



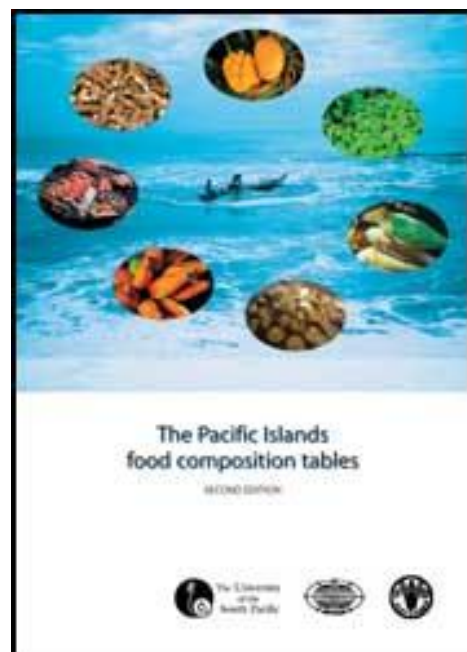
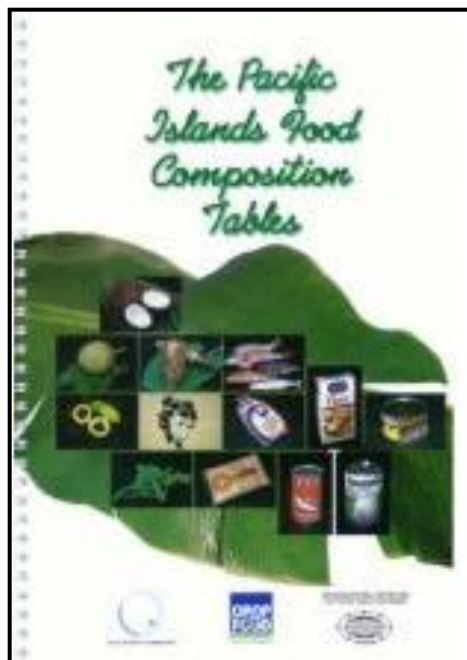
**Wild meat and sustainable
diets**

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Definition of Sustainable Diets

Sustainable Diets are those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources.



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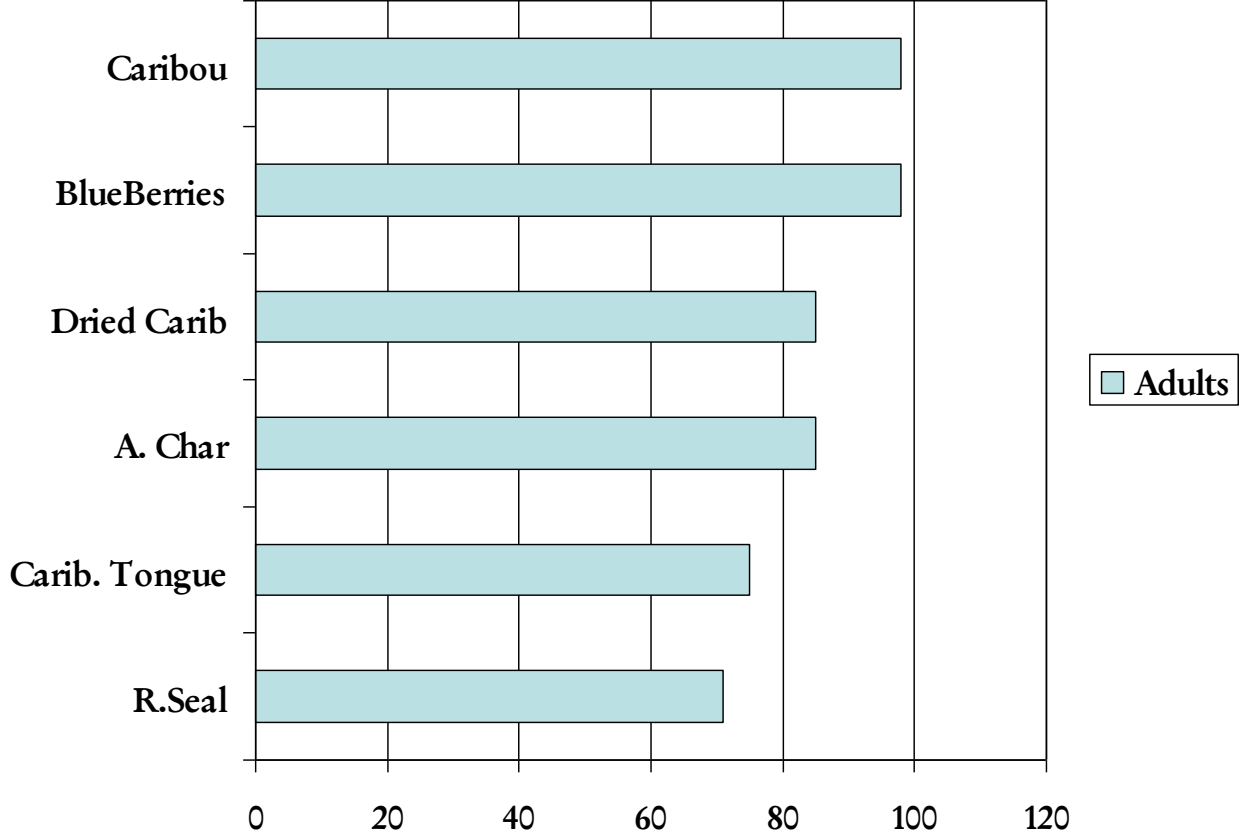
WILD ANIMAL FOODS

