

Nutritional values

Meat	Calories	Fat (g)	Cholesterol (mg)	Protein (g)
Caribou	167	4	109	30
Ostrich	155	3	93	28
Deer (Venison)	150	2	79	30
Elk	146	2	73	30
Bison (Buffalo)	143	2	82	28
Moose	134	1	78	29
Chicken – skinless	165	4	85	31
Beef – lean, ground	271	18	91	26

*Values based on 100-g cooked portion

Source: Compiled from data from USDA National Nutrient Database

www.nal.usda.gov/fnic/foodcomp/search/