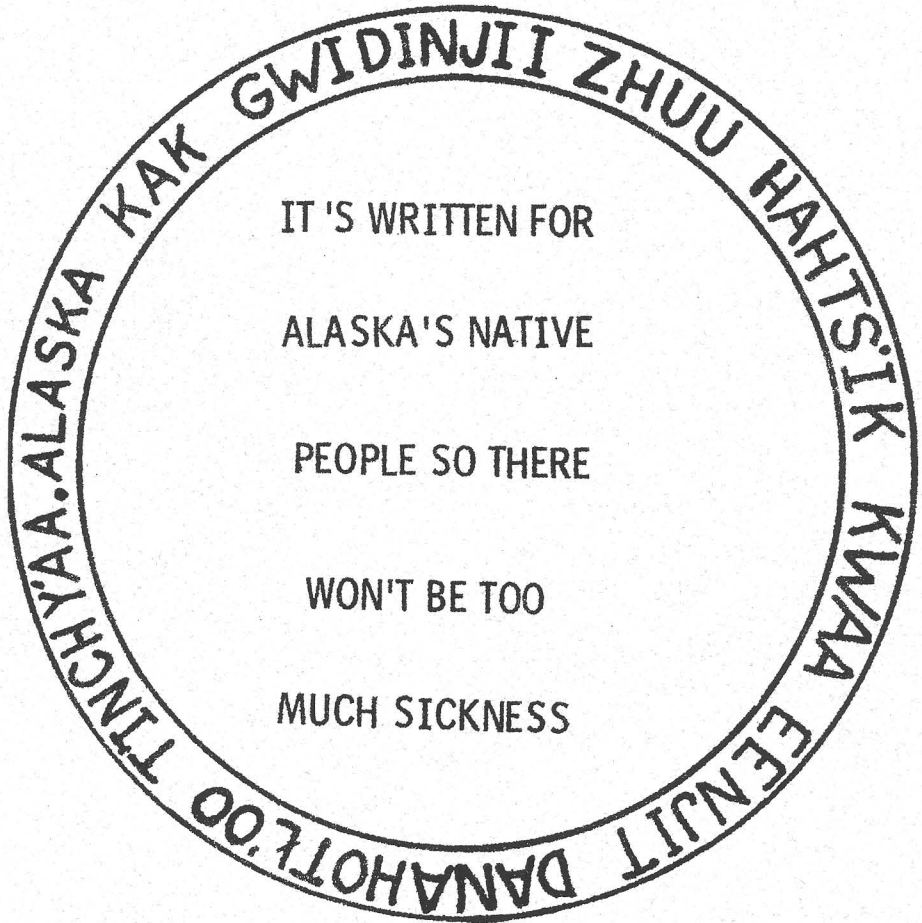



THE FOUR FOOD GROUPS
SHIH DQO DAAZHAYAA

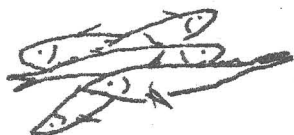


DAILY FOOD GUIDE

DRIN GWITEE GWAGWAACH'YAA
SHIH EENJIT GWINEE 'AA



SHIH DŌŌ DAAZHŪŪ



by

Katherine Peter Yadaat'l'oo

Yik'it teech'aadhat

George Smart

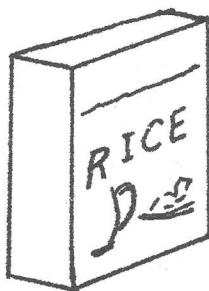
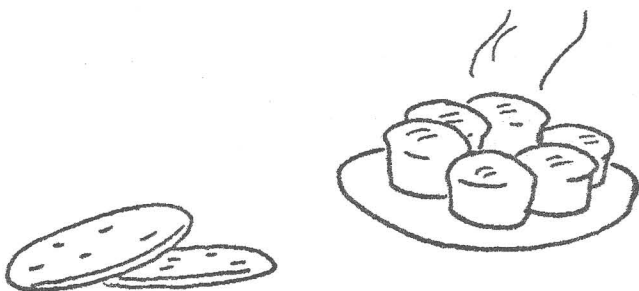


