

# CHICKEN NUTRITION & SAFETY FACTS



- According to the American Dietetic Association, three ounces of baked chicken drumstick with the skin removed has **less total fat** than the same amount of sirloin steak, beef tenderloin, pork chop, or salmon.
- Breast meat has the **lowest fat content** of any part of the chicken, and leg meat is **competitive with other types of meat** and poultry.
- A skinless chicken breast has only **one gram of saturated fat**, so it is an ideal choice for anyone limiting his or her intake of saturated fat.
- Chicken is **rich in vitamins and minerals**. A 3.5-ounce serving of cooked, skinless chicken breast contains: 15 mg Calcium, 29 mg Magnesium, 228 mg Phosphorus, 256 mg Potassium, 27.6 mcg Selenium, 13.712 mg Niacin, 0.6 mg Vitamin B-6 and 21 IU Vitamin A.
- Chicken should always be cooked to an **internal temperature of at least 165°F** as measured with a food thermometer.
- Leftovers that contain chicken should be **refrigerated within two hours of cooking** and enjoyed within **2-3 days**.
- Frozen chicken should be thawed in the **refrigerator** or in **cold water** - not on the countertop. Once thawed, **keep chicken refrigerated** until ready to cook.

## NUTRITION CHART (PER 3.5-OUNCE BONELESS, COOKED PORTION)

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	PROTEIN (G)
BONELESS, SKINLESS CHICKEN BREAST	165	3.6	1	85	31
CHICKEN DRUMSTICK, SKINLESS	174	7.8	2.1	128	24.2
CHICKEN THIGH, SKINLESS	179	8.1	2.3	133	24.8
CHICKEN DRUMSTICK, SKIN-ON	191	10.1	2.7	130	23.3