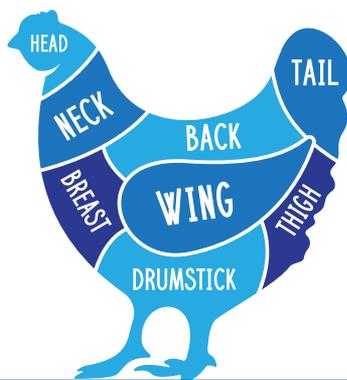


# How to Select the Best POULTRY



## HOW TO SELECT:

- Look for chicken or turkey products that are firm and moist.
- Meat should be pinkish in color. Look for meat with good coloring (not pale). Small amounts of liquid in the package is normal and is just water that was absorbed during the chilling process.<sup>1</sup>
- Look for packages that are cool to the touch and do not exhibit any damage or wear.
- Check the dates on the package to ensure you buy fresh products.

## COOKING:

- The safe cooking temperature for all poultry products is an internal temperature of 165 °F with a three-minute rest time.<sup>1</sup>
- Washing meat before cooking is not recommended.<sup>1</sup>

## NUTRITION:

- Poultry is known as lean source of protein, meaning it is low in fat.
- One serving of poultry is 3 ounces, excluding bones. <sup>1</sup> This is roughly the size of a deck of cards when cooked.

## STORAGE:

- Sealed, raw poultry products can be safely kept in the refrigerator for 1-2 days after purchase.<sup>1</sup>
- Cooked poultry products can be safely stored in the refrigerator for 3-4 days after preparation.<sup>1</sup>
- Poultry products freeze well. Products can be frozen in their original packaging but should be transferred to airtight packaging to preserve quality. Raw poultry products generally keep well in the freezer for up to 12 months. Cooked poultry products should be used within 4 months.<sup>1</sup>
- Always thaw meat in the refrigerator, microwave, or immersed in cold water.<sup>1</sup>



## LABELS YOU MIGHT NOTICE:

- **Free-range:** Animals were given outdoor access.
- **Organic:** Identifies practices employed while raising or growing the product. In organic production, animals are raised in living conditions freely accommodating their natural behaviors (like the ability to graze on pasture), fed 100% organic feed and forage, and not administered antibiotics or hormones at any point during the animal's lifetime. The organic label does not indicate that the product has safety, quality, or nutritional attributes that are any higher than conventionally raised products.<sup>1</sup>
- **Antibiotic-free:** All chicken and turkey in the grocery store is antibiotic-free. When antibiotics are used, withdrawal periods are observed that allow ample time for the antibiotic to completely exit the animal's system after it was last administered. <sup>2</sup>
- **Raised without Antibiotics:** While no chicken or turkey in the grocery store contains antibiotics, this label denotes that no antibiotics were used to treat illnesses during the animal's lifetime.
- **Gluten-free:** There is no gluten (a grain product) in chicken or turkey, except for instances where the meat may be pre-seasoned or contain a marinade.
- **Non-GMO:** There is no GMO chicken or turkey. Genetic modification is a technique applied to plant breeding.
- **Raised without Hormones/No Added Hormones:** All animals have naturally occurring hormones, therefore chicken and turkey naturally contain a small amount of hormones. This label denotes that no additional hormones were used to raise the poultry. All poultry products fall into this category as federal regulations prohibit the use of added hormones in poultry production.<sup>1</sup>



<sup>1</sup> Source: United States Department of Agriculture

<sup>2</sup> Source: United States Food and Drug Administration