.19	0.04
Deer, meat, smoked	Odocoileus spp.	1	1.72	.	.	.	.	.	.	.	.
Elk, fat	Cervus canadensis	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Elk, kidney	Cervus canadensis	2	0.0005	0.45	0.0005	0.0005	0.0005	0.0005	1.15	.	.
Elk, liver	Cervus canadensis	1	.	0.0005	9.39	10.7	0.0005	0.0005	.	.	.
Elk, meat	Cervus canadensis	10	0.53	0.0005	0.0005	0.0005	0.0005	0.0005	2.09	0.18	0.0005
Elk, meat, dried	Cervus canadensis	1	8.80	.	.	.	.	.	1.50	.	.
Hare/rabbit, meat	Lepus spp.	7	0.0005	0.17	0.0005	0.35	0.0005	0.0005	0.0005	0.35	0.01
Moose, bone marrow	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Moose, fat	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.29	0.0005
Moose, heart	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Moose, intestine	Alces alces	1	.	0.91	0.0005	0.0005	0.0005	0.0005	.	.	.
Moose, kidney	Alces alces	7	.	0.31	0.0005	0.0005	0.0005	0.0005	5.27	.	.
Moose, liver	Alces alces	10	0.002	0.15	2.96	0.0005	0.0005	0.0005	1.39	0.26	.
Moose, meat	Alces alces	16	0.77	0.0005	0.0005	0.0005	0.0005	0.0005	2.76	0.95	0.01
Moose, meat, dried	Alces alces	2	56.4	.	.	.	.	.	.	.	.
Moose, meat, smoked	Alces alces	3	24.0	.	.	.	.	.	.	.	.
Moose, nose	Alces alces	1	.	1.77	2.55	0.0005	0.0005	0.0005	.	.	.
Moose, stomach	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Moose, tongue	Alces alces	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	.	.
Muskrat, meat	Ondatra zibethica	1	0.0005	.	.	.	.	.	.	.	.
BOREAL PLAINS - WILD BIRDS											
Duck, goldeneye, meat	Bucephala clangula	1	0.0005	.	.	.	.	.	.	.	.
Duck, mallard, meat	Anas platyrhynchos	12	11.7	0.81	3.94	24.3	0.08	0.0005	18.2	1.62	0.28
Goose, Canada, meat	Branta canadensis	2	0.35	0.48	0.14	0.0005	0.0005	0.0005	0.63	0.36	0.10
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	5	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.16	0.0005
BOREAL PLAINS - BERRIES, FRUITS, NUTS AND SEEDS											
Cranberry, high bush	Viburnum spp.	2	0.0005	.	.	.	.	.	.	.	.
Raspberry	Rubus idaeus	1	0.0005	.	.	.	.	.	.	.	.
Saskatoon berry	Amelanchier alnifolia	6	0.05	.	.	.	.	.	.	.	.
Strawberry	Fragaria spp.	2	0.0005	.	.	.	.	.	.	.	.

Table S4.3. Concentrations of persistent organic pollutants (POPs) in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
BOREAL PLAINS - WILD PLANTS											
Sweetflag/muskrat root	Acorus americanus, A. calamus	1	0.0005	.	.	.	.	.	.	.	.
BOREAL PLAINS - TREES (bark, leaves, syrup, needles, cones, gum)											
Birch, bark	Betula spp.	1	.	.	.	.	.	.	.	0.13	.
PRAIRIES - FISH											
Northern pike/jackfish	Esox lucius	4	0.0005	0.04	0.06	0.0005	0.0005	0.0005	0.62	0.23	0.05
Perch, yellow	Perca flavescens	1	0.0005	0.0005	.	0.0005	0.0005	0.0005	0.0005	0.24	0.02
Sucker, white	Catostomus commersonii	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.17	0.0005
Walleye/pickerel	Sanders vitreus	3	0.0005	0.06	0.19	0.30	0.04	0.0005	1.02	0.51	0.0005
Whitefish, lake	Coregonus clupeaformis	2	0.02	0.31	0.47	0.39	0.04	0.0005	0.91	0.08	0.0005
Whitefish, unidentified		2	0.24	0.65	3.51	2.52	0.0005	0.0005	0.0005	0.59	0.0005
PRAIRIES - LAND MAMMALS											
Deer, kidney	Odocoileus spp.	1	.	0.64	0.0005	0.0005	0.0005	0.0005	0.0005	0.11	.
Deer, liver	Odocoileus spp.	2	.	0.60	5.75	0.55	0.0005	0.0005	0.0005	0.83	.
Deer, meat	Odocoileus spp.	8	0.004	0.0005	0.0005	0.0005	0.0005	0.0005	0.80	0.05	0.004
Elk, kidney	Cervus canadensis	1	.	.	.	.	.	.	0.88	.	.
Elk, meat	Cervus canadensis	7	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.58	0.08	0.02
Hare/rabbit, meat	Lepus spp.	4	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.31	0.004
Moose, kidney	Alces alces	1	.	.	.	.	.	.	1.09	.	.
Moose, liver	Alces alces	2	0.0005	.	.	.	.	.	1.48	.	.
Moose, meat	Alces alces	7	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.66	0.25	0.02
Muskrat, meat	Ondatra zibethica	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.20	0.005
PRAIRIES - WILD BIRDS											
Duck, mallard, meat	Anas platyrhynchos	4	0.0005	0.21	0.82	0.25	0.03	0.0005	3.71	0.15	0.0005
Duck, northern pintail, meat	Anas acuta	1	7.95	.	1.93	0.64	0.0005	0.0005	3.35	0.50	1.49
Duck, unidentified, meat		1	8.62	0.0005	1.58	0.0005	0.0005	0.0005	0.93	1.44	0.03
Goose, Canada, meat	Branta canadensis	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.25	0.0005
Goose, snow, meat	Chen caerulescens	1	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.31	0.09
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	2	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	0.36	0.05
PRAIRIES - BERRIES, FRUITS, NUTS AND SEEDS											
Raspberry	Rubus idaeus	1	0.0005	.	.	.	.	.	.	.	.
Raspberry, root	Rubus idaeus	1	0.0005	.	.	.	.	.	.	.	.
Saskatoon berry	Amelanchier alnifolia	1	0.0005	.	.	.	.	.	.	.	.
PRAIRIES - WILD PLANTS											
Sweetflag/muskrat root	Acorus americanus, A. calamus	1	0.11	.	.	.	.	.	.	.	.
Sweetflag/muskrat root, tea	Acorus americanus, A. calamus	1	0.0005	.	.	.	.	.	.	.	.
BOREAL SHIELD - FISH, SEAFOOD AND MARINE MAMMALS											
American eel	Anguilla rostrata	1	0.23	2.03	4.23	12.3	1.90	1.08	1.55	5.08	0.02
Bass, largemouth	Micropterus dolomieu	1	0.0005	0.04	0.0005	0.96	0.0005	0.0005	2.27	0.54	.
Bass, smallmouth	Micropterus salmoides	1	0.0005	0.08	0.54	0.44	0.0005	0.28	2.52	0.32	0.0005
Bass, unidentified		1	0.0005	0.41	15.9	26.8	0.0005	0.0005	37.4	12.7	0.19
Carp	Cyprinus carpio	1	.	1.57	6.40	127	1.49	3.03	.	.	.
Catfish	Ameiurus nebulosus	3	0.003	0.87	8.59	8.80	0.0005	0.0005	7.43	4.96	0.28
Cisco	Coregonus spp.	3	6.36	0.63	4.47	9.46	1.40	4.06	0.38	3.49	3.44

