

Things I like to eat: Ground Turkey



I cook with lean ground chicken and turkey a lot. They are both fairly inexpensive and nutritious meats that provide protein, fat, and a variety of vitamins and minerals. It is easy to combine to sauce and soups to boost a meals protein content. Generally I suggest 20-30 grams of protein per meal. One 4 ounce serving contains between 20-30 grams of protein.

Chicken and turkey is generally lower in saturated fat than beef. As such, it may be a better choice for heart health. Fat-free turkey is also the lowest calorie option if you're interested in weight loss. According to WebMed protein is a macronutrient, which means that your body needs it daily in a significant amount. Your body can't store protein, so you need to consume it every day. As long as you don't eat too much ground turkey and chicken, it is a healthy way to get the protein you need. It's also a good source of beneficial vitamins and minerals like magnesium and niacin. [See more about turkey here.](#)

Here's what's in 3 ounces of 93/7 ground turkey:

- 181 calories
- 23g protein
- 10g fat
- 2.5g saturated fat
- 88mg cholesterol
- 0mg carbohydrates
- 77mg sodium
- 1.3mg iron

Substituting healthy proteins

Cutting back on red meat offers a life-extending dividend. According to Harvard Health and a study at Harvard adopting a diet with less than half a serving of red meat a day could have prevented about 1 in 10 deaths. Swapping out red meat for more healthful protein sources is another life-extending option. Six good choices include:

- fish
- **chicken and turkey**
- nuts
- beans
- low-fat dairy products
- whole grains