

Turkey's terrific for healthy eating : nutritious, economical, delicious, versatile / British Turkey Information Service, Health Education Authority supported by the Department of Health.

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DID YOU KNOW?

TURKEY'S

COOKING WITH TURKEY

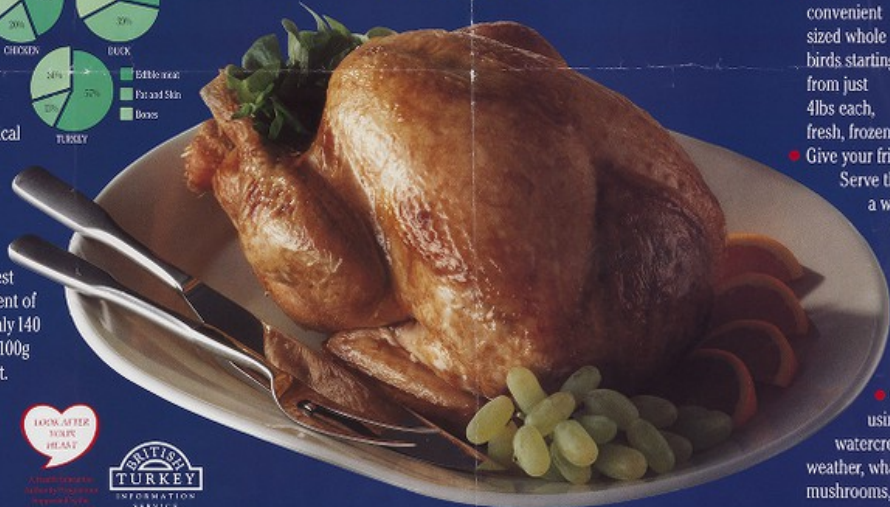
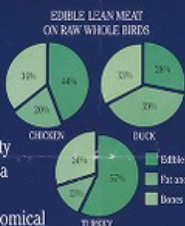
t e r r i f i c

FOR HEALTHY EATING

- Turkey's terrific as a delicious part of a healthy diet.
- We eat over 6lb of turkey a head, every year.
- Turkey (with skin removed) has the lowest fat content of all meats, just 2.7g per 100g cooked meat.
- Turkey is one of the components of a healthy diet recommended by the Health Education Authority's Look After Your Heart programme.
- 180,000 people die in the UK from coronary heart disease every year.
- One of the aims of the Look After Your Heart programme is to promote sensible eating involving a low fat intake, plenty of fibre-rich starchy foods and a varied and nutritious diet.
- Turkey is one of the most economical meats available.
- Turkey is a good source of protein.

Turkey (with skin removed) has the lowest calorie content of all meats, only 140 calories per 100g cooked meat.

NUTRITIONAL CONTENTS OF DIFFERENT MEATS



- Turkey's terrific for roasting, grilling, barbecuing, stir-frying, casseroling, pressure-cooking or microwaving, all the year round.
 - Remove the skin and try not to add any fat during cooking.
 - Serve with plenty of fibre-rich starch, eg potatoes, pasta, rice, bread and pulses, and complete the meal with vegetables or salad.
- Ask for turkey breast steaks, mince, casserole meat, stir-fry strips, thighs, drumsticks or turkey breast rolls and roasts.
- Look for convenient sized whole birds starting from just 4lbs each, fresh, frozen or fresh-style frozen, or free-range.
- Give your friends or family a healthy and delicious treat.
 - Serve them turkey and sweetcorn soup, or try a whole bird with an unusual and low fat stuffing such as orange, grape and wholemeal breadcrumbs.
 - Tickle your taste buds with Tikka Turkey - simply marinate some turkey pieces in low fat natural yogurt, and spices, and bake. Try barbecuing some turkey kebabs or bake a turkey and asparagus terrine.
 - On a hot day you could serve a fresh salad using cooked turkey strips, peach slices, watercress and crunchy lettuce hearts and for colder weather, what about serving turkey with pasta twists, mushrooms, peppers and red kidney beans?



• NUTRITIOUS • ECONOMICAL • DELICIOUS • VERSATILE •