Table S4.3. Concentrations of persistent organic pollutants (POPs) in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
Cod, Atlantic	Gadus morhua	1	0.0005	0.48	1.20	5.62	0.21	0.0005	0.99	0.39	0.0005
Herring, Atlantic	Clupea harengus	1	0.72	1.12	2.90	3.04	1.15	1.41	2.77	0.63	0.0005
Ling cod/mariah/burbot	Lota lota	1	.	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.06	.
Lobster	Homarus americanus	2	0.0005	0.14	0.31	0.59	0.02	0.0005	2.54	0.08	0.02
Mooneye/goldeye	Hiodon tergisus, Hiodon alosoides	1	0.0005	0.54	0.54	0.71	0.48	0.48	3.39	0.24	0.0005
Mussels	Mytilus spp.	1	0.23	0.05	0.21	1.22	0.0005	0.0005	0.22	0.16	0.18
Northern pike/jackfish	Esox lucius	13	2.58	0.09	1.35	5.92	0.21	0.23	5.75	2.19	0.34
Perch, yellow	Perca flavescens	5	4.25	0.17	3.06	33.9	0.65	0.0005	5.99	2.31	0.85
Salmon, Atlantic	Salmo salar	3	0.0005	1.48	4.12	6.06	1.02	2.67	0.81	0.70	0.03
Salmon, chinook/spring/king	Oncorhynchus tshawytscha	2	5.12	1.41	33.8	89.8	10.9	20.9	9.35	16.0	2.64
Salmon, pink	Oncorhynchus gorbuscha	1	15.8	0.94	5.89	21.1	2.30	7.61	.	9.90	1.38
Salmon, unidentified		2	0.0005	1.32	23.6	68.5	9.88	29.0	1.29	11.0	1.33
Salmon, unidentified, eggs		1	0.0005	3.55	64.3	111	9.90	10.5	.	38.0	5.93
Scallop, Atlantic	Pecten magellanicus	2	0.0005	0.01	0.08	0.0005	0.0005	0.0005	0.37	0.02	0.01
Sea snail	unidentified	1	0.0005	0.18	0.12	0.0005	0.04	0.0005	0.71	0.02	0.0005
Seal, harp, meat	Pagophilus groenlandicus	1	0.0005	2.76	28.5	265	10.7	4.00	3.70	9.08	0.09
Smelt	Osmerus mordax	3	0.0005	0.81	6.00	6.03	1.51	2.49	21.3	3.85	.
Sturgeon	Acipenserspp.	7	4.45	0.64	3.42	5.96	0.19	0.04	1.47	1.29	5.04
Sucker, longnose	Catostomus catostomus	2	0.0005	0.56	1.27	0.92	0.19	0.10	3.70	0.70	0.01
Sucker, unidentified		2	515	0.52	2.81	3.26	0.32	0.0005	43.0	1.75	2.00
Sucker, unidentified, eggs		2	0.04	0.47	3.46	4.66	0.18	0.0005	30.4	0.87	0.0005
Sucker, white	Catostomus commersonii	2	0.0005	0.24	1.11	8.25	0.12	0.03	3.76	0.44	0.0005
Trout, brook/speckled	Salvelinus fontinalis	2	0.0005	0.40	1.24	4.93	0.52	0.53	10.2	3.22	0.12
Trout, brown	Salmo trutta	1	0.0005	0.22	0.33	0.0005	0.04	0.0005	2.55	0.21	0.0005
Trout, lake	Salvelinus namaycush	12	2.56	1.42	16.3	37.4	4.49	11.3	3.87	14.2	1.86
Trout, lake, smoked	Salvelinus namaycush	1	21.3	5.62	14.4	67.2	8.45	8.55	1.50	48.1	2.57
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	25.9	0.92	5.08	8.76	1.58	1.69	15.3	2.89	1.55
Trout, unidentified		2	9.26	0.50	0.60	0.70	0.0005	0.0005	12.5	3.31	1.28
Walleye/pickerel	Sanders vitreus	21	3.91	0.16	1.32	5.49	0.39	1.11	6.23	2.02	0.59
Walleye/pickerel, eggs	Sanders vitreus	1	0.0005	1.30	2.50	2.34	0.0005	0.0005	.	0.26	0.34
Walleye/pickerel, pemmican	Sanders vitreus	1	32.1	1.13	3.21	4.43	0.0005	0.18	.	1.89	0.29
Whitefish, lake	Coregonus clupeaformis	12	70.7	0.80	5.46	13.1	1.57	2.89	5.11	5.34	2.28
Whitefish, lake, dried	Coregonus clupeaformis	1	3.46	.	.	.	.	.	.	.	.
Whitefish, round	Prosopium cylindraceum	1	.	0.70	9.40	36.9	1.63	5.89	.	.	.
Whitefish, unidentified		5	0.04	0.32	1.28	0.13	0.0005	0.0005	4.92	0.38	0.01
Whitefish, unidentified, eggs		1	0.0005	.	.	.	.	.	.	.	0.04
BOREAL SHIELD - LAND MAMMALS											
Beaver, meat	Castor canadensis	7	0.17	0.11	0.01	3.30	0.0005	0.0005	2.82	2.14	0.02
Black bear, fat	Ursus americanus	2	0.36	1.14	0.48	44.5	0.14	0.0005	2.09	2.99	0.01
Black bear, meat	Ursus americanus	2	0.0005	.	.	.	.	.	2.49	.	.
Caribou, fat	Rangifer ssp.	1	.	34.7	0.0005	0.22	0.0005	0.0005	.	.	.
Caribou, kidney	Rangifer ssp.	1	.	.	.	.	.	.	5.13	.	.
Caribou, liver	Rangifer ssp.	1	.	.	.	.	.	.	15.9	.	.
Caribou, meat	Rangifer ssp.	6	1.22	.	.	.	.	.	1.07	.	0.02

