Wild Game Nutrition Facts

Protein is needed to build muscle, repair body cells, and protect us from bacteria and viruses. Some wild game can be good sources of lean or low-fat protein, but some are higher in saturated fat.

Saturated Fat:

- Affects your lipids (or fats) in your blood and your cholesterol levels, which can increase risk for heart disease.
- Aim to keep saturated fat intake below 10% of your daily calories
  - Example: 10% of 2000 calories is 20 grams of saturated fat per day
- Adult men and women usually need 2-3 servings of protein, or 5- or 6-ounce equivalents, per day

Tips for Cooking:

- Choose lean meats and poultry. Trim any visible fat before preparing.
- Bake, roast, grill, steam, poach, or sauté meat instead of frying.
  - Use a rack to raise food off of the bottom of pan to allow fat to drip away
  - Use an air fryer with panko breadcrumbs and sodium-free seasonings
- Cook foods without adding fat. Use non-stick cooking spray instead of butter, margarine, or oil when grilling, frying, or sauteing.
  - If fat is added, use a small amount of olive or canola oil, as these are healthier fats.

Beef, Chicken, and Wild Game Nutrition Facts:

- Portion size = 100g or 3.5 oz (average) or a size of a deck of cards

Beef	Protein (g)	Fat (g)	Sat Fat (g)	% Sat Fat
Ground, 97% lean, raw	22	3	1.5	11%
Loin, top loin, trimmed to /8" fat, choice, raw	19	17	7	26%

Chicken	Protein (g)	Fat (g)	Sat Fat (g)	% Sat Fat
Skinless breast, raw	22.5	3	1	4%
Ground, raw	17	8	2	14%

Nutrition Facts for Common Wild Game Sources:

- Portion size = 100g or 3.5 oz (average) or a size of a deck of cards

Bison	Protein (g)	Fat (g)	Sat Fat (g)	% Sat Fat
Chuck, lean, cooked, braised	34	5.5	2	11%
Ribeye, lean, cooked, broiled	29	6	2.5	12%
Ground, grass-fed, raw	20	7	3	18%
Ground, raw	19	16	7	27%

Deer	Protein (g)	Fat (g)	Sat Fat (g)	% Sat Fat
Top Round, lean, 1" steak, cooked, broiled	31.5	2	1	6%
Steak, raw	23	2.5	1	7%
Ground, raw	22	7	3	7%

Elk	Protein (g)	Fat (g)	Sat Fat (g)	% Sat Fat
Steak, Raw	23	1.5	0.5	4%
Tenderloin, lean, cooked, broiled	31	3	1	7%
Ground, raw	22	9	3.5	18%

Water Buffalo	Protein (g)	Fat (g)	Sat Fat (g)	% Sat Fat
Ground, cooked, roasted	27	2	1	4%
Ground, raw	20	1	0.5	4%
Free range, top round steak, cooked	32.5	2	1	4%

Duck	Protein (g)	Fat (g)	Sat Fat (g)	% Sat Fat
Wild, Breast, Raw	20	4	1	10%
Wild, meat/skin, raw	17.5	15	5	21%

Pheasant	Protein (g)	Fat (g)	Sat Fat (g)	% Sat Fat
Breast, meat only, raw	24.5	3	1	7%
Cooked, total edible	32.5	12	4	15%

Quail	Protein (g)	Fat (g)	Sat Fat (g)	% Sat Fat
Breast, meat only, raw	23	3	1	6%
Cooked, total edible	25	14	4	16%

Ruffed Grouse	Protein (g)	Fat (g)	Sat Fat (g)	% Sat Fat
Breast meat, skinless, raw	26	1	0.1	1%

Squirrel	Protein (g)	Fat (g)	Sat Fat (g)	% Sat Fat
Cooked, roasted	31	5	0.5	3%
Raw	21	3	0.4	3%

Boar	Protein (g)	Fat (g)	Sat Fat (g)	% Sat Fat
Wild, cooked, roasted	28	4.5	1	7%
Wild, raw	21.5	3.5	1	7%

Moose	Protein (g)	Fat (g)	Sat Fat (g)	% Sat Fat
Wild, cooked, roasted	25	0.8	0.2	1%

Sources:
www.heart.org
www.myplate.gov
www.move.va.gov
www.usda.gov