

Supplemental Table 1

Annual Consumption of 132 Foods from the Food Frequency Questionnaire by the 15 food categories

Category* / Foods	Annual Consumption						Seasonality weight ³	22 foods included in factor analysis
	N†	Mean	SD	Min	Median	Max		
Beverages								
Chocolate milk or hot chocolate	368	27.5	102.7	0	0.0	912.5	1.00	No
Energy Drinks	368	35.5	162.3	0	0.0	1642.5	1.00	No
Diet soda	368	38.5	186.5	0	0.0	1642.5	1.00	No
Unsweetened drinks	368	45.1	157.5	0	0.0	1642.5	1.00	No
White milk	365	65.3	207.5	0	0.0	1642.5	1.00	No
Citrus juice	367	75.2	206.1	0	24.0	2190.0	1.00	Yes
Sweetened drinks	368	235.9	405.1	0	78.3	2190.0	1.00	Yes
Tang	368	271.6	412.4	0	78.3	2190.0	1.00	No
Tea	368	312.4	385.5	0	78.3	1642.5	1.00	No
Regular soda	368	324.8	458.0	0	182.6	2190.0	1.00	No
Sugar or honey	368	567.7	560.0	0	365.0	2190.0	1.00	No
Coffee	368	655.6	471.7	0	365.0	2190.0	1.00	No
Bread and crackers								
Cornbread	368	2.9	15.0	0	0.0	182.6	1.00	No
Fruit bread	368	14.2	60.6	0	0.0	730.0	1.00	No
Crackers	367	33.1	75.3	0	12.0	730.0	1.00	No
Whole wheat/multi grain bread	368	40.6	76.9	0	12.0	730.0	1.00	No
Pancake syrup	368	42.8	75.4	0	30.0	730.0	1.00	No
Pancakes	368	58.8	106.9	0	30.0	730.0	1.00	Yes
White bread	368	111.3	161.8	0	30.0	730.0	1.00	No
Pilot Bread	368	293.3	275.1	0	182.6	730.0	1.00	No
Cereals								
Oatmeal, porridge, mush, etc.	368	17.4	61.8	0	0.0	730.0	1.00	No
Yogurt	368	20.7	54.6	0	0.0	730.0	1.00	No
Instant oatmeal	368	26.3	72.8	0	0.0	730.0	1.00	No
Dry cereals	368	27.1	70.7	0	0.0	730.0	1.00	No
Cheese	368	38.2	78.1	0	12.0	730.0	1.00	No
Dry high fiber cereals	368	42.9	96.8	0	12.0	730.0	1.00	No
Sweetened cereals	368	50.4	95.4	0	12.0	730.0	1.00	Yes
Desserts and snacks								
Cool Whip	368	9.9	29.0	0	0.0	287.0	1.00	No

