

# ALL ABOUT POULTRY



## HEALTH BENEFITS OF POULTRY

Poultry, especially chicken and turkey, are a good source of protein, essential vitamins like B12 and B6, and minerals like iron and zinc. Poultry is also low in saturated fat compared to red meat.

yum!



## WHAT IS POULTRY?

Poultry are birds that people raise for eggs, meat, and feathers. Common types of poultry include chickens, ducks, turkeys, and geese.

## CHICKEN BREEDS

- There are more than 500 breeds of chickens around the world!
- Some chickens are raised just for their colorful feathers.
- Silkie chickens are fluffy like cotton balls and even have blue skin!

Nutrition Facts	
Portion Size	113 g
Amount Per Portion	
Calories	162
% Daily Value *	
Total Fat 9.2g	12 %
Saturated Fat 2.6g	13 %
Cholesterol 97mg	32 %
Sodium 68mg	3 %
Total Carbohydrate 0.1g	0 %
Dietary Fiber 0g	0 %
Sugar 0g	
Protein 20g	40 %
Calcium 6.8mg	1 %
Iron 0.9mg	5 %
Potassium 590mg	13 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	



WHAT DID THE CHICKEN SAY  
WHEN THE FARMER CAME  
TO COLLECT?  
"LEGGO MY EGGOS."

*delicious!*



### FUN FACTS

- Chickens are the most common type of poultry in the world.
- Chickens can lay about 250–300 eggs a year!
- Chickens are omnivores—they eat seeds, insects, and even small lizards.
- Turkeys can make over 20 different sounds, including their famous gobble. Ducks have waterproof feathers and love to splash in water!
- Chickens are surprisingly smart—they can solve puzzles and learn tricks.
- Turkeys have a wobbly red thing on their neck called a wattle, and one over their beak called a snood.
- Ducks can sleep with one eye open to watch for danger.
- The largest egg ever laid by a chicken weighed nearly 1 pound!
- Eggs have a tiny air pocket inside that grows as the egg gets older.
- You can tell if an egg is raw or cooked by spinning it—cooked eggs spin smoothly, raw ones wobble.
- Ducks quack in different accents depending on where they're from!

**A GROUP OF TURKEYS IS CALLED A GANG!**

### POULTRY IN SOUTH DAKOTA

- South Dakota has 2.7 million egg producing chickens.
- There are 4.6 million turkeys.
- South Dakotas turkeys consume an average of 51,000 tons of soybean meal each year and other poultry consumes 18,000 tons.
- South Dakota allows poultry items like eggs to be sold at Farmer's Markets. This allows consumers to purchase direct from the farmer.
- South Dakota farmers produce almost 700 million eggs a year.
- There are over 20 registered poultry farms in the state.
- Huron, South Dakota is home to the primary poultry processing plant in the state. It's a turkey processing operation that began as a community initiative of 44 growers and now produces 320 million pounds of product a year.

