**East-Greenland traditional nutrition: a reanalysis of the Høygaard et al. nutritional data (1936-1937).**

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**Table 1S. Description of the participants (Høygaard et al. study 1936-1937).**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Family | Settlement | Trading  Center | Age | Gender | Adult  equivalent | Weight | Height | Days recorded |
| Family 1\_Person 1 | Ikateq | no | 43 | m | 1.1 | 64.3 | 156.7 | 225 |
| Family 1\_Person 2 | Ikateq | no | 18 | m | 1.2 | 43.8 | 144.7 | 225 |
| Family 1\_Person 3 | Ikateq | no | 13 | m | 1.0 | 32.5 | 130.8 | 225 |
| Family 1\_Person 4 | Ikateq | no | 17 | f | 0.9 | 50.3 | 152.5 | 225 |
| Family 1\_Person 5 | Ikateq | no | 9 | f | 0.8 | 23.4 | 114.0 | 225 |
| Family 1\_Person 6 | Ikateq | no | 5 | f | 0.7 | 17.0 | 97.8 | 225 |
| Family 1\_Person 7 | Ikateq | no | 3 | f | 0.5 | 17.0 | 97.8 | 225 |
| Family 2\_Person 1 | Sermiligaq | no | 49 | m | 1.1 | 65.8 | 159.7 | 20 |
| Family 2\_Person 2 | Sermiligaq | no | 26 | m | 1.1 | 65.7 | 161.8 | 20 |
| Family 2\_Person 3 | Sermiligaq | no | 26 | m | 1.1 | 65.7 | 161.8 | 20 |
| Family 2\_Person 4 | Sermiligaq | no | 12 | m | 1.0 | 28.5 | 123.9 | 20 |
| Family 2\_Person 5 | Sermiligaq | no | 7 | m | 0.8 | 19.8 | 107.9 | 20 |
| Family 2\_Person 6 | Sermiligaq | no | 6 | m | 0.7 | 19.8 | 107.9 | 20 |
| Family 2\_Person 7 | Sermiligaq | no | 46 | f | 0.9 | 56.8 | 145.6 | 20 |
| Family 2\_Person 8 | Sermiligaq | no | 25 | f | 0.9 | 57.8 | 157.8 | 20 |
| Family 2\_Person 9 | Sermiligaq | no | 20 | f | 0.9 | 59.2 | 157.1 | 20 |
| Family 2\_Person 10 | Sermiligaq | no | 17 | f | 0.9 | 50.3 | 152.5 | 20 |
| Family 2\_Person 11 | Sermiligaq | no | 15 | f | 0.9 | 42.1 | 141.2 | 20 |
| Family 2\_Person 12 | Sermiligaq | no | 11 | f | 0.9 | 27.7 | 121.1 | 20 |
| Family 2\_Person 13 | Sermiligaq | no | 6 | f | 0.7 | 19.9 | 105.0 | 20 |
| Family 2\_Person 14 | Sermiligaq | no | 4 | f | 0.7 | 17.0 | 97.8 | 20 |
| Family 3\_Person 1 | Sermiligaq | no | 26 | m | 1.1 | 65.7 | 161.8 | 6 |
| Family 4\_Person 1 | Sermiligaq | no | 26 | m | 1.1 | 65.7 | 161.8 | 6 |
| Family 5\_Person 1 | Sermiligaq | no | 49 | m | 1.1 | 65.8 | 159.7 | 6 |
| Family 6\_Person 1 | Ikateq | no | 41 | m | 1.1 | 64.3 | 156.7 | 7 |
| Family 6\_Person 2 | Ikateq | no | 3 | m | 0.5 | 15.8 | 94.4 | 7 |
| Family 6\_Person 3 | Ikateq | no | 18 | f | 0.9 | 50.3 | 152.5 | 7 |
| Family 6\_Person 4 | Ikateq | no | 11 | f | 0.9 | 27.7 | 121.1 | 7 |
| Family 6\_Person 5 | Ikateq | no | 6 | f | 0.7 | 19.9 | 105.0 | 7 |