Trail mix	368	11.6	36.1	0	0.0	365.0	1.00	No
Pudding and jello	368	11.7	29.5	0	0.0	365.0	1.00	Yes
Nuts	368	12.6	34.3	0	0.0	287.0	1.00	No
Granola bars, cereal bar, etc.	368	25.6	65.5	0	12.0	730.0	1.00	No
Cakes or muffins	368	26.9	67.7	0	12.0	730.0	1.00	No
Pastry, doughnut, etc.	368	28.0	61.1	0	12.0	730.0	1.00	No
Ice cream	367	29.9	72.0	0	12.0	730.0	1.00	No
Cookies	368	36.4	77.3	0	12.0	730.0	1.00	No
Hard candy or other sweets	368	50.6	99.7	0	12.0	730.0	1.00	No
Salty snacks	368	56.3	94.7	0	30.0	730.0	1.00	Yes
Akutaq (any kind)	368	82.2	134.8	0	30.0	730.0	1.00	No
Candy bar or chocolate	367	86.8	141.3	0	30.0	730.0	1.00	No
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Other main courses								
Tuna noodle casserole	368	6.8	46.6	0	0.0	730.0	1.00	No
Egg rolls	368	7.4	27.8	0	0.0	287.0	1.00	No
Macaroni and cheese	368	18.5	46.5	0	0.0	365.0	1.00	No
Fried rice	367	22.7	65.9	0	0.0	730.0	1.00	No
Spaghetti or pasta (meat)	368	26.4	41.2	0	12.0	287.0	1.00	No
Canned soup	368	27.3	67.6	0	12.0	730.0	1.00	No
Pizza	366	32.1	74.4	0	12.0	730.0	1.00	Yes
Ramen noodles/Cup of Noodles	367	74.8	124.0	0	30.0	730.0	1.00	No
Plain rice	366	122.5	140.9	0	52.2	730.0	1.00	No
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Store-bought bird								
Chicken stir-fry	368	9.3	23.8	0	0.0	182.6	1.00	No
Cooked chicken or turkey	367	15.6	44.9	0	12.0	730.0	1.00	No
Fried chicken	368	22.7	36.6	0	12.0	287.0	1.00	Yes
Chicken or turkey soup	368	26.7	44.5	0	12.0	365.0	1.00	No
Poultry eggs	368	74.1	110.8	0	30.0	730.0	1.00	No
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Store-bought fish or seafood								
Canned tuna	368	9.1	29.1	0	0.0	365.0	1.00	Yes
Shrimp, crab, clams, oysters	368	10.2	33.3	0	0.0	365.0	1.00	No
Fish sticks or nuggets	368	13.9	34.1	0	0.0	365.0	1.00	No
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Store-bought beef and pork								
Liver from beef	367	0.8	3.8	0	0.0	30.0	1.00	No
Oxtail soup or stew	368	12.3	27.2	0	0.0	365.0	1.00	No
Beef jerky	368	15.9	42.5	0	0.0	365.0	1.00	No
Ground beef or meatloaf	368	20.2	51.1	0	12.0	730.0	1.00	No
Hamburger in a bun	367	21.3	54.8	0	12.0	730.0	1.00	No

Beef stir-fry with vegetables	368	25.8	67.4	0	0.0	730.0	1.00	No
All other beef or pork	366	26.2	47.6	0	12.0	287.0	1.00	No
Beef or pork soup	368	27.0	53.0	0	12.0	730.0	1.00	No
Sausage (beef or pork) or bacon	368	28.0	56.1	0	12.0	365.0	1.00	No
Hot dogs and lunch meat	367	29.8	61.7	0	12.0	730.0	1.00	Yes
Beef stew or chili (meat)	368	32.8	52.5	0	12.0	365.0	1.00	No
Spam	368	35.4	70.9	0	12.0	730.0	1.00	No
Fruits								
Fresh fruit salad	368	11.5	39.8	0	0.0	365.0	1.00	No
Dried fruit	361	12.9	40.7	0	0.0	365.0	1.00	No
All other fresh fruit	368	15.3	54.6	0	0.0	730.0	1.00	No
Purchased berries (not in akutaq)	368	16.8	41.3	0	0.0	365.0	1.00	No
Wild berries (not in akutaq)‡	368	18.0	61.2	0	1.6	730.0	0.13	No
Fresh grapes	368	20.9	52.7	0	12.0	730.0	1.00	No
Market berries in akutaq	368	21.1	65.3	0	0.0	730.0	1.00	Yes
Fresh apple	368	27.6	61.1	0	12.0	730.0	1.00	No
Fresh banana	368	30.4	72.2	0	12.0	730.0	1.00	No
Fresh citrus	368	33.8	73.9	0	12.0	730.0	1.00	Yes
Canned fruits	368	61.7	94.2	0	30.0	730.0	1.00	No
Wild berries in akutaq	368	86.6	117.7	0	30.0	730.0	1.00	No
Meats from the ocean								
Liver from marine animals‡	367	2.8	17.6	0	0.0	240.9	0.33	No
Whale or walrus skin and fat‡	368	6.3	22.3	0	0.0	287.0	0.17	No
Whale, seal, or walrus (not soup/stew)‡	368	7.5	24.1	0	0.0	287.0	0.04	No
Seal or walrus soup‡	367	23.8	40.4	0	12.0	287.0	0.33	Yes
Dried seal, whale or walrus‡	368	26.0	51.1	0	4.0	365.0	0.33	No
Oily fish (e.g., salmon, whitefish, herring)								
Whitefish soup‡	367	15.0	33.8	0	0.0	287.0	0.25	No
All other whitefish‡	366	19.8	39.1	0	12.0	365.0	0.25	No
Dried or smoked whitefish‡	367	34.8	78.5	0	3.0	730.0	0.25	No
All other salmon‡	367	38.2	72.8	0	13.0	730.0	0.25	No
Salmon soup‡	367	41.3	55.2	0	30.0	365.0	0.25	No
Herring or smelt‡	364	49.4	98.5	0	5.7	730.0	0.04	No
Dried salmon	367	121.1	136.0	0	52.2	730.0	1.00	Yes
Other fish (e.g., halibut, flounder, tomcod, trout, pike, grayling, lush fish)								
Fish liver‡	365	5.4	18.1	0	0.0	182.6	0.25	No
Fish roe (not in akutaq or soup)‡	364	9.9	27.0	0	0.0	287.0	0.25	No
Blackfish‡	366	14.3	45.1	0	3.0	730.0	0.25	No

