

Poultry



a. Food Fact:

- A 3-ounce roasted chicken breast without the skin (and not breaded or fried), has just 3 grams of fat, 140 calories, 0.9 grams saturated fat, and 26 grams of protein.
- Poultry is rich in B vitamins (niacin, B-6) and some minerals (especially the dark meat).
- Breaded, fried, or “extra crispy,” chicken can have 28 grams of fat in a small serving--as much as high-fat red meat.
- White meat is leaner than dark, but dark meat is richer in minerals. (You can eat both, just discard the skin which is pure fat).
- Unlike seafood which has heart-healthy omega-3 fatty acids, or beans and soy foods which are rich in fiber and compounds that can help lower cholesterol and protect against cancer, poultry has no special health benefits.

b. Food Product and/or Shopping Idea:

- Always handle raw poultry carefully to prevent “cross contamination.” For example, do not slice onions or other raw ingredients that you may be putting in a cold salad, on the same cutting board used to chop raw poultry. The juices from the raw poultry may contain salmonella bacteria and could end up in your uncooked salad. Also be careful not to contaminate already-cooked foods with raw poultry, as well.
- Be sure to wash cutting boards and knives in hot, soapy water immediately after use. Avoid rinsing raw poultry under water, as the salmonella bacteria can splash to other surfaces.
- Raw or cooked poultry must not stay at room temperature for more than two hours. If the temperature is greater than 90° F, limit the time the poultry is out of the refrigerator to only one hour.
- Never thaw frozen poultry out of the refrigerator on the counter.
- Cook poultry until the juices run clear when the meat is pierced. With a meat thermometer, the internal temperature should read 170°F (77°C).
- To prepare quick meals with 3-ounce pre-portioned servings, purchase individually frozen chicken breasts packaged in re-sealable 3-lb bags and thaw only the number of servings you need.