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Chicken Nutrition Facts

- According to the American Dietetic Association, three ounces of baked chicken drumstick with the skin removed has less total fat than the same amount of sirloin steak, beef tenderloin, pork chop, or salmon.
- Breast meat has the lowest fat content of any part of the chicken, and leg meat is competitive with other types of meat and poultry.
- Chicken breast without the skin has less fat content than sirloin steak, pot roast, hamburger (even 90 percent lean), beef tenderloin, pork chops, and ham.
- Chicken is lower in saturated fats than salmon, making it a sensible choice for lean eaters.
- A skinless chicken breast has only one gram of saturated fat, so it is an ideal choice for anyone limiting his or her intake of saturated fat.
- Chicken is a carbohydrate-free food before adding any breading, sauces or trimmings.
- Chicken is rich in vitamins and minerals. A 3.5 ounce raw, skinless chicken breast contains: 11 mg Calcium, 28 mg Magnesium, 196 mg Phosphorus, 255 mg Potassium, 17.8 mcg Selenium, 11 mg Niacin, 0.55 mg Vitamin B-6 and 20 IU Vitamin A.

Fat Content and Calorie Chart (Per 3-ounce boneless, cooked portion)

Type of Meat	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Protein (g)
Chicken breast, no skin, baked	120	1.5	0.5	70	24
Chicken drumstick, no skin, baked	130	4.0	1.0	80	23
Chicken breast, with skin, baked	170	7.0	2.0	70	25
Chicken drumstick, with skin, baked	180	9.0	3.0	75	23