



# TASTY. VERSATILE. NUTRITIOUS.

Canadian Raised Turkey is THE Power Protein

## HOW DOES GROUND TURKEY STACK UP?

Whether you're making a burger, a pasta dish, stuffed peppers, chili or tacos, ground turkey is the perfect choice for all your ground meat recipes!

	Turkey	Chicken	Beef	Pork
	<i>Turkey, all classes, ground, cooked</i>	<i>Chicken, ground, lean, cooked</i>	<i>Beef, ground, lean, patty, pan-fried</i>	<i>Pork, ground, lean, pan-fried</i>
Energy (kcal)	<b>196.0</b>	189.0	259.0	233.0
Protein (g)	<b>27.6</b>	23.3	29.7	25.8
Carbohydrate (g)	<b>0.0</b>	0.0	0.0	0.0
Total Fat (g)	<b>8.7</b>	10.9	14.7	14.3
Saturated Fat (g)	<b>2.9</b>	3.1	6.0	5.5
Mono-unsaturated Fat (g)	<b>3.6</b>	4.9	6.8	6.7
Poly-unsaturated Fat (g)	<b>2.1</b>	2.1	0.5	1.8
Cholesterol (mg)	<b>127.0</b>	107.0	85.0	80.0
Sodium (mg)	<b>84.0</b>	75.0	84.0	80.0

Nutrition Profile per 100 g serving Source: Canadian Nutrient File version 2015

## What does this mean?

- Ground turkey is extra lean yet full of flavour, so it boosts the tastiness of your ground meat recipes without a lot of fat.
- The 28 grams of protein per serving of ground turkey is an ideal amount to help you stay satisfied long after your meal.
- Ground turkey is nutrient-rich and an excellent source of phosphorus, zinc, B12 and niacin.
- Ground turkey is versatile; swap it into any of your ground meat recipes. Need inspiration? For delicious and nutritious recipes featuring ground turkey, visit [www.canadianturkey.ca](http://www.canadianturkey.ca).