Table S4.3. Concentrations of persistent organic pollutants (POPs) in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
Caribou, meat, dried	Rangifer ssp.	1	4.78	.	.	.	.	.	.	.	.
Caribou, stomach	Rangifer ssp.	1	.	.	.	.	.	.	4.15	.	.
Deer, kidney	Odocoileus spp.	2	.	.	.	.	.	.	15.6	.	.
Deer, liver	Odocoileus spp.	2	.	.	.	.	.	.	17.9	.	.
Deer, meat	Odocoileus spp.	5	5.08	0.10	0.02	2.60	0.0005	0.0005	5.34	30.1	0.16
Elk, meat	Cervus canadensis	1	.	.	.	.	.	.	0.0005	.	.
Hare/rabbit, intestines	Lepus spp.	1	.	.	.	.	.	.	17.1	.	.
Hare/rabbit, liver	Lepus spp.	1	.	.	.	.	.	.	1.19	.	.
Hare/rabbit, meat	Lepus spp.	4	0.0005	0.0005	0.0005	0.0005	0.0005	0.0005	2.43	0.53	0.05
Moose, fat	Alces alces	3	.	12.5	0.0005	0.18	0.0005	0.0005	0.0005	18.5	.
Moose, heart	Alces alces	1	.	.	.	.	.	.	0.55	.	.
Moose, intestine	Alces alces	1	.	1.26	0.0005	.	0.0005	0.0005	.	.	.
Moose, kidney	Alces alces	4	.	.	.	.	.	.	9.17	.	.
Moose, liver	Alces alces	6	5.41	.	.	.	.	.	9.95	0.09	1.34
Moose, meat	Alces alces	20	1.45	0.04	0.0005	0.01	0.0005	0.0005	4.87	1.45	0.19
Moose, meat, dried	Alces alces	3	40.7	.	.	.	.	.	0.63	.	.
Moose, nose	Alces alces	1	.	.	.	.	.	.	0.23	.	.
Moose, tongue	Alces alces	1	.	.	.	.	.	.	0.29	.	.
Muskrat, meat	Ondatra zibethica	2	4.70	0.06	0.02	5.20	0.0005	0.0005	.	0.17	0.44
Porcupine, meat	Erethizon dorsatum	1	.	.	.	.	.	.	0.13	.	.
BOREAL SHIELD - WILD BIRDS											
Duck, black guillemot, meat	Cepphus grylle	1	0.0005	3.32	4.04	10.4	0.24	0.18	9.08	1.05	0.0005
Duck, eider, liver	Somateria spp.	1	0.0005	1.19	2.26	5.65	0.43	0.21	4.00	0.56	0.01
Duck, goldeneye, meat	Bucephala clangula	1	.	3.16	6.39	13.8	0.0005	0.0005	.	.	0.0005
Duck, mallard, meat	Anas platyrhynchos	4	288	1.76	22.8	151	0.70	0.02	33.4	2.50	3.78
Duck, scoter, meat	Melanitta nigra	1	0.0005	1.34	6.67	44.4	0.07	0.02	3.70	0.79	0.33
Duck, teal, meat	Anas spp.	1	25.4	.	.	.	.	.	.	0.73	8.92
Duck, unidentified, meat		2	0.02	0.0005	0.0005	0.0005	0.0005	0.0005	.	0.92	0.05
Goose, Canada, kidney	Branta canadensis	1	.	0.25	2.54	0.12	0.31	0.04	16.8	.	.
Goose, Canada, meat	Branta canadensis	8	24.0	0.35	2.74	0.97	0.04	0.33	1.35	2.10	0.08
Goose, snow, meat	Chen caerulescens	2	0.0005	0.23	1.41	0.13	0.0005	0.0005	.	0.43	0.03
Goose, unidentified, fat		1	.	0.97	0.0005	.	0.0005	0.0005	.	.	.
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	7	1.26	0.05	0.37	2.95	0.03	0.0005	0.0005	0.39	0.20
TAIGA SHIELD - FISH											
Ling cod/mariah/burbot	Lota lota	1	0.0005	0.32	0.26	0.22	0.25	0.22	1.89	0.25	0.0005
Northern pike/jackfish	Esox lucius	4	0.01	0.08	0.20	0.26	0.0005	0.0005	4.93	0.42	0.0005
Sucker, longnose	Catostomus catostomus	1	0.0005	0.20	0.56	0.75	0.0005	0.0005	8.32	0.35	0.0005
Sucker, white	Catostomus commersonii	1	0.0005	0.0005	0.0005	0.0005	.	.	5.60	0.14	0.07
Trout, brook/speckled	Salvelinus fontinalis	1	0.0005	0.21	2.03	0.0005	0.16	0.0005	2.72	0.41	0.0005
Trout, lake	Salvelinus namaycush	5	0.14	0.96	6.62	6.10	0.69	0.08	3.47	1.59	0.07
Trout, lake, eggs	Salvelinus namaycush	2	0.0005	0.94	0.83	0.67	0.33	0.0005	17.5	1.56	0.01
Trout, lake, smoked	Salvelinus namaycush	1	2.91	1.52	5.68	15.2	0.0005	0.0005	1.42	2.00	0.30
Walleye/pickerel	Sanders vitreus	2	0.0005	0.12	0.12	0.0005	0.0005	0.0005	3.21	0.25	0.0005
Whitefish, lake	Coregonus clupeaformis	2	0.49	0.95	0.78	1.34	0.75	0.81	8.50	0.33	0.02

