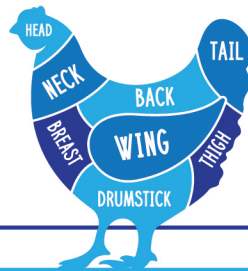


# WHY TO INCLUDE CHICKEN ON YOUR PLATE



## DID YOU KNOW?

Did you know that chicken is low sodium, low cholesterol, and high protein? Chicken fits into the top heart healthy diets as recommended by the American Heart Association, and is an excellent source of unsaturated fats, which is a healthy kind of fat that our bodies need to thrive!

## KEY NUTRIENTS FOUND IN CHICKEN:

% daily values found in 3 ½ oz of chicken!

- |                     |                       |
|---------------------|-----------------------|
| • Vitamin B12 - 85% | • Phosphorous - 25%   |
| • Thiamine - 85%    | • Riboflavin - 21%    |
| • Niacin - 64%      | • Iron - 21%          |
| • Protein - 43%     | • Dietary Fiber - 17% |
| • Vitamin B6 - 43%  | • Folate - 14%        |



Source: *National Chicken Council*



1 serving = 3-4 oz  
boneless, skinless,  
breast

## **21 GRAMS OF PROTEIN IN 3-4 OZ**

3 ½ oz – about the size  
of a deck of cards



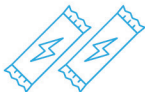
Skinless, boneless breast = *165 calories*

Skin-on drumstick = *180 calories*

Skin-on wing = *240 calories*

Skin-on thigh = *210 calories*

### **Compared to Other Foods Containing 21g of Protein**



**2 Full Protein Bars**  
500 CALORIES



**1.6 Cups Black Beans**  
328 CALORIES



**2.2 Cups Quinoa**  
555 CALORIES



**4.4 oz. Tofu**  
178 CALORIES



**5.5 TBSP Peanut Butter**  
517 CALORIES



**⅔ Cup Flaxseed**  
303 CALORIES

Source: USDA / \*Average of a variety of brands