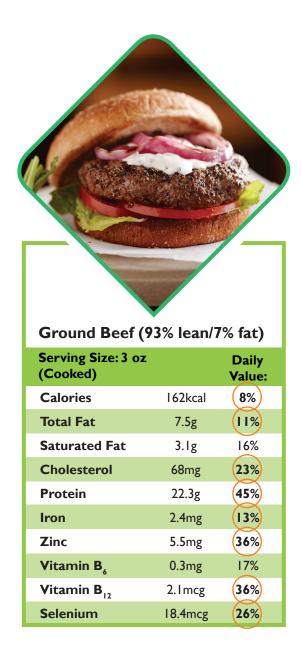
Before you decide to swap Ground Turkey for Ground Beef, check the Nutrition Facts Label to make sure you're making the best substitution for your health. Ground Beef has more of many essential micronutrients and can be lower in calories, fat and cholesterol than Ground Turkey. Here are the facts when comparing USDA's data on 93% lean/7% fat cooked patties:

Check the Nutri

Check the Nutrition Facts label to determine the lean to fat ratio, shown as % lean, % fat.





Ground Turkey (93% lean/7% fat)

Serving Size: 3 oz (Cooked)		Daily Value:
Calories	176kcal	9%
Total Fat	9.7g	15%
Saturated Fat	2.5g	(13%)
Cholesterol	90mg	30%
Protein	22g	44%
Iron	1.5mg	8%
Zinc	3.2mg	21%
Vitamin B ₆	0.4mg	20%
Vitamin B ₁₂	1.5mcg	26%
Selenium	N/A	N/A

U.S. Department of Agriculture, Agricultural Research Service, 2012. USDA Nutrient Database for Standard Reference, Release 25. Nutrient Data Laboratory homepage www.ars.usda.gov/ba/bhnrc/ndl.

