

CARIBOU ATIHK



HEART
HEALTHY



HIGH IN
IRON



PROTEIN
ENERGY



100g
SERVING

CARIBOU

vs

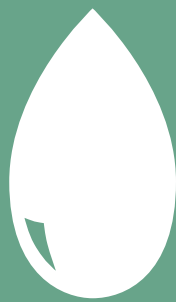
PORK

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>
Funding Provided by Public Health Agency of Canada