

BROOK TROUT MASAMEKOS



GOOD
VITAMIN D



HEART
HEALTHY



PROTEIN
ENERGY



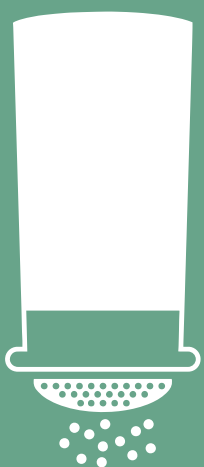
100g
SERVING

BROOK TROUT

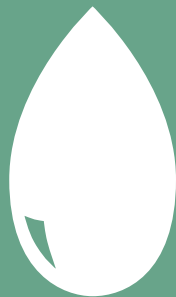


FISH STICKS


100g
SERVING



SALT
45mg



SATURATED
FAT
0.6g

BROOK TROUT: Iron 0.38mg, Protein 21.2g,
Total Fat 2.7g, Calories 110. The  in trout is
the good kind that your body needs!



SALT
402mg



SATURATED
FAT
3.7g

9X
MORE
THAN BROOK
TROUT

7X
MORE
THAN BROOK
TROUT

One serving of **BROOK TROUT**
has 2x more  than a fish stick of the same size.



FOOD MATTERS
MANITOBA

FOODMATTERSMANITOBA.CA

Health Canada (2015). The Canadian Nutrient File (CNF) <https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp>
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