

# CARIBOU ADIK



HEART  
HEALTHY



HIGH IN  
IRON



PROTEIN  
ENERGY



100g  
SERVING

CARIBOU

vs

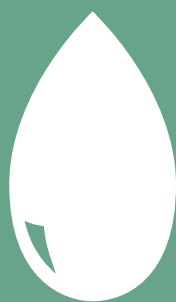
PORK

100g  
SERVING



IRON  
5.6mg

5X  
MORE  
IRON THAN  
PORK



SATURATED  
FAT  
2.5g





IRON  
0.8mg



SATURATED  
FAT  
4.8g

1.5X  
MORE  
FAT THAN  
CARIBOU

CARIBOU: Sodium 47g, Protein 32g, Total Fat 3g, Calories 163

One serving of CARIBOU has more  and less  than the same size serving of pork.



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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