

NUTRITIONAL COMPARISONS

Per 100 Gram (3.5 oz.) Serving
Cooked Meat

Source: USDA National Nutrient Database for
Standard Reference. Updated January 2013

SPECIES	FAT G	PROTEIN G	CALORIES KCAL	CHOLESTEROL MG	IRON MG	VITAMIN B-12 MCG
BISON	2.42	28.44	143	82	3.42	2.86
Beef (Choice)	18.54	27.21	283	87	2.72	2.50
Beef (Select)	8.09	29.89	201	86	2.99	2.64
Pork	9.21	27.51	201	84	1.0	0.68
Chicken (Skinless)	7.41	28.93	190	89	1.21	0.33
Sockeye Salmon	6.69	25.40	169	84	0.50	5.67