

## WHY ELK MEAT?

It's no secret that North Americans are eating healthier these days. Cardiologists, dietitians and nutritionists overwhelmingly recommend a low-fat diet to maintain excellent health and longevity.

Elk is a red meat which looks like beef but is not marbled like other red meats. Therefore when preparing elk, there is significantly less shrinkage. Because of the lower fat content, a higher percentage of protein and nutrients are present in the meat. The extra protein found in elk meat tends to satisfy the appetite more quickly. These qualities make elk meat a great value and a fantastic heart-healthy alternative to other red meats.

## NUTRITION

Lean, flavorful and just plain healthy, elk meat is lower in fat and cholesterol than other traditional meats. Domestic elk are raised mostly on grass and hay and seasonally supplemented with grain. This in turn creates very lean tissue.

### *A comparison of 3 ounces of cooked elk meat versus other meats...*

Meat	Calories	Fat (grams)	Cholesterol (milligrams)	Protein (grams)
Elk	146	1.9	73	30.2
Chicken*	190	7.4	89	28.9
Beef	211	9.3	86	29.9
Pork	212	9.7	86	29.3

\* Skinless

Source: USDA Agricultural Handbook 8

