

COASTAL B.C. NATIVE FOOD GUIDE

Eat a variety of foods from each group every day.

bone and milk
products

foods that
contain
calcium

meat, fish, birds
and eggs

all edible
parts



berries
and vegetables

bread and
cereals

LIST OF NATIVE FOODS IN EACH FOOD GROUP

This page lists most native foods used in both coastal and interior B.C. If any native foods are missing please decide yourself which food group they go in. You will note that some foods fit into more than one food group.

meat, fish, birds and eggs

salmon
cod
whitefish
snapper
trout
flounder
herring
oolichans
smelts
char
halibut
smoked/dried fish
canned/jarred fish
herring eggs
salmon eggs
seagull eggs
clams
mussels
abalone
barnacles
cockles
sea prunes
sea cucumber
chitons
prawns
shrimp
sea urchin
eel
octopus
seal
sea lion
flippers
beaver meat
beaver tail
groundhog
mountain goat
moose meat
moose nose
moose tongue
grouse
ptarmigan
duck
rabbit
partridge

meat, fish, birds and eggs

pheasant
bear
sheep
squirrel
goose
quail
elk
caribou
porcupine
goose eggs
duck eggs
muskrat
heart
liver
canned meat
smoked/dried meat
fish soup
duck soup
stew



bone and milk products

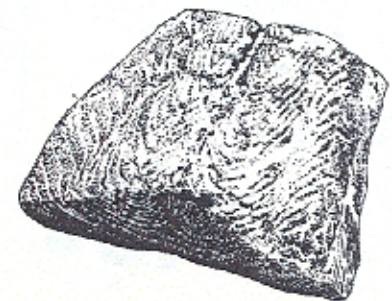
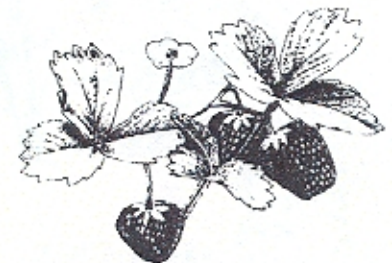
bone marrow
fish bones
fish heads
fish tails
milk
breastmilk (for babies)
canned salmon with bones
fish head soup
seaweed
shellfish
smoked/dried oolichans with bones

berries and vegetables

wild celery
watercress
wild asparagus
bitter root
camus
rosehips
sunflowers
onions
potatoes
carrots
fiddleheads
fern shoot
mushrooms
pigweed
stinging nettles
dandelion greens
seaweed
apples
soapberries
huckleberries
cranberries
blueberries
strawberries
wild rhubarb
raspberries
saskatoons
gooseberries
blackberries
thimbleberries
edlerberries
currants
wild crabapples
oregon grape
wild cherries
wild plums
salalberries
salmon berries
bunch berries
choke berries
black caps
red caps
Indian ice cream
dried berries
canned/jarred berries

bread and cereals

rice
rice root
Indian bread (bannock)
cooked cereal (oatmeal/mush)



other foods

sap
Indian tea
cedar bark
inner bark
oolichan grease
bear grease
deer grease
moose fat
seal grease

