



SERVE WITH CONFIDENCE.®

# All-Powerful Turkey



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

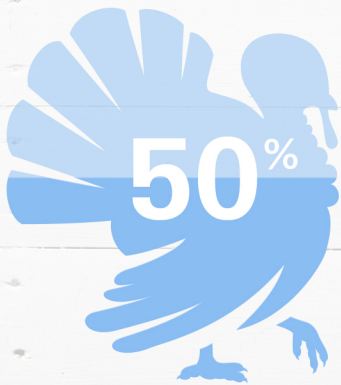
Diners seek functional foods that provide benefits beyond meeting basic nutritional needs.

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](http://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.