

# GOOSE NISKA



HEART  
HEALTHY



HIGH IN  
IRON



PROTEIN  
ENERGY



100g  
SERVING

GOOSE WITH SKIN



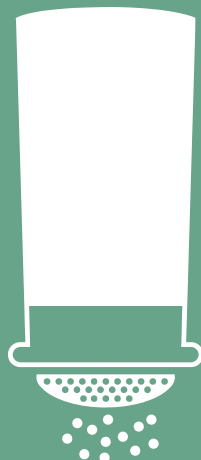
CHICKEN NUGGETS

100g  
SERVING



IRON  
6.7mg

15X  
MORE IRON  
THAN CHICKEN  
NUGGETS

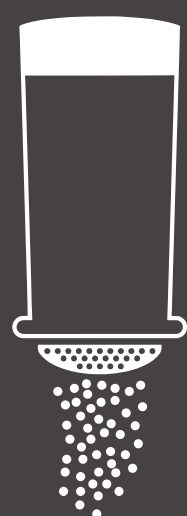


SALT  
70mg

GOOSE: Protein 28.5g, Total Fat 18.8g, Calories 292



IRON  
0.9mg



SALT  
560mg

8X  
MORE  
SALT THAN  
GOOSE

One serving of GOOSE has 4x more ⚡ than the same size serving of chicken nuggets.



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  
Photo Credit: Tom Koerner USFWS