# Turkey Nutrition!

Fill in the blanks during your class discussion about turkey nutrition. Then, keep this worksheet to reference later!

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0 grams

55 grams

Relatively low calories and fat with high amounts of protein and vitamins

Yes!

B vitamins, selenium, phosphorus

24 grams

2 grams

117

3 ounces

**What food group is turkey in?**

Protein

**Can turkey be a part of a healthy diet?**

**What makes turkey healthy or unhealthy?**

**What turkey nutrition facts are most important to you?**

s:

Other notes to remember:

**My turkey product: My group members:**