

NUTRIENTS FOUND IN MOOSE

*per 1 food guide serving of moose meat

High in Protein

20 g



Energy for being on the land

Rich in Iron

3 mg



Builds strength and sustains energy

Rich in Niacin (B3)

4.5 mg



Keeps you focused

Rich in Phosphorus

142 mg



Builds strong bones and teeth

Rich in Vitamin C

3.6 mg



Helps wounds heal and supports immunity

Low in Fat and Cholesterol

3 g | 53 mg



Supports heart health

High in Potassium/ Low in Sodium

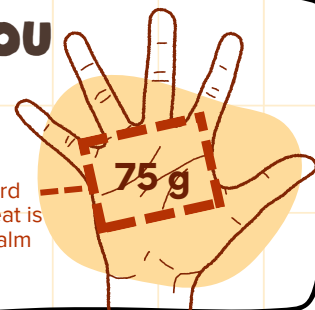
285 mg/58 mg



Balances blood pressure

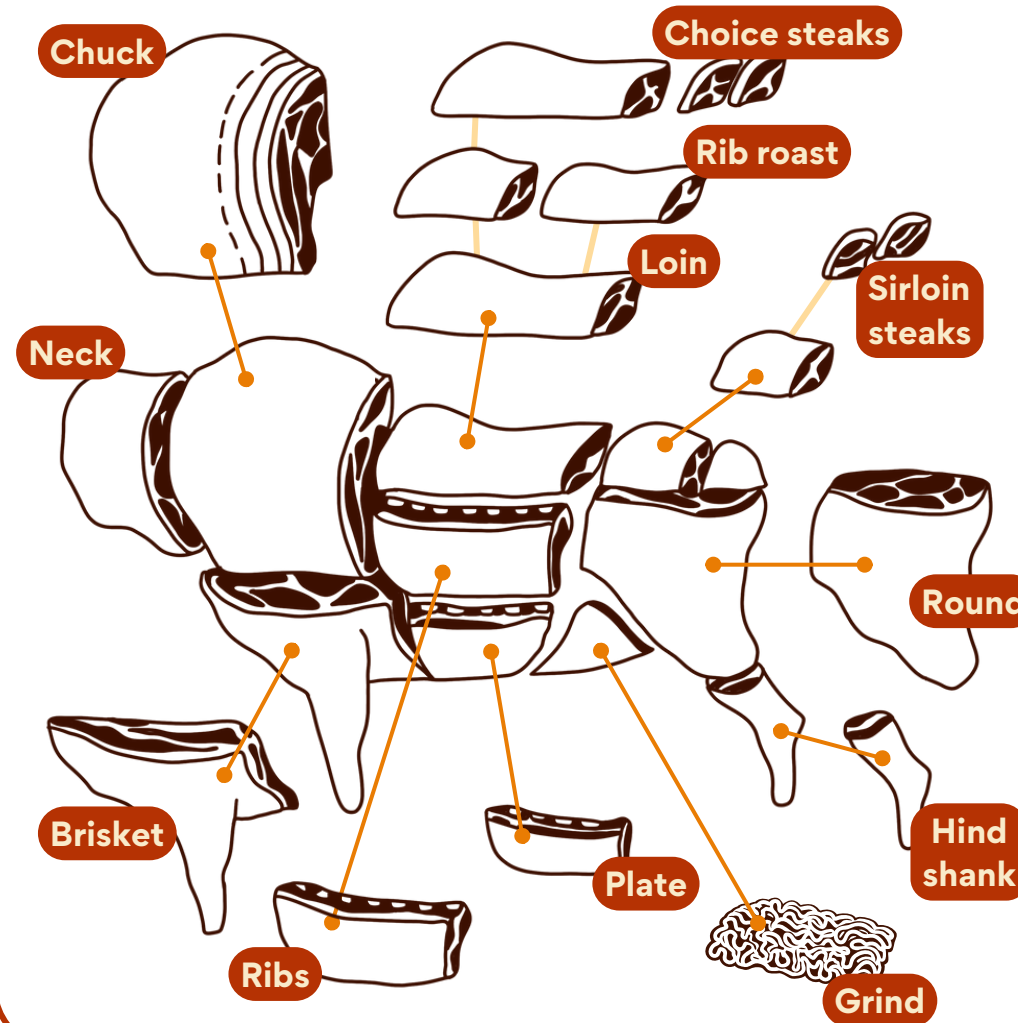
DID YOU KNOW?