Table S4.3. Concentrations of persistent organic pollutants (POPs) in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
Whitefish, unidentified		1	0.0005	0.43	1.29	0.39	.	.	7.36	1.04	0.11
Whitefish, unidentified, smoked		1	30.6	2.91	2.25	4.80	2.93	3.59	13.5	0.90	0.07
TAIGA SHIELD - LAND MAMMALS											
Beaver, meat	Castor canadensis	2	0.0005	0.20	0.09	0.0005	0.0005	0.0005	0.36	0.81	0.002
Black bear, fat	Ursus americanus	1	8.32	0.70	0.06	19.6	0.0005	0.0005	0.36	.	0.0005
Black bear, meat	Ursus americanus	1	.	.	.	.	.	.	0.50	.	.
Caribou, bone marrow	Rangifer ssp.	1	.	.	.	.	.	.	0.29	.	.
Caribou, fat	Rangifer ssp.	1	.	.	.	0.0005	0.0005	0.0005	0.0005	0.48	9.06
Caribou, heart	Rangifer ssp.	1	.	.	.	.	.	.	1.01	.	.
Caribou, kidney	Rangifer ssp.	2	.	.	.	.	.	.	2.40	.	.
Caribou, liver	Rangifer ssp.	2	.	0.35	0.0005	0.0005	.	.	24.9	0.19	.
Caribou, meat	Rangifer ssp.	4	0.0005	0.44	0.0005	0.0005	.	.	0.82	1.65	0.0005
Caribou, meat, dried	Rangifer ssp.	1	20.9	.	.	.	.	.	.	.	.
Hare/rabbit, meat	Lepus spp.	2	0.0005	0.0005	0.0005	0.0005	.	.	0.05	0.73	0.06
Moose, kidney	Alces alces	1	.	.	.	.	.	.	2.79	.	.
Moose, liver	Alces alces	1	.	.	.	.	.	.	0.0005	.	.
Moose, meat	Alces alces	4	0.04	0.0005	0.0005	0.0005	.	.	0.62	0.34	0.0005
Moose, meat, dried	Alces alces	1	20.4	.	.	.	.	.	.	.	.
Porcupine, meat	Erethizon dorsatum	1	.	.	.	.	.	.	0.50	.	.
TAIGA SHIELD - WILD BIRDS											
Duck, mallard, meat	Anas platyrhynchos	1	0.0005	1.78	102	128	.	.	70.9	9.99	0.0005
Goose, Canada, liver	Branta canadensis	1	0.0005	0.42	0.31	0.0005	1.02	0.0005	6.28	0.51	0.01
Goose, Canada, meat	Branta canadensis	1	0.0005	0.08	0.23	0.0005	0.08	0.0005	16.0	0.21	0.0005
Grouse/ptarmigan, meat	Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.	1	0.0005	0.0005	0.0005	0.0005	.	.	0.0005	0.43	0.0005
HUDSON PLAINS - FISH											
Cisco	Coregonus spp.	1	0.0005	0.58	0.29	0.0005	0.18	0.0005	0.16	0.12	0.0005
Northern pike/jackfish	Esox lucius	4	0.0005	0.26	0.92	1.88	0.19	0.13	2.26	1.23	0.25
Northern pike/jackfish, eggs	Esox lucius	1	0.0005	1.72	1.62	4.76	0.60	0.46	5.38	0.89	0.05
Sturgeon	Acipenserspp.	4	0.0005	0.46	2.90	3.44	0.48	0.31	0.40	1.19	0.25
Trout, brook/speckled	Salvelinus fontinalis	1	0.0005	1.17	0.56	3.34	1.11	0.44	0.32	0.91	0.17
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	0.0005	0.18	0.28	0.39	0.17	0.10	0.73	0.14	0.04
Trout, unidentified		1	0.46	0.19	0.0005	0.22	0.0005	0.0005	2.96	0.62	0.17
Walleye/pickerel	Sanders vitreus	4	3.48	0.14	0.23	0.68	0.04	0.0005	3.69	0.42	0.29
Whitefish, lake	Coregonus clupeaformis	4	1.92	0.65	1.40	1.74	0.40	0.05	0.30	0.50	0.15
Whitefish, unidentified, eggs		1	0.0005	2.68	2.13	4.29	1.51	1.51	0.0005	0.65	0.49
HUDSON PLAINS - LAND MAMMALS											
Beaver, meat	Castor canadensis	1	.	.	.	.	.	.	0.89	.	.
Beaver, tail	Castor canadensis	1	.	.	.	.	.	.	0.07	.	.
Black bear, fat	Ursus americanus	1	0.05	0.75	3.39	7.13	0.19	0.0005	0.36	0.0005	0.0005
Black bear, meat	Ursus americanus	1	0.50	0.10	0.0005	0.0005	0.0005	0.0005	0.28	0.83	0.20
Caribou, meat	Rangifer ssp.	2	.	0.32	0.0005	0.0005	0.0005	0.0005	0.0005	.	.
Hare/rabbit, meat	Lepus spp.	1	.	.	.	.	.	.	0.13	.	.
Moose, kidney	Alces alces	2	0.24	0.07	0.0005	0.0005	0.0005	0.0005	9.27	0.04	0.02
Moose, liver	Alces alces	4	0.0005	0.32	0.01	0.0005	0.0005	0.0005	10.9	0.0005	0.01

