



## References

## Chapter 1 | Inuit

- Archibald, L. & Grey, R. 2000. *Evaluation of models of health care delivery in Inuit regions*. Submitted to Health Transition Fund, 8 September, 2000.
- Bang, H.O., Dyerberg, J. & Nielsen, A.B. 1971. Plasma lipid and lipoprotein pattern in Greenlandic west-coast Eskimos. *Lancet*, 1(7710): 1143–1145.
- Bang, H.O. & Dyerberg, J. 1972. Plasma lipids and lipoproteins in Greenlandic west coast Eskimos. *Acta Medica Scandinavica*, 192(12): 85–94.
- Bird, S.M., Wiles, J.L., Okalik, L., Kilabuk, J. & Egeland, G.M. 2008. Living with diabetes on Baffin Island: Inuit story tellers share their experiences. *Canadian Journal of Public Health*, 99(1): 17–21.
- Bjerregaard, P. & Young, T.K. 1998. *The Circumpolar Inuit: health of a population in transition*. Copenhagen, Munksgaard. 288 pp.
- Brassard, P., Robinson, E. & Lavallee, C. 1993. Prevalence of diabetes mellitus among the James Bay Cree of northern Quebec. *Canadian Medical Association Journal*, 149(3): 303–307.
- CINE. 2007. *Inuit community food system data table*. Center for Indigenous Peoples' Nutrition and Environment (available at [www.mcgill.ca/cine/resources/data/inuit/](http://www.mcgill.ca/cine/resources/data/inuit/)).
- Charbonneau-Roberts, G., Saudny-Unterberger, H., Kuhnlein, H.V. & Egeland, G.M. 2005. Body mass index may overestimate the prevalence of overweight and obesity among the Inuit. *International Journal of Circumpolar Health*, 64(2): 163–169.
- Charbonneau-Roberts, G., Young, T.K. & Egeland, G.M. 2007. Anthropometry and insulin resistance among Inuit. *International Journal of Circumpolar Health*, 66(2): 129–134.
- Dyerberg, J. & Bang, H.O. 1978. Dietary fat and thrombosis. *Lancet*, 1(8056): 152.
- Egeland, G.M., Berti, P., Soueida, R., Arbour, L.T., Receveur, O. & Kuhnlein, H.V. 2004. Age differences in vitamin A intake among Canadian Inuit. *Canadian Journal of Public Health*, 95(6): 465–469.
- Ellerton, M., Fudge, H., Martin-Misener, R. & Thibeault, C. 1999. A BScN program for Nunavut. *Educational Nursing*, 95(10): 31.
- Fediuk, K., Hidiroglou, N., Madère, R. & Kuhnlein, H.V. 2002. Vitamin C in Inuit traditional food and women's diets. *Journal of Food Composition and Analysis*, 15: 221–235.
- Gutt, M., Davis, C.L., Spitzer, S.B., Llabre, M.M., Kumar, M., Czarnecki, E.M., Schneiderman, N., Skyler, J.S. & Marks, J.B. 2000. Validation of the insulin sensitivity index (ISI(0,120)): comparison with other measures. *Diabetes Research and Clinical Practice*, 47(3): 177–184.
- Indian and Northern Affairs Canada. 2006. *Northern food basket* (available at [www.ainc-inac.gc.ca/nth/fon/fc/ch/cht0607-eng.asp](http://www.ainc-inac.gc.ca/nth/fon/fc/ch/cht0607-eng.asp)).

- IDF. 2005. *The IDF consensus worldwide definition of the metabolic syndrome 2005*. International Diabetes Federation (available at [www.idf.org](http://www.idf.org)).
- Jenkins, A.L., Gyorkos, T.W., Culman, K.N., Ward, B.J., Pekeles, G.S. & Mills, E.L. 2003. An overview of factors influencing the health of Canadian Inuit infants. *International Journal of Circumpolar Health*, 1: 17–35.
- Jorgensen, M.E., Bjerregaard, P. & Borch-Johnsen, K. 2002. Diabetes and impaired glucose tolerance among the Inuit population of Greenland. *Diabetes Care*, 25(10): 1766–1771.
- Kuhnlein, H.V., Kubow, S. & Soueida, R. 1991. Lipid components of traditional Inuit foods and diets of Baffin Island. *Journal of Food Composition and Analysis*, 4(3): 227–236.
- Kuhnlein, H.V. & Soueida, R. 1992. Use and nutrient composition of traditional Baffin Inuit foods. *Journal of Food Composition and Analysis*, 5(2): 112–126.
- Kuhnlein, H.V., Receveur, O., Chan, H.M. & Loring, E. 2000. *Assessment of dietary benefits/risk in Inuit communities*. Quebec, Centre for Indigenous Peoples' Nutrition and Environment.
- Kuhnlein, H.V., Chan, H.M., Leggee, D. & Barthet, V. 2002. Macronutrient, mineral and fatty acid composition of Canadian Arctic traditional food. *Journal of Food Composition and Analysis*, 15: 545–566.
- Kuhnlein, H.V., Receveur, O., Soueida, R. & Egeland, G.M. 2004. Arctic Indigenous Peoples experience the nutrition transition with changing dietary patterns and obesity. *Journal of Nutrition*, 134(6): 1447–1453.
- Kuhnlein, H.V., Chan, H.M., Egeland, G.M. & Receveur, O. 2005. Canadian Arctic Indigenous peoples traditional food systems and POPs. *Senri Ethnological Studies*, 67: 391–408.
- Kuhnlein, H.V., Barthet, V., Farren, E., Falahi, E., Leggee, D., Receveur, O. & Berti, P. 2006. Vitamins A, D, and E in Canadian Arctic traditional food and adult diets. *Journal of Food Composition and Analysis*, 19: 495–506.
- Lambden, J., Receveur, O., Marshall, J. & Kuhnlein, H.V. 2006. Traditional and market food access in Arctic Canada is affected by economic factors. *International Journal of Circumpolar Health*, 65(4): 331–340.
- Lawn, J. & Langer, N. 1994. *Air stage subsidy monitoring program final report. Volume 2: Food consumption survey*. Ottawa, Indian and Northern Affairs Canada.
- Lawn, J. & Harvey, D. 2001. *Change in nutrition and food security in two Inuit communities, 1992 to 1997*. Ottawa, Indian and Northern Affairs Canada.
- Matthews, D.R., Hosker, J.P., Rudenski, A.S., Naylor, B.A., Treacher, D.F. & Turner, R.C. 1985. Homeostasis model assessment: insulin resistance and beta-cell function from fasting plasma glucose and insulin concentrations in man. *Diabetologia*, 28(7): 412–419.
- McAuley, K.A., Williams, S.M., Mann, J.I., Walker, R.J., Lewis-Barned, N.J. & Temple, L.A. 2001. Diagnosing insulin resistance in the general population. *Diabetes Care*, 24(3): 460–464.
- McPhillips, J.B., Barrett-Connor, E. & Wingard, D.L. 1990. Cardiovascular disease risk factors prior to the diagnosis of impaired glucose tolerance and non-insulin-dependent diabetes mellitus in a community of older adults. *American Journal of Epidemiology*, 131(3): 443–453.
- Mykkonen, L., Kuusisto, J., Pyorala, K. & Laakso, M. 1993. Cardiovascular disease risk factors as predictors of type 2 (non-insulin-dependent) diabetes mellitus in elderly subjects. *Diabetologia*, 36(6): 553–559.
- Norgan, N.G. 1994. Relative sitting height and the interpretation of the body mass index. *Annals of Human Biology*, 21(1): 79–82.
- Popkin, B.M. 2002. An overview on the nutrition transition and its health implications: the Bellagio meeting. *Public Health Nutrition*, 5: 93–103.

- Richmond, C.A.M., Ross, N.A. & Egeland, G.M.** 2007. Social support and thriving health: A new approach to understanding the health of Indigenous Canadians. *American Journal of Public Health*, 97(9): 1827–1833.
- Rutter, M.K., Meigs, J.B., Sullivan, L.M., D'Agostino, R.B., Sr. & Wilson, P.W.** 2005. Insulin resistance, the metabolic syndrome, and incident cardiovascular events in the Framingham Offspring Study. *Diabetes*, 54(11): 3252–3257.
- Statistics Canada.** 2001. *Health indicators* (available at [www.statcan.ca](http://www.statcan.ca)).
- Statistics Canada & Shields, M.** 2005. *Overweight Canadian children and adolescents* (available at [www.statcan.ca](http://www.statcan.ca)).
- WHO & CINE.** 2003. *Indigenous Peoples and Participatory Health Research*. Geneva, World Health Organization and Centre for Indigenous Peoples' Nutrition and Environment. 35 pp.
- Young, T.K.** 1996. Obesity, central fat patterning, and their metabolic correlates among the Inuit of the central Canadian Arctic. *Human Biology*, 68: 245–263.

