

# MEAT TYPE NUTRITIONAL COMPARISON

Meat	Rabbit	Chicken	Lamb	Beef	Pork
Protein %	21.8	20.0	15.7	16.3	11.9
Fat %	4.5	17.9	27.7	28.0	45.0
Saturated Fat* (unhealthy fat)	25.4	32.7	52.1	44.9	40.2
Poly Unsaturated Fat* (healthy fat)	39.0	49.3	5.0	4.3	15.2
Calories (KCal per 100G)	120	135	165	180	165
Cholesterol	31	62	66	72	109
Moisture Content	27.9	67.6	55.8	55.0	42.0
Nutritional Ranking	BEST	GOOD	AVG	AVG	POOR
*(FAT GRAMS/100G OF FAT)					