The standard serving of meat is equal to a palm



Recommended serving of moose meat: **2-3 servings/day**

MOOSE MEAT CUTS



MOOSE IS GOOD FOR YOUR HEALTH!

Moose meat is an excellent addition to a healthy diet because it is **low in fat** and **high in protein**. It is also rich in **vitamins and iron** that are vital for overall growth and development.

HOW TO PREPARE MOOSE LIVER

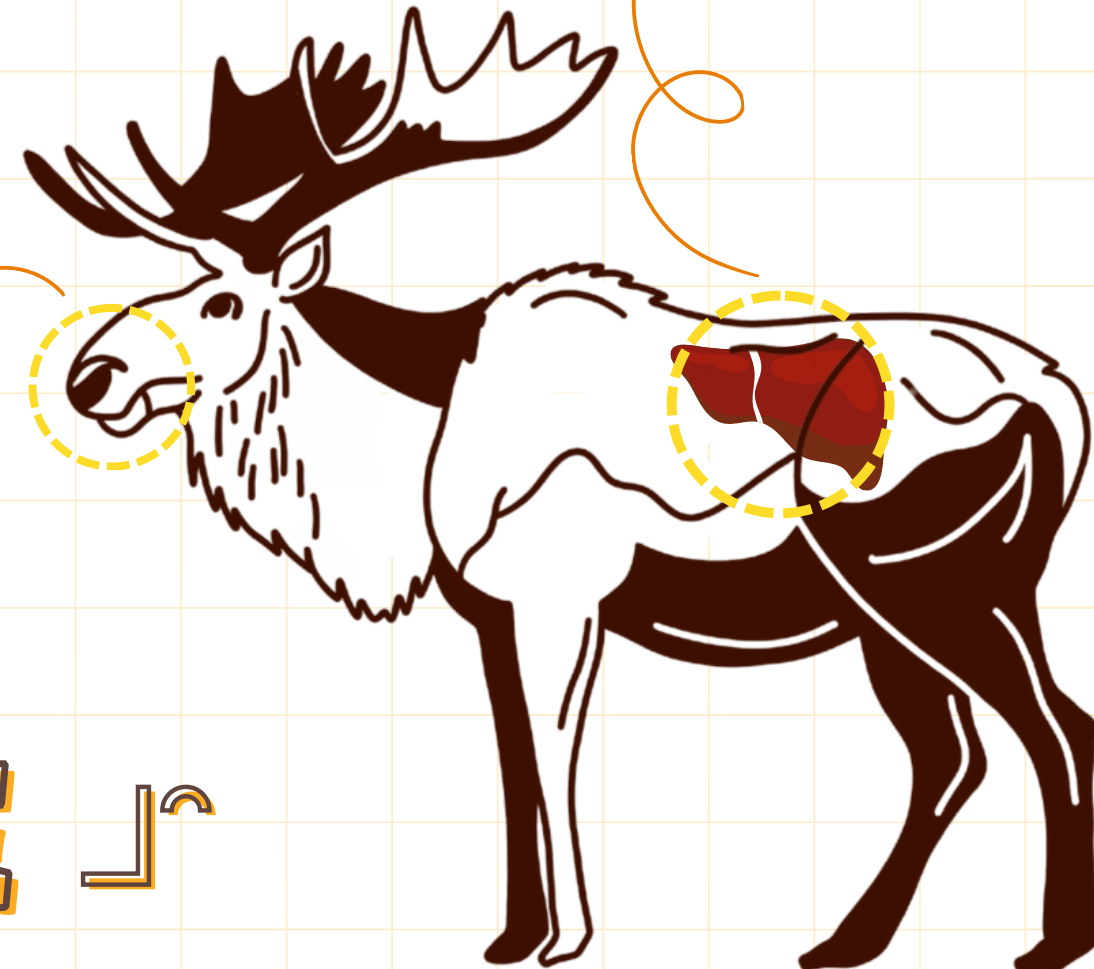
- Cut** liver into thin slices (about 1/2 inch thick).
- Add** flour for crispiness
- Fry** sliced onions in oil or grease over medium heat until golden brown.
- Add** liver slices and fry for 2-3 minutes per side.
- Season** with salt and pepper
- Serve hot** with bannock or wild rice.

HUNTING AND FISHING FOR A HEALTHY LIFESTYLE!

Getting out on the land for hunting and fishing also supports a healthy and active lifestyle; it's an integral part of the **Northern way of life**.

HOW TO PREPARE MOOSE NOSE

- Singe** off hair over fire
- Remove hair** and cool
- Slice** into bite pieces
- Boil** for 1 hour, then season to taste



MOOSE

