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Turkey Nutrition Facts

- A three-ounce serving of boneless, skinless turkey breast contains 26 grams of protein, one gram of fat and 0 grams of saturated fat.
- A skinless turkey breast has eight percent more protein than the same size serving of boneless skinless chicken breast or trimmed top loin beefsteak.

Turkey provides:

- Fewer calories than many lean red meats.
- Less than one-fourth of the maximum daily-recommended intake of cholesterol.
- Minimal total fat and saturated fat.
- A protein that is naturally low in sodium, containing less than 25 milligrams (mg) per ounce on average.

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

Type of Turkey	Calories	Total fat (g)	Saturated Fat (g)	Cholesterol (mg)	Protein (g)
Turkey Breast	120	1	0	55	26
Breast Cutlets	120	1	0	44	26
Tenderloins	120	1	0	55	26
Whole Turkey	130	3	1	65	25
Wing	140	3	1	60	26
Drumstick	140	4	1	65	24
Thigh	140	5	1.5	65	23
Ground (13% Fat)	200	11	3	87	23
Ground White Meat (99% Fat Free)	98	1.5	0	45	20