- Y001 **BANDICOOT**, flesh, cooked, *Echymipera* spp.
- Y005 **BANDICOOT**, flesh, raw, *Echymipera* spp.
- Y007 **CASSOWARY**, cooked, *Casuarus casuarus*
- Y006 **CASSOWARY**, raw, *Casuarus casuarus*
- Y002 **CROCODILE**, cooked, *Crocodylus porosus*
- Y008 **CROCODILE**, raw, *Crocodylus porosus*
- Y019 **DEER**, flesh, cooked
- Y009 **FLYING FOX**, boiled
- Y010 **FROG**, raw, *Rana tigerina*
- Y011 **GRUB, LARVA**, raw, Cerambycidae family
- Y012 **INSECT, SILKWORM**, raw
- Y021 **PIG**, flesh, baked
- Y020 **PIG**, flesh, boiled
- Y003 **PIGEON**, cooked, general
- Y013 **PIGEON**, raw, general
- Y018 **POSSUM**, boiled, *Phalanger* spp.
- Y004 **RAT**, cooked, *Rattus ruber*
- Y014 **RAT**, raw
- Y015 **SNAILS**, small, *Viviparus bengalensis*
- Y016 **SNAKE**, raw, general, *Chondrophython viridis*
- Y017 **ANTS, TREE**, whole ant, *Oecophylla* spp.



