



The Benefits of Eating Wild Game

1. Many people grew up eating wild game meat. Now there is ample evidence of the healthful benefits of eating wild game. It is even becoming fashionable to do so as evidenced by the offerings of wild game in fine restaurants around the country.
2. In general, game meat is leaner than meat from domesticated animals. The fat on game meat may have a slightly stronger taste, so you should remove it before cooking. For maximum tenderness, cook slowly – either braise in liquid, or roast and baste frequently with olive oil or other polyunsaturated cooking oil.
3. The following is the nutritional value of a variety of game meats compared with beef or pork.

Nutritional value of game meat (3 ounces/85 grams)*

| Species | Protein % | Fat % | Cholesterol | (mg/100g) |
|----------|-------------|----------|-------------|-----------|
| Calories | (Kcal/100g) | Antelope | 22.5 | 0.9 |
| 112 | 144 | Beef | 22.7 | 2.0 |
| 69 | 152 | Caribou | 25.3 | 3.8 |
| 109 | 167 | Deer | 23.6 | 1.4 |
| 116 | 149 | Elk | 22.8 | 0.9 |
| 67 | 137 | Moose | 22.1 | 0.5 |
| 71 | 130 | Pork | 22.3 | 4.9 |

*Composite of all cuts, trimmed and roasted. Source: USDA Nutrient Data Laboratory

4. The nutritional value and quality of these meats depends on:
Type of animal - Deer, elk, moose, caribou, or antelope.
Age of the animal - Younger animals are usually more tender.
Diet of the animal - Animals with access to abundant food sources have more body fat so their meat is higher in fat and calories.

Some game meat is higher in dietary cholesterol than domestic meat, but the combination of more lean body tissue, generally fewer calories, less saturated fat and significantly higher percentage of cholesterol-reducing polyunsaturated fatty acids makes game a heart-healthy choice.

Game meat also has a significantly higher content of EPA (Eico Sapentaenoic Acid, a type of omega 3 fatty acid, which is a good type of oil, often referred to as fish oil) than domestic meat. EPA is thought to reduce the risk of developing atherosclerosis, one of the major causes of heart disease and stroke.

Wild game contains more than five times the amount of polyunsaturated fat per gram than is found in domestic livestock, according to Dr. S. Boyd Eaton of the Emory University School of Medicine. About 4 percent of wild game fat is polyunsaturated, Eaton reported, whereas domestic beef has an undetectable amount.

Elk and Bison are loaded with vitamins and minerals.

Bison is listed as one of the five best and most healthful foods for women due to its high iron and low fat content.

Bison has less fat and less cholesterol than skinless chicken, and is low in other fats.

Elk meat is low in Sodium, is a good source of Niacin, Vitamin B6, and Phosphorus, and is also a very good source of Protein, Vitamin B12, and Zinc.

Source: North Dakota State University, U.S. Department of Agriculture.

Replacement Value Chart

The replacement of a serving of beef with a serving of moose would have the positive effect of 30.9% more of the good polyunsaturated fat, 21.3% less monounsaturated fat, and 9.7% less of the bad saturated fat per serving.

The replacement of a serving of beef with a serving of elk would have the positive effect of 16.7% more of the good polyunsaturated fat, and 18.9% less monounsaturated fat.

Replacing a serving of domestic duck with a wild mallard duck would have the positive benefit of 2.25% less fat, 4% more protein and 28 fewer calories per serving.

Replacing a serving of lamb with a serving of buffalo would have the positive benefit of 3.8% less fat, and 29 fewer calories per serving.

The best part of game meat is eating it.

The virtues of game meat are especially important to people with specific health conditions, including heart disease or kidney failure.

Nutrition Content of Game Meat

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