



CSID Traditional Foods Guide SOUTHWEST 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
Black bear	Moose	Some considerations: 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.
Blackfish	Octopus	
Caribou	Ptarmigan*	
Chiton/gumboot	Salmon	
Cod	Sea cucumber	
Crab	Sea lion	
Duck	Seal	
Eggs (bird)	Smelt	
Goose	Whale	
Halibut	Whitefish	
*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*	Lamb's quarter	Akutaq (Eskimo ice cream) if made with sugar Masru/Eskimo potato Willow leaves
Beach pea*	Nagoonberry*	
Bladderwrack*	Oysterleaf*	
Blueberry	Pineapple weed*	
Chickweed*	Rhubarb	
Chiming (blue) bells*	Roseroot greens	
Cloudberry	Salmonberry	
Clover*	Saxifrage*	
Coltsfoot*	Sea lovage*	
Cow parsnip*	Sorrel*	
Cranberry	Sourdock	
Crowberry (blackberry)	Spruce tips*	
Currant	Stinging nettle*	
Dandelion greens	Tundra tea	
Fiddlehead fern	Violet*	
Fireweed (leaves)	Watermelon berry/shoots*	
Kelp	Wild chive*	
*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 Muktuk (whale blubber with skin)	Fry bread Sailor Boy Pilot Bread White rice

