



# TASTY. VERSATILE. NUTRITIOUS.

Canadian Raised Turkey is THE Power Protein

## HOW MUCH PROTEIN DO YOU NEED EVERY DAY?

**Turkey is packed with protein!** Each 100-gram serving of turkey has about 30 grams of high quality protein to help you feel energized and satisfied, and to help keep your muscles healthy and happy.

- The **Recommended Daily Intake for protein for adults is 0.8g/kg**, the minimal amount of protein needed to sustain body functions and prevent deficiency. That would be 56 grams of protein per day for someone weighing 70 kg/154 lbs.
- For optimal health, emerging research suggests you eat about **20 to 30 grams of protein at each meal**.

<p><b>Protein is a muscle booster.</b> It helps build and maintain lean muscle mass to keep you strong.</p>	<p><i>Eating a snack with protein (e.g., turkey) within two hours after exercise can help maximize muscle repair and growth.</i></p>
<p><b>Protein helps keep you strong as you age.</b> A higher intake of protein is recommended to maintain muscle health (we slowly lose muscle) and keep you strong as you age.</p>	<p><i>New to turkey at breakfast? Try stirring leftover turkey into a frittata, wrapping up ground turkey in a breakfast burrito or enjoying lean turkey sausages along side your eggs.</i></p>
<p><b>Protein supports a healthy immune system.</b> It helps your body build antibodies, so you can fight off infections like colds and flu.</p>	<p><i>Plan to include at least one protein-rich food at each meal – breakfast, lunch, dinner – and snack.</i></p>
<p><b>Protein helps with weight management.</b> Higher protein intake, along with activity, helps you maintain lean muscle (more muscle means more calorie burning capacity) and regulate your appetite – both are important to help manage a healthy weight.</p>	<p><i>Protein can help crush cravings. Eating protein at meals can help you to feel satisfied/full longer so you can manage munchies.</i></p>





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### Why is Turkey THE Power Protein?

- Every bite of turkey is an excellent source of high quality protein; one serving (100 grams) of turkey provides you with about 30 grams of protein.
- 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. Eating turkey is a delicious, nutritious way to meet your protein needs.
- Turkey provides you with lean protein; white meat is considered a low fat choice.
- Turkey is rich in nutrients such as zinc (for a healthy immune system), vitamin B12 (for a healthy nervous system – your body's electrical wiring) and selenium (for healthy skin).
- For more tips and information about how turkey is THE Power Protein, visit <http://www.canadianturkey.ca/nutrition/all-about-protein/>.



**Smokey Turkey & Lentil Chili**



**Apple Wheatberry Turkey Salad**



**Warm Turkey And Root Vegetable Salad With Goat Cheese Dressing**



**Protein-Packed Turkey & Lentil Frittata**

References:

Institute of Medicine. *Dietary reference intakes: the essential guide to nutrient requirements*. Washington: National Academies Press, 2006.

Gilbert JA et al. *Effects of proteins from different sources on body composition*. *Nutr Metab Cardiovasc Dis*. 2011 Sep;21 Suppl 2:B16-31.

Phillips SM, Chevalier S, Leidy HJ. *Protein "requirements" beyond the RDA: implications for optimizing health*. *Appl Physiol Nutr Metab*. 2016;41(5):565-572.

