

# CALORIFIC DIFFERENCES IN COMMONLY USED MEATS

weight	food type	calories	The Natural Canine Kitchen
500 g	duck, whole, meat & skin, raw	2,200. kcal	
500 g	goose, meat & skin	1,830. kcal	
500 g	ground lamb, raw	965. kcal	
500 g	pork shoulder, raw	930. kcal	
500 g	goose, meat only	790. kcal	
500 g	deer, raw	756. kcal	
500 g	turkey, meat & skin	715. kcal	
500 g	chicken breast , meat only, raw	685. kcal	
500 g	chicken , whole, no skin, raw	685. kcal	
500 g	duck, whole, meat, raw	675. kcal	
500 g	rabbit, raw	668. kcal	
500 g	ground beef , raw	653. kcal	
500 g	wild boar	612. kcal	
500 g	turkey, meat only	560. kcal	
500 g	goat, raw	519. kcal	