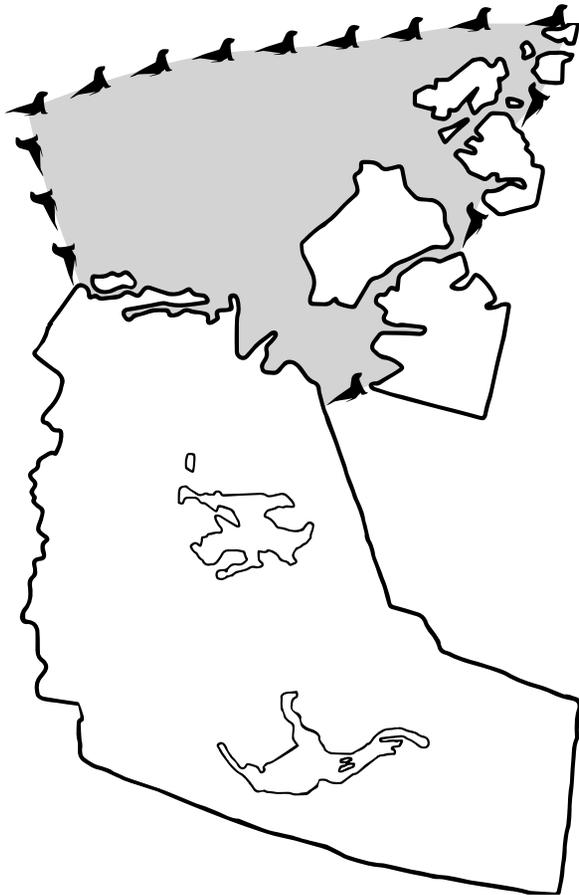


## Seal is Good for Us!

Seal is a major food source of Arctic peoples. Hunting seal is part of a healthy, traditional way of life. Seal oil can be used as a medicine for wounds or other infected areas. The skin and other parts are used to make clothing and footwear such as kamiks. Traditionally, parts of the seal are also used for crafts and fuel oil.



## Did you know?

Inuit and Inuvialuit Elders tell us that the seal is a "special food" because seal keeps us healthy and warm. Almost all seal parts are eaten such as the liver, flippers, blubber, meat and eyes. These parts are eaten raw, frozen, boiled, dried, aged or fermented.

Most parts of the seal are excellent sources of protein. Protein keeps us healthy by building and repairing our muscles, skin and blood.

Seal meat, liver, brains and eyes provide Vitamin D although the amounts vary. Vitamin D helps us have healthy bones and teeth, keeps us strong and healthy and for the prevention of diseases such as rickets and diabetes.

Seal liver provides a variety of nutrients in high quantity and is considered a very valuable food source. Seal liver provides us with five times the Vitamin A, two times the iron and folate, and half of the Vitamin D we need daily.

Seal intestines and liver are fair sources of Vitamin C, which keeps our gums, teeth and skin healthy.

**Tradition Fun Fact:** "I was taught to give my first catch of seal to an elder in the community. I remember being

reluctant, but did it anyway. The elder said to me, "God bless you with many more; God bless you with everything."

- Dan Karman

## Seal Oil

Seal oil that is properly prepared and stored is sweet and has a clear consistency (milky when frozen). Seal oil uses include: added as a flavour in agutak, fish dishes, and soups; used as a dip; and used as a trade item for other traditional foods.

## Recipe

**Preparation:** The meat is dark red-black color. Seal meat can be cooked in any regular meat dish, stewed, fried or eaten plain.

To prepare fur seal slippers, "lusta" let them ferment in rock salt for a few months. "Lusta" is considered a delicacy and is cut into ½ the size of a pinky nail in order for it to digest well in the system. "Lusta" is dipped in seal oil.



