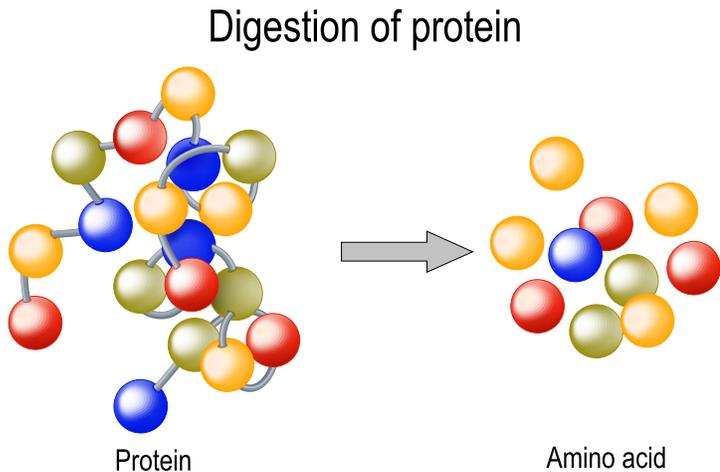


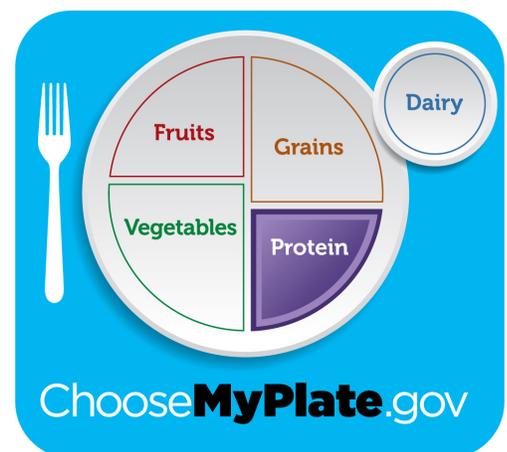
WHY HAVE CHICKEN ON YOUR PLATE?

Chicken is an excellent source of dietary **PROTEIN**.



- Proteins are made up of building blocks called amino acids
- Each type of protein has its own unique chain of amino acids.
- The proteins you eat are broken down in your digestive tract into their individual amino acids which are then used by your body to produce the different proteins you need for your body to function.
- Some amino acids **MUST** be provided in your diet (called essential amino acids).
- Some amino acids can be converted to other amino acids as the need arises (called non-essential amino acids because your body can make them, but the building blocks to make them must still be in the diet).

- One quarter of your plate should be filled with protein.
- Dietary proteins are classified as either complete proteins or incomplete proteins.
- Complete proteins supply all the essential amino acids to the body. Animal sources of protein such as a fish, meat, poultry, eggs, and dairy products contain complete proteins.
- Incomplete proteins only supply some of the essential amino acids. Plant proteins such as soybeans and quinoa also contain complete proteins. Non-animal foods such as nuts, beans, legumes, and tofu, contain incomplete proteins.



Chicken is a COMPLETE PROTEIN.

CHICKEN IS A HIGH QUALITY, LOW-FAT, LOW-CARB PROTEIN SOURCE

- Chicken provides protein of high biological value because it contains all the nine essential amino acids.
- Chicken is a low-fat meat, especially breast meat without the skin.
- Chicken is a low-carb meat.
- Chicken meat provides vitamins, mainly from the B-complex, including niacin (vitamin B3) which is essential for the metabolism of fats and sugars in the body as well as for maintaining healthy cells.
- Chicken meat also contains minerals such as magnesium, potassium, phosphorus and zinc.
- Chicken meat is low in cholesterol, except for the skin.

Values of cooked (roasted) product per 100 grams (3.5 ounces) serving

	CALORIES	PROTEIN (grams)	Total Fat (grams)	Cholesterol (mg)	Iron (mg)
Breast, no skin	165	31	3.6	85	1.0
Dumstick, skin on	216	27	11.2	93	1.3
Drumstick, no skin	175	28	10.9	91	1.3
Thigh, skin on	247	25	15.5	93	1.3
Thigh, no skin	209	26	10.9	95	1.3
Wing, skin on	290	27	19.5	84	1.3

CHICKEN IS ECONOMICAL

- Chicken costs less than other animal proteins like beef, pork, lamb, and fish.
- You get more bang for your buck when you include chicken in your diet.