Fish soup (not salmon or whitefish soup)‡	367	15.3	39.6	0	0.0	287.0	0.25	No
Non-oily fish (not dried)‡	366	21.0	42.6	0	4.0	365.0	0.33	Yes
Dried or smoked fish‡	367	36.5	59.2	0	12.0	365.0	0.25	No
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Vegetables								
Turnip	367	2.5	17.0	0	0.0	287.0	1.00	No
Coleslaw	368	3.4	20.9	0	0.0	365.0	1.00	No
Spinach (not wild spinach)	368	5.8	25.4	0	0.0	287.0	1.00	No
Beans	368	8.7	21.8	0	0.0	182.6	1.00	No
Green salad	368	8.9	27.3	0	0.0	287.0	1.00	Yes
Salad dressing	368	10.7	33.2	0	0.0	365.0	1.00	No
Wild greens‡	368	11.8	48.2	0	0.0	730.0	0.17	Yes
Asparagus	368	12.3	47.4	0	0.0	730.0	1.00	No
Potato salad	368	13.1	49.7	0	0.0	730.0	1.00	Yes
Tomato	368	13.9	35.4	0	0.0	365.0	1.00	No
Cabbage	368	14.5	47.0	0	0.0	730.0	1.00	No
Cauliflower or broccoli	368	19.5	59.8	0	0.0	730.0	1.00	No
All other vegetables	368	20.2	73.5	0	0.0	730.0	1.00	No
French fries or fried potatoes	368	25.3	61.5	0	12.0	730.0	1.00	No
Carrots	368	31.1	54.3	0	12.0	365.0	1.00	No
Pickles	368	33.7	69.2	0	12.0	730.0	1.00	No
Baked, boiled or mashed potatoes	368	37.6	62.8	0	12.0	365.0	1.00	No
Mixed vegetables	368	42.3	82.0	0	12.0	730.0	1.00	No
Green beans	368	43.5	78.3	0	12.0	730.0	1.00	Yes
Onion	368	48.4	101.0	0	12.0	730.0	1.00	No
Corn	368	59.3	101.8	0	30.0	730.0	1.00	Yes
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Wild bird								
Dried bird‡	368	2.8	14.7	0	0.0	182.6	0.25	No
Dried ptarmigan‡	368	7.0	23.3	0	0.0	287.0	0.08	No
Wild bird eggs‡	368	7.6	17.4	0	1.0	182.6	0.08	No
Ptarmigan soup‡	368	8.0	21.1	0	2.4	182.6	0.08	No
Baked, boiled or grilled bird‡	368	16.6	31.4	0	3.0	182.6	0.25	No
Bird soup‡	366	41.8	52.9	0	30.0	365.0	0.25	Yes
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Wild game meat								
Rabbit soup or stew‡	368	0.6	5.6	0	0.0	104.4	0.08	No
Liver from wild game‡	368	0.6	2.7	0	0.0	30.0	0.08	No
Raw or fresh frozen wild game‡	368	3.3	39.4	0	0.0	730.0	0.08	No
Dried wild game‡	367	14.6	58.8	0	0.0	730.0	0.08	No
Baked or fried wild game (not soup/stew)‡	368	38.4	68.1	0	12.0	730.0	0.08	No

Wild game soup‡	368	90.1	111.6	0	30.0	730.0	0.08	Yes
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* Beverage frequency is on a scale from "never or less than once per month to 6+ times per day", remaining categories are based on a frequency from "never or less than once per month to 2+ times per day".