## Chapter 2 | Nuxalk

- Barr, S.I. & Kuhnlein, H.V.** 1985. HDL and total serum cholesterol levels in a group of British Columbian Native Indians. *Nutrition Research*, 5: 827–837.
- Boas, F.** 1898. The Mythology of the Bella Coola Indians. In F. Boas. *Memoirs of the American Museum of Natural History, Vol. II, Jesup North Pacific Expedition*, pp. 25–127. New York, American Museum of Natural History.
- Boyd, R.T.** 1990. Demographic History, 1774–1874. In W. Suttles, ed. *Northwest Coast. Vol. 7. Handbook of North American Indians*, pp. 135–148. Washington, DC, Smithsonian Institution Press.
- Chan, H.M., El Khoury, M., Sedgemore, M., Sedgemore, S. & Kuhnlein, H.V.** 1996. Organochlorine pesticides and polychlorinated biphenyl congeners in ooligan grease: a traditional food fat of British Columbia First Nations. *Journal of Food Composition and Analysis*, 9: 32–42.
- Demirjian, A.** 1980. *Anthropometry report: height, weight and body dimensions*. Ottawa, Nutrition Canada Minister of National Health and Welfare.
- Edwards, G.T.** 1979. Indian spaghetti. *The Beaver*. Autumn 1979: 4–11.
- Edwards, G.T.** 1980. Bella Coola: Indian and European Medicines. *The Beaver*. Winter 1980: 5–11.
- Health and Welfare Canada.** 1985. *Native Foods and Nutrition. An Illustrated Reference Resource*. Ottawa, Medical Services Branch, PAR-84-36.
- Health Canada.** 2005. *Canadian Nutrient File*. Ottawa, Health Canada.
- Kennedy, D.I.D. & Bouchard, R.T.** 1990. Bella Coola Indians. In W. Suttles, ed. *Northwest Coast. Vol. 7. Handbook of North American Indians*, pp. 323–339. Washington, DC, Smithsonian Institution Press.
- Kennelly, A.C.** 1986. A nutrient evaluation of selected Nuxalk salmon preparations. University of British Columbia, Vancouver. (M.Sc. thesis)
- Kuhnlein, H.V., Chan, A.C., Thompson, J.N. & Nakai, S.** 1982. Ooligan grease: A nutritious fat used by Native people of Coastal British Columbia. *Journal of Ethnobiology*, 2(2): 154–161.
- Kuhnlein, H.V., Turner, N.J. & Kluckner, P.D.** 1982. Nutritional significance of two important “root” foods (Springbank Clover and Pacific Silverweed). *Ecology of Food and Nutrition*, 12: 89–95.
- Kuhnlein, H.V.** 1984. Traditional and contemporary Nuxalk foods. *Nutrition Research*, 4: 789–809.

- Kuhnlein, H.V. 1985. A legacy for the future: Margaret Siwallace, 1908-1985. *Journal of Ethnobiology*, 5: 163–4.
- Kuhnlein, H.V. 1986. The Nuxalk Food and Nutrition Program - overview and objectives. *Nutrition Newsletter*, 7: 26–34.
- Kuhnlein, H.V. & Turner, N.J. 1986. Cow-parsnip (*Heracleum lanatum*): An indigenous vegetable of Native people of Northwestern North America. *Journal of Ethnobiology*, 6(2): 309–324.
- Kuhnlein, H.V. 1989a. Factors influencing use of traditional foods among the Nuxalk people. *Journal of the Canadian Dietetic Association*, 50(2): 102–108.
- Kuhnlein, H.V. 1989b. Nutrient values in indigenous wild berries used by the Nuxalk People of Bella Coola, British Columbia. *Journal of Food Composition and Analysis*, 2: 28–36.
- Kuhnlein, H.V. & Moody, S.A. 1989. Evaluation of the Nuxalk Food and Nutrition Program: traditional food use by a Native Indian group in Canada. *Journal of Nutrition Education*, 21(3): 127–132.
- Kuhnlein, H.V. 1990. Nutrient values in indigenous wild green plants and roots used by the Nuxalk People of Bella Coola, British Columbia. *Journal of Food Composition and Analysis*, 3: 38–46.
- Kuhnlein, H.V. & Turner, N.J. 1991. *Traditional Plant Foods of Canadian Indigenous Peoples: Nutrition, Botany and Use*. Amsterdam. Gordon and Breach Science Publishers. 633 pp.
- Kuhnlein, H.V. 1992. Change in the use of traditional food by the Nuxalk Native people of British Columbia. In G.H. Pelto & L.A. Vargas, eds. *Perspectives on Dietary Change. Studies in Nutrition and Society. Special Issue, Ecology of Food and Nutrition*, 27(3–4): 259–282.
- Kuhnlein, H.V., Yeboah, F., Sedgemore, M., Sedgemore, S. & Chan, H.M. 1996. Nutritional qualities of ooligan grease: a traditional food fat of British Columbia First Nations. *Journal of Food Composition and Analysis*, 9: 18–31.
- Kuhnlein, H.V. & Burgess, S. 1997. Improved retinol, carotene, ferritin and folate status in Nuxalk teens and adults following a health promotion program. *Food and Nutrition Bulletin*, 18(2): 202–210.
- Kuhnlein, H.V., Smitasiri, S., Yesudas, S., Bhattacharjee, L., Dan, L. & Ahmed S. 2006. *Documenting Traditional Food Systems of Indigenous Peoples: International Case Studies. Guidelines for Procedures*. In collaboration with Sirisai, S., Puwastien, P., Daoratanahong, L., Dhanamitta, S., Zhai, F., Satheesh, P.V., Kothari, G. & Akhter, F. (available at [www.mcgill.ca/cine/research/global](http://www.mcgill.ca/cine/research/global)).
- Lepofsky, D. 1985. An integrated approach to studying settlement systems on the Northwest Coast: The Nuxalk of Bella Coola, BC. University of British Columbia, Vancouver. (MA thesis)
- Lepofsky, D., Turner, N.J. & Kuhnlein, H.V. 1985. Determining the availability of traditional wild plant foods: An example of Nuxalk foods, Bella Coola, British Columbia. *Ecology of Food and Nutrition*, 16: 223–241.
- McIlwraith, T. F. 1948. *The Bella Coola Indians*. (2 Vols.) Toronto, University of Toronto Press.
- Nuxalk Food and Nutrition Program Staff. 1984; reprinted 1985. *Nuxalk Food and Nutrition Handbook: a practical guide to family foods and nutrition using native foods*. Richmond, Malibu Printing.
- Nuxalk Food and Nutrition Program Staff. 1985. *Kanusyam a snknic. "Real Good Food"*. Vancouver, University of British Columbia.
- Pelto, G.H. & Vargas, L.A. 1992. Introduction. In G.H. Pelto & L.A. Vargas, eds. *Perspectives on Dietary Change. Studies in Nutrition and Society. Special Issue. Ecology of Food and Nutrition*, 27(3–4): 259–282.
- Pojar, J. & MacKinnon, A. 1994. *Plants of the Pacific Northwest Coast: Washington, Oregon, British Columbia & Alaska*. Victoria, Ministry of Forests, and Vancouver, Lone Pine Publishing.
- Popkin, B. 2007. The world is fat. *Scientific American*, 297(3): 88–95.

- Smith, H.I. 1928. *Materia medica of the Bella Coola and neighbouring tribes of British Columbia*. Ottawa, National Museum of Canada, Canada Department of Mines, Bulletin No. 56. Annual Report for 1927, pp. 47–68.
- Thommasen, H.V. & Zhang, W. 2006. Impact of chronic disease on quality of life in the Bella Coola Valley. *Rural and Remote Health – The International Electronic Journal of Rural and Remote Health Research, Education, Practice and Policy* (available at [www.rrh.org.au/home/defaultnew.asp](http://www.rrh.org.au/home/defaultnew.asp)).
- Turner, N.J. 1973. The ethnobotany of the Bella Coola Indians of British Columbia. *Sysis*, 6: 193–230.
- Turner, N.J. & Kuhnlein, H.V. 1982. Two important “root” foods of the Northwest Coast Indians: Springbank Clover and Pacific Silverweed. *Economic Botany*, 36(4): 411–432.
- Turner, N.J. & Kuhnlein, H.V. 1983. Camas and riceroot - two liliaceous root foods used by British Columbia Indians. *Ecology of Food and Nutrition*, 13: 119–219.
- Turner, N.J., Johnson-Gottesfeld, L.M., Kuhnlein, H.V. & Ceska, A. 1992. Edible woodfern rootstocks of Western North America: solving an ethnobotanical puzzle. *Journal of Ethnobiology*, 12(1): 1–34.
- Turner, N.J. 1995. *Food plants of coastal First Peoples*. Royal British Columbia Museum Handbook, Victoria, B.C. (revised from 1975 edition, Food Plants of British Columbia Indians. Part 1. Coastal Peoples). Vancouver, University of British Columbia Press.
- Turner, N.J. & Turner, K.L. 2006. *Where our women used to get the food: Cumulative effects and loss of ethnobotanical knowledge and practice; Case studies from coastal British Columbia*. Paper presented at ethnobotany symposium, Canadian Botanical Association Conference, Concordia University, Montreal.