| Family 7\_Person 1 | Qernertivartivit | no | 40 | m | 1.1 | 64.9 | 162.8 | 10 |
| Family 7\_Person 2 | Qernertivartivit | no | 40 | m | 1.1 | 64.9 | 162.8 | 10 |
| Family 7\_Person 3 | Qernertivartivit | no | 29 | m | 1.1 | 65.7 | 161.8 | 10 |
| Family 7\_Person 4 | Qernertivartivit | no | 10 | m | 0.8 | 23.8 | 114.6 | 10 |
| Family 7\_Person 5 | Qernertivartivit | no | 3 | m | 0.5 | 15.8 | 94.4 | 10 |
| Family 7\_Person 6 | Qernertivartivit | no | 33 | f | 0.9 | 62.1 | 154.1 | 10 |
| Family 7\_Person 7 | Qernertivartivit | no | 29 | f | 0.9 | 61.5 | 156.4 | 10 |
| Family 7\_Person 8 | Qernertivartivit | no | 12 | f | 0.9 | 27.7 | 121.1 | 10 |
| Family 7\_Person 9 | Qernertivartivit | no | 10 | f | 0.8 | 23.4 | 114.0 | 10 |
| Family 7\_Person 10 | Qernertivartivit | no | 9 | f | 0.8 | 23.4 | 114.0 | 10 |
| Family 7\_Person 11 | Qernertivartivit | no | 7 | f | 0.8 | 19.9 | 105.0 | 10 |
| Family 7\_Person 12 | Qernertivartivit | no | 6 | f | 0.7 | 19.9 | 105.0 | 10 |
| Family 8\_Person 1 | Titeqilaq | no | 35 | m | 1.1 | 65.8 | 162.5 | 13 |
| Family 8\_Person 2 | Titeqilaq | no | 13 | m | 1.0 | 32.5 | 130.8 | 13 |
| Family 8\_Person 3 | Titeqilaq | no | 11 | m | 1.0 | 28.5 | 123.9 | 13 |
| Family 8\_Person 4 | Titeqilaq | no | 33 | f | 0.9 | 62.1 | 154.1 | 13 |
| Family 8\_Person 5 | Titeqilaq | no | 10 | f | 0.8 | 23.4 | 114.0 | 13 |
| Family 8\_Person 6 | Titeqilaq | no | 5 | f | 0.7 | 17.0 | 97.8 | 13 |
| Family 9\_Person 1 | Kulusuk | no | 39 | m | 1.1 | 64.9 | 162.8 | 17 |
| Family 9\_Person 2 | Kulusuk | no | 35 | m | 1.1 | 65.8 | 162.5 | 17 |
| Family 9\_Person 3 | Kulusuk | no | 11 | m | 1.0 | 28.5 | 123.9 | 17 |
| Family 9\_Person 4 | Kulusuk | no | 9 | m | 0.8 | 23.8 | 114.6 | 17 |
| Family 9\_Person 5 | Kulusuk | no | 5 | m | 0.7 | 15.8 | 94.4 | 17 |
| Family 9\_Person 6 | Kulusuk | no | 27 | f | 0.9 | 61.5 | 156.4 | 17 |
| Family 9\_Person 7 | Kulusuk | no | 23 | f | 0.9 | 57.8 | 157.8 | 17 |
| Family 9\_Person 8 | Kulusuk | no | 13 | f | 0.9 | 33.1 | 128.8 | 17 |
| Family 9\_Person 9 | Kulusuk | no | 9 | f | 0.8 | 23.4 | 114.0 | 17 |
| Family 9\_Person 10 | Kulusuk | no | 4 | f | 0.7 | 17.0 | 97.8 | 17 |
| Family 10\_Person 1 | Titeqilaq | no | 53 | m | 0.9 | 65.8 | 159.7 | 6 |
| Family 10\_Person 2 | Titeqilaq | no | 24 | m | 1.1 | 63.6 | 163.9 | 6 |
| Family 10\_Person 3 | Titeqilaq | no | 20 | m | 1.1 | 63.2 | 161.8 | 6 |
| Family 10\_Person 4 | Titeqilaq | no | 10 | m | 0.8 | 23.8 | 114.6 | 6 |
