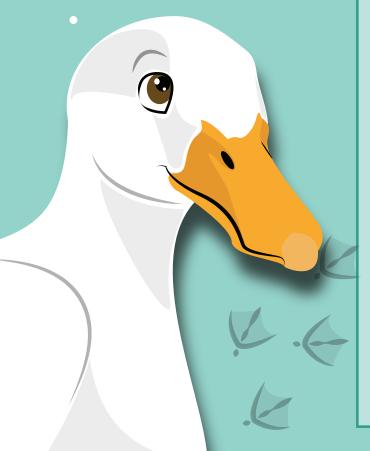
## Quack Facts all about ducks!



## How do farmers care for their ducks?

Farmers want their birds to be as happy and healthy as possible!

**Housing** Ducks are raised indoors, where they are safe from bad weather, predators and disease.

**Food** Farmers give their ducks very nutritious food. Ducks also always have access to clean water for drinking.

Health Duck farmers work with scientists, engineers and veterinarians to make sure their birds are cared for according to the latest research and technology. This includes health care, research into nutrition, the best housing, and beyond!

## Why is duck a good choice for my diet?

Duck is delicious and nutritious!

**Protein** Duck is an excellent source of protein, which everybody needs to keep their body healthy and energized! Protein, made of units called amino acids, are fundamental molecules for living cells.

**Iron** Duck is unique among popular poultry because it is red meat like beef -- meaning it's high in iron. Iron is essential to form and maintain healthy red blood cells.

**Low-fat** Because they are water birds, ducks have most of their fat close to their skin. This makes it easy for a cook to remove it, making a meal with duck lower in fat than many meats.

Information courtesy of: Indiana State Poultry Association Purdue University, Animal Science 915 West State Street West Lafayette, IN 47907-2054

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