### Chapter 3 | Gwich'in

- Andre, A. & Fehr, A. 2002. *Gwich'in ethnobotany: plants used by the Gwich'in for food, medicine, shelter and tools*. Inuvik, Gwich'in Social and Cultural Institute and Aurora Research Institute. 68 pp.
- Auchterlonie, S. 2005. *Case study – Aboriginal participation in the voluntary sector. Fort McPherson: a volunteer model*. Toronto, Imagine Canada, Knowledge Development Centre.
- Department of Health and Social Services. 2007. Drop the Pop NWT (available at [www.dropthepopnwt.ca](http://www.dropthepopnwt.ca)).
- Gwich'in Council International. 2007. Gwich'in Council International (available at [www.gwichin.org](http://www.gwichin.org)).
- Gwich'in Social and Cultural Institute. 2007. Gwich'in Social and Cultural Institute (available at [www.gwichin.ca](http://www.gwichin.ca)).
- Kuhnlein, H.V., Barthet, V., Farren, A., Falahi, E., Leggee, D., Receveur, O. & Berti, P. 2006. Vitamins A, E and D in Canadian Arctic traditional food and adult diets. *Journal of Food Composition and Analysis*, 19: 495–506.
- Kuhnlein, H.V. & Receveur, O. 2007. Local cultural animal food contributes high levels of nutrients for Arctic Canadian indigenous adults and children. *Journal of Nutrition*, 137(4): 1110–1114.
- Kuhnlein, H.V., Receveur, O., Soueida, R. & Berti, P. 2008. Unique patterns of dietary adequacy in three cultures of Canadian Arctic Indigenous Peoples. *Public Health Nutrition*, 11(4): 349–360.
- Kuhnlein, H.V., Receveur, O. & Chan, H.M. 2001. Traditional food systems research with Canadian Indigenous Peoples. *International Journal of Circumpolar Health*, 60: 112–122.
- Kuhnlein, H.V., Receveur, O., Soueida, R. & Egeland, G.M. 2004. Arctic Indigenous Peoples experience the nutrition transition with changing dietary patterns and obesity. *Journal of Nutrition*, 134: 1447–1453.
- Lambden, J., Receveur, O. & Kuhnlein, H.V. 2007. Traditional food attributes must be included in studies of food security in the Canadian Arctic. *International Journal of Circumpolar Health*, 66(4): 308–319.

- Lambden, J., Receveur, O., Marshall, J. & Kuhnlein, H.V. 2006. Traditional and market food access in Arctic Canada is affected by economic factors. *International Journal of Circumpolar Health*, 65: 331–340.
- Masuzumi, B. & Quirk, S. 1993. *A participatory research process for Dene/Métis communities: exploring community-based research concerns for Aboriginal northerners*. Dene Tracking, Sombaké, Denendeh, pp. 1–16. Yellowknife, Dene Nation.
- Murray, G., Boxall, P. & Wein, R. 2005. Distribution, abundance, and utilization of wild berries by the Gwich'in people in the Mackenzie River Delta region. *Economic Botany*, 59: 174–184.
- Nakano, T., Fediuk, K., Kassi, N., Egeland, G.M. & Kuhnlein, H.V. 2005a. Dietary nutrients and anthropometry of Dene/Métis and Yukon children. *International Journal of Circumpolar Health*, 64: 147–156.
- Nakano, T., Fediuk, K., Kassi, N. & Kuhnlein, H.V. 2005b. Food use in Dene/Métis and Yukon children. *International Journal of Circumpolar Health*, 64: 137–146.
- Nuttall, M. 2006. The Mackenzie Gas Project – Aboriginal interests, the environment and northern Canada's energy frontier. *Indigenous Affairs*, 2–3: 20–29.
- NWT Bureau of Statistics. 2005. Fort McPherson - Statistical Profile 2005. *Statistics Quarterly* 27(4). Yellowknife, Government of the Northwest Territories.
- Porcupine Caribou Management Board. 2005. *Porcupine Caribou Management Board 19th Annual Report 2004–2005*. Whitehorse, Porcupine Caribou Management Board.
- Porcupine Caribou Management Board. 2007. Porcupine Caribou Herd Size (available at [www.taiga.net](http://www.taiga.net)).
- Reeveur, O., Boulay, M. & Kuhnlein, H.V. 1997. Decreasing traditional food use affects diet quality for adult Dene/Métis in 16 communities of the Canadian Northwest Territories. *Journal of Nutrition*, 127: 2179–2186.
- Reeveur, O., Boulay, M., Mills, C., Carpenter, W. & Kuhnlein, H.V. 1996. *Variance in food use in Dene/Métis communities*. pp. 1–198. Ste-Anne-de-Bellevue, Centre for Indigenous Peoples' Nutrition and Environment.
- Russell, D. & McNeil, P. 2005. *Summer ecology of the Porcupine Caribou Herd*, 2nd edn. Whitehorse, Porcupine Caribou Management Board.
- Sims, J. & Kuhnlein, H.V. 2003. *Indigenous Peoples and Participatory Health Research*. Geneva, World Health Organization and Centre for Indigenous Peoples' Nutrition and Environment. 35 pp.
- Slobodin, R. 1981. Subarctic Métis. In J. Helm, ed. *Handbook of North American Indians*, pp. 361–371. Washington DC, Smithsonian Institution.

## Chapter 4 | Awajun

- Agencia Española de Cooperacion Internacional, Centro de Investigación y Promoción del Campesinado, & Servicio Agropecuario Para la Investigación y Promoción Económica. 2000. *Evaluación Participativa de Necesidades Prioritaria, Distrito El Cenepa, Alto Marañón*. Lima, CIPCA / SIAPE.
- Berlin, E.A. & Markell, E.K. 1977. An Assessment of the nutritional and health status of an Awajun Jívaro community, Amazonas, Peru. *Ecology of Food and Nutrition*, 6: 69–81.
- Brack Egg, A. 2003. Perú: Diez mil años de domesticación. Lima, PNUD-Perú & FANPE-GTZ.
- Buitrón, D., Hurtig, A.K. & San Sebastian, M. 2004. Estado nutricional en niños naporunas menores de 5 años en la Amazonía ecuatoriana. *Revista Panamericana de Salud Pública*, 15(3): 151–159.

- Kuhnlein, H.V., Smitasiri, S., Yesudas, S., Bhattacharjee, L., Dan, L. & Ahmed S. 2006. *Documenting Traditional Food Systems of Indigenous Peoples: International Case Studies. Guidelines for Procedures*. In collaboration with Sirisai, S., Puwastien, P., Daoratanahong, L., Dhanamitta, S., Zhai, F., Satheesh, P.V., Kothari, G. & Akhter, F. (available at [www.mcgill.ca/cine/research/global](http://www.mcgill.ca/cine/research/global)).
- Joint FAO/WHO Expert Consultation. 2002. *Vitamin and mineral requirements in human nutrition*. Geneva, World Health Organization.
- Godoy, R., Reyes-García, V., Vadez, V., Leonard, W.R., Huanca, T. & Bauchet, J. 2005. Human capital, wealth and nutrition in the Bolivian Amazon. *Economics and Human Biology*, 3: 139–162.
- Guallart, J.M. 1964. Los Jívaros del Alto Marañon. *America Indigena*, 24: 315–331.
- Huamán-Espino, L. & Valladares, C. 2006. Estado nutricional y características del consumo alimentario de la población Aguaruna. Amazonas, Peru. *Revista Peruana de Medicina Experimental y Salud Pública*, 23(1): 12–21.
- Huamán-Espino, L. 2006. Mas allá de la estadística alimentaria y nutricional. Percepciones de un Aguaruna con relación a la situación alimentaria de su pueblo. *Revista Peruana de Medicina Experimental y Salud Pública*, 23(1): 73–76.
- INEI. 1993. *IX Censo Nacional de Población y IV de Vivienda*. Lima, Instituto Nacional de Estadística e Informática.
- INEI. 2001. *Encuesta Demográfica y de Salud Familiar 2000*. Lima, Instituto Nacional de Estadística e Informática.
- INEI. 2005. *X Censo de Población y Vivienda, Peru 2005* (CD-ROM). Lima, Instituto Nacional de Estadística e Informática.
- IIN. 2001. *Food composition tables*. Lima, Instituto de Investigación Nutricional.
- Instituto Nacional de Salud del Ministerio de Salud. 2000. *Diagnóstico Socio Situacional de Salud de Siete Comunidades Awajún de los Ríos Comaina*. Cenepa y Marañoñ. Lima, Ministerio de Salud.
- MINSA/OGE. 2002. *Ánalisis de la situación de salud del pueblo Shipibo-Konibo*. Lima, Ministerio de Salud, Oficina General de Epidemiología.
- MINSA/OGE. 2003. *Ánalisis de la situación de los pueblos indígenas de la Amazonía Peruana*, pp. 13–21. Lima, Ministerio de Salud, Oficina General de Epidemiología.
- Milton, K. 1991. Comparative aspects of diet in Amazonian forest-dwellers. *Philosophical Transactions of the Royal Society of London. Series B, Biological Sciences*, 334: 253–263.
- NCHS. 1977. *NCHS Growth Curves*. National Centre for Health Statistics. Atlanta, US Dept of Health and Human Services, Center for Disease Control and Prevention.
- Paoletti, M.G., Dufour, D.L., Cerda, H., Torres, F., Pizzoferrato, L. & Pimentel, D. 2000. The importance of leaf- and litter-feeding invertebrates as sources of animal protein for the Amazonian Amerindians. *Proceedings of the Royal Society of London*, 267: 2247–2252.
- Paoletti, M.G., Buscardo, E., VanderJagt, D.J., Pastuszyn, A., Pizzoferrato, L., Huang, Y-S., Chuang, L-T., Millson, M., Cerda, H., Torres, F. & Glew, R.H. 2003. Nutrient content of earthworms consumed by Ye'Kuana Amerindians of the Alto Orinoco of Venezuela. *Proceedings of the Royal Society of London*, 270: 249–257.
- Passos, C.J., Mergler, D., Gaspar, E., Morais, S., Lucotte, M., Larribbe, F., Davidson, R. & Grosbois, S. 2003. Eating tropical fruit reduces mercury exposure from fish consumption in the Brazilian Amazon. *Environmental Research*, 93: 123–130.
- Peru Ecologico. 2006 (available at [www.peruecologico.com.pe/etnias\\_aguaruna.htm](http://www.peruecologico.com.pe/etnias_aguaruna.htm)).

