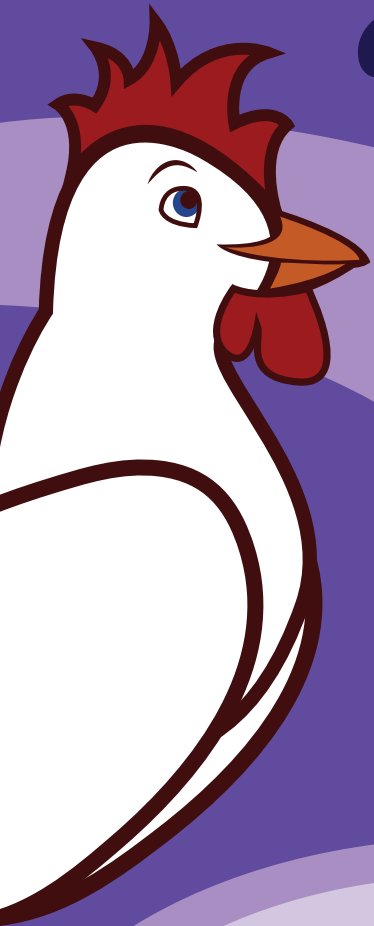


Curious About Chicken?



TLC for Chickens

Chicken farmers are very careful to ensure that their birds are happy and healthy. **Broilers** are kept in large buildings where they are free to roam, but safe from the elements, predators and disease. They have access to fresh, clean water and very nutritious food. The health of chickens is taken very seriously, and farmers work closely with veterinarians to prevent disease and increase chickens' quality of life.



What's a "Broiler?"



Nutrition Facts

Serving Size 86 g

Amount Per Serving

Calories 142 Calories from Fat 28

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g 4%

Trans Fat

Cholesterol 73mg 24%

Sodium 64mg 3%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 27g

Vitamin A 0% • Vitamin C 0%

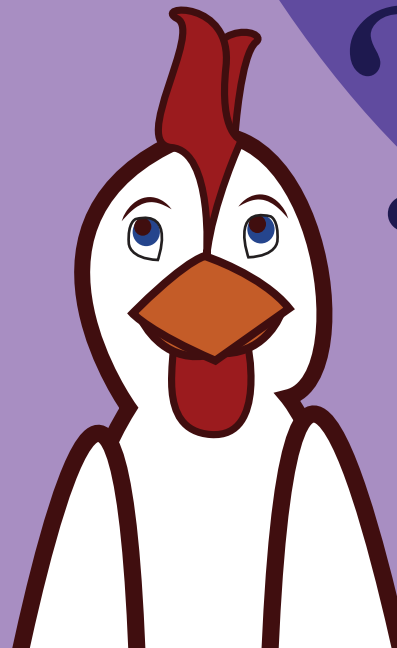
Calcium 1% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

What does the nutrition label for chicken look like?

The nutrition facts for a serving of chicken depend on what kind of meal you are eating and how much. This is the nutrition label for 1/2 of a chicken breast with the bone and skin removed. As you can see, this serving of chicken is a great source of protein. Protein is a necessary source of energy and structure for your body!



There are several types of chickens raised in the poultry industry. **Broilers** are chickens raised for meat. **Layers** are hens that lay table eggs (eggs for cooking and eating). **Breeders** are chickens that breed broilers and layers.

