

ALL ABOUT BISON



HEALTH BENEFITS OF BISON

Bison meat is lean and packed with protein. It's full of iron and vitamin B12, which help our bodies stay strong and healthy. Some people choose bison over beef because it's healthier and often raised without added hormones.



WHAT DID THE BUFFALO SAY AS HE DROPPED HIS SON OFF AT SCHOOL? BISON

WHAT IS BISON?

When people say "buffalo" in North America, they usually mean bison! Bison are large, furry animals that once roamed the Great Plains in huge herds. They are wild animals but are also raised on farms for their meat.

WHAT DOES BISON MEAT TASTE LIKE?

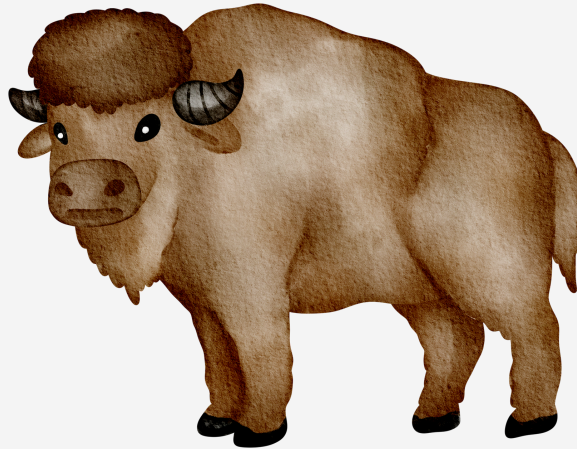
Bison meat tastes similar to beef, but with a slightly sweeter, richer flavor. It can be made into burgers, sausages, steaks, tacos—even meatballs!

yum!

Nutrition Facts	
Portion Size	85 g
Amount Per Portion	
Calories	124
% Daily Value *	
Total Fat 6.1g	8 %
Saturated Fat 2.5g	12 %
Cholesterol 47mg	16 %
Sodium 60mg	3 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugar 0g	
Protein 17g	34 %
Vitamin D 0mcg	0 %
Calcium 9.4mg	1 %
Iron 2.4mg	13 %
Potassium 279mg	6 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	



delicious!



FUN FACTS

- A bison can run up to 35 miles per hour.
- Bison have beards.
- They can weigh up to 2,000 pounds.
- Bison have lived in North America for over 10,000 years.
- They roll in the dirt to take a dust bath, which helps keep bugs away.
- Their heads are so strong, they can plow through snow with them in the winter to find grass!
- Yellowstone National Park is the only place in the U.S. where bison have continuously lived since prehistoric times.
- A baby bison is called a "Red Dog".
- Teddy Roosevelt helped save the bison from extinction.
- Bison can live up to 20 years old.
- The American bison's ancestors can be traced to southern Asia thousands of years ago.
- While bison have poor eyesight, they have excellent senses of smell and hearing.

BISON IN SOUTH DAKOTA

- South Dakota, particularly Custer State Park and Badlands National Park, is home to significant bison populations. The state hosts an annual buffalo roundup to manage the herds and maintain their health.
- 1,350-1,450 bison roam freely in SD.
- Bison were reintroduced to the Badlands in 1963, with a source herd transferred from Theodore Roosevelt National Park.
- The Wind Cave bison herd played a role in reviving bison populations around the country, with the American Bison Society donating bison to the park.
- South Dakota has the largest bison population in the U.S. with nearly 40,000.



WHAT DO YOU GET WHEN YOU
CROSS A BISON WITH A CHICKEN?
BUFFALO WINGS

