

1 Fan Fillet

OS 1046
± 1,5 kg



International Ostrich Association

P.O. Box 871, La Montagne, South Africa
Phone: +27 12 801 8834 Fax: +27 12 801 8834
E-mail: hannyj@web.co.za

17 Big drum

OS 1013
± 1 kg



2 Eye Fillet

OS 1050
± 0,3 kg



16 Flat drum

OS 1012
± 0,65 kg



3 Tournedos

OS 1059C
± 0,2 kg



15 Small Drum

OS 1014
± 0,25 kg



4 Oyster Fillet

OS 1045
± 0,3 kg



14 Drum Steak

OS 1011
± 0,5 kg



5 Long Fillet

OS 1060F
± 0,25 kg



13 Long Steak

OS 1060S
± 0,25 kg



6 Triangle Steak

OS 1036
± 0,3 kg



Nutrient Comparison (per 100 grams of cooked lean meat)

Species	Description	Protein %	Fat Grams	Calories KCal	Iron mg	Cholesterol mg
Ostrich	Cut Composite	25.9	5.0	142	3.2	85
Chicken	Whole, No Skin	28.9	7.4	190	1.2	99
Turkey	Whole, No Skin	29.3	5.0	170	1.8	76
Beef	Retail Composite	29.9	9.5	211	3.0	96
Pork	Retail Composite	29.2	9.7	212	1.1	96

12 Minute Steak

OS 1042
± 0,110 kg



7 Small Steak

OS 1037
± 0,125 kg



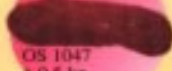
8 Rumpsteak

OS 1035
± 1 kg



9 Tenderloin

OS 1047
± 0,5 kg



10 Tender Steak

OS 1038
± 0,3 kg



11 Moon Steak

OS 1041
± 0,75 kg

