



MEAT

NUTRITIONAL INFORMATION GUIDE

Seal meat is produced in the season in which hunters are active. Carino is able to source meat from both harp (*Phoca groenlandica*) and grey seal (*Halichoerus grypus*). The season for harp seals is from early to late spring and therefore potential customers must finalize product requests by March 31st of the given year. Grey seal meat is also available in limited quantities from an early winter hunt. In this case, requests must be finalized before January 31st of the given year.

TECHNICAL DESCRIPTION

Nutritional Quality of Mechanically-Separated Seal Meat

Constituents in 100 g Meat:

PROTEIN:	22.3 g
CALCIUM:	591 mg
IRON:	64 mg
MAGNESIUM:	34 mg
VITAMIN B12:	7.7 ug

Constituents Comparison Per 100 g Meat:

	Seal	Beef	Pork	Chicken	Cod
PROTEIN (g):	22.3	22.0	22.0	14.6	17.8
CALCIUM (mg):	591	3.5	3.2	78.4	24.0
IRON (mg):	64	1.9	1.0	1.8	0.4
MAGNESIUM (mg):	34	21	27	17	25
VITAMIN B12 (ug):	7.7	5.0	5.0	0.8	0.5

(Source: Shahidi and Synoweicki, 1996)