- Ramos Calderon, R. 1999. *Diagnóstico situacional, sociocultural, económico de los Pueblos Indígenas de la Cuenca del Río Cenepa de la Amazonía Peruana*. Lima, Organización de Comunidades Fronterizas del Cenepa.
- Roche, M., Creed-Kanashiro, H., Tuesta, I. & Kuhnlein, H.V. 2007. Traditional food system provides dietary quality for the Awajun in the Peruvian Amazon. *Ecology of Food and Nutrition*, 46: 1–23.
- Roche, M., Creed-Kanashiro, H., Tuesta, I. & Kuhnlein, H.V. 2008. Traditional food diversity predicts dietary quality for the Awajun in the Peruvian Amazon. *Public Health Nutrition*, 11(5): 457–465.
- Santos, R.V. & Coimbra Júnior, C.E. 1991. Socioeconomic transition and physical growth of Tupi-Monde Amerindian children of the Aripuana Park, Brazilian Amazon. *Human Biology*, 63(6): 795–819.
- Shell, O. & Wise, M.R. 1971. *Grupos idiomaticos del Peru*, p. 415. Lima, Universidad Nacional Mayor de San Marcos.
- Stern, M.J. & Apanú, R. 2002. *Cartografía comunitaria de un bosque en el Alto Marañón, Departamento Amazonas, Perú: Delimitación de territorio y hábitats*. Quito, Herbario Nacional del Ecuador (available at [lanic.utexas.edu/project/etext/llilas/vrp/stern.pdf](http://lanic.utexas.edu/project/etext/llilas/vrp/stern.pdf)).
- WHO. 1995. *Physical status: The use and interpretation of Anthropometry*. Geneva, World Health Organization.

## Chapter 5 | Ingano

- Agenda Unitaria del Caquetá. 2002. *Agenda unitaria del Caquetá sector productivo rural del Caquetá agenda prospectiva 2002–2012*. Florencia, Caquetá, Columbia (available at [www.paisrural.org/experiencias/paisrural/prospectiva/Caqueta/caqueta.pdf](http://www.paisrural.org/experiencias/paisrural/prospectiva/Caqueta/caqueta.pdf)).
- Aguirre, R. 2004. *Plan de desarrollo del Caquetá 2004–2007: Todos por un Caquetá mejor* (available at [www.discapacidad.gov.co/p\\_publica/caqueta.doc](http://www.discapacidad.gov.co/p_publica/caqueta.doc)).
- ACT-IE. 2004. *Informe de actividades y resultados año 2003*. Virginia, Amazon Conservation Team – Instituto de Etnobiología (available at [www.amazonteam.org/images/pub/ACT2003.pdf](http://www.amazonteam.org/images/pub/ACT2003.pdf)).
- Area de Conservación Guanacaste, Costa Rica. *Species Home Pages* (available at [www.acguanacaste.ac.cr](http://www.acguanacaste.ac.cr)).
- Balick, M.J. & Anderson, A.B. 1986. Dry matter allocation in *Jessenia bataua* (Palmae). *Acta Amazonica*, 16/17: 135.
- Barón, C., Reichel, E., Pinzón, C. & Perafán, C. 1995. Diversidad étnica, cultural y constitución Colombiana de 1991. Legitimidad de las diferencias: realidades, restos y respuestas. In *Derecho, Etnias y Ecología, Tomo 6. Colección documentos de la Misión, Presidencia de la República, Consejería Presidencial para el Desarrollo Institucional*. Bogotá, Colciencias.
- Chavarría, F., Espinoza, R., Guadamuz, A., Perez, D. & Masís, A. 1998. *Species Page de Begonia plebeja (Begoniaceae)*.
- Corporacion Red Pais Rural. 2007 (available at [www.paisrural.org/molino/doce/disfruta.htm](http://www.paisrural.org/molino/doce/disfruta.htm)).
- Correa, F., ed. 1993. *La selva humanizada, ecologica alternativa en el trópico húmedo colombiano*. Santafé de Bogotá, Instituto Colombiano de Antropología e Historia.
- Díaz, J.A. & Avila, L.M. 2002. *Sondeo del mercado mundial de Aceite de Seje (Oenocarpus bataua)*. Bogota, Instituto de Investigación de Recursos Biológicos Alexander von Humboldt. 18 pp. (available at [www1.minambiente.gov.co/viceministerios/ambiente/mercados\\_verdes/INFO%20SECTORIAL/Sondeo%20del%20Mercado%20de%20Seje.pdf](http://www1.minambiente.gov.co/viceministerios/ambiente/mercados_verdes/INFO%20SECTORIAL/Sondeo%20del%20Mercado%20de%20Seje.pdf)).

- Dufour, D.L. 1987. Insects as food: a case study from the Northwest Amazon. *American Anthropologist, New Series*, 89(2): 383–397.
- Dufour, D.L. 1988. The composition of some foods used in Northwest Amazonia. *Interciencia*, 13(2): 85. EcoAldea (available at [www.ecoaldea.com/](http://www.ecoaldea.com/)).
- Escobar, A.C.J. & Zuluaga, P.J.J. 1998. *El Cultivo de Arazá*. Servicio Nacional de Aprendizaje (SENA), Regional Amazonía. Florencia-Caquetá, Corporación Colombiana de Investigaciones Agropecuarias (CORPOICA).
- Edible LTDA. 2007. Ficha Técnica hormigas culonas (available at [www.hormigasculonas.com/ficha.htm](http://www.hormigasculonas.com/ficha.htm)).
- García Franquesa, E. & Sala, J.P. n.d. Llistat de plantes autòctones I els seus usos medicinals (available at [www.bcn.es/museuciencies\\_fitxers/imatges/ImatgeNoticia187.pdf](http://www.bcn.es/museuciencies_fitxers/imatges/ImatgeNoticia187.pdf)).
- García-Barriga, H. 1992. Flora medicinal de Colombia: botánica médica. *Tercer Mundo*, 2: 149.
- ICBF. 2000. *Tabla de composición de alimentos Colombianos*. Bogotá, Instituto Colombiano de Bienestar Familiar.
- IGAC. 1986. Situación y análisis del proceso colonizador en Colombia. *Andálisis Geográfico*, 10. Bogotá, Instituto Geográfico Agustín Codazzi.
- Instituto Nacional de Ecología. n.d. VII. *Tallo-Kuyé o Pistá* (available at [www.ine.gob.mx/ueajei/publicaciones/libros/274/vll.html](http://www.ine.gob.mx/ueajei/publicaciones/libros/274/vll.html)).
- Lescure, J.P., Balslev, H. & Gallegos, R.A. 1987. *Plantas útiles de la Amazonia ecuatoriana: un inventario crítico de los datos disponibles en Quito*. Quito, Office de la Recherché Scientifique et Technique Outre-Mer en la Pontificia Universidad Católica del Ecuador.
- Lozano, J., Cipagauta, M., Gómez, J. & Julesmar, A. 2001. *Descripción, especialización y dinámica de los sistemas de producción agropecuaria en el área intervenida del Departamento del Caquetá*. Florencia, Corpoica.
- Márquez, G. 2003. *Colombia, un país irrepetible*. (CD-ROM) Santafé de Bogotá, Instituto de Estudios Ambientales, Facultad de Ciencias de la Universidad Nacional de Colombia, Departamento de Biología.
- Meijía, G.M. 1993. *Amazonia Colombiana: historia del uso de la tierra*. Bogotá, Ediciones Antropos Ltda. 191 pp.
- PAHO. 1994. *Las condiciones de salud en las américa*s. Vol. 1. Scientific publication No. 549. Washington, DC, Pan-American Health Organization.
- PAHO. 1995. *Development and Strengthening of Traditional Health Systems. Action plan 1995–1998*. Washington, DC, Pan-American Health Organization, Division of Health Systems and Services Development.
- Parra, P.A. 2004. *Plan de desarrollo municipal. Nuestro único compromiso: San José del Fragua 2004–2007*. Government Document.
- Rios, H.A. 1997. *Proceso de germinación, transplante y características del Fruto de la Palma de Milpesos Jessenia Batua*. Cartilla No. 2. Quibdo, Ministerio de Agricultura- Universidad Tecnológica del Choco.
- Ruddle, K. 1973. The human use of insects: examples from Yukpa. *Biotropica*, 5(2): 94–101.
- Sarmiento, I. & Alzate, B. 2004. *Estudio y análisis de la evolución espacial de los procesos de transformación de las selvas naturales en el Piedemonte Amazónico (Sector Parque Nacional Natural Alto Fragua Indiwasi)*. Bogotá, Instituto de Etnobiología.
- Schlüter, R.E. & Hofmann, A. 1987. *Plants of the gods: origins of hallucinogenic use*. New York, Van der Marck Editions.
- Siamazonia. 2007. *Sistema de Información de la Biológica y Ambiental de la Amazonía Peruana* (available at [www.siamazonia.org.pe/archivos/publicaciones/amazonia/libros/44/texto04.htm](http://www.siamazonia.org.pe/archivos/publicaciones/amazonia/libros/44/texto04.htm)).

