

# TURKEY NUTRITION & SAFETY FACTS



- Turkey is a **nutrient-rich protein** that is **lower in fat and calories** than many other protein sources.
- Eating protein-packed foods, like turkey, can help **promote a healthy weight** by keeping you feeling fuller longer.
- Don't rinse your turkey! **Rinsing raw turkey can spread harmful germs and bacteria** around the kitchen and increase the risk of cross-contamination.
- **Use a meat thermometer** to ensure your turkey has been properly cooked to an **internal temperature of 165°F**. For a whole turkey, check the temperature at the **innermost part of the thigh**, the **innermost part of the wing** and the **thickest part of the breast**.

Turkey provides:

- **Fewer calories** than many lean, red meats.
- **Less than one-fourth** of the maximum daily-recommended intake of cholesterol.
- Minimal **total fat** and **saturated fat**.
- A protein that is **naturally low in sodium**, containing less than 30 mg per ounce, on average.

## NUTRITION CHART (PER 3 TO 4-OUNCE COOKED PORTION)

	CALORIES	TOTAL FAT (G)	SODIUM (MG)	CHOLESTEROL (MG)	PROTEIN (G)
TURKEY BREAST, ROASTED, SKINLESS	120	1	45	55	26
GROUND TURKEY	180	11	130	95	19