









Nutritional Comparisons



Per 100 Gram Serving-Cooked Meat

SPECIES	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
 Pork	9.66	212	86	1.1	0.75
 Chicken (Skinless)	7.41	190	89	1.21	0.33
 Sockeye Salmon	10.97	216	87	0.55	5.8

Bison, separable lean only, roasted. USDA NDB No. 17157

Beef, composite of trimmed retail cuts, separable lean only trimmed to 0" fat, choice, cooked USDA NDB 13365

Beef, composite of trimmed retail cuts, separable lean only trimmed to 0" fat, select, cooked USDA NDB 13366

Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked USDA NDB No. 10093

Chicken, broilers or fryers, meat only, roasted USDA NDB No. 05013

Finfish, salmon, sockeye, cooked, dry heat USDA NDB 15086