

# Health Benefits of Elk Meat

Elk meat is an excellent meat that has been growing in popularity in recent years. More and more people are discovering the health benefits and great taste of this lean and tender meat. Our "pasture raised" elk meat make a great meal for the family or guests. If you've never tried elk meat then you are really missing out.

Are you watching your diet? Trying to eat a leaner, low-fat, low-cholesterol diet?

| Meat Type | Fat (g) | Calories | Protein | Cholesterol (mg) |
|-----------|---------|----------|---------|------------------|
| Elk       | 1.9     | 146      | 30.2    | 73               |
| Chicken   | 7.4     | 190      | 28.9    | 89               |
| Beef      | 9.3     | 211      | 29.9    | 86               |
| Pork      | 9.7     | 212      | 29.3    | 86               |

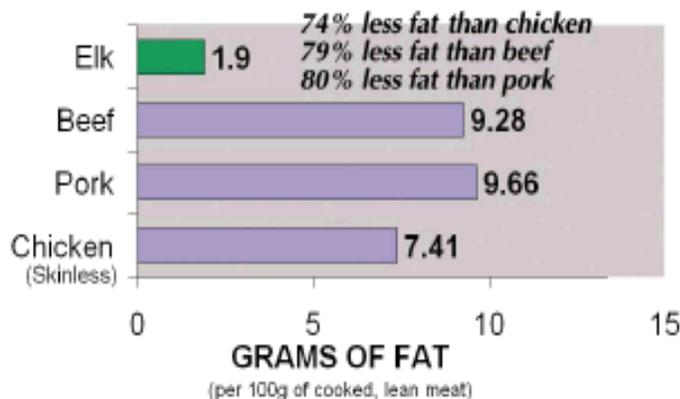
( Source: USDA Agricultural Handbook 8 )

As you can see, elk meat offers the best of both worlds. Elk is low in fat, low in cholesterol, low in Calories and high in protein and other nutrients that your body needs. All very key things you want to look for in a lean, healthy diet. When you're craving something *other* than chicken that will not bust your diet, you should seriously consider ELK. Go ahead and fire up the grill and fix yourself a nice, big, tasty elk burger; it's OK because it's healthy!

Game meat also has a significantly higher content of EPA than domestic meat. EPA is thought to reduce the risk of developing atherosclerosis, one of the major causes of heart attack and stroke.

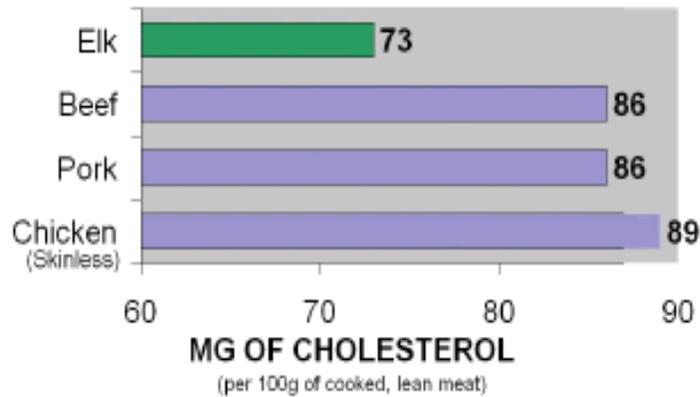
Our animals are not treated with growth hormones, or other chemicals, like many other red meats are. Our elk meat comes from herds that are accredited, tested and certified. You can be assured to receive the highest quality, best tasting elk meat on the market. If you are looking for high protein foods, try some elk today!

## LOW IN FAT



Eating healthy almost always includes lowering your fat intake. Elk meat is very low in fat compared to other traditional meats. Substitute elk meat for other meats in your diet and start lowering your fat intake today!

## LOW IN CHOLESTEROL



Elk meat contains much less cholesterol than other more traditional meats. If you or someone you love has been told to watch your cholesterol levels, incorporating elk in your diet in place of other meats can help you do that.

## LOW IN CALORIES



Elk meat is the best tasting specialty meat on the market. It is also low in fat, cholesterol and calories, with no hormones! All these benefits and it tastes GREAT! Start eating healthy today.

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