

Comparison of Nutritional Values*

Serving Size: 100 grams (3.5 oz)

Analysis	Emu	Catfish	Chicken	Turkey	Beef	Buffalo
	<i>Thigh (Raw)</i>	<i>Channel (Raw)</i>	<i>Broilers or Fryers;</i>	<i>Fryer-Roaster</i>	<i>Round, Bottom Round</i>	<i>Round, Bottom Round</i>
			<i>Breast Meat Only (Raw)</i>	<i>Flesh Only (Raw)</i>	<i>Separable; Lean and Fat</i>	<i>Separable; Lean and Fat</i>
					<i>All Grade (Raw)</i>	<i>All Grade (Raw)</i>
Protein	23.3 g	18.2 g	23.1 g	22.3 g	19.9 g	20.4 g
Calories	109 cal	113 cal	110 cal	104 cal	225 cal	99 cal
Sodium	71.6 mg	63 mg	65 mg	61 mg	55 mg	53 mg
Calcium	0.3 mg	40 mg	11 mg	12 mg	5 mg	12 mg
Iron	5 mg	1 mg	0.7 mg	1.4 mg	2.1 mg	1.6 mg
Cholesterol	57.5 mg	58 mg	64 mg	73 mg	65 mg	46 mg
Fat (Sat.+Mono.+Poly)	1.7 g	3.6 g	0.9 g	1.7 g	14.3 g	1.2 g
Saturated Fat	0.6 g	1 g	0.3 g	0.6 g	6.5 g	0.5 g
Monounsaturated Fat	0.7 g	1.6 g	0.3 g	0.7 g	7.2 g	0.4 g
Polyunsaturated Fat	0.4 g	1 g	0.3 g	0.4 g	0.6 g	0.3 g

*Data for catfish, turkey, and beef is from USDA Handbook No. 8. Data for emu is from Silliker Laboratories of Texas, Inc., a food-testing laboratory. Buffalo data is from the USDA Food Composition web page (http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl)