



SERVE WITH CONFIDENCE.®

All-Powerful Turkey



The dishes you serve have to look and taste great, but that's not all.

Diners seek functional foods that provide benefits beyond meeting basic nutritional needs.

NEARLY

65%

of consumers say they're eating more foods because of certain dietary benefits in 2018 than 2016.

When you serve turkey, you're serving a functional food that keeps diners coming back for more.



It's packed with protein

One serving provides 50% of the daily value of lean protein

Protein helps the body:

- Build, maintain and restore muscle
- Strengthen the immune system
- Control weight and stay fuller longer

It brings home the Bs

It contains all the B vitamins and is particularly high in

B3, B6 and B12

B vitamins boost metabolism by aiding in turning food to energy

It's a gold mine of minerals

Selenium

One serving of turkey can provide nearly 50% of the daily value of this antioxidant.

71%



of consumers believe that foods with antioxidants are better for them.

Zinc

Help sharpen the senses with 3 milligrams of zinc in every serving of turkey.

Phosphorous

With 18% of the recommended daily phosphorous intake per serving, turkey helps keep teeth and bones strong.

Iron

Support the immune system with turkey, a good source of iron.

Low in fat, high in protein



Trust Butterball to be your resource for turkey that goes above and beyond. Learn more at butterballfoodservice.com.

Note: Values are based on closest approximations of a 3-oz. serving of turkey; actual amounts will vary based on light or dark meat.