



Turkey

Q Is turkey low in fat and saturates?

Skinless turkey breast is low in fat and low in saturates – 100g contains 1.4g of fat and 0.47g saturated fat.

Q. Why is it important to follow a low fat diet?

Experts agree that a low fat diet is helpful for maintaining heart health and a healthy body weight.

Q. Is turkey a good source of protein?

Turkey breast and thigh are both high in protein which is essential for growth and repair. A 100g serving of turkey breast contains 27.7g of protein, and can be enjoyed regularly as a contribution to the guideline daily amount for protein of 45g. **Q. Is turkey a good source of vitamins and minerals?**

Turkey thigh and breast are a rich source of vitamins and minerals, including niacin for a healthy nervous system. Vitamin B6 for healthy blood cell formation. Phosphorus for healthy bones and teeth and selenium for a healthy immune system. **Q. What should I look for when choosing turkey?**

Look out for the Quality British Turkey Mark when buying turkey; this is your guarantee that you are buying turkey farmed in the UK to good standards.

Q. Are different cuts of turkey better for different dishes?

Yes

- Whole turkey is great for a roast dinner
- Turkey breast crown is great for smaller roasts
- Breast fillet is great pan fried
- Strips are great for stir fries and fajitas
- Diced breast is great for curries and kebabs
- Mince is great for Bolognese and burgers
- Breast steaks and escalopes are great for potatoes and veg
- Sausages are great with mash or on a BBQ
- Drum sticks are great on a BBQ
- Diced thigh is great in pies or stews

If you have a question on turkey please visit [www. Britishturkey.co.uk](http://www.Britishturkey.co.uk) for more information or email any questions to Jane@fml-pr.co.uk