

Nutritional Comparison of Meats

	RDI ⁵	Venison ¹	Ostrich ¹	Emu ¹	Bison ¹	Beef ²	Turkey ²	Elk ¹
Protein (gm)	50	26.5	26.2	28.4	24.2	25.0	27.4	26.6
Fat (gm)	<65 ⁴	8.2	7.1	4.7	14.8	16.4	13.2	8.4
% Saturated fat ³	--	52	30	25	44	39	26	48
Cholesterol (mg)	<300	98	83	87	85	81	102	78
Iron (mg)	18	3.4	3.4	5.0	3.1	2.4	1.9	3.3
Calories (kcal)	--	189	175	164	237	255	235	190
Copper (mg)	2	.13	.14	.24	.21	.09	.09	.14
Sodium (mg)	<2400	78	80	65	67	70	107	85
Magnesium (mg)	420	23.9	22.6	28.7	19.8	21	24	23.7
Manganese (mg)	--	.013	.017	.030	.010	.016	.020	.011
Phosphorus (mg)	1000	228	224	269	184	160	196	221
Potassium (mg)	--	364	323	375	306	312	270	354
Selenium (mcg)	--	10	34	44	35	19	37	17
Zinc (mg)	15	5.2	4.3	4.6	4.3	5.4	2.9	6.6
Folic Acid (mcg)	420	8.2	14	9	15.1	9	7	7.7
Vitamin B₁₂ (mcg)	6	2.3	5.7	8.5	2.3	2.0	.33	2.6
Vitamin B₆ (mg)	2	.47	.50	.83	.37	.27	.39	.42
Thiamin (mg)	1.2	.50	.21	.32	.12	.06	.05	.13
Niacin (mg)	16	9.3	6.6	8.9	4.9	4.7	4.8	5.3
Riboflavin (mg)	1.3	.33	.27	.55	.26	.26	.17	.32

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

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

² = Source: United States Department of Agriculture Nutrient Database for Standard Reference

³ = percent of fat composed of saturated fatty acids

⁴ = Based upon 2000 calorie diet

⁵ = Reference Daily Intake (National Academy of Sciences)

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