Table S4.3. Concentrations of persistent organic pollutants (POPs) in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
Moose, meat	Alces alces	4	7.25	0.09	0.0005	0.0005	0.0005	0.0005	3.43	0.10	1.07
HUDSON PLAINS - WILD BIRDS											
Duck, mallard, meat	Anas platyrhynchos	1	0.0005	0.14	5.04	0.85	0.03	0.0005	4.88	0.17	0.07
Goose, Canada, meat	Branta canadensis	3	0.36	0.34	10.9	0.53	0.51	0.0005	1.13	0.29	0.07
Goose, snow, meat	Chen caerulescens	3	0.02	0.52	17.4	0.14	0.15	0.42	0.64	3.00	0.17
MIXEDWOOD PLAINS - FISH											
Bass, smallmouth	Micropterus salmoides	2	0.0005	0.25	2.85	20.7	0.13	0.0005	3.81	5.31	0.14
Bass, white	Morone spp.	1	0.0005	0.57	3.42	30.6	0.75	0.0005	5.16	14.6	0.17
Catfish	Ameiurus nebulosus	3	0.0005	1.26	10.9	111	2.18	0.0005	2.14	21.7	0.74
Perch, yellow	Perca flavescens	4	0.0005	0.07	1.14	9.25	0.04	0.0005	3.18	1.41	0.001
Salmon, unidentified		2	0.73	1.11	25.6	73.8	3.44	0.84	5.18	10.2	0.28
Smelt	Osmerus mordax	1	0.45	1.20	28.4	64.5	3.05	0.0005	.	8.37	2.00
Sturgeon	Acipenserspp.	2	0.18	1.37	22.3	324	4.42	0.12	1.69	31.3	1.66
Trout, brook/speckled	Salvelinus fontinalis	1	0.0005	0.17	1.80	1.96	0.12	0.0005	0.75	1.04	0.26
Trout, brown	Salmo trutta	1	0.06	3.28	102	282	11.0	0.66	.	47.5	1.47
Trout, rainbow/steelhead	Oncorhynchus mykiss	1	0.03	2.51	109	299	12.2	1.50	.	43.3	2.56
Walleye/pickerel	Sanders vitreus	6	0.05	0.19	3.51	24.3	0.23	0.03	4.94	2.35	0.03
MIXEDWOOD PLAINS - LAND MAMMALS											
Beaver, meat	Castor canadensis	1	.	.	.	.	.	.	0.61	.	.
Black bear, meat	Ursus americanus	1	1.34	.	.	.	.	.	0.30	.	.
Deer, kidney	Odocoileus spp.	1	.	.	.	.	.	.	1.21	.	.
Deer, liver	Odocoileus spp.	1	.	.	.	.	.	.	1.13	.	.
Deer, meat	Odocoileus spp.	3	0.0005	.	.	.	.	.	0.37	.	.
Hare/rabbit, meat	Lepus spp.	1	.	.	.	.	.	.	0.40	.	.
Moose, meat	Alces alces	2	0.0005	.	.	.	.	.	0.17	.	.
Squirrel, meat	Tamiasciurus hudsonicus, Urocitellus richardsonii	1	.	.	.	.	.	.	0.41	.	.
MIXEDWOOD PLAINS - WILD BIRDS											
Duck, mallard, meat	Anas platyrhynchos	2	0.0005	0.21	4.42	7.27	0.08	0.0005	6.53	2.27	0.09
Goose, Canada, meat	Branta canadensis	4	0.23	0.22	3.47	0.79	0.18	0.0005	1.58	390	0.12
Goose, snow, meat	Chen caerulescens	1	0.0005	0.17	0.14	0.0005	0.19	0.0005	0.57	0.49	0.24
MIXEDWOOD PLAINS - WILD PLANTS											
Ferns, fiddleheads	Matteauccia struthiopteris	1	.	.	.	.	.	.	0.0005	.	.
ATLANTIC MARITIME - FISH AND SEAFOOD											
American eel	Anguilla rostrata	7	4.58	0.92	9.66	9.01	0.71	0.13	9.43	2.30	0.09
Bass, smallmouth	Micropterus salmoides	1	0.0005	0.41	1.05	.	0.52	0.11	2.44	1.56	0.04
Bass, striped	Morone saxatilis	6	0.08	0.39	4.07	4.83	0.41	0.15	3.27	0.89	0.04
Bass, unidentified		2	0.0005	0.20	28.2	21.3	0.76	0.11	1.04	3.30	0.0005
Clam, softshell	Mya arenaria	1	0.04	0.08	0.13	0.0005	0.0005	0.0005	0.55	0.01	0.01
Cod, Atlantic	Gadus morhua	3	0.0005	0.39	0.74	1.89	0.43	0.0005	0.75	0.38	0.01
Crab, snow	Chionoecetes opilio	3	0.0005	0.25	1.32	2.41	0.47	0.11	13.8	0.12	0.05
Flounder	Platichtys stellatus	2	0.0005	0.25	1.00	1.59	0.19	0.06	2.79	1.72	0.0005
Haddock	Melanogrammus aeglefinus	2	0.0005	0.23	0.04	0.0005	0.0005	0.0005	0.87	0.04	0.01
Halibut	Hippoglussus stenolepsis	2	0.0005	0.67	2.60	.	0.91	1.16	1.26	0.32	0.02
Herring, Atlantic	Clupea harengus	1	0.0005	.	.	.	.	.	1.40	0.96	0.0005