Key	Food name	Measure g	Water g	Energy kcal	Energy kJ	Protein g	Total fat g	CHO available g	TDF g	Na mg	Mg mg	K mg	Ca mg	Fe mg	Zn mg	Retinol mg	b- carotene equiv. mg	Tot. Vit A equiv. mg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B12 mg	Vitamin C mg	Vitamin E mg	Cholesterol mg	
Y	WILD ANIMALFOODS																									
Y017	Ants, tree, whole ant	100	52	123	513	16.8	4.0	4.8	0.0	87	34		23	10.6	4.9		0	0	0.21	0.47			2.0			
Y001	Bandicoot, flesh, cooked	100	66	165	691	24.1	7.6	0.0	0.0	41	18	331	13	3.2	2.0	0	0	0	0.14	0.25	5.1	7.16	0.0		71	
Y005	Bandicoot, flesh, raw	100	73	130	545	19.0	6.0	0.0	0.0	41	19	378	10	2.5	1.6	0	0	0	0.14	0.25	5.0	7.16	0.0		57	
Y007	Cassowary, cooked	100	75	107	448	21.1	2.4	0.0	0.0	65	29	369	4	5.7	4.2	0	0	0	0.15	1.24	7.5	4.86	0.0	0.2	73	
Y006	Cassowary, raw	100	68	182	761	23.0	10.0	0.0	0.0	59	26	406	3	4.1	2.9	0	0	0	0.15	1.00	6.0	6.43	0.0	0.3	98	
Y002	Crocodile, cooked	100	76	93	389	19.4	1.6	0.0	0.0				11	1.1		18	0	18	0.11	0.18	2.5		0.0			
Y008	Crocodile, raw	100	80	76	318	15.9	1.3	0.0	0.0				9	0.9		15	0	15	0.15	0.16	2.6		0.0			
Y019	Deer, flesh, cooked	100	75	97	405	20.1	1.7	0.0	0.0	40	31	239	4	3.7	2.8	0	0	0	0.10	0.20	6.1	1.61	0.0	0.5	81	
Y009	Flying fox, boiled	100	62	166	693	20.5	9.3	0.0	0.0	46	20	372	19	2.2	2.2	0	0	0	0.09	0.20	8.2	8.10	0.0		80	
Y010	Frog, raw	100	84	65	271	15.3	0.3	0.0	0.0	163	8	T	23	1.3	0.4	18	T	18	0.06	0.14	1.9	0.20	3.0	0.1	24	
Y011	Grub, larva, raw	100	56	255	1 069	20.2	19.6		T				9	5.9				0								
Y012	Insect, silkworm, raw	100	61	221	926	23.1	14.2	0.5	0.0				6	1.2			0	0								
Y021	Pig, flesh, baked	100	64	159	663	30.1	4.1	0.0	0.0	61	28	452	4	1.1	8.0	2	0	2	0.36	0.09	1.9	1.70	0.0	T	89	
Y020	Pig, flesh, boiled	100	69	137	572	19.5	6.5	0.0	0.0	47	20	367	4	1.0	7.0	1	0	1	0.32	0.08	1.7	0.80	0.0	0.1	59	
Y003	Pigeon, cooked, general	100	46	250	1 048	32.9	13.2	0.0	0.0	111	33	203	19	22.0	2.2	13	0	13	0.24	0.00	4.3	0.40	0.0	0.1	142	
Y013	Pigeon, raw, general	100	59	190	795	25.0	10.0	0.0	0.0	105	33	190	15	18.6	1.7	10	T	10	0.26	0.00	4.1	0.50	0.0	0.1	108	
Y018	Possum, boiled	100	64	188	787	21.7	11.3	0.0	0.0	136	23	1	23	9.5	3.9	0	0	0	0.15	0.32	7.2	7.10	0.0	0.4	111	
Y004	Rat, cooked	100	66	146	612	30.1	2.7	0.0	0.0	41	18	331	39	0.0	2.0	0	0	0	0.08	0.18	7.3	7.16	0.0		71	
Y014	Rat, raw	100	75	110	458	22.6	2.0	0.0	0.0	38	18	354	37	0.0	1.5	0	0	0	0.09	0.14	6.8	6.71	0.0		53	
Y015	Snails, small	100	79	60	251	12.6	1.0		T	0.0	84	229	T	10	3.2	0.9	39	12	40	0.01	0.09	1.6	0.44	0.0	4.6	51
Y016	Snake, raw, general	100	72	93	389	18.0	2.0	0.5	0.1				0	0.0		0	0	0	0.00	0.00	0.0		0.0			

Inuit: Most Popular Traditional Food Items % Consumed Past Year





Endangered species as traditional foods of indigenous peoples

- Traditional Maori foods
 - flightless birds
 - island sanctuaries
 - artificial diets
 - **“mana”**
- Conservation through sustainable use
- Sustainable diets