| Family 10\_Person 5 | Titeqilaq | no | 6 | m | 0.7 | 19.8 | 107.9 | 6 |
| Family 10\_Person 6 | Titeqilaq | no | 41 | f | 0.9 | 54.1 | 152.3 | 6 |
| Family 10\_Person 7 | Titeqilaq | no | 23 | f | 0.9 | 57.8 | 157.8 | 6 |
| Family 10\_Person 8 | Titeqilaq | no | 15 | f | 0.9 | 42.1 | 141.2 | 6 |
| Family 10\_Person 9 | Titeqilaq | no | 11 | f | 0.9 | 27.7 | 121.1 | 6 |
| Family 11\_Person 1 | Amituarsuk | no | 25 | m | 1.1 | 63.6 | 163.9 | 6 |
| Family 11\_Person 2 | Amituarsuk | no | 31 | f | 0.9 | 62.1 | 154.1 | 6 |
| Family 11\_Person 3 | Amituarsuk | no | 28 | f | 0.9 | 61.5 | 156.4 | 6 |
| Family 11\_Person 4 | Amituarsuk | no | 3 | f | 0.5 | 17.0 | 97.8 | 6 |
| Family 11\_Person 5 | Igdlumiut | yes | 40 | m | 1.1 | 64.9 | 162.8 | 7 |
| Family 11\_Person 6 | Igdlumiut | yes | 25 | m | 1.1 | 63.6 | 163.9 | 7 |
| Family 11\_Person 7 | Igdlumiut | yes | 26 | f | 0.9 | 61.5 | 156.4 | 7 |
| Family 12\_Person 1 | Tasisaq | yes | 38 | m | 1.1 | 64.9 | 162.8 | 14 |
| Family 12\_Person 2 | Tasisaq | yes | 3 | m | 0.5 | 15.8 | 94.4 | 14 |
| Family 12\_Person 3 | Tasisaq | yes | 34 | f | 0.9 | 62.1 | 154.1 | 14 |

**Table 2S. Composition of traditional and imported food (Høygaard et al. study 1936-1937).**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Energy** | **Energy** | **Proteins** | **Fats** | **Carbohydrates** | **Calcium** | **Vitamin C** |
|  | **kcal** | **kJ** | **g** | **g** | **g** | **mg** | **mg** |
| **Fjord seal** |  |  |  |  |  |  |  |
| blood | 79.8 | 333.9 | 19.3 | 0.2 | 0.2 | 3.5 | 2.6 |
| blubber | 785.7 | 3287.4 | 4.2 | 85.3 | 0.3 | 3.3 | 0.0 |
| brain | 120.1 | 502.5 | 11.8 | 8.1 | 0.0 | 8.9 | 17.7 |
| broth | 15.7 | 65.7 | 1.5 | 0.9 | 0.4 | 8.7 | 2.4 |
| eye | 67.9 | 284.1 | 11.0 | 2.3 | 0.8 | 8.8 | 10.0 |
| fat | 810.0 | 3389.0 | 0.0 | 90.0 | 0.0 | 0.0 | 0.0 |
| flippers | 241.3 | 1009.6 | 25.9 | 15.3 | 0.0 | 29.7 | 0.4 |
| gullet | 96.1 | 402.1 | 19.7 | 1.7 | 0.5 | 12.2 | 0.8 |
| heart | 90.3 | 377.8 | 18.4 | 1.5 | 0.8 | 6.7 | 1.7 |
| intestine | 110.4 | 461.9 | 21.3 | 2.4 | 0.9 | 21.1 | 3.4 |
| kidney | 100.0 | 418.4 | 19.5 | 2.4 | 0.1 | 10.5 | 13.2 |
| liver | 142.0 | 594.1 | 18.9 | 6.4 | 2.2 | 7.2 | 18.0 |
| lung | 97.6 | 408.4 | 21.0 | 1.2 | 0.7 | 8.9 | 0.3 |
| meat | 135.4 | 566.5 | 21.7 | 5.0 | 0.9 | 13.7 | 1.8 |
| organs | 100.0 | 418.4 | 20.0 | 2.0 | 0.5 | 10.0 | 10.0 |
| pancreas | 99.1 | 414.6 | 18.6 | 2.7 | 0.1 | 14.2 | 6.6 |
| soft head | 323.2 | 1352.3 | 23.3 | 25.2 | 0.8 | 12.6 | 0.5 |
| spleen | 112.5 | 470.7 | 18.9 | 3.7 | 0.9 | 9.8 | 5.8 |
