



TRADITIONAL KLEMTU FOOD CHECKLIST

Important Tips for Healthy Eating

1. Food Preparation: Bake, broil, boil and/or smoke preferred. Can or jar (preserve without sugar or salt)
2. Portion Control: e.g. 1 cup of Wild Berries

FISH	Diabetes Friendly	Heart Healthy	WILD GAME	Diabetes Friendly	Heart Healthy
Salmon:	✓Yes	✓Yes	Deer	✓Yes	✓Yes
sockeye	✓Yes	✓Yes	WILD BIRDS	Diabetes Friendly	Heart Healthy
pink, hump	✓Yes	✓Yes	Duck	✓Yes	x No
dog chum	✓Yes	✓Yes	WILD BERRIES (1 cup limit)	Diabetes Friendly	Heart Healthy
coho	✓Yes	✓Yes	Berries	✓Yes	✓Yes
Spring:	✓Yes	✓Yes	Blueberries	✓Yes	✓Yes
red, white	✓Yes	✓Yes	Huckleberries	✓Yes	✓Yes
Halibut	✓Yes	✓Yes	Salmonberries	✓Yes	✓Yes
Ling cod	✓Yes	✓Yes	Salal berries	✓Yes	✓Yes
Black cod	✓Yes	✓Yes	Saskatoons	✓Yes	✓Yes
Rock cod	✓Yes	✓Yes	Strawberries <small>(now store bought)</small>	✓Yes	✓Yes
Black rock cod	✓Yes	✓Yes	Thimbleberries	✓Yes	✓Yes
Red snapper, cod	✓Yes	✓Yes	Soap berries	✓Yes	✓Yes
Herring	✓Yes	✓Yes	Crab apples	✓Yes	✓Yes
Roe, of herring	✓Yes	✓Yes	WILD PLANTS	Diabetes Friendly	Heart Healthy
On hemlock branch	✓Yes	✓Yes	Plant growing along the shore	✓Yes	✓Yes
On broad kelp	✓Yes	✓Yes	Plant with red edible berries	✓Yes	✓Yes
On stringy kelp	✓Yes	✓Yes	Plant without berries	✓Yes	✓Yes
Ooligans <small>(now from Kitimat)</small>	✓Yes	✓Yes	Seaweed	✓Yes	✓Yes
Ooligan grease <small>(from Kitimat)</small>	✓Yes	✓Yes	BREADS <i>(Starches convert 100% to sugar in the body)</i>	Diabetes Friendly	Heart Healthy
SEA MAMMALS	Diabetes Friendly	Heart Healthy	Bread (white)	x No	x No
Seal	✓Yes	✓Yes	Bread (whole wheat)	x No	x No
Seal grease	✓Yes	✓Yes	Bannock (baked)	x No	x No
Octopus	✓Yes	✓Yes			
SHELLFISH & SEAFOOD	Diabetes Friendly	Heart Healthy			
Abalone	✓Yes	✓Yes			
Clams	✓Yes	✓Yes			
Cockles	✓Yes	✓Yes			
Crabs	✓Yes	✓Yes			
Prawns	✓Yes	✓Yes			
China slippers, chitons	✓Yes	✓Yes			
Sea Prunes	✓Yes	✓Yes			
Mussels	✓Yes	✓Yes			
Sea urchins, purple	✓Yes	✓Yes			
Sea urchins, greenish	✓Yes	✓Yes			
Sea cucumber	✓Yes	✓Yes			

TRADITIONAL KLEMTU FOODS V5 WL June 2018

- Adapted with permission from Pauline Hilistis Waterfall (BEd, Order of BC; Heiltsuk First Nation Councillor, Bella Bella, BC)
- Reviewed by Klemtu diabetes clients, caregivers & elders Aug-Nov 2017; and BC hospital-based Diabetes Education Clinic Certified Diabetes Educator (CDE) dietitian Nov 2017
- Klemtu is located in the heart of the Great Bear Rainforest in BC, Canada

