

# TODAY'S TURKEY:

## HOW TURKEY STACKS UP AGAINST OTHER PROTEINS



Visit [ServeTurkey.org](http://ServeTurkey.org) for more informational sheets, facts and recipes for everything turkey!

| PRODUCT (3 OZ)  | TOTAL CAL | TOTAL FAT | SATURATED FAT | PROTEIN | SODIUM | CHOLESTEROL |
|---|-----------|-----------|---------------|---------|--------|-------------|
| <b>WHOLE TURKEY</b><br><i>(Fresh, roasted, skinless)</i>              | 135       | 3g        | 1g            | 25g     | 85mg   | 80mg        |
| <b>WHOLE CHICKEN</b><br><i>(Roasted, skinless)</i>                    | 140       | 6g        | 2g            | 21g     | 65mg   | 65mg        |
| <b>RIBEYE</b><br><i>(Round, roasted, trimmed to 0" fat)</i>           | 140       | 4g        | 1g            | 25g     | 55mg   | 65mg        |
| <b>PORK LOIN</b><br><i>(Fresh, roasted, boneless)</i>                 | 150       | 5g        | 2g            | 23g     | 40mg   | 65mg        |
| <b>LAMB</b><br><i>(Shank, Braised, Trimmed to ¼" fat)</i>             | 210       | 11g       | 5g            | 24g     | 60mg   | 90mg        |
| <b>TURKEY BREAST</b><br><i>(Skinless, roasted)</i>                    | 130       | 2g        | .5g           | 26g     | 85mg   | 70mg        |
| <b>CHICKEN BREAST</b><br><i>(Skinless, roasted)</i>                   | 140       | 3g        | 1g            | 26g     | 65mg   | 70mg        |
| <b>BEEF TENDERLOIN</b><br><i>(Choice, roasted, trimmed to 0" fat)</i> | 160       | 8g        | 3g            | 23g     | 50mg   | 70mg        |
| <b>PORTERHOUSE STEAK</b><br><i>(Grilled, trimmed to 0" fat)</i>       | 180       | 10g       | 3g            | 22g     | 60mg   | 77mg        |
| <b>PORK TENDERLOIN</b><br><i>(Roasted, trimmed to 0" fat)</i>         | 130       | 3g        | 1g            | 22g     | 50mg   | 60mg        |
| <b>GROUND TURKEY</b><br><i>(93% lean, 7% fat, grilled)</i>            | 180       | 10g       | 3g            | 22g     | 75mg   | 90mg        |
| <b>GROUND TURKEY PATTIES</b><br><i>(85% lean, 15% fat, grilled)</i>   | 210       | 14g       | 4g            | 22g     | 70mg   | 90mg        |
| <b>GROUND BEEF</b><br><i>(80% lean, 20% fat, grilled)</i>             | 230       | 15g       | 6g            | 22g     | 65mg   | 75mg        |
| <b>GROUND PORK</b><br><i>(84% lean, 16% fat, grilled)</i>             | 260       | 18g       | 6g            | 23g     | 75mg   | 80mg        |