

BURGER BATTLE:

Ground Beef vs. Ground Turkey

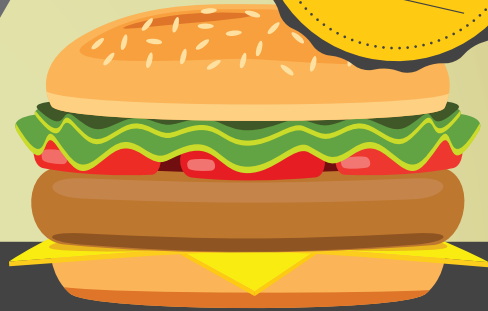
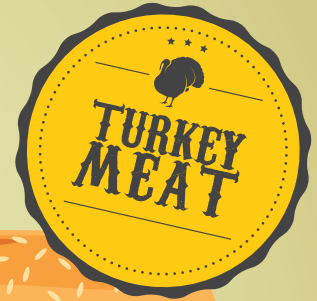
Before you decide to swap Ground Turkey for Ground Beef, check the Nutrition Facts Label to make sure you're making the best substitution for your health. Ground Beef has more of many essential micronutrients and can be lower in calories, fat and cholesterol than Ground Turkey. Here are the facts when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



Ground Beef (93% lean/7% fat)

| | Serving Size: 3 oz (Cooked) | Daily Value: |
|-------------------------------|--------------------------------|--------------|
| Calories | 162kcal | 8% |
| Total Fat | 7.5g | 11% |
| Saturated Fat | 3.1g | 16% |
| Cholesterol | 68mg | 23% |
| Protein | 22.3g | 45% |
| Iron | 2.4mg | 13% |
| Zinc | 5.5mg | 36% |
| Vitamin B ₆ | 0.3mg | 17% |
| Vitamin B₁₂ | 2.1mcg | 36% |
| Selenium | 18.4mcg | 26% |

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 | 3.1g | 16% |
| Saturated Fat | 2.5g | 13% |
| Cholesterol | 90mg | 30% |
| Protein | 22g | 44% |
| Iron | 1.5mg | 8% |
| Zinc | 3.2mg | 21% |
| Vitamin B₆ | 0.4mg | 20% |
| Vitamin B₁₂ | 1.5mcg | 26% |
| Selenium | N/A | N/A |