- UMIYAC. 1999. *Encuentro de taitas en la Amazonia Colombiana*. Unión de Médicos Indígenas de la Amazonía Colombiana. Santafé de Bogotá, Errediciones.
- UNDP. 1996. *Unsatisfied Basic Needs Method. Mapping of Living Conditions in Lebanon*. United Nations Development Programme (available at [www.undp.org.lb/programme/pro-poor/poverty/povertyinlebanon/molc/methodological/C/basicsneed.htm](http://www.undp.org.lb/programme/pro-poor/poverty/povertyinlebanon/molc/methodological/C/basicsneed.htm)).
- UNEP. 1972. *Stockholm Declaration, 1972*. United Nations Environment Programme (available at [www.unep.org/Documents.Multilingual/Default.asp?DocumentID=97&ArticleID=1503](http://www.unep.org/Documents.Multilingual/Default.asp?DocumentID=97&ArticleID=1503)).
- UNICEF-Colombia. 2007. *Nutrición infantil y micronutrientes* (available at [www.unicef.org/colombia/05-nut.htm](http://www.unicef.org/colombia/05-nut.htm)).
- United Nations. 2002. *Report of the World Summit on Sustainable Development*. Johannesburg, South Africa, 26 August–4 September.
- Urrea, F. & Barreras, R. 1989. *Remedios botánicos y modelo etnomédico en el curanderismo ingano-kamsá. Curandismo*. Serie Memorias de Eventos Científicos. Bogotá. 1: 235–274.
- WHO Commission on Health and Environment. 1992. *Our Planet, Our Health*. Geneva, WHO.
- Wilson, D.J. 1999. *Indigenous South Americans of the Past and Present: An Ecological Perspective*. Boulder, Westview Press.
- Zuluaga, G. 1998. Por la diversidad biológica y cultural del piedemonte Amazónico Colombiano: programa de recuperación cultural, desarrollo sostenible y conservación de la biodiversidad, indígenas Inganos, piedemonte Amazónico Colombiano. Santafé de Bogotá, Amazon Conservation Team.

## Chapter 6 | Pohnpei

- Abbott, D. 2004. *Asian Development Bank Pacific Department: The Federated States of Micronesia hardship and poverty status discussion paper*. 30 January 2004. Presented at the FSM Participatory Assessment on Poverty and Hardship Workshop, 19 January 2004, Kolonia, Pohnpei, FSM.
- Adam, I.E., Balick, M.J. & Lee, R.A. 2003. *Useful plants of Pohnpei: A literature survey and database*. New York, Institute of Economic Botany, New York Botanical Garden.
- Ashby, G. 1993. *A guide to Pohnpei: An island argosy*. Eugene, Rainy Day Press.
- American Diabetic Association. 2003. Report of the Expert Committee on the Diagnosis and Classification of Diabetes Mellitus. *Diabetes Care*. 26: S5–S20.
- Auerbach, S. 1994. *Report of Pohnpei child health survey. Findings presented to the Federated States of Micronesia and Pohnpei State Department of Health Services*. US Public Health Service and FSM Department of Health Services. Palikir, Pohnpei, FSM National Government.
- Bascom, W.R. 1965. *A Pacific economy in transition*. Vol. 22. Berkeley, University of California Press.
- CIA. 2006. *The world fact book* (available at [www.cia.gov/cia/publications/factbook/index.html](http://www.cia.gov/cia/publications/factbook/index.html)).
- Coglan, A. 2004. Orange banana to boost kids' eyes. *New Scientist* (available at [www.newscientist.com/article.ns?id=dn6120](http://www.newscientist.com/article.ns?id=dn6120)).
- Corsi, A. 2004. *An exploratory study of the nutritional beliefs and practices in Pohnpei, Federated States of Micronesia*. Emory University, Atlanta. (MA thesis)
- Coyne, T. 2000. *Lifestyle diseases in Pacific communities*. Noumea, New Caledonia, Secretariat of the Pacific Community.
- Damas, D. 1994. *Bountiful island: A study of land tenure on a Micronesian atoll*. Waterloo, Wilfred Laurier University Press.

- Drew, W.M., Alavalapati, J.R.R. & Nair, P.K.R. 2004. Determining agroforestry profitability using the policy analysis matrix: a case study from Pohnpei, Federated States of Micronesia. In J.R.R. Alavalapati & D.E. Mercer, eds. *Valuing agroforestry systems*, pp. 59–78. Netherlands, Kluwer Academic Publishers.
- Elymore, J., Elymore, A., Badcock, J., Bach, F. & Terrell-Perica, S. 1989. *The 1987/88 national nutrition survey of the Federated States of Micronesia. Technical report prepared for the Government and Department of Human Resources of the FSM*. Noumea, New Caledonia, South Pacific Commission.
- Englberger, L. 2003. *A community and laboratory-based assessment of the natural food sources of vitamin A in the Federated States of Micronesia*. University of Queensland, Brisbane. (Ph.D. thesis)
- Englberger, L., Marks, G.C. & Fitzgerald, M.H. 2003. Insights on food and nutrition in the Federated States of Micronesia: a review of the literature. *Public Health Nutrition*, 6(1): 5–17.
- Englberger, L., Schierle, J., Marks, G.C. & Fitzgerald, M.H. 2003b. Micronesian banana, taro, and other foods: newly recognized sources of provitamin A and other carotenoids. *Journal of Food Composition and Analysis*, 16(1): 3–19.
- Englberger, L., Aalbersberg, W., Ravi, P., Bonnin, E., Marks, G.C., Fitzgerald, M.H. & Elymore, J. 2003c. Further analyses on Micronesian banana, taro, breadfruit and other foods for provitamin A carotenoids and minerals. *Journal of Food Composition and Analysis*, 16(2): 219–236.
- Englberger, L., Aalbersberg, W., Fitzgerald, M.H., Marks, G.C. & Chand, K. 2003d. Provitamin A carotenoid content and cultivar differences in edible pandanus fruit. *Journal of Food Composition and Analysis*, 16(2): 237–247.
- Englberger, L., Levendusky, A., Albert, K., Johnson, E. & Paul, Y. 2004. *Report on the second visit to the Mwoakilloa Atoll, Pohnpei, Federated States of Micronesia. October 30–November 7, 2004. An Island Food Community of Pohnpei project in conjunction with Pohnpei Agriculture of the Office of Economic Affairs and Pohnpei State Department of Health*. Kolonia, Pohnpei, IFCP.
- Englberger, L., Lorens, A., Asher, M., Levendusky, A., Gilmete, M., Albert, K. & Silbanuz, S. 2005a. *Preliminary report on Pohnpei giant swamp taro documentation project: August 2003–February 2005. An Island Food Community of Pohnpei project in conjunction with Pohnpei Agriculture of the Office of Economic Affairs*. Kolonia, Pohnpei, IFCP.
- Englberger, L., Marks, G.C., Fitzgerald, M.H. & Lippwe, K. 2005b. Food composition data from the Federated States of Micronesia. *Micronesica*, 37(2): 1–19.
- Englberger, L., Marks, G.C., Fitzgerald, M.H. & Timothy, J. 2005c. Vitamin A intake and factors influencing it amongst children and caretakers in Kosrae, Micronesia. *Ecology of Food and Nutrition*, 44(4): 307–338.
- Englberger, L., Albert, K., Levendusky, A., Paul, Y., Hagilmai, W., Gallen, M., Nelber, D., Alik, A., Shaeffer, S. & Yanagisaki, M. 2005d. *Documentation of the traditional food system of Pohnpei: A project of the Island Food Community of Pohnpei, Community of Mand, and Centre for Indigenous Peoples' Nutrition and Environment*. Kolonia, Pohnpei, IFCP.
- Englberger, L., Schierle, J., Aalbersberg, W., Hofmann, P., Humphries, J., Huang, A., Lorens, A., Levendusky, A., Daniells, J., Marks, G.C. & Fitzgerald, M.H. 2006. Carotenoid and vitamin content of Karat and other Micronesian banana cultivars. *International Journal of Food Science and Nutrition*, 57: 399–418.
- FAO. 2004. *The Pacific Islands food composition tables*, 2nd edn, by Dignan, C, Burlingame, B., Kumar, S. and Aalbersberg, W. Rome, FAO.
- FAO/WHO/UNU. 1985. *Energy and protein requirements*. Report of a Joint FAO/WHO/UNU Expert Consultation. Technical Report Series No. 724. Geneva, WHO.

