



## TASTY. VERSATILE. NUTRITIOUS.

Canadian Raised Turkey is *THE* Power Protein

### 12 TERRIFIC REASONS TO LOVE TURKEY!

Turkey is a nutritional powerhouse! It's an excellent source of protein, and its lean and nutrient-rich (*meaning it has a whole lot of nutrients per calorie*).

1.	Turkey is packed with high quality <b>PROTEIN</b> to help build strong, healthy muscles.
2.	White meat. Dark meat. Either way, turkey is <b>LEAN</b> .
3.	Turkey gives you a boost with energizing <b>IRON</b> .
4.	Turkey builds up your body with immune-strengthening <b>ZINC</b> .
5.	Turkey is naturally low in <b>SODIUM</b> .
6.	Turkey is bursting with <b>VITAMIN B12</b> to keep your nervous system – your body's electrical wiring – working well.
7.	Turkey is chockfull of <b>NIACIN</b> , another B vitamin that helps maintain a healthy nervous system.
8.	Turkey supplies you with <b>SELENIUM</b> , an antioxidant mineral, for healthy skin.
9.	Turkey delivers bone-building <b>VITAMIN D</b> .
10.	Turkey provides you with the heart healthy minerals <b>POTASSIUM</b> and <b>MAGNESIUM</b> .
11.	Turkey is filled with <b>PHOSPHORUS</b> , one of calcium's partners in building strong bones.
12.	The <b>TRYPTOPHAN</b> in turkey does NOT make you sleepy!

\* Nutrient information is based on a 100-gram serving.

Visit [www.canadianturkey.ca/nutrition](http://www.canadianturkey.ca/nutrition) for more nutrition benefits of Canadian Turkey.





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### **Even more terrific news about turkey!**

- Turkey pairs perfectly with all sorts of vegetables and fruits. Enjoying turkey with your veggies not only tastes great, but it also helps boost your body's absorption of the iron and zinc found in the plant foods on your plate.
- Eating 20 to 30 grams of protein at each meal can help you feel energized and satisfied and help keep your muscles happy and healthy. Each serving (100 grams) of turkey provides you with about 30 grams of protein. Enjoying turkey at your meals is a delicious and easy way to meet your protein needs.
- Turkey is lean, but it does contain some fat, and that's okay. We need fat for important functions in our body and for good health. Fat provides energy, helps you absorb some vitamins and antioxidants (e.g., vitamin E and beta carotene), and it's needed for healthy skin. And, almost half the fat in turkey is monounsaturated – that's the same type of fat found in heart healthy olive oil!
- Nourish your family with these tasty meals featuring Canadian turkey. For more recipes, visit [canadianturkey.ca](http://canadianturkey.ca).



***Hearty Turkey and Lentil Breakfast Bowl***



***The Gobbler Sandwich***



***Thailicious Turkey Stir Fry***



***Cali Fresh Turkey Bowl***

