

TODAY'S TURKEY:

A LEAN PROTEIN POWERHOUSE – AND A WHOLE LOT MORE!

Low in fat, high in protein and rich in vitamins and minerals that fuel your body, turkey provides a host of dietary benefits.

Visit ServeTurkey.org for more informational sheets, facts and recipes for everything turkey!

DAILY VALUE OF VITAMIN B3

♂ 50% ♀ 57%

DAILY VALUE OF VITAMIN B6

♂ 32% ♀ 42%

DAILY VALUE OF VITAMIN B12 (LIGHT MEAT)

FOR TEENS & ADULTS 62%

DAILY VALUE OF VITAMIN B12 (DARK MEAT)

FOR TEENS & ADULTS 67%

THOSE ALL-IMPORTANT Bs*

Turkey meat contains varying amounts of all the B vitamins, but is especially rich in B3 (niacin), B6 (pyridoxine) and B12 (cobalamin).

While each of the Bs provide its own benefits, as a whole these essential nutrients promote healthy metabolism by helping our bodies convert food into energy. B vitamins also support adrenal function and help calm and maintain a healthy nervous system.

AMAZING MINERALS*

Se

SELENIUM – Turkey provides an abundant amount of the cancer-fighting antioxidant selenium – about half of the recommended daily value in a single 3-ounce serving. Selenium supports the body's detoxification system, helping to eliminate free radicals, and also helps keep your thyroid function strong.

Zn

ZINC – 3 milligrams of zinc in a 3-ounce turkey thigh keeps your senses sharp and supports a healthy nervous system. Zinc is best known for its role in fortifying your body's immune system.

P

PHOSPHORUS – A 3-ounce serving of turkey provides about 18 percent of the recommended daily intake of phosphorus, which works with calcium to build and maintain strong bones and teeth. Phosphorus also plays an important role in the metabolism of fats and carbohydrates and is essential for the growth and repair of your body's cells and tissues.

Fe

IRON – Turkey is a good source of iron, with 1.73 milligrams per 3-ounce cooked turkey burger. Iron is a key component of the protein hemoglobin, which enables red blood cells to circulate oxygen throughout your body. Iron plays a number of other important roles as well, such as helping convert blood sugar to energy, and supporting immune function.

Turkey also provides notable amounts of **POTASSIUM, MAGNESIUM,** and **COPPER.**

*Please note: the values presented here are based on a 3-ounce serving and are our closest approximations; actual amounts vary based on whether you are eating light meat or dark meat.



LET'S NOT FORGET ABOUT LEAN PROTEIN

PROTEIN helps your body produce more amino acids that build, maintain and restore muscle. Protein is also responsible for healthy blood cells, key enzymes and strengthening the immune system.



of your daily value of lean protein is in a single serving of turkey.

WATCHING YOUR WAISTLINE? Protein—the lean variety in particular—is a key component of weight loss. High-protein foods take more work to digest, metabolize, and use, which means you burn more calories processing them. They also take longer to leave your stomach, so you feel full sooner and stay that way for a longer amount of time. And if you're working out as well, protein is extra essential for ensuring you lose fat while building toned, lean muscle, which keeps your metabolism humming.

SATIETY is the feeling of fullness or lack of desire to eat following a meal. In 2002, the IOM Dietary Reference Intake report on protein suggested that protein has a more satiating effect than fat or carbohydrates—the other macronutrients. This suggests that small increases in protein consumption, offset by decreases in fat or carbohydrate consumption, may help increase feelings of fullness after a meal. It is theorized that if satiety is experienced, then weight loss may occur secondarily to reduce calorie consumption over time.









NOT ALL PROTEINS ARE CREATED EQUAL

Complete proteins contain all nine essential amino acids your body needs to build lean muscle. Your body cannot produce these essential amino acids so you need to obtain them from food. Low-fat complete protein sources (like turkey!) are your best bet for losing weight while building or maintaining muscle.

INCOMPLETE PROTEINS

-  **NUTS & SEEDS**
-  **LEGUMES**
-  **MOST GRAINS**
-  **VEGETABLES**

COMPLETE PROTEINS

-  **POULTRY/MEAT**
-  **FISH**
-  **EGGS**
-  **DAIRY PRODUCTS**
-  **QUINOA**
-  **SOYBEANS**

SOURCES:

- www.whfoods.com
- www.xrmd.com
- www.cdc.gov/nutrition
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