- FSM. 2002. *2000 Population and housing census report: National census report*. Federated States of Micronesia, Department of Economic Affairs. Palikir, Pohnpei, FSM National Government.
- FSM National Government, Pacific Island Network.** n.d.a. *Commercial fishes of the Federated States of Micronesia: Yap, Chuuk, Pohnpei, Kosrae: Reef Fishes (nets, spear, hook & line, and traps)*. Production of this poster was funded by the FSM and the Pacific Island Network. For additional information, contact: Department of Resources and Development, FSM National Government.
- FSM National Government, Pacific Island Network** n.d.b. *Commercial fishes of the Federated States of Micronesia: Yap, Chuuk, Pohnpei, Kosrae: Oceanic Fishes (trolling)*. Production of this poster was funded by the FSM and the Pacific Island Network. For additional information, contact: Department of Resources and Development, FSM National Government.
- Hezel, F.X.** 2001. *The new shape of old island cultures: a half century of social change in Micronesia*. Honolulu, University of Hawaii Press.
- Hezel, F.X.** 2004. Health in Micronesia over the years. *Micronesian Counselor*, 53: 2–15.
- Hezel, F.X.** 2006. *Is that the best you can do? A tale of two Micronesian economies*. Honolulu, EastWest Center.
- INMU.** 2003. *Draft – A report on traditional food systems of a Karen community in Thailand: A preliminary study*. Salaya, Institute of Nutrition of Mahidol University.
- IVACG.** 2002. *IVACG Statement: The Annecy Accords to Assess and Control Vitamin A Deficiency: Summary of Recommendations and Clarifications*. International Vitamin A Consultative Group. Washington DC, ILSI Research Foundation.
- Kobayashi, Y.** 1994. *Micronesian seafood*. Tokyo, Tokai University Press.
- Kuhnlein, H.V.** 2004. Karat, pulque and gac: three shining stars in the traditional food galaxy. *Nutrition Reviews*, 62(11): 439–442.
- Kuhnlein, H.V., Smitasiri, S., Yesudas, S., Bhattacharjee, L., Dan, L. & Ahmed S.** 2006. *Documenting Traditional Food Systems of Indigenous Peoples: International Case Studies. Guidelines for Procedures*. In collaboration with Sirisai, S., Puwastien, P., Daoratanahong, L., Dhanamitta, S., Zhai, F., Satheesh, P.V., Kothari, G. & Akhter, F. (available at [www.mcgill.ca/cine/research/global](http://www.mcgill.ca/cine/research/global)).
- Kuhnlein, H.V., Johns, T.A., Spigelski, D.L. & Erasmus, B.** 2005. Indigenous Peoples' food systems and health. In: *Report prepared for the 32nd session of the Standing Committee on Nutrition (SCN) of the United Nations System*, 14–18 March, 2005.
- Masuda, H., Amaoka, K., Araga, C., Uyeno, T. & Yoshino, T.** n.d. *The fishes of the Japanese Archipelago*. Tokyo, Tokai University Press.
- Merlin, M., Jano, D., Raynor, W., Keene, T., Juvik, J. & Sebastian, B.** 1992. *Tuhke en Pohnpei: Plants of Pohnpei*. Honolulu, EastWest Center.
- Ministry of Fisheries, Government of Tonga.** 1997. *Molluscs of Tonga: Fingota 'o Tonga Poster*. Prepress by Vava'u Press Ltd, Nuku'alofa, Tonga and printed by Focus, Auckland, New Zealand.
- Murai, M., Pen, F. & Miller, C.D.** 1958. *Some tropical South Pacific Island foods. Description, history, use, composition, and nutritive value*. Honolulu, University of Hawaii Press.
- Okamoto, K.** 1988a. *Okinawa Kaichu Seibutsu Zukan 4*. Okinawa, Shinsei Tosho Publishers.
- Okamoto, K.** 1988b. *Okinawa Kaichu Seibutsu Zukan 5*. Okinawa, Shinsei Tosho Publishers.
- Pohnpei STEPS.** 2002. *Preliminary data of the Pohnpei Department of Health and FSM Department of Health, Education, and Social Affairs: WHO STEPwise Approach to NCD Surveillance*. Presented at the FSM Health Symposium, January 26–27, 2006, Kolonia, Pohnpei, FSM.
- Pollock, N.J.** 1992. *These roots remain: Food habits in islands of the Central and Eastern Pacific since western contact*. Laie, Hawaii, The Institute for Polynesian Studies.

- Radford, T. 2004. The Karat: a banana that's pure gold as food. *The Guard*. Thursday 8 July, 2004, p.7.
- Ragone, D., Lorence, D.H. & Flynn, T. 2001. History of plant introductions to Pohnpei, Micronesia and the role of the Pohnpei Agriculture Station. *Economic Botany*, 55(2): 290–325.
- Ram, J. 1994. Tropical perennial vegetable leaflet Nos 1–11. *Pacific Islands Farm Manual*.
- Raynor, B. 1991. *Agroforestry systems in Pohnpei - Practices and strategies for development*. Pohnpei, Federated States of Micronesia: RAS/86/036 Field Document 4. FAO/UNDP South Pacific Forestry Development Programme.
- Rehg, K.L. & Sohl, D.G. 1979. *Ponapean English dictionary*. Honolulu, University of Hawaii Press.
- Richard, D.E. 1957. *United States Naval Administration of the Trust Territory of the Pacific Islands. Volume III. The trusteeship period 1947–1951*. Washington DC, Office of the Chief of Naval Operations.
- Sacks, O. 1996. *The island of the colorblind*. New York, Vintage Books.
- Sasuke, N. 1953. Bread-fruit, yams and taro of Ponape Island. In: *Proceedings of the Seventh Pacific Science Congress of the Pacific Science Association*, pp.159–170. Wellington, Pacific Science Association.
- Shaeffer, S. 2006. *Assessment of the agroforestry system under changing diet and economy on Pohnpei*, Federated States of Micronesia. Emory University, Atlanta. (MA thesis)
- Shovic, A.C. & Whistler, W.A. 2001. Food sources of provitamin A and vitamin C in the American Pacific. *Tropical Science*, 41(4): 199–202.
- Secretariat of the Pacific Community. 1992. *South Pacific foods leaflets*. Noumea Cedex, New Caledonia, South Pacific Commission.
- St John, H. 1948. Report on the flora of Pingelap Atoll, Caroline Islands, Micronesia, and observations on the vocabulary of the native inhabitants: Pacific plant studies 7. *Pacific Science*, 2: 96–113.
- Takashi, O. 1994. *Yama-kei field book 8. Umibe No Ikimono*. Tokyo, Yama-kei Publishers Co. Ltd.
- Thurnham, D.I., McGabe, G.P., Northrop-lewes, C.A. & Nestel, P. 2003. Effects of sub-clinical infection on plasma retinol concentration and assessment of prevalence of vitamin A deficiency: meta-analysis. *Lancet*, 362: 2052–2058.
- US Fish and Wildlife Services, FSM Department of Natural Resources (DNR). 1983a. *Forest and land birds of the Federated States of Micronesia (poster)*. Honolulu, US Fish and Wildlife Services.
- US Fish and Wildlife Services, FSM Department of Natural Resources (DNR). 1983b. *Seabirds, shorebirds, and waterbirds of the Federated States of Micronesia (poster)*. Honolulu, US Fish and Wildlife Services.
- WHO. 1997. *Obesity: Preventing and managing the global epidemic. Report of a WHO consultation on obesity*, Geneva, 35 June 1997. Geneva, WHO.
- WHO. 1995. *Physical status: The use and interpretation of anthropometry. Report of a WHO expert committee*. WHO technical report series 854. Geneva, WHO.
- WHO/FAO. 2002. *Human vitamin and mineral requirements. Report of a joint FAO/WHO expert consultation*, Bangkok, FAO and Rome, WHO.
- Yamamura, C., Sullivan, K.M., van der Haar, F., Auerbach, S. B. & Iohp, K.K. 2004. Risk factors for vitamin A deficiency among pre-school aged children in Pohnpei, Federated States of Micronesia. *Journal of Tropical Pediatrics*, 50(1): 16–19.

## Chapter 7 | Ainu

Ainu Culture Preservation Research Committee. 2005. *Ainu Culture Environment Preservation Research: Interim Report*. Biratori, Biratori Township.

- Biratori Town. 1974. *Biratori Choushi (Biratori Town History)*. Biratori, Biratori Township.
- Biratori Town. 1999. *Biratori 100th*. Biratori, Biratori Township.
- Iwasaki-Goodman, M., Ishii, S., Iwano, H., Kaizawa, M. & Inoue, H. 2005. Applied research on the Ainu traditional food system in the Saru River Region (1). *Annual Bulletin of the New Humanities*, 2: 118–179.
- Iwasaki-Goodman, M., Kaizawa, T., Ishii, S. & Kaizawa, M. 2006. Applied research on the Ainu traditional food system in the Saru River Region (2). *Annual Bulletin of the New Humanities*, 3: 112–161.
- Kuhnlein, H.V., Smitasiri, S., Yesudas, S., Bhattacharjee, L., Dan, L. & Ahmed S. 2006. *Documenting Traditional Food Systems of Indigenous Peoples: International Case Studies. Guidelines for Procedures*. In collaboration with Sirisai, S., Puwastien, P., Daoratanahong, L., Dhanamitta, S., Zhai, F., Satheesh, P.V., Kothari, G. & Akhter, F. (available at [www.mcgill.ca/cine/research/global](http://www.mcgill.ca/cine/research/global)).

## Chapter 8 | Karen

- ACC/SCN. 2000. Ending malnutrition by 2020: An agenda for change in the millennium, final report to the ACC/SCN by the Commission on the Nutrition Challenges of the 21st century. *Food and Nutrition Bulletin*, 2(3 Suppl): 1–88.
- Blum L., Pelto, P.J., Pelto, G.H. & Kuhnlein, H.V. 1997. *Community assessment of natural food sources of vitamin A: Guidelines for an ethnographic protocol*. Boston, International Nutrition Foundation for Developing Countries. 139 pp.
- Burlingame, B.A. 1996. *INFOODS TAGNAMES: Update, prepared for ASEANFOODS Food Composition Workshop, March 1996*. Palmerston North, New Zealand Institute for Crop and Food Research.
- Changbumrung, S. ed. 2003. *Dietary reference intake for Thais 2003*. Bangkok, Express Transportation Organization Printing Press. 347 pp.
- Craib, W.G. & Kerr, A.F.G. 1951a. Flora siamensis enumeratio. *The Journal of Siam Society*, 3(1): 89–100.
- Craib, W.G. & Kerr, A.F.G. 1951b. Flora siamensis enumeratio. *The Journal of Siam Society*, 3(2): 1–35.
- Coordinating Office-ASEANFOODS. 1996. *Report of the ASEANFOODS workshop: Creation of the first ASEANFOODS food composition database. March 10–15, 1996*. Bangkok, Institute of Nutrition, Mahidol University.
- Food and Drug Administration of Thailand, Food Control Division. 1998. *Nutrition Labelling No. 182 / 2541 (1998)*. Notification of the Ministry of Public Health (available at [www.qmaker.com/fda/new/web\\_cms/subcol.php?SubCol\\_ID = 77&Col\\_ID = 14](http://www.qmaker.com/fda/new/web_cms/subcol.php?SubCol_ID = 77&Col_ID = 14)).
- Gibson, R.S. 1990. *Principles of Nutritional Assessment*. New York, Oxford University Press. 691 pp.
- Health Department-Nutrition Division. 1987. *Nutritive values of Thai foods in 100 g edible portions*. Bangkok, Ministry of Public Health, War Veterans. 48 pp.
- Health Department-Nutrition Division. 1992. *Nutritive values of Thai foods*. Bangkok, Ministry of Public Health, War Veterans. 97 pp.
- INMU. (Institute of Nutrition, Mahidol University) 2005. *Food composition database ND3.2 for INMUCAL program*. Salaya, Institute of Nutrition, Mahidol University.
- Kuhnlein, H.V. & Pelto, G.H. eds. 1997. *Culture, environment, and food to prevent vitamin A deficiency*. Boston, International Nutrition Foundation for Developing Countries. 205 pp.

