

"BISON"

The Healthy Red Meat

Nutrient Composition - per 100 grams of cooked lean meat

components	grams of fat	calories local	cholesterol
bison	2.42	143	82
beef	9.28	211	86
pork	9.66	212	86
chicken*	7.41	190	89
lamb	9.64	200	87

USDA Handbook 8-5; 8-10; 8-13; 8-17 *skinless

Why eat buffalo meat?

- Low in calorie, fat, cholesterol, and sodium
- High in protein (25-30% more than beef)
- High in vitamins and minerals
- High concentration of iron and essential fatty acids
- Free roaming * 100% grass-fed * all natural
- No growth hormones, stimulants or antibiotics
- Doesn't shrink in cooking
- Recommended by the National Heart Association
- It is naturally sweet, has a rich flavor, and tastes great!

Rick & Char Clark

buffalodude@hotmail.com

(916) 952-2427

