

How turkey stacks up against other proteins

Revised 3/17/2010

Protein	Calories	Total fat grams	Saturated Fat grams	Cholesterol milligrams	Sodium milligrams	Protein grams	Iron % DV
Turkey Breast	117	.64	.21	72	45	26.2	7
Chicken Breast	120	3.1	.87	73	64	26.7	5
Beef (Top loin, steak)	174	7.8	3.0	59	48	24.2	9
Beef (Eye round)	143	4.1	1.5	46	32	24.8	11
Pork (Top loin, chop)	167	7.8	2.7	62	37	22.7	3
Pork (Tenderloin roast)	125	3.4	1.2	62	48	22.1	5
Lamb (Loin)	252	17.5	7.4	84	66	22.2	9
Lamb (Shank)	184	9.7	3.9	76	55	22.8	9
Veal (Loin)	184	10.5	4.5	88	79	21.1	4
Veal (Shank)	162	5.3	1.8	105	79	26.8	6
Ground Turkey	193	10.8	2.8	84	88	22.4	9
Ground Beef (80/20 mix)	230	15.1	5.7	77	64	21.9	12

3-ounce portion
Skinless
Trimmed of visible fat
Cooked

Source: USDA National Nutrient Database for Standard Reference, Release 22