| stomach | 81.6 | 341.4 | 17.7 | 1.2 | 0.0 | 33.4 | 3.1 |
| thymus | 105.9 | 443.1 | 25.8 | 0.3 | 0.0 | 11.3 | 26.1 |
| tongue | 186.0 | 778.2 | 16.3 | 13.2 | 0.5 | 9.9 | 0.0 |
| trachea | 99.3 | 415.5 | 23.6 | 0.5 | 0.1 | 57.3 | 0.4 |
| **Hooded seal** |  |  |  |  |  |  |  |
| blubber | 786.3 | 3289.9 | 2.4 | 86.3 | 0.0 | 3.8 | 0.2 |
| kidney | 100.0 | 418.4 | 20.0 | 2.0 | 0.5 | 10.0 | 11.5 |
| meat | 143.2 | 599.1 | 22.6 | 5.6 | 0.6 | 7.8 | 2.8 |
| **Narwhal** |  |  |  |  |  |  |  |
| blubber | 798.0 | 3338.8 | 4.2 | 86.8 | 0.0 | 4.2 | 0.0 |
| meat | 105.6 | 441.8 | 19.1 | 2.8 | 1.0 | 11.9 | 1.2 |
| skin | 169.5 | 709.2 | 17.1 | 10.7 | 1.2 | 6.2 | 20.0 |
| **Polar bear** |  |  |  |  |  |  |  |
| blubber | 809.5 | 3386.9 | 2.8 | 88.7 | 0.0 | 3.3 | 0.0 |
| fat | 787.6 | 3295.3 | 3.4 | 86.0 | 0.0 | 4.0 | 0.0 |
| intestine | 100.0 | 418.4 | 20.0 | 2.0 | 0.5 | 1.0 | 3.8 |
| meat | 99.0 | 414.2 | 21.3 | 1.0 | 1.2 | 6.8 | 3.9 |
| stomach | 93.3 | 390.4 | 15.0 | 2.1 | 3.6 | 16.0 | 3.4 |
| **Codfish** |  |  |  |  |  |  |  |
| eye | 40.6 | 169.9 | 9.0 | 0.2 | 0.7 | 34.0 | 5.2 |
| gills | 64.0 | 267.8 | 12.9 | 0.8 | 1.3 | 16.0 | 2.3 |
| liver | 576.0 | 2410.0 | 7.0 | 60.0 | 2.0 | 25.0 | 8.0 |
| liveroil | 891.0 | 3727.9 | 0.0 | 99.0 | 0.0 | 0.0 | 0.0 |
| meat | 72.3 | 302.5 | 17.2 | 0.3 | 0.2 | 13.9 | 2.0 |
| other organs | 93.5 | 391.2 | 22.2 | 0.3 | 0.5 | 16.0 | 3.4 |
| roe | 125.6 | 525.5 | 22.1 | 4.0 | 0.3 | 23.0 | 44.3 |
| **Polar cod** |  |  |  |  |  |  |  |
| intestine | 100.0 | 418.4 | 20.0 | 2.0 | 0.5 | 1.0 | 3.8 |
| meat | 68.3 | 285.8 | 16.3 | 0.3 | 0.1 | 11.2 | 6.0 |
| **Arctic char** |  |  |  |  |  |  |  |
| meat | 124.7 | 521.7 | 22.4 | 3.9 | 0.0 | 83.0 | 1.6 |
| organs | 100.0 | 418.4 | 20.0 | 2.0 | 0.5 | 10.0 | 10.0 |
| **Shark** |  |  |  |  |  |  |  |
| cartilage | 29.3 | 122.6 | 7.1 | 0.1 | 0.0 | 34.0 | 0.3 |
| meat | 184.0 | 769.9 | 11.2 | 15.2 | 0.6 | 39.0 | 0.5 |
| **Halibut** |  |  |  |  |  |  |  |
| meat | 130.3 | 545.2 | 18.3 | 6.3 | 0.1 | 15.3 | 0.8 |
| **Bullhead** |  |  |  |  |  |  |  |
| meat | 85.7 | 358.6 | 17.3 | 1.7 | 0.3 | 16.1 | 1.0 |
| organ | 100.0 | 418.4 | 20.0 | 2.0 | 0.5 | 10.0 | 10.0 |
| **Soldier** |  |  |  |  |  |  |  |
| meat | 98.4 | 411.7 | 17.4 | 3.2 | 0.0 | 27.0 | 2.7 |
| **Mussels** |  |  |  |  |  |  |  |
| blue mussels | 73.1 | 305.9 | 10.9 | 1.5 | 4.0 | 66.0 | 4.9 |
| **Guillemot** |  |  |  |  |  |  |  |
| fat | 810.0 | 3389.0 | 0.0 | 90.0 | 0.0 | 0.0 | 0.0 |
| meat | 123.0 | 514.6 | 20.4 | 3.8 | 1.8 | 8.8 | 1.7 |
