

BENEFITS OF BISON MEAT

- Lean meat, contains fewer calories, less saturated fat
- Rich source of conjugated linoleic acid (CLA), B vitamins & minerals such as iron, phosphorous, zinc, & selenium
- High in omega-3s that help prevent inflammation & support cardiovascular health
- High in zinc, which supports the immune system's function
- High iron content in bison (more than 50% of your daily requirements in a single serving), helping prevent anemia

BISON IS THE HEALTHY, LEAN PROTEIN OF CHOICE

HEART HEALTHY

THE AMERICAN HEART ASSOCIATION RECOMMENDS BISON AS PART OF A HEART-HEALTHY DIET.



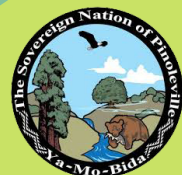
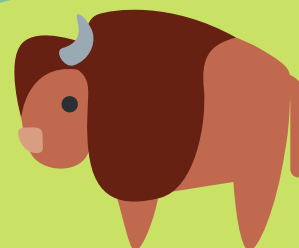
BISON ARE NORTH AMERICA'S LARGEST LAND ANIMALS

AND IN 2016 THEY BECAME THE OFFICIAL NATIONAL MAMMAL OF THE U.S.

BISON VS BEEF VS PORK VS SALMON VS CHICKEN

| |  |  |  |  |  |
|----------|---|---|--|---|---|
| FAT | 2.4G | 18.5G | 9.2G | 6.7G | 7.4G |
| PROTEIN | 28.4G | 27.2G | 27.5G | 25.4G | 28.9G |
| CALORIES | 143 | 283 | 201 | 169 | 190 |

Infographic sourced from Sierra Meat & Seafood



Pinoleville Pomo Nation Wellness Center
Good Health & Wellness in Indian Country