

RABBIT WAPOS



HEART
HEALTHY



HIGH IN
IRON



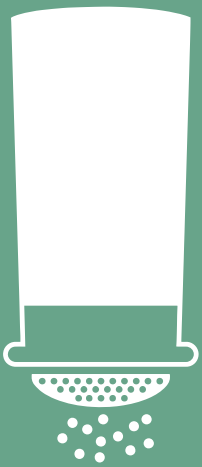
PROTEIN
ENERGY



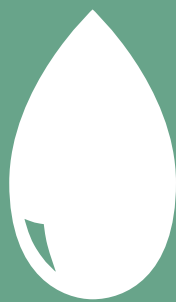
100g
SERVING **RABBIT**



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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