

# NUTRITIONAL COMPARISONS

Per 100 Gram (3.5 oz.) Serving – Cooked Meat – Updated January 2013

SPECIES	FAT g	PROTEIN g	CALORIES kcal	CHOLESTEROL mg	IRON mg	VITAMIN B-12 mcg
<b>BISON</b>	<b>2.42</b>	<b>28.44</b>	<b>143</b>	<b>82</b>	<b>3.42</b>	<b>2.86</b>
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

(Per 100 grams of cooked lean meat with visible fat removed)

From the USDA Nutrient Data Laboratory - [www.ndb.nal.usda.gov/fnic/foodcomp/](http://www.ndb.nal.usda.gov/fnic/foodcomp/)