

A decorative border of black buffalo silhouettes surrounds the entire page. The silhouettes are arranged in a rectangular frame, with some at the top, bottom, and sides, and others interspersed along the edges.

Buffalo and Nutrition: A Healthy Connection

Why eat buffalo?

- Buffalo is a nutrient dense food. That means it is full of good nutrition compared to the amount of calories it provides.
- Buffalo is a good source of protein.
- Buffalo is low in fat.
- Buffalo is high in many vitamins such as vitamins B₁₂ and B₆.
- Buffalo is high in many minerals such as iron and zinc.
- Buffalo adds variety to our diets.
- Buffalo tastes great and is full of flavor.

How does it compare to other meats?

Buffalo is an excellent red meat choice. It is low in fat and calories.

Animal	Calories	Fat (Grams)	Protein (Grams)	Cholesterol (Milligrams)
Buffalo	31	0.4	6	19
Beef	37	1	6	16
Pork	38	1	6	17
Chicken	33	1	5	23

*Per 1 ounce of raw meat

**All amounts are rounded to the nearest whole number.

***Based on similar cuts for each animal.

Remember that if you do not trim all the visible fat or if you add fat such as butter, oil, or margarine during the cooking process, you will increase the amount of fat in the meat.

Sources:

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U.S. Department of Agriculture, Agricultural Research Service. 1999. USDA Nutrient Database for Standard Reference, Release 13. Nutrient Data Laboratory Home Page, <http://www.nal.usda.gov/fnic/foodcomp>, 03/19/2001. (NDB No. 13218, NDB No. 10014, NDB No. 17266, NDB No. 05096)

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Revised: 2004