Table S4.3. Concentrations of persistent organic pollutants (POPs) in traditional food by ecozone

FOOD SAMPLE NAME	SCIENTIFIC NAME	Number of communities[a]	ng TEQ/g wet weight[b]	ng/g wet weight[b]							ng TEF/kg wet weight[b]
			PAH	HEXACHLORO-BENZENE	p,p-DDE	TOTAL PCBs	CHLORDANE TRANS-NONACHLOR	TOTAL TOXAPHENE	TOTAL PFCs	TOTAL PBDE	TOTAL DIOXIN AND FURANS
Lobster	Homarus americanus	10	0.09	0.13	0.95	0.74	0.03	0.02	4.25	0.12	0.01
Mackerel	Scomber scombrus	8	0.52	0.80	2.17	7.82	0.49	0.40	53.3	0.88	0.04
Oyster	Giganteus pacificus	2	0.06	0.22	0.24	0.08	0.03	0.0005	.	0.27	0.05
Perch, yellow	Perca flavescens	1	0.0005	0.37	0.27	.	0.10	0.0005	0.67	0.11	0.0005
Salmon, Atlantic	Salmo salar	13	0.03	1.93	5.59	6.75	1.31	3.74	2.76	0.48	0.08
Scallop, Atlantic	Pecten magellanicus	3	0.01	0.04	0.10	0.0005	0.01	0.0005	1.29	0.02	0.003
Shad	Alosa sapidissima	1	0.0005	0.70	4.54	6.22	0.93	1.50	4.14	1.02	0.10
Shrimp/prawn	Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.	1	0.0005	0.12	0.02	1.79	0.40	0.05	4.25	0.17	0.04
Smelt	Osmerus mordax	10	0.0005	0.41	2.07	2.34	0.27	0.03	5.92	0.77	0.01
Sole	Parophrys vetulus	2	0.0005	0.17	0.35	0.0005	0.02	0.0005	0.37	0.33	0.0005
Squid	Illex illecebrosus	1	0.0005	0.24	0.09	.	0.11	0.0005	2.14	0.13	0.0005
Sucker, unidentified		1	.	.	.	.	.	.	2.72	.	.
Trout, brook/speckled	Salvelinus fontinalis	9	0.0005	0.41	5.46	6.51	0.31	0.16	3.52	0.97	0.03
Trout, brown	Salmo trutta	3	0.0005	0.67	1.86	13.3	0.53	0.30	1.96	1.28	0.02
Trout, lake	Salvelinus namaycush	1	0.0005	0.13	5.00	0.43	0.02	0.0005	0.41	0.23	0.0005
Trout, rainbow/steelhead	Oncorhynchus mykiss	4	0.0005	0.51	1.10	14.4	0.33	0.15	11.5	1.02	0.04
Trout, unidentified		3	0.0005	0.27	23.1	1.48	0.10	0.0005	2.62	0.60	0.02
ATLANTIC MARITIME - LAND MAMMALS											
Black bear, meat	Ursus americanus	1	.	.	.	.	.	.	22.7	.	.
Deer, liver	Odocoileus spp.	2	.	.	.	.	.	.	30.3	0.11	.
Deer, meat	Odocoileus spp.	10	0.0005	.	.	.	.	.	2.54	.	.
Hare/rabbit, meat	Lepus spp.	1	.	.	.	.	.	.	0.29	.	.
Moose, kidney	Alces alces	2	.	.	.	.	.	.	1.43	.	.
Moose, liver	Alces alces	6	.	.	.	.	.	.	7.13	.	.
Moose, meat	Alces alces	11	0.0005	.	.	.	.	.	1.63	.	.