- Kuhnlein, H.V. & Receveur O. 1996. Dietary change and traditional food systems of Indigenous Peoples. *Annual Review of Nutrition*, 16: 417–442.
- Kuhnlein, H.V., Smitasiri, S., Yesudas, S., Bhattacharjee, L., Dan, L. & Ahmed S. 2006. *Documenting Traditional Food Systems of Indigenous Peoples: International Case Studies. Guidelines for Procedures*. In collaboration with Sirisai, S., Puwastien, P., Daoratanahong, L., Dhanamitta, S., Zhai, F., Satheesh, P.V., Kothari, G. & Akhter, F. (available at [www.mcgill.ca/cine/research/global](http://www.mcgill.ca/cine/research/global)).
- Puwastien, P., Roroengwichit, M., Sungpuag, P. & Judprasong, K. 1999. *Thai food composition tables*. Bangkok, Institute of Nutrition, Mahidol University. 150 pp.
- Puwastien, P., Burlingame, B., Raroengwichit, M. & Sungpuag, P. 2000. *ASEAN food composition tables*. Bangkok, Paluk Tai Co., Ltd. 157 pp.
- Rural Development Information Center. 2004. *The provincial report of basic minimum needs data*. Thailand. (in Thailand, available at [www.cdd.go.th/bmn/bmn471/](http://www.cdd.go.th/bmn/bmn471/)).
- Smitasiri, S. 2005. *Process and methods towards the improvement of health and nutritional well being of indigenous children and their care providers in Sanephong Community, Thailand: application to micronutrient and traditional food promotion programs*. Salaya, Institute of Nutrition, Mahidol University. Unpublished report.
- Yoddumnern-Attig, B., Sirirassmee, B. & Boonchalaksri, W. eds. 1998. *Qualitative research methods: The field techniques*. Salaya, Institute of Population and Social Research, Mahidol University. 445 pp.

## Chapter 9 | Dalit

- Annamalai, M. 2002. *Dalit right and issues* (available at: [www.indiatogether.org/dalit/dalit.htm](http://www.indiatogether.org/dalit/dalit.htm)).
- AOAC. 1984. *Official methods of analysis, 14th edition*. Washington, DC, Association of Official Analytical Chemists. 1141 pp.
- Association of Vitamin Chemists. 1966. *Methods of vitamin assay, 3rd edition*. New York, Interscience Publishers. 424 pp.
- Chief Planning Officer. 1995. *Handbook of Mandal Statistics from 1991 to 1994 Medak district*. Medak district, Chief Planning Officer.
- IIPS & ORC Macro. 2000. *National Family Health Survey (NFHS-2), 1998–99: Nutrition and the Prevalence of Anaemia*. pp. 241–277. Mumbai, International Institute for Population Sciences.
- Jagota, S.K. & Dani, H.M. 1982. A new colorimetric technique for the estimation of vitamin C using Folin phenol reagent. *Analytical Biochemistry*, 127(1): 178–182.
- Kuhnlein, H.V., Smitasiri, S., Yesudas, S., Bhattacharjee, L., Dan, L. & Ahmed S. 2006. *Documenting Traditional Food Systems of Indigenous Peoples: International Case Studies. Guidelines for Procedures*. In collaboration with Sirisai, S., Puwastien, P., Daoratanahong, L., Dhanamitta, S., Zhai, F., Satheesh, P.V., Kothari, G. & Akhter, F. (available at [www.mcgill.ca/cine/research/global](http://www.mcgill.ca/cine/research/global)).
- NNMB. 2002. *Diet and nutritional status of rural population*. Technical report no. 21 of the National Nutrition Monitoring Bureau. Hyderabad, National Institute of Nutrition, Indian Council of Medical Research.
- Nelis, H.J.C.F. & De Leenheer, A.P. 1983. Isocratic nonaqueous reversed-phase liquid chromatography of carotenoids. *Analytical Chemistry*, 55(2): 270–275.
- Registrar General & Census Commissioner. 1991. *Census of India* (available at [www.censusindia.net](http://www.censusindia.net)).

- Schmid, M.A. 2005. *Traditional food consumption and nutritional status of Dalit mothers and young children in rural Andhra Pradesh*. McGill University, Montreal. (Ph.D. thesis)
- Schmid, M.A., Egeland, G.M., Salomeyesudas, B., Satheesh, P.V. & Kuhnlein, H.V. 2006. Traditional food consumption and nutritional status of Dalit mothers in rural Andhra Pradesh, South India. *European Journal of Clinical Nutrition*, 60(11): 1277–1283.
- Schmid, M.A., Salomeyesudas, B., Satheesh, P.V., Hanley J. & Kuhnlein, H.V. 2007. Traditional food is a major source of energy, protein, iron, vitamin C and vitamin A for rural Dalit mothers and young children in Andhra Pradesh, South India. *Asia Pacific Journal of Clinical Nutrition*, 16(1): 84–93.
- Seenarine, M. 1996. *Dalit women: victims or beneficiaries of affirmative action policies in India – a case study*. Saxakali Publications (available at [www.saxakali.com/Saxakali-Publications/dalit1.htm](http://www.saxakali.com/Saxakali-Publications/dalit1.htm)).
- Zakaria, M., Simpson, K., Brown, P.R. & Krstulovic, A. 1979. Use of reversed-phase high-performance liquid chromatography analysis for the determination of provitamin A carotenes in tomatoes. *Journal of Chromatography*, 176(1): 109–117.

## Chapter 10 | Bhil

- Bhattacharjee, L., Kothari, G., Ramaswamy, V., Kuhnlein, H.V. & Nandi, B.K. 2002. *Traditional food patterns and dietary intake of Bhil tribes in the Dang district of Gujarat, Western India*. Presented at the FAO Proceedings of the International Scientific Symposium on Measurement and Assessment of Food Deprivation and Undernutrition, 26–28 June 2002. Rome. pp. 259–260.
- Bhattacharjee L., Priya, V., Kothari, G., Nandi, B.K. & Kuhnlein, H.V. 2006. *The Bhil Food Directory*, Dang District, Gujarat (draft in progress).
- Gopalan, C., Rama Sastri, B.V. & Balasubramanian, S.C. 2002. *Nutritive Value of Indian Foods*. Hyderabad, National Institute of Nutrition, Indian Council of Medical Research.
- Hamill, P.V., Drizd, T.A., Johnson, C.L., Reed, R.B. & Roche, A.F. 1977. NCHS growth curves for children birth–18 years. *Vital and Health Statistics* series 11(165): 1–74.
- Krishnaswamy, K., Vijayaraghavan, K., Sastry, J.G., Rao, D.H., Brahmam, G.N.V., Radhiah, G., Kashinath, K. & Rao, M.V. 1997. *Twenty-five Years of National Nutrition Monitoring Bureau, 1972–1997*. Hyderabad, National Institute of Nutrition, Indian Council of Medical Research.
- Kuhnlein, H.V. & Pelto, G.H. 1997. Understanding vitamin A deficiency in the community. In H.V. Kuhnlein & G.H. Pelto, eds. *Culture, Environment and Food to Prevent Vitamin A Deficiency*, pp. 175–184. Boston, International Foundation for Developing Countries.
- Kuhnlein, H.V. 2000. Finding food sources of vitamin A and provitamin A. *Food and Nutrition Bulletin*, 21(2): 130–134.
- Kuhnlein, H.V. 2003. Micronutrient nutrition and traditional food systems of Indigenous Peoples. *Food, Nutrition and Agriculture*, 32: 33–39.
- Laxmaiah, A., Mallikharjuna Rao, K., Hari Kumar, R., Ariappa, N., Venkaiah, K. & Brahmam, G.N.V. 2007. Diet and Nutritional Status of Tribal Population in ITDA Project Areas of Khammam District, Andhra Pradesh. *Journal of Human Ecology*, 21(2): 79–86.
- National Institute of Nutrition. 2000. *Health and Nutritional Status of Tribal Populations: Report of the First Repeat Survey*. Hyderabad, National Institute of Nutrition, Indian Council of Medical Research.
- National Nutrition Monitoring Bureau. 2000. *Diet and Nutritional Status of Tribal Population*. NNMB Technical Report No. 19. Hyderabad, National Institute of Nutrition, Indian Council of Medical Research.