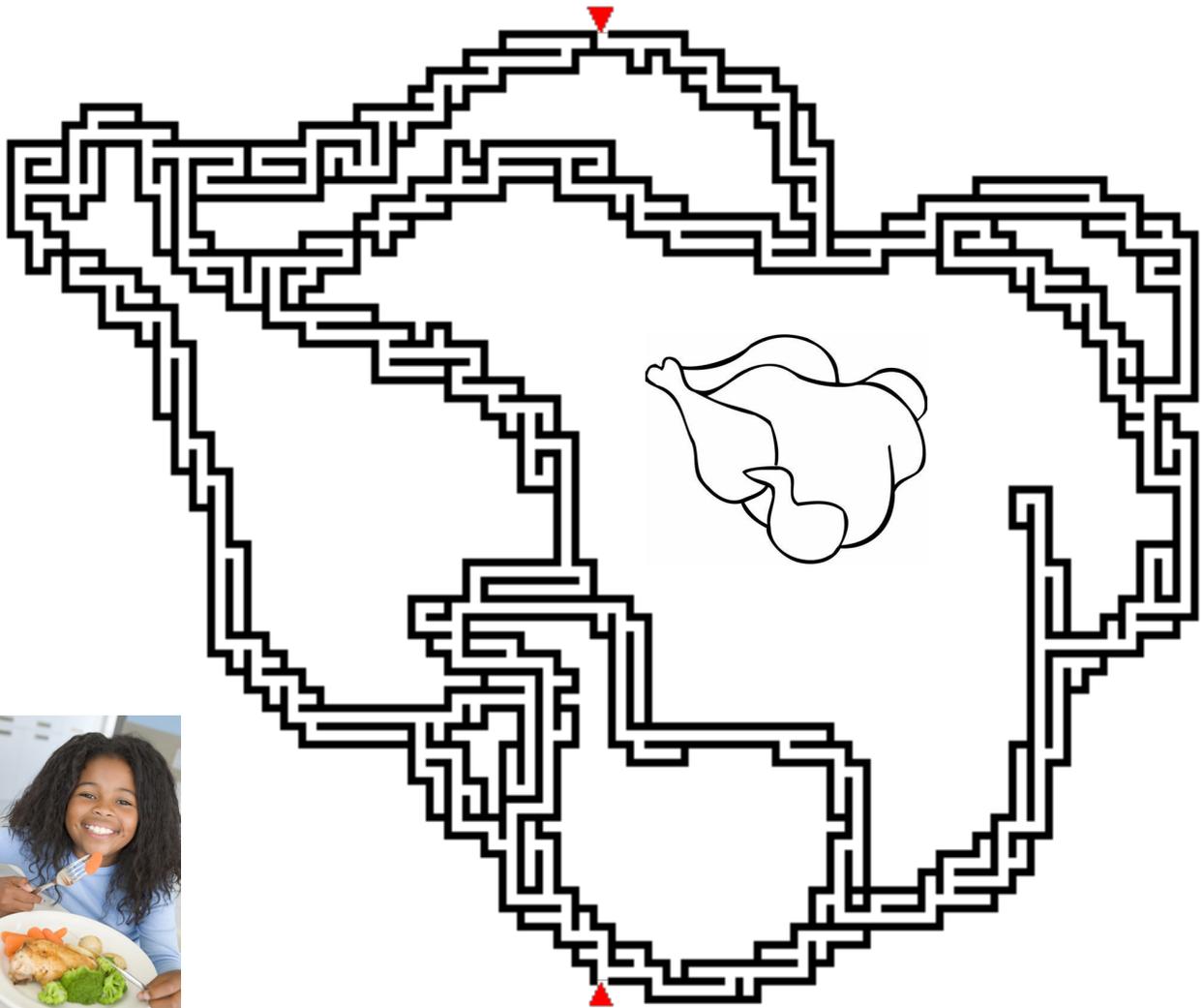
CHICKEN IS VERSATILE

- Chicken is one of the most versatile proteins.
- Chicken can be prepared in many ways: roasted, broiled, grilled, or poached, in soups, stews and potpies.
- Chicken can be used with a variety of seasonings, toppings and sauces.



CHICKEN IS A VALUABLE STAPLE IN ALMOST EVERY KITCHEN

- There are no cultural restrictions to the consumption of chicken.