Table S5. List of traditional food samples collected for contaminant analyses for FNFNES

Species	**Scientific name**
FISH, SEAFOOD AND MARINE MAMMALS	
Abalone	*Haliotis kamtschatkana*
American eel	*Anguilla rostrata*
Arctic grayling	*Thymallus arcticus arcticus*
Bass, largemouth	*Micropterus dolomieu*
Bass, smallmouth	*Micropterus salmoides*
Bass, striped	*Morone saxatilis*
Bass, white	*Morone spp.*
Carp	*Cyprinus carpio*
Catfish	*Ameiurus nebulosus*
Cisco	*Coregonus spp.*
Clam, butter	*Saxidomus giganteus*
Clam, manila	*Venerupis philippinarum*
Clam, razor	*Ensis directus*
Clam, softshell	*Mya arenaria*
Clams, quahog (surf clam)	*Spisula solidissima*
Cockles	*Clinocardium nuttalli*
Cod, Atlantic	*Gadus morhua*
Cod, black	*Anoplopoma fimbria*
Cod, tom	*Microgadus tomcod*
Crab, dungeness	*Cancer magister*
Crab, snow	*Chionoecetes opilio*
Eulachon/ooligan	*Thaleichthys pacificus*
Flounder	*Platichtys stellatus*
Gaspereau	*Alosa pseudoharengus*
Haddock	*Melanogrammus aeglefinus*
Halibut	*Hippoglussus stenolepsis*
Herring, Atlantic	*Clupea harengus*
Herring, Pacific	*Clupea pallasi*
Ling cod/mariah/burbot	*Lota lota*
Lobster	*Homarus americanus*
Mackerel	*Scomber scombrus*
Mooneye/goldeye	*Hiodon tergisus, Hiodon alosoides*
Mussels	*Mytilus spp.*
Northern pike/jackfish	*Esox lucius*
Octopus	*Octopus spp.*
Oysters	*Giganteus pacificus*
Perch, yellow	*Perca flavescens*
Rockfish	*Sebastes spp.*
Salmon, Atlantic	*Salmo salar*
Salmon, chinook/spring/king	*Oncorhynchus tshawytscha*
Salmon, chum	*Oncorhynchus keta*

Table S5. List of traditional food samples collected for contaminant analyses for FNFNES

Species	**Scientific name**
Salmon, coho	*Oncorhynchus kisutch*
Salmon, pink	*Oncorhynchus gorbuscha*
Salmon, sockeye	*Oncorhynchus nerka*
Sauger	*Stizostedion canadense*
Scallop, Atlantic	*Pecten magellanicus*
Scallop, rock	*Crassadoma gigantea*
Sea cucumber	*Parastichopus californicus*
Sea snail	unidentified
Seal, harp	*Pagophilus groenlandicus*
Seaweed	*Porphyra abbottiae*
Shad	*Alosa sapidissima*
Shrimp/Prawn	*Aeginella longicornis , Bentheogennema borealis, Caprella laeviuscula, Pandulus spp.*
Smelt	*Osmerus mordax*
Sole	*Parophrys vetulus*
Squid	*Illex illecebrosus*
Sturgeon	*Acipenserspp.*
Sucker, longnose	*Catostomus catostomus*
Sucker, white	*Catostomus commersonii*
Trout, brook/speckled	*Salvelinus fontinalis*
Trout, brown	*Salmo trutta*
Trout, cutthroat	*Salmo clarki clarki*
Trout, dolly varden	*Salvelinus malma*
Trout, lake	*Salvelinus namaycush*
Trout, splake	*Salvelinus fontinalis × Salvelinus namaycush*
Char, arctic	*Salvelinus alpinus*
Trout, kokanee	*Oncorhynchus nerka*
Trout, rainbow/steelhead	*Oncorhynchus mykiss*
Walleye/pickerel	*Sanders vitreus*
Whitefish, lake	*Coregonus clupeaformis*
Whitefish, round	*Prosopium cylindraceum*
LAND MAMMALS	
Beaver	*Castor canadensis*
Bison	*Bison bison athabascae*
Black bear	*Ursus americanus*
Caribou	*Rangifer ssp.*
Deer	*Odocoileus spp.*
Elk	*Cervus canadensis*
Groundhog	*Marmota monax*
Hare/rabbit	*Lepus spp.*
Moose	*Alces alces*
Muskrat	*Ondatra zibethica*

Table S5. List of traditional food samples collected for contaminant analyses for FNFNES

Species	**Scientific name**
Porcupine	*Erethizon dorsatum*
Squirrel	*Tamiasciurus hudsonicus, Sciurus carolinensis*
WILD BIRDS	
Arctic tern	*Sterna paradisaea*
Duck, American black	*Anas rubripes*
Duck, gadwall	*Anas strepera*
Duck, mallard	*Anas platyrhynchos*
Duck, northern shoveller	*Anas clypeata*
Duck, pintail	*Anas acuta*
Duck, teal	*Anas spp.*
Duck, wigeon	*Anas americana*
Duck, black guillemot	*Cepphus grylle*
Duck, bufflehead	*Bucephala albeola*
Duck, coot	*Fulica americana*
Duck, eider	*Somateria spp.*
Duck, godwit	*Limosa spp.*
Duck, goldeneye	*Bucephala clangula*
Duck, scaup	*Aythya marila*
Duck, scoter	*Melanitta nigra*
Duck, wood	*Aix sponsa*
Goose, Canada	*Branta canadensis*
Goose, snow	*Chen caerulescens*
Grouse, various spp.	*Falcipennis canadensis, Bonasa umbellus, Perdix perdix, Lagopus spp.*
Wild turkey	*Meleagris gallopava*
BERRIES, FRUITS, NUTS AND SEEDS	
Blackberry	*Rubus spp.*
Cloudberry/bakeapple	*Rubus chamaemorus*
Raspberry	*Rubus idaeus*
Salmonberry	*Rubus spectabilis*
Thimbleberry	*Rubus parviflorus*
Blueberry	*Vaccinium myrtilloides, Vaccinium angustifolium*
Bunchberry	*Cornus canadensis L.*
Chokecherry/pincherry	*Prunus virginiana L.*
Plum	*Prunus spp.*
Crabapple	*Malus coronaria, Pyrus coronaria*
Cranberry, high bush	*Viburnum spp.*
Cranberry, low-bush	*Vaccinium oxycoccos, Oxycoccus oxycoccos*
Elderberry	*Sambucus spp.*
Currant	*Ribes spp.*
Gooseberry	*Ribes spp.*
Hawthorn berry	*Crataegus spp.*

