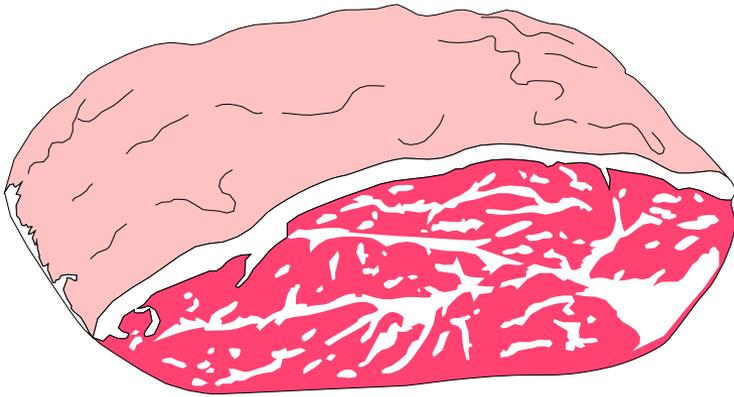


Corned Beef

- Corned Beef
- 3 oz serving
- (size of deck of cards)



23 g Fat
4 1/2 teaspoons

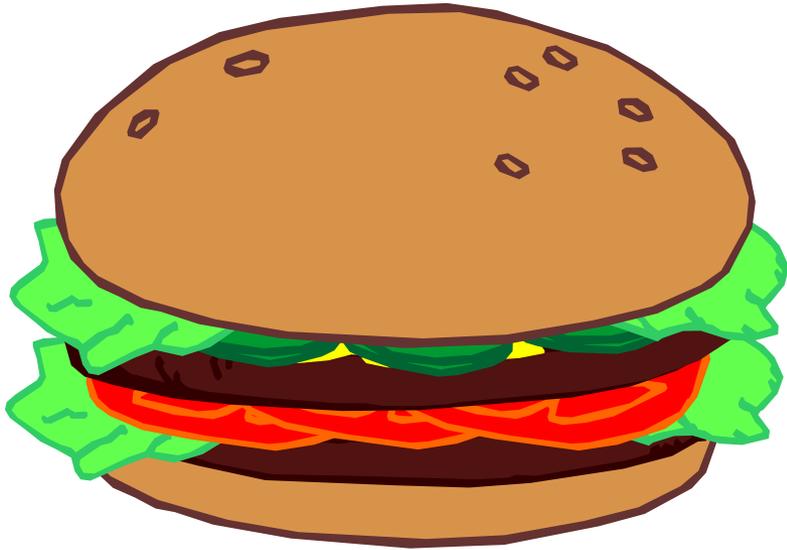
French Fries



- Large Size
McDonalds

25 g Fat
5 teaspoons

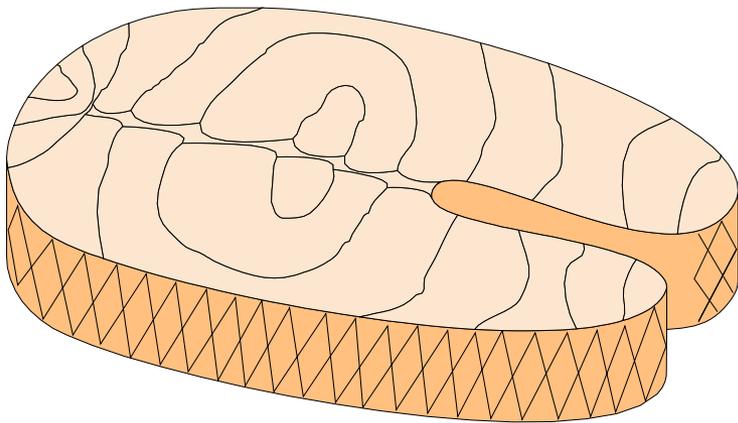
Big Mac Hamburger



33 g Fat
6 1/2 teaspoons

Dried Salmon

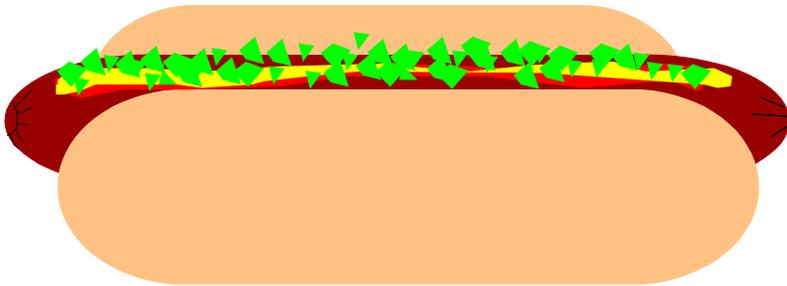
- 3 oz serving (size of deck of cards)



2 g Fat
$1/2$ teaspoon

Hot Dog

1 Frank



13 g Fat
2 1/2 teaspoons

Deer Meat

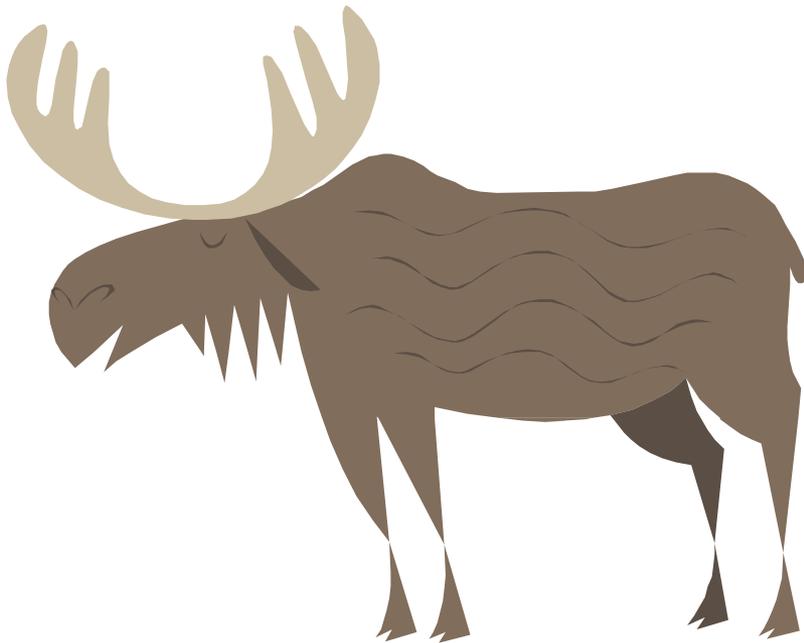


3 oz portion (size of
deck of cards)

2 g Fat
< 1/2 teaspoon

Moose Meat

3 oz portion (size of
deck of cards)



< 1 g fat

Deer Liver



3 oz portion (size of
deck of cards)

10 g fat
2 teaspoons

Canned Sockeye Salmon

3 oz portion



10 g fat
2 teaspoons

Fried Bread

1 small piece (size of
deck of cards)

10 g fat
2 teaspoons

Baked Bannock

Small piece (size of
deck of cards)

2 g Fat
1/2 teaspoon

Lean Ground Beef

3 oz portion (size of
deck of cards)



15 g Fat
3 teaspoons

Personal Pan Pizza

6 inch Meat Lovers



50 g Fat
10 Teaspoons

Kentucky Fried Chicken



Breast (with skin)

25 g Fat
5 teaspoons

Breast (no skin)

2 g Fat
< 1 teaspoon