How Chicken Powers Your Body

Provides Vitamins and Minerals Involved in Brain Function

Dark and white meat chicken contains vitamin B12 and choline, which together may promote brain development in children, help the nervous system function properly and aid cognitive performance in older adults.^{1,2}



Strengthens Bones

Chicken is a source of dietary protein. Protein can benefit bone health.¹⁰



Aids in Weight Loss

Lean chicken meat is an excellent source of protein that the body can use easily. Foods high in protein may be a tool for managing weight and a normal blood sugar.^{12,13}



Contains Nutrients Linked with Mood

Chicken has tryptophan, an amino acid that is responsible for raising serotonin levels in your brain. Serotonin is the "feel-good" neurochemical linked with mood.³



Easy to Eat

For those who struggle with chewing or swallowing foods, or with changes in taste, chicken is a versatile source of high-quality protein.⁴



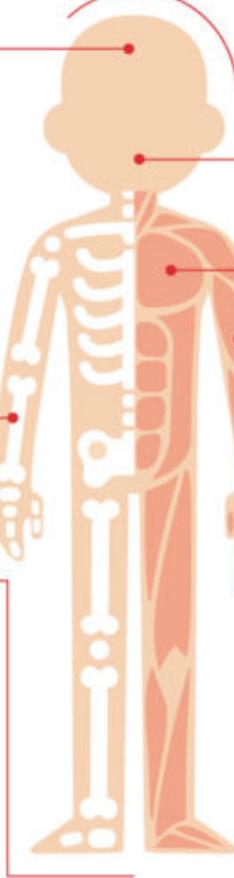
Promotes Heart Health

Chicken provides under-consumed vitamins and minerals, and can be center of the plate for a heart-healthy, low-fat, low-cholesterol diet, such as the DASH diet.⁵⁻⁷



Builds Muscle

Chicken is a source of high-quality dietary protein. 30 grams of protein per meal could benefit muscle growth.¹¹



SAFETY FIRST!

Chicken can only power your body when it is fully cooked. Always practice proper food safety practices when handling chicken to avoid foodborne illness.

Do not wash raw chicken before cooking and always cook chicken to at least a 165°F internal temperature as measured with a food thermometer.¹⁴



Does Chicken Soup Help Fight Colds?

It could! Chicken soup may restore fluids, loosen up mucus in the chest and provides optimal nutrients like zinc and protein to support a normal immune system.^{8,9}



Learn more about the health and nutrition benefits of chicken at ChickenCheck.In

References:

- Office of Dietary Supplements - Vitamin B12. NIH Office of Dietary Supplements. Available at <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>. Accessed September 10, 2019.
- Office of Dietary Supplements - Choline. NIH Office of Dietary Supplements. Available at <https://ods.od.nih.gov/factsheets/Choline-HealthProfessional/>. Accessed September 10, 2019.
- Lawless SA, Nguyen JC, Pagan JA, Berland WF. Influence of tryptophan and serotonin on mood and cognition with a possible role of the gut-brain axis. *Nutrients* 2016;8(1):58.
- Ward L, MacIntyre A, Carney G, Gray MA. Dependence on chewing: Measurement and clinical considerations. *Disability Aging* 2012; 20(7):548.
- Green SB, et al. Effects of the dietary approach to stop hypertension (DASH) diet on cardiovascular risk factors: A systematic review and meta-analysis. *British Journal of Nutrition* 2015;113(1):1-15.
- U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 - 2020 Dietary Guidelines for Americans. 8th Edition. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>. Accessed September 10, 2019.
- Murphy MD, et al. Dietary quality intake and the risk of stroke: A dose-response meta-analysis of prospective cohort studies. *Clinical Nutrition* 2018; 37(1):25-32.
- Hopkins AL. Chicken soup can help you lose weight. *Newsweek* 2012; 2012:36.
- Fitz G. Protein intake and muscle function. *British Journal of Nutrition* 2017; 116(2):217-222.
- Shawar WA, et al. Dietary protein and muscle health: A systematic review and meta-analysis from the National Osteoporosis Foundation. *The American Journal of Clinical Nutrition* 2017;105(6):1528-1542.
- Layman DK. Dietary guidelines should reflect new understandings about adult protein needs. *Nutrition & Metabolism* 2016;13(1):12.
- Ward L, et al. The role of protein in weight loss and maintenance. *The American Journal of Clinical Nutrition* 2015;121(6):1228S-1236S.
- American Dietetic Association. 5. Nutrition Management - Standards of medical care in diabetes—2019. *Diabetes Care* 2019;42(supplement 1):S48-S60.
- The Center for Disease Control and Prevention. Fight Back! Available at <http://www.fightback.org/food-safety-basics/the-cook-book-quickstart/>. Accessed September 10, 2019.

© 2019 National Chicken Council. All rights reserved. Last updated October 22, 2019.

NATIONAL
CHICKEN
COUNCIL

