



# CSID Traditional Foods Guide NORTHERN ALASKA

Symptoms of Congenital Sucrase-Isomaltase Deficiency (CSID) can be managed through diet by avoiding or limiting sucrose (table sugar) and starch intake. One person with CSID may be able to tolerate different foods than another person with CSID. It is important to determine food tolerances to minimize symptoms and ensure good nutrition.

A traditional Alaska Native diet is usually well tolerated. It is naturally low in sucrose and starch, and high in healthy fats and proteins. Most wild game, seafood, fish, birds, and marine mammals are tolerated. Most Alaskan plants, seaweed, and berries are tolerated. Some common examples are found below.

Meat/Protein		
USUALLY TOLERATED		LEAST TOLERATED
Caribou	Salmon	<b>Clams</b>  <b>Some considerations:</b> Traditional meat, fish and seafood that is breaded or prepared with seasonings, sauces, or ingredients that contain sucrose and/or starch may cause symptoms of CSID.  Organ meats, herring eggs and salmon eggs contain some starch and may not be tolerated, especially in large amounts.
Cod	Seal	
Crab	Sheefish	
Duck	Smelt	
Eggs (bird)	Walrus	
Goose	Whale	
Moose	Whitefish	
Ptarmigan*		
*indicates sucrose and starch content has not been analyzed, but is likely tolerated based off sucrose and starch content of similar foods		



## Fruits, Plants and Vegetables

USUALLY TOLERATED		LEAST TOLERATED
Beach greens*	Fireweed (leaves)	Akutaq (Eskimo ice cream) if made with sugar Masru/Eskimo potato Willow leaves
Beach lovage*	Oysterleaf*	
Blueberry	Rhubarb	
Cloudberry	Roseroot greens	
Coltsfoot*	Salmonberry	
Cranberry	Seaweed*	
Crowberry (blackberry)	Sourdock	
Dandelion greens	Tundra tea	
*indicates sucrose and starch content has not been analyzed, monitor closely for tolerance		

**IMPORTANT SAFETY REMINDER:** Many plants have lookalikes that can be toxic and even poisonous. Know your traditional plants well. If unfamiliar, harvest and prepare traditional foods with an Elder or plant expert.

## Other

USUALLY TOLERATED	LEAST TOLERATED	
Seal oil	Fry bread	White rice
Muktuk (whale blubber with skin)	Sailor Boy Pilot Bread	

