

TODAY'S TURKEY:

HOW TURKEY STACKS UP AGAINST OTHER PROTEINS



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