

FAT CONTENT OF POULTRY

	SKIN?	FAT %	SATURATED FAT %
• Turkey breast		18%	6%
• Chicken breast		24%	7%
• Chicken breast	Yes	36%	10%
• Turkey breast	Yes	38%	5%
• Chicken dark meat		43%	12%
• Turkey dark meat	Yes	47%	14%
Turkey sausage		50%	15%
Duck	Yes	50%	19%
• Chicken dark meat	Yes	56%	16%
• Cornish game hen	Yes	63%	28%
• Turkey hot dog		70%	19%