



National
Indigenous
Diabetes
Association

Association
nationale
autochtone
du diabète

INUIT NIQIIT

By Martha Peet

Art by Megan Kyak-Monteith



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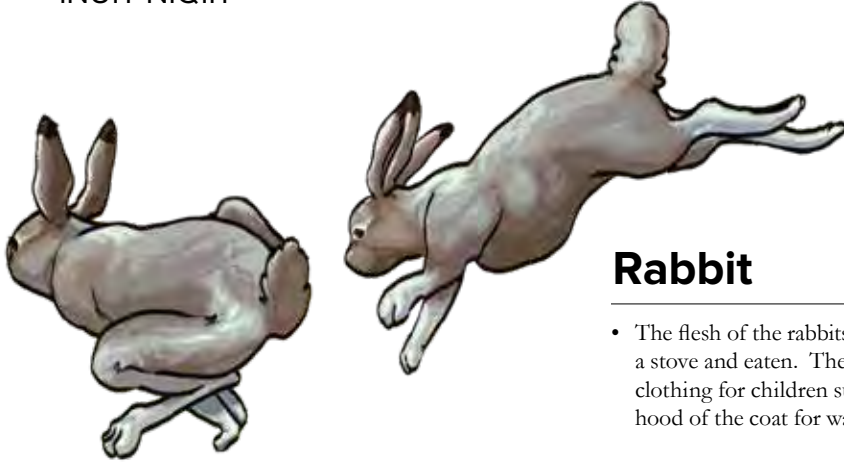
Polar bear

- The meat of the polar bear has to be cooked thoroughly by simmering or baking the meat.
- The meat has a pork meat like texture.
- The polar bear meat is fatty. Eating fatty meats in the arctic is important to stay warm in the cold arctic winters.
- The meat and the fat of the polar bear is essentially the only edible parts of polar bears.
- The liver is toxic so the liver cannot be eaten (very high in Vitamin A.)
- The paws can be cooked and eaten as well.



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Rabbit

- The flesh of the rabbits are cooked in a pot over a stove and eaten. The skins are used in making clothing for children such as mitts or around the hood of the coat for warmth.

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Squirrel (siksik)

- The flesh of the siksik is boiled and eaten. It looks like and tastes like chicken. The fur is used for making children's clothing.

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Land locked char

- Flesh of the land locked char is red, they don't have any fat on them, they are long and slender. These are mainly only used for making dry fish.

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- ᓂᖃᖅᓚᑦ ᐃᖃᓗᑲᐱᑦ ᑕᓚᐅᖃᓖᑕᖃᑕᓗᑲᑕᐅᐃᑦ ᑕᓚᓚᐃᐃᑦ ᐃᐅᑕᓗᓃᖃᑕᖃᑕᐅᐃᑦ, ᐅᖃᓚᖃᖅᓚᑦᓚᑦ, ᐱᖃᑕᓚᓗᑲᑦ ᓚᑕ ᐅᓚᖃᖅᓚᑦ. ᑕᓚᓚᐃᐃᑦ ᐃᐅᓗᓖᓖ ᐱᖃᓚᑕᐅᖃᑕᐅᖃᑕᐅᐃᑦ.



Arctic cod

- Flesh of the cod fish is white. It is eaten either frozen or made into dry fish.
- Liver of the cod is a delicacy.

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- ᓂᖃᖅᓚᑦ ᐅᓚᐃᑦ ᖃᐃᖃᑕᑦ. ᓂᓚᓗᑲᖃᑕᐅᐃᑦ ᖃᖃᓖᑕᓗᓖᑦ ᐃᓚᓚᓗᑲᑦ ᐱᖃᓚᑕᐅᑕᐅᖃᑕᐅᖃᑕᐅᐃᑦ.
- ᓂᖅᓚᑦ ᐅᓚᐃᑦ ᓚᓚᓗᑲᖃᑕᐅᐃᑦ.





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