



The
PTI BUZZ
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TURKEY : THE BETTER PROTEIN

Turkey is not only a delicious source of lean protein, but studies now show that it is linked to providing nutrients that prevent disease and promote a healthy lifestyle. Here is why it is so good:

Turkey Breast- 120 cal ,1gm of fat /3 oz.

Chicken Breast -120 cal, 1.5 gms of fat /3 oz.

Pork Tenderloin-140 cal, 4 gms of fat /3oz.

Veal-150 cal, 6 gms of fat /3oz.

Lamb-180 cal, 6 gms of fat /3oz.

Beef-180 cal, 8 gms of fat /3oz.

The best turkey to eat is ground white meat or sliced turkey breast at 100-120 cal and 1 gm of fat for 3 oz. BUT WHO EATS 3 OUNCES!!!!!!

Climb up and down your stairs for 15 minutes and burn 100 calories!!!

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