- National Nutrition Monitoring Bureau. 2003. *Prevalence of Micronutrient Deficiencies*. NNMB Technical Report No. 22. Hyderabad, National Institute of Nutrition, Indian Council of Medical Research.
- Reddy, V. 1997. *Dietary assessment methodologies relevant to the development of food based interventions*, pp. 27–31. Bangkok, FAO Regional Office for Asia and the Pacific.

## Chapter 11 | Maasai

- CBS. 2001. *1999 Population and housing census. Volume 1. Population Distribution by Administrative Areas and Urban Centres*. Nairobi, Central Bureau of Statistics, Ministry of Planning and National Development.
- Foley, J.A. & Otterby, D.E. 1978. Availability, storage, treatment, composition and feeding value of surplus colostrum: a review. *Journal of Dairy Science*, 61: 1033–1060.
- Government of Kenya & UNICEF. 1999. *Anaemia and status of iron, vitamin A and zinc in Kenya. A report of the national micronutrient survey*. Nairobi, Government of Kenya.
- Johns, T., Nagarajan, M., Parkipuny, M.L. & Jones, P.J.H. 2000. Maasai gummivory: implications for paleolithic diets and contemporary health. *Current Anthropology*, 41(3): 453–459.
- Maundu, P.M., Ngungi, G.W. & Kabuye, C.H.S. 1999. *Traditional food plants of Kenya*. Nairobi, Kenya Resource Centre for Indigenous Knowledge (KENRIK), National Museums of Kenya.
- MPIDO. 2004. *Health and nutrition survey on children between 6-59 months of age. A survey of Kajiado District*. Nairobi, MPIDO.
- MPIDO. 2005. *MPIDO: Three year strategic plan (2005–2008)*. Nairobi, MPIDO.
- Nestel, P.S. 1989. Food intake and growth in the Maasai. *Ecology of Food and Nutrition*, 23: 17–30.
- Sehmi, J.K. 1993. *National food and composition tables and planning of satisfactory diets in Kenya*. Nairobi, Ministry of Health/National Public Health Laboratory Services.
- Shore, K. 1998. *Tapping indigenous knowledge: Antioxidants diet of the Maasai*. (available at [web.idrc.ca/en/ev-5545-201-1-DO\\_TOPIC.html](http://web.idrc.ca/en/ev-5545-201-1-DO_TOPIC.html)).
- World Vision Kenya. 2004. *Evaluation of Loodariak area development program*. Nairobi, World Vision Kenya.

## Chapter 12 | Igbo

- AOAC. 1995. *Official methods of analysis*. Washington, DC, AOAC.
- Blum, L., Pelto, P., Pelto, G. & Kuhnlein, H.V. 1997. *Community assessment of natural food sources of vitamin A – Guidelines for an ethnographic protocol*. Boston, International Nutrition Foundation for Developing Countries and Ottawa, International Development Research Centre (also available at [www.unu.edu/Unupress/food2/UIN02E/uin02e00.htm](http://www.unu.edu/Unupress/food2/UIN02E/uin02e00.htm)).
- Edijala, K. 1980. Effects of processing on the thiamin, riboflavin and protein contents of cowpeas (*Vigna unguiculata*), 1. Alkali (potash) treatment. *Journal of Food Technology*, 15: 445–453.
- Egbuta, J.O. & Hettiaratchy, N. 1996. Nigeria advances toward IDD elimination. *IDD Newsletter*, 12(4): 29.
- Ezueh, M.I. 1984. African Yam bean as a crop in Nigeria. *World Crops*, Nov/Dec: 1–99.
- Federal Government of Nigeria (FGN)/UNICEF. 1994. *The nutritional status of women and children in Nigeria*. Abuja, National Planning Commission.

- FGN & United Nations Children's Fund.** 1993. *Participatory information collection (PICS) study: nutritional status of women and children in Nigeria*. Abuja, Federal Government of Nigeria.
- FOS.** 2000. *Annual abstract of statistics*. Abuja, Federal Office of Statistics.
- FOS/UNICEF.** 2000. *Multiple indicators cluster survey*. Lagos, Federal Office of Statistics/UNICEF.
- FAO.** 1968. *Food Composition Table for Use in Africa*, by Wu Leung, W.T. FAO, Rome, FAO. 306 pp.
- FAO/WHO.** 1988. *Requirements of vitamin A, iron, folate and vitamin B<sub>12</sub>. Report of a Joint FAO/WHO Expert Consultation*. FAO Food and Nutrition Series No. 23. Rome, FAO.
- FAO/WHO/UNU.** 1985. *Energy and protein requirements*. Technical Report Series No. 724. Geneva, WHO.
- FAO.** 1989. *Utilization of tropical foods: roots and tubers*, by J. Redhead. FAO Food and Nutrition Paper No. 47(2). Rome, FAO.
- Ihekoronye, A.I. & Ngoddy, P.O.** 1985. *Integrated food science and technology for the tropics*. Hong Kong, Macmillian Publishers Ltd.
- King, J., Nnayelugo, D.O., Ene-Obong, H. N. & Ngoddy P.O.** 1984. Market index and dietary patterns of low income households with special reference to cowpea (*Vigna unguiculata*). *Nigerian Journal of Nutritional Sciences*, 5(1): 53–58.
- Köppen, W.** 1940. Handbuch der Klimatologie 1933–1939. *Monthly Weather Review*, 68(1).
- Lohman, T.G., Roche, A.F. & Martorell, R.** 1988. *Anthropometric standardization reference manual*. Champaign, Human Kinetic Publishers Inc.
- Lumley, L.D. & Wiggins, R.A.** 1981. Determination of riboflavin and flavin mononucleotide in foodstuffs using high performance liquid chromatography and a column-enrichment technique. *Analyst*, 106: 1103–1108.
- Madukwe, E. & Ene-Obong, H.N.** 2006. Adequacy of micronutrient content of South Eastern Nigerian meals in meeting the nutritional needs of the vulnerable groups. *Agro-Science: Journal of Tropical Agriculture, Food, Environment and Extension*, 3(3): 37–44.
- Maziya-Dixon, B., Akinyele, I.O., Oguntona, E.B., Nokoe, S., Sanusi, R.A. & Harris, E.** 2004. *Nigeria food consumption and nutrition survey, 2001–2003*. Ibadan, IITA.
- Monanu, P.C.** 1975. Temperature and sunshine. In G.E.K. Ofomata, ed. *Nigeria in maps: eastern states*. pp. 16–18. Benin City, Ethiope Publishing House.
- NCHS.** 1976. *Growth Curves for Children (birth–18 years)*. Hyattsville, Maryland, National Centre for Health Statistics.
- NPC.** 1992. *Nigeria Population Census 1991*. National Population Commission. *Census News*, 3(1).
- NPC & ORC Macro.** 2004. *Nigeria Demographic and Health Survey 2003*. Calverton, National Population Commission and ORC Macro.
- NPC & UNICEF.** 2001. *Children's and women's rights in Nigeria: a wake-up call. Situation assessment and analysis 2001*. Abuja, National Population Commission and UNICEF.
- Ndiokwu, N. I.** 1998. *Search for greener pastures: Igbo and Africa experience*. Kearney, Morris Publishing.
- Nnayelugo, D.O., King J., Ene-Obong, H.N. & Ngoddy, P.O.** 1984. Seasonal variations and the contribution of cowpea (*Vigna unguiculata*) and other legumes to nutrient intakes in Anambra State, Nigeria. *Ecology of Food and Nutrition*, 17: 271–287.
- Ofomata, G.E.K.** 1975. Landforms regions. In G.E.K. Ofomata, ed. *Nigeria in maps: eastern states*. pp. 33–34, Benin City, Ethiope Publishing House.

- Okeke, E.C. & Eze, C. 2006. Traditional processing and nutrient cost of Igbo traditional vendor foods and recipes commonly eaten in Nsukka, Enugu State. *Agro-Science: Journal of Tropical Agriculture, Food, Environment and Extension*. 5(1): 36–44.
- Okeke, E.C. & Nnanyelugo, D.O. 1989. Intrafamilial distribution of food and nutrients in a rural Nigerian population. *Ecology of Food and Nutrition*, 23: 109–123.
- Okeke, E.C., Eneobong, H.N., Uzuegbunam, A.O., Ozioko, A.O., Umeh, S.I. & Kuhnlein, H.V. 2009. Nutrient composition of traditional foods and their contribution to energy and nutrient intakes of children and women in rural households in Igbo culture area. *Pakistan Journal of Nutrition*, 8(4): 304–312.
- Onwuejeogwu, M.A. 1981. *An Igbo civilization: Nri Kingdom and hegemony*. London, Ethnographica.
- Opportunities for Micronutrient Interventions (OMNI). 1993. In Atinmo, T. ed. *National Micronutrient Survey, Nigeria 1993*. Washington, DC, OMNI University of Ibadan and USAID.
- Pearson, D. 1976. *Chemical Analysis of Foods*. 7th edn. New York, Churchill Livingstone Publishers.
- Platt, B.S. 1975. *Tables of representative values of foods commonly used in tropical countries*. London, Her Majesty's Stationery Office.
- Uchendu, V.C. 1965. *The Igbo of south eastern Nigeria*. New York, Holt Rinehart and Winston Inc.
- WHO. 1987. Global Nutritional Status. Anthropometric Indicators. Doc. NUT/ANTREF/3/87. Also in: Nutrition, Global Surveillance. The Weekly Epidemiological Record, No. 812. Geneva, WHO ●