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Breads and Cereals

Zyuhchy'aa, ch'atXoh kwaii haa

hotcakes	saloojik
biscuits	Xyuchy'aa ghoo
fry bread	kwaii Zyuhchy'aa
pilot crackers	karaagas
rice	daatsoo trin
spaghetti	mis keedii ts'ik

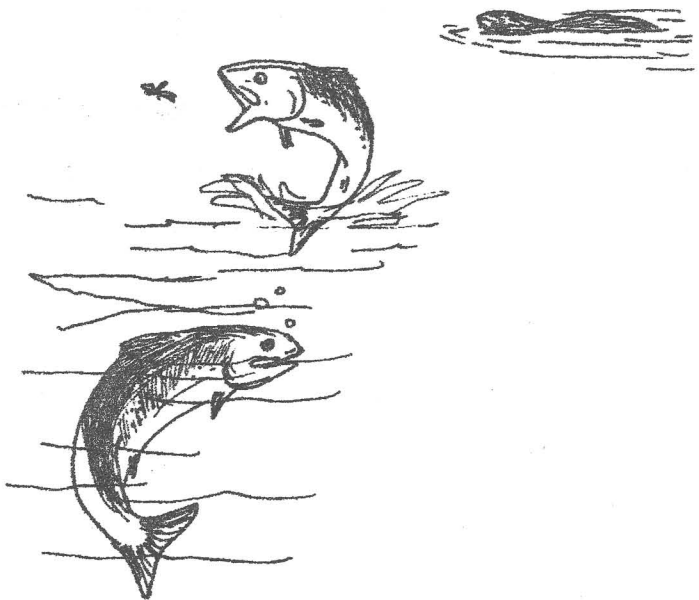
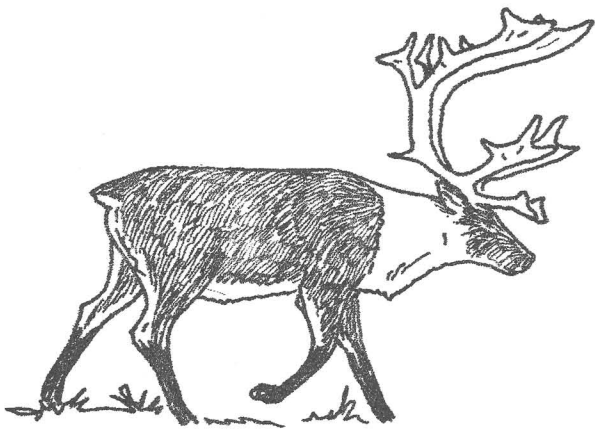
Other cereal foods

When buying these foods, pick those labeled whole grain, enriched and fortified.

Ch'izhii ch'atXoh vaa tr'ahtsii jii kwaii ohkwat dai' vakak jii kwaii vakak danahotX'oo oohohdal yuu.

These are best for health.

Jii kwaii Xyaa vaa gwinzii tr'agwandaii t'inchy'aa.

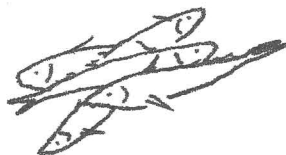
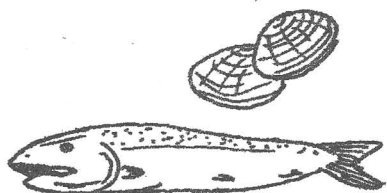


MEAT	FISH	BIRDS	EGGS	DRY BEANS
NILII	ZUK	NEEHINIIDAL	CH'AGHOO	BENGAIH

These are good for blood and muscles.

Jii kwaii t'ee diidaa diich'at eenjit nizii.

dinjik	moose
vadzaih	caribou
divii	sheep
ts'it	porcupine
dzan	muskrat
tsee'	beaver
geh	rabbit
shoh	bear
Zuk ky'u'	fish eggs
treegwat	fish liver
daih	grouse
ch'aghoo	eggs
dats'an	ducks
khaih	geese
Zuk tyah	nilii tyah
canned fish	canned meat



Milk, bony fish, shell fish

Aak'ii ma', Yuk tth'an,

Yuk dityah zhit dilk'ii

Milk for drinking in coffee and tea.