Table S5. List of traditional food samples collected for contaminant analyses for FNFNES

Species	**Scientific name**
Huckleberry	*Vaccinium spp., Gaylussacia spp.*
Grape, Oregon	*Mahonia aquifolium*
Grape, wild	*Vitis riparia*
Rosehip	*Rosa spp.*
Salal berry	*Gaultheria shallon*
Saskatoon berry	*Amelanchier alnifolia*
Soapberry	*Shepherdia canadensis*
Strawberry	*Fragaria spp.*
Sumac	*Rhus typhina, R. glabra*
Nut, acorn	*Quercus spp.*
Nut, butternut	*Juglans cinerea*
Nut, chestnut	*Castanea dentata*
Nut, hazelnut	*Corylus americana*
Nut, hickory	*Carya ovata*
Nut, walnut	*Juglans spp*
Seeds, sunflower	*Helianthus annuus*
WILD PLANTS	
Asparagus	*Asparagus officinalis*
Avalanche lily	*Erythronium montanum*
Bear root	*Ligusticum spp.*
Bergamot, beebalm, horsemint	*Monarda spp.*
Scarlet beebalm (oswego)	*Monarda didyma*
Bitter root	*Lewisia rediviva*
Buck brush	*Ceanothus cuneatus*
Burdock	*Arctium spp.*
Cattail	*Typha latifolia*
Caribou weeds	*Artemisia tilesii*
Clover	*Trifolium spp.*
Cow parsnip (Indian celery)	*Heracleum lanatum*
Indian celery (Indian consumption plant, desert parsley)	*Lomatium spp.*
Dandelion	*Taraxacum officinale*
Devil's club	*Oplopanax horridus*
Ferns, fiddleheads	*Matteauccia struthiopteris*
Ferns, licorice	*Polypodium glycyrrhiza*
Goldthread	*Coptis trifolia*
Horsetail shoots	*Equisetum spp.*
Jerusalem artichoke	*Helianthus tubererosus*
Labrador tea	*Ledum groenlandicum, Rhododendron groenlandicum, R.tomentosum, R. neoglandulosum*
Lamb's quarters	*Chenopodium album*
Leeks/onions	*Allium spp.*
Lichen-moss	*Usnea spp.*

Table S5. List of traditional food samples collected for contaminant analyses for FNFNES

Species	**Scientific name**
Lilypad	*Nuphar lutea, Nymphaea odorata*
Mint	*Mentha spp.*
Purple pitcher (turtle socks)	*Sarracenia purpurea*
Sage	*Salvia spp.*
Stinging nettle	*Urtica dioica*
Strawberry blite	*Blitum capitatum*
Sweetflag/muskrat root	*Acorus americanus, A. calamus*
Sweetgrass	*Hierochloe odorata*
Tobacco	*Nicotiana tabacum*
Western dock	*Rumex occidentalis*
Wild ginger	*Asarum caudatum*
Wild parsnip	*Pastinaca sativa*
Wild rhubarb	unidentified
Wild rice	*Zitania aquatica*
Wintergreen (teaberry)	*Gaultheria procumbens*
Yarrow	*Achillea millefolium*
TREES (bark, leaves, syrup, needles, cones, gum)	
Alder	*Alnus incana, A. spp*
Balsam fir	*Abies balsamea*
Birch	*Betula spp.*
Cascara	*Rhamnus purshiana*
Cedar	*Thuja occidentalis, Thuja plicata*
Hemlock	*Tsuga canadensis*
Ironwood (hornbeam)	*Ostrya spp.*
Juniper	*Juniperus communis*
Maple	*Acer spp.*
Mountain ash	*Sorbus subg. Sorbus*
Pine	*Pinus strobus*
Poplar (balsam)	*Populus balsamifera L.*
Spruce	*Picea spp.*
Tamarack	*Larix laricina*
Willow	*Salix spp.*
Yew	*Taxus canadensis*
MUSHROOMS	
Mushroom, mycena	*Mycena spp.*
Mushroom, chaga	*Inonotus obliquus*
Mushroom, chanterelle	*Cantharellus spp.*
Mushroom, honey	*Armillaria mellea*
Mushroom, morel	*Morchella spp.*
Mushroom, pine	*Tricholoma magnivelare*
Mushroom, giant puffball	*Calvatia gigantea*

Table S5. List of traditional food samples collected for contaminant analyses for FNFNES

Species	**Scientific name**
CULTIVATED FOOD - PLANTS	
Apples	*Malus domestica*
Beans	*Phaseolus vulgaris*
Beets	*Beta vulgaris*
Brussel sprouts	*Brassica oleracea var. gemmifera*
Cabbage	*Brassica oleracea var. capitata*
Carrots	*Daucus carota subsp. sativus*
Corn	*Zea mays*
Cucumber	*Cucumis sativus*
Honey	*Apis mellifera (bee)*
Pepper, green	*Capsicum annuum*
Potatoes	*Solanum tuberosum*
Radish	*Raphanus sativus*
Spinach	*Spinacia spp.*
Squash, summer	*Cucurbita pepo*
Squash, winter	*Cucurbita maxima*
Tomatoes	*Solanum lycopersicum*
Turnip	*Brassica rapa subsp. rapa*
CULTIVATED FOOD - ANIMAL	
Beef	*Bos taurus*
Eggs, chicken	*Gallus gallus domesticus*
Goat	*Capra aegagrus hircus*