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FOR YOUR INTEREST

COMPARATIVE FAT & IRON VALUES (100GM)

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	Meat Fat (g)	Iron (mg)
Venison – leg steak	0.7	3.9
Venison – striploin	1.3	4.0
Beef – trimmed rump steak	6.0	2.7
Beef – fillet	6.9	3.4
Chicken – skinless breast	4.0	0.7
Lamb – trim fillet	6.7	2.1
Pork – trim loin steak	3.7	1.3