

## Nutritional Comparison of Meats

	RDI <sup>5</sup>	Venison <sup>1</sup>	Ostrich <sup>1</sup>	Emu <sup>1</sup>	Bison <sup>1</sup>	Beef <sup>2</sup>	Turkey <sup>2</sup>	Elk <sup>1</sup>
<b>Protein (gm)</b>	50	26.5	26.2	<b>28.4</b>	24.2	25.0	27.4	26.6
<b>Fat (gm)</b>	<65 <sup>4</sup>	8.2	7.1	<b>4.7</b>	14.8	16.4	13.2	8.4
<b>% Saturated fat <sup>3</sup></b>	--	52	30	<b>25</b>	44	39	26	48
<b>Cholesterol (mg)</b>	<300	98	83	87	85	81	102	<b>78</b>
<b>Iron (mg)</b>	18	3.4	3.4	<b>5.0</b>	3.1	2.4	1.9	3.3
<b>Calories (kcal)</b>	--	189	175	<b>164</b>	237	255	235	190
<b>Copper (mg)</b>	2	.13	.14	<b>.24</b>	.21	.09	.09	.14
<b>Sodium (mg)</b>	<2400	78	80	<b>65</b>	67	70	107	85
<b>Magnesium (mg)</b>	420	23.9	22.6	<b>28.7</b>	19.8	21	24	23.7
<b>Manganese (mg)</b>	--	.013	.017	<b>.030</b>	.010	.016	.020	.011
<b>Phosphorus (mg)</b>	1000	228	224	<b>269</b>	184	160	196	221
<b>Potassium (mg)</b>	--	364	323	<b>375</b>	306	312	270	354
<b>Selenium (mcg)</b>	--	10	34	<b>44</b>	35	19	37	17
<b>Zinc (mg)</b>	15	5.2	4.3	4.6	4.3	5.4	2.9	<b>6.6</b>
<b>Folic Acid (mcg)</b>	420	8.2	14	9	<b>15.1</b>	9	7	7.7
<b>Vitamin B<sub>12</sub> (mcg)</b>	6	2.3	5.7	<b>8.5</b>	2.3	2.0	.33	2.6
<b>Vitamin B<sub>6</sub> (mg)</b>	2	.47	.50	<b>.83</b>	.37	.27	.39	.42
<b>Thiamin (mg)</b>	1.2	<b>.50</b>	.21	.32	.12	.06	.05	.13
<b>Niacin (mg)</b>	16	<b>9.3</b>	6.6	8.9	4.9	4.7	4.8	5.3
<b>Riboflavin (mg)</b>	1.3	.33	.27	<b>.55</b>	.26	.26	.17	.32

Shaded areas indicate most desired in that classification  
(gm=grams, mg=milligrams, mcg=micrograms, Kcal =kilocalories)

<sup>1</sup> = Source: University of Wisconsin-Madison, June, 2000 Alternative Meat Study funded by USDA

<sup>2</sup> = Source: United States Department of Agriculture Nutrient Database for Standard Reference

<sup>3</sup> = percent of fat composed of saturated fatty acids

<sup>4</sup> = Based upon 2000 calorie diet

<sup>5</sup> = Reference Daily Intake (National Academy of Sciences)