† Number of respondents with food frequency data for the food.

‡ Seasonal food item. The seasonal weight indicates the proportion of the year that food item is typically available; otherwise 1.00 indicates that the food is typically eaten year round.

Supplemental Table 2

Pearson correlations of annual food consumption for foods included in factor analysis (n=358)*

No. Food	Food number (from column on left)																					
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
1 Salty snacks	1.00																					
2 Sweetened cereals	0.34	1.00																				
3 Pizza	0.40	0.26	1.00																			
4 Sweetened drinks	0.43	0.32	0.25	1.00																		
5 Hot dogs and lunch meat	0.33	0.30	0.34	0.22	1.00																	
6 Fried chicken	0.26	0.19	0.26	0.16	0.35	1.00																
7 Canned tuna	0.24	0.23	0.26	0.12	0.32	0.21	1.00															
8 Fresh citrus	0.26	0.19	0.22	0.23	0.31	0.24	0.17	1.00														
9 Potato salad	0.25	0.21	0.24	0.22	0.19	0.25	0.26	0.31	1.00													
10 Citrus juice	0.27	0.21	0.25	0.25	0.34	0.27	0.21	0.39	0.34	1.00												
11 Corn	0.37	0.15	0.33	0.26	0.34	0.25	0.28	0.33	0.27	0.26	1.00											
12 Green beans	0.20	0.14	0.21	0.10	0.32	0.26	0.17	0.31	0.18	0.25	0.39	1.00										
13 Green salad	0.25	0.14	0.16	0.20	0.25	0.24	0.24	0.33	0.27	0.30	0.25	0.24	1.00									
14 Pudding and jello	0.19	0.20	0.23	0.16	0.22	0.17	0.12	0.28	0.25	0.30	0.19	0.22	0.29	1.00								
15 Dried salmon	0.14	0.09	0.06	0.18	0.11	0.06	0.07	0.23	0.19	0.17	0.18	0.09	0.13	0.19	1.00							
16 Wild game soup†	0.25	0.12	0.10	0.19	0.13	0.06	0.06	0.28	0.14	0.12	0.16	0.07	0.09	0.12	0.24	1.00						
17 Pancakes	0.10	0.01	-0.03	-0.05	0.13	0.09	0.02	0.09	0.21	0.12	0.06	0.06	0.05	0.11	0.07	0.11	1.00					
18 Market berries in akutaq	0.13	0.12	0.05	0.16	0.14	0.21	0.11	0.14	0.15	0.17	0.18	0.16	0.06	0.12	0.12	0.00	0.01	1.00				
19 Seal or walrus soup†	0.08	0.11	0.03	0.14	0.16	0.11	0.12	0.12	-0.01	0.11	-0.01	0.08	0.03	0.08	0.02	0.12	0.06	0.04	1.00			
20 Non-oily fish (not dried)†	-0.02	-0.07	-0.06	0.04	0.03	0.09	0.05	0.01	-0.02	0.12	0.02	0.13	0.07	0.02	0.05	0.05	0.04	0.05	0.36	1.00		
21 Wild greens†	0.07	-0.03	-0.01	0.00	0.13	-0.01	0.12	0.20	0.17	0.14	0.11	0.23	0.16	0.05	0.02	0.15	0.12	0.03	0.25	0.28	1.00	
22 Bird soup†	0.06	-0.06	0.03	0.06	0.08	0.06	0.02	0.17	0.11	0.08	0.05	0.04	0.01	0.08	0.23	0.23	0.04	0.07	0.27	0.14	0.19	1.00

* Correlation coefficients highlighted in gray have a *P* value ≤0.05

† Seasonal food items