






Nutrient Comparisons

Per 100 gram serving of cooked lean meat.

		Fat GRAMS	Calories KCAL	Cholesterol MG	Iron MG	Vitamin B-12 MCG
	BISON	2.42	143	82	3.42	2.86
	Beef (Choice)	10.15	219	86	2.99	2.65
	Beef (Select)	8.09	201	86	2.99	2.64
	Chicken (Skinless)	7.41	190	89	1.21	0.33
	Sockeye Salmon	10.97	216	87	0.55	5.80

Source: Canadian Nutrient File, 2001b