

RABBIT WAABOOZ



HEART
HEALTHY



HIGH IN
IRON



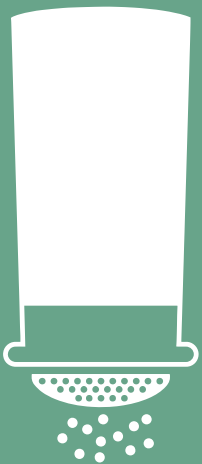
PROTEIN
ENERGY



100g
SERVING **RABBIT**



HAM 100g
SERVING



SALT
52mg



**SATURATED
FAT**
2g



SALT
1500mg


28X
MORE
SALT THAN
RABBIT



**SATURATED
FAT**
3.9g

2X
MORE
FAT THAN
RABBIT

RABBIT: Iron 5.75mg, Protein 29g, Total Fat 2g, Calories 140

One serving of RABBIT has 4x more  than the same size serving of ham.



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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