Aak'ii ma' tr'iinii ts'a' lagahfii tee

t'arah'in lidii haa.

hotcakes,
saloojik,

breads,
Yuhchy'aa,

mush,
ch'atYoh,

For 1 cup milk, use:

Aak'ii ma' chuntyah, ch'ihYak

1/2 cup canned milk and
1/2 cup clean safe water

chuu nizii chuntyah teetY'an akoo

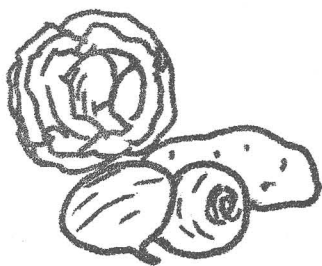
or 1/4 cup dry non-fat milk
3/4 cup clean safe water

Aak'ii ma' gaih chuntyah teetY'an
gehzhee naa'ai'

Chuntyah hanjii deedaa'ai' chuu nizii
akoo

or 1 cup fresh milk

chuntyah zhit aak'ii ma' k'eejit



Vegetables

Gwanzhìh

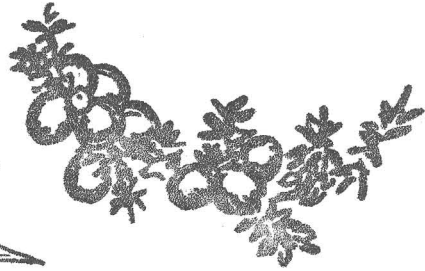
spinach	ch'at'an ch'ahtX'oo
wild rhubarb	ts'ìgyuu'
raw cabbage	ch'at'an ach'ìì
carrots	gwanzhìh daatsik ts'ik
sweet potatoes	gwadeedas akaìì
pumpkin	ch'atXoh daatsik
green beans	gwanzhìh ch'ahtloo ts'ik

other vegetables

ch'izhii gwanzhìh kwaii

The ones listed above are the best.

Jii gehdee danahotX'oo ch'andaa nizìì
t'inchy'aa.



Fruits

Gwanzh_h Akai_i

naka _χ	salmon berries
nits _h	rose hips
nat _χ 'at	low bush cranberries
jak ch'ahtloo	blueberries
deenich'uh	blackberries
ch'izhii jak	other berries
ooriinchis ch _u '	orange juice
gwanzh _h daatsik ch _u '	tomato juice
ch'iveedzee ga _h	dried peaches

other fruits

ch'izhii gwanzh_h akai_i

The ones listed above are the best.

Jii gehdee danahot_χ'oo ch'andaa niz_i
t'inchy'aa.

Food for Health
Shih gwinzii tr'igwiheendaii eenjit

<p>Fruits & vegetables</p> <p>Gwanzhih akaii, gwanzhih</p>	<p>Meat, fish, eggs, dry beans</p> <p>Nilii, Yuk, ch'agho, benqaii</p>
<p>For skin, eyes, gums, body tissue; 1 cup or more</p> <p>Diidhah, diindee' diighootok diizhin dhah Yant'eelzhii</p>	<p>For muscles and blood; 2 helpings or more</p> <p>Diich'at akoo diidaa eenjit neekwat dizhee rahaahchaa akoo gwandaa</p>
<p>Milk, bony fish, shell fish</p> <p>Aak'ii ma', Yuk tth'an, Yuk dityah zhit dilk'ii</p>	<p>Breads & cereals</p> <p>Zyuhchy'aa, ch'atYoh haa</p>
<p>For bones and teeth; 1 cup or more</p> <p>Diitth'an diigho' eenjit chuntyah ch'ihYak akoo gwandaa</p>	<p>For energy, nerves & digestion; 6 helpings or more</p> <p>Diitthai' heezyaa, diidaa tr'ach'ahdaii gwinzii shih diits'ii t'ehée'yaā eenjit nihk'iitik dizhee rahaahchaa akoo gwandaa</p>

Deeqwahtsii vat'oohchy'aa, jaghaii vat'oohchy'aa.

How much you need and why you need it.