

# TRADITIONAL FOODS ARE HEALTHY

Eating nutritious foods is an important building block of health. Lucky for us, in Southeast Alaska we have access to an abundance of wild foods. Our traditional foods are some of the healthiest options we have!



**Berries** are rich in antioxidants which can support your immune system.

**Clams** are rich in zinc which has some virus-fighting effects.

**Deer** is a great source of zinc which plays a central role in many aspects of health.

**Salmon** contains omega-3 fatty acids which can reduce anxiety.

**Seal** is full of Vitamin D which can be mood & immune boosting.

#EatingHealthy #TraditionalFoods