

## NUTRITIONAL COMPARISON

According to the U.S. Department of Agriculture, here's how a 3-ounce cooked portion of elk meat compares with other lean meats in the nutrition department.

Meat	Calories	Fat (grams)	Cholesterol (milligrams)	Protein (grams)
<b>Elk</b>	<b>146</b>	<b>1.9</b>	<b>73</b>	<b>30.2</b>
<b>Chicken, whole, no skin</b>	190	7.4	89	28.9
<b>Turkey, whole, no skin</b>	170	5	76	29.3
<b>Beef</b>	211	9.3	86	29.9
<b>Pork</b>	212	9.7	86	29.3
<b>Veal</b>	196	6.6	118	31.9
<b>Duck</b>	201	11.2	89	23.5
<b>Deer</b>	158	3.2	112	30.2
<b>Antelope</b>	150	2.7	126	29.5
<b>Ostrich</b>	142	3	83	26.9
<b>Bison</b>	143	2.4	82	28.4

Source: USDA Agricultural Handbook 8 - except ostrich, which is a weighted average of major muscles from data obtained in 1993 and 1996 by the Texas A&M University System.