

## The Skinny on Game Meat

<u>Meat</u>	<u>Fat</u>	<u>Saturated Fat</u>	<u>Calories</u>	<u>Protein</u>
Deer	3.2g	1.2g	158	30.2g
Elk	1.9	.07g	146	30.2g
Antelope	2.7g	1.0g	150	29.4g
Lean Roast Beef	14.3g	5.7g	239	27.0g
Lean Ham	5.8g	1.9g	153	24.8g
Salmon	5.8g	1.4g	163	24.5g
Chicken Breast*	3.5g	1.1g	163	31.5g

\*Roasted, No Skin

Source: US Dept of Agriculture  
(For 3.5 Ounce Portions)