| organs | 100.0 | 418.4 | 20.0 | 2.0 | 0.5 | 10.0 | 10.0 |
| **Eider duck** |  |  |  |  |  |  |  |
| fat | 810.0 | 3389.0 | 0.0 | 90.0 | 0.0 | 0.0 | 0.0 |
| meat | 121.6 | 508.8 | 19.2 | 4.0 | 2.2 | 8.9 | 1.5 |
| organs | 100.0 | 418.4 | 20.0 | 2.0 | 0.5 | 10.0 | 10.0 |
| **Plant foods** |  |  |  |  |  |  |  |
| crowberry | 41.7 | 174.5 | 0.2 | 0.1 | 10.0 | 8.4 | 9.1 |
| dandelion\_leaves | 47.5 | 198.7 | 2.8 | 0.7 | 7.5 | 104.0 | 18.3 |
| dandelion\_roots | 48.0 | 200.8 | 2.0 | 0.0 | 10.0 | 10.0 | 15.2 |
| rosewort | 22.0 | 92.0 | 2.1 | 0.4 | 2.5 | 70.3 | 27.0 |
| sorrel | 20.3 | 84.9 | 1.5 | 0.3 | 2.9 | 54.0 | 47.0 |
| vegetable food | 259.7 | 1086.6 | 1.1 | 23.7 | 10.5 | 98.0 | 7.6 |
| **Algae** |  |  |  |  |  |  |  |
| algae alaria | 49.8 | 208.4 | 1.6 | 0.2 | 10.4 | 148.0 | 45.0 |
| algae fucus | 48.9 | 204.6 | 2.4 | 0.1 | 9.6 | 117.0 | 13.0 |
| algae rhodophyta | 51.2 | 214.2 | 2.0 | 0.4 | 9.9 | 160.5 | 17.0 |
| **Divers** |  |  |  |  |  |  |  |
| blubber oil | 891.0 | 3727.9 | 0.0 | 99.0 | 0.0 | 0.0 | 0.0 |
| **Dry foods** |  |  |  |  |  |  |  |
| capelin | 299.8 | 1254.4 | 59.6 | 6.6 | 0.5 | 1505.0 | 0.0 |
| fjord seal\_intestine | 364.5 | 1525.1 | 74.7 | 7.3 | 0.0 | 194.0 | 0.0 |
| fjord seal\_liver | 254.3 | 1064.0 | 23.2 | 15.9 | 4.6 | 20.0 | 0.0 |
| fjord seal\_lung | 285.7 | 1195.4 | 60.3 | 4.1 | 1.9 | 26.3 | 0.0 |
| fjord seal\_meat | 274.4 | 1148.1 | 50.3 | 8.0 | 0.3 | 28.7 | 0.0 |
| fjord seal\_spleen | 310.0 | 1297.0 | 53.0 | 10.0 | 2.0 | 28.0 | 0.0 |
| hooded seal\_liver | 254.3 | 1064.0 | 23.2 | 15.9 | 4.6 | 20.0 | 0.0 |
| hooded seal\_lung | 280.0 | 1171.5 | 60.3 | 3.6 | 1.6 | 23.2 | 0.0 |
| hooded seal\_meat | 321.9 | 1346.8 | 48.7 | 13.9 | 0.5 | 15.7 | 0.0 |
| seal blood | 200.6 | 839.3 | 49.3 | 0.2 | 0.4 | 8.7 | 0.0 |
| shark\_meat | 471.8 | 1974.0 | 27.5 | 40.2 | 0.0 | 87.9 | 0.0 |
| **Imported foods** |  |  |  |  |  |  |  |
| cocoa | 302.1 | 1264.0 | 18.0 | 20.5 | 11.4 | 114.0 | 0.0 |
| figs | 59.4 | 248.5 | 1.4 | 0.2 | 13.0 | 54.0 | 3.0 |
| margarine | 738.0 | 3087.8 | 0.0 | 82.0 | 0.0 | 0.0 | 0.0 |
| oats | 359.8 | 1505.4 | 13.8 | 7.0 | 60.4 | 41.0 | 0.0 |
| rice | 338.0 | 1414.2 | 7.5 | 0.0 | 77.0 | 11.0 | 0.0 |
| rye meal | 348.7 | 1459.0 | 7.5 | 0.7 | 78.1 | 8.0 | 0.0 |
| salt | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| sugar | 400.0 | 1673.6 | 0.0 | 0.0 | 100.0 | 0.0 | 0.0 |
| syrup | 300.0 | 1255.2 | 0.0 | 0.0 | 75.0 | 0.0 | 0.0 |
| tea | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| wheat flower | 340.4 | 1424.2 | 9.8 | 1.6 | 71.7 | 16.0 | 0.0 |