

MOOSE MOSWA



HEART
HEALTHY



HIGH IN
IRON



PROTEIN
ENERGY



100g
SERVING

MOOSE

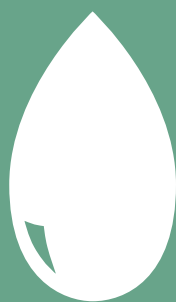
vs

BEEF 100g
SERVING



IRON
5.0g

2X
MORE
IRON THAN
BEEF



SATURATED
FAT
0.29g

MOOSE: Sodium 50mg, Protein 35g, Total Fat 1.3g, Calories 134



IRON
2.9mg



SATURATED
FAT
6g

10X
MORE
FAT THAN
MOOSE

One serving of **MOOSE** has more and less than the same size serving of beef.



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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