

**Nutrient Comparison per 100 grams (3.5oz)**

| <b>SPECIES</b> | <b>MEAT</b>          | <b>PROTEIN</b> | <b>FAT</b>   | <b>CALORIES</b> | <b>IRON</b> | <b>CHOLEST.</b> |
|----------------|----------------------|----------------|--------------|-----------------|-------------|-----------------|
|                | <b>Description</b>   | <b>%</b>       | <b>Grams</b> | <b>KCal</b>     | <b>MG</b>   | <b>MG</b>       |
| <b>Ostrich</b> | <b>Any Cut</b>       | <b>26.9</b>    | <b>3.0</b>   | <b>142</b>      | <b>3.2</b>  | <b>81</b>       |
| Beef*          | Tenderloin (broiled) | 28.1           | 10.5         | 209             | 3.0         | 83              |
| Veal*          | Loin Chop (braised)  | 33.9           | 9.4          | 225             | 1.2         | 124             |
| Pork*          | Loin Centre Rib Chop | 29.3           | 15.2         | 256             | 1.1         | 91              |
| Chicken        | Whole no skin        | 28.9           | 7.4          | 190             | 1.2         | 89              |
| Turkey         | Whole no skin        | 29.36          | 5.0          | 170             | 1.8         | 76              |
| Lamb*          | Loin Chop (broiled)  | 30.4           | 9.4          | 215             | 1.2         | 95              |