

# ALL ABOUT POULTRY



## WHAT IS POULTRY?

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

## 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.

Nutrition Facts	
Portion Size	113 g
Amount Per Portion	<b>162</b>
<b>Calories</b>	
% 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	
<b>Protein 20g</b>	<b>40 %</b>
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.

*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.



## 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!
- 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!



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

