

BUTTERBALL®

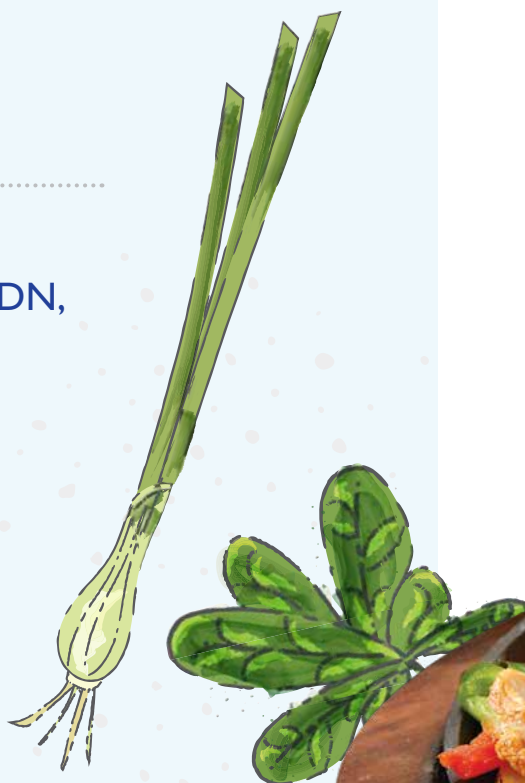
Flavor MEETS Function

Senior Living Nutritional Guides

with insights from Leslie Bonci, MPH, RDN,
CSSD, LDN, FAND

SUPPORT SENIOR WELLNESS WITH THE POWER OF TURKEY

Looking for meal ideas that appeal to the appetites of discerning senior diners while also providing the vitamins, minerals and nutrients they need? We've got you covered with these four flavorful and wholesome recipes, complete with full nutritional breakdowns and insights.



BUTTERBALL

Meaningful MORNINGS

Breakfast is often too low in protein and vegetables, but turkey can help change that. Made with turkey sausage, turkey bacon, eggs, peppers and onions, these delicious muffins are an easy way to pack the morning full of nutrients seniors need.

Turkey is a lower-fat protein source that's great for senior diets.



BREAKFAST MUFFINS

NUTRITION ANALYSIS (PER 1 MUFFIN)

| | |
|----------------------|----------|
| Calories: | 97 |
| Saturated Fat: | 2 g |
| Trans Fat: | 0 g |
| Total Fat: | 6.4 g |
| Cholesterol: | 114 mg |
| Calcium: | 35 mg |
| Total Dietary Fiber: | 0.11 g |
| Iron: | 0.56 mg |
| Sodium: | 243 mg |
| Potassium: | 77.5 mg |
| Sugars: | 1.2 g |
| Total Carbohydrate: | 1.88 g |
| Vitamin A: | 205.5 IU |
| Vitamin C: | 6 mg |
| Vitamin D: | 17 IU |
| Protein: | 8.2 g |

Get the [recipe](#).



MEDITERRANEAN TURKEY BOWL

NUTRITION ANALYSIS

| | |
|----------------------|---------|
| Calories: | 352 |
| Saturated Fat: | 3.2 g |
| Trans Fat: | 0 g |
| Total Fat: | 17.5 g |
| Cholesterol: | 50 mg |
| Calcium: | 154 mg |
| Total Dietary Fiber: | 3.76 g |
| Iron: | 2.89 mg |
| Sodium: | 834 mg |
| Potassium: | 426 mg |
| Sugars: | .39 g |
| Total Carbohydrate: | 26.9 g |
| Vitamin A: | 2847 mg |
| Vitamin C: | 21 mg |
| Vitamin D: | 0 IU |
| Protein: | 22.5 g |

Protein is perfect for boosting between-meal satiety.

Get the [recipe](#).

TIP

Eliminate olives and use fresh red peppers instead of roasted to reduce sodium even more.

Light

AND LOVELY LUNCHES

Lunches that feel lighter in the stomach are easier for seniors to digest, but the midday meal also needs to be hearty and satisfying. The win-win combination of turkey versatile turkey medallions with grains and vegetables creates a balanced meal with real benefits.





Dinnertime

DELICIOUSNESS

Turkey for dinner can help with digestion—plus, its naturally occurring minerals may also help with seniors’ sleep quality and overall wellness. Take nutritional composition up a notch when you pair this powerful protein with ingredients like rice, fruits and vegetables.



NUTRITION ANALYSIS

| | |
|----------------------|-----------|
| Calories: | 439.5 |
| Saturated Fat: | 6.05 g |
| Trans Fat: | 0 g |
| Total Fat: | 23 g |
| Cholesterol: | 85 mg |
| Calcium: | 298 mg |
| Total Dietary Fiber: | 7.45 g |
| Iron: | 4.2 mg |
| Sodium: | 131 mg |
| Potassium: | 819 mg |
| Sugars: | 12.6 g |
| Total Carbohydrate: | 24.05 g |
| Vitamin A: | 525.1 mg |
| Vitamin C: | 320.75 mg |
| Vitamin D: | 0 mg |
| Protein: | 26.5 g |

Get the [recipe](#).

GROUND TURKEY STUFFED PEPPERS

The zinc in turkey helps with immune cell function and wound healing.

Looking for additional inspiration?
We’ve got you covered with [recipes](#), [resources](#) and [more](#).



JERK TURKEY WITH COCONUT RICE

Selenium in turkey is key in keeping the immune system strong. Amp it up with tender and tasty turkey thigh roast.

NUTRITION ANALYSIS

| | |
|----------------------|-----------|
| Calories: | 635 |
| Saturated Fat: | 10.8 g |
| Trans Fat: | 0 g |
| Total Fat: | 22.2 g |
| Cholesterol: | 52 mg |
| Calcium: | 14.25 mg |
| Total Dietary Fiber: | 2.6 g |
| Iron: | 1.5 mg |
| Sodium: | 1089 mg |
| Potassium: | 213.25 mg |
| Sugars: | 2.47 g |
| Total Carbohydrate: | 86.1 g |
| Vitamin A: | <1 mg |
| Vitamin C: | <1 mg |
| Vitamin D: | 0 mg |
| Protein: | 21.45 g |

Get the [recipe](#).