

Nutritional Benefits of Chicken Meat

FACT SHEET



As an excellent source of protein, and source of key vitamins and minerals, the nutritional benefits of chicken* stack up!

Australian consumers are increasingly recognising the value of chicken meat as a nutritious, economical and versatile protein-rich food in a healthy varied diet. Indeed, stir fried chicken breast provides approximately 35g of protein per 100g of the food eaten, equivalent to other meats cooked the same way; lean pork strips, 31g; lean beef strips, 31g; lean lamb strips 28g (see Table A).

At the same time, lean stir-fried chicken breast is also low in fat – it is lower in both total fat and saturated fat than either stir-fried beef or lamb (see Table A).

Cooked chicken also delivers more protein in fewer kilojoules than cooked legumes, pulses, nuts and seeds. 300-400g (2-2 ½ cups) of cooked legumes/pulses (beans) is needed to deliver the same amount of protein as contained in 80g of cooked chicken (see Table B).

Cooked chicken is a source of essential nutrients: vitamins B6, B12 and niacin, and minerals magnesium, selenium and zinc (see NIP).

Chicken is easy to include in a range of healthy meal choices and cuisines. There are plenty of ways to prepare and enjoy it which makes it popular with the whole family.

Supporting MUSCLE GROWTH & DEVELOPMENT

Cooked chicken contains **protein**, **potassium** and **magnesium** for developing, maintaining and using muscles.



Helping to BUILD STRONG BONES

Contains bone-building nutrients: **protein**, **magnesium**, **phosphorus** and **zinc**, plus **pantothenic acid** which helps produce **vitamin D**, another important bone nutrient.



Helping to keep the IMMUNE SYSTEM STRONG

Contains immune-supporting **vitamins B6** and **B12** and minerals **selenium** and **zinc**.



It's serious BRAIN FOOD

Contains **riboflavin**, **niacin**, **biotin**, **pantothenic acid**, **B6**, **B12**, **potassium**, **magnesium** and **zinc**, for a healthy nervous system and brain function.



It's also a FATIGUE FIGHTER

Contains many energy-boosting nutrients; **riboflavin**, **niacin**, **pantothenic acid**, **biotin**, **B6**, **B12**, **magnesium**, **phosphorus** and **zinc**. In particular, cooked chicken is rich in **niacin** (with almost all your daily needs in one serve), **vitamin B6** and **pantothenic acid**, all of which contribute to reducing tiredness and fatigue.



Chicken cuts

Different cuts of chicken vary in terms of their nutrient profile. This is particularly the case for fat levels. Since most of the fat in chicken is in the skin, cuts which are generally eaten with skin-on or which have a high proportion of skin, such as wings, will have a higher fat content than cuts generally eaten with skin off, like breast fillet. See chicken cuts tool.

Fortunately:

- it is easy to remove the skin and to trim any surplus fat from chicken meat; and
- breast meat is not only the leanest part of the chicken, but it represents almost half of the edible meat you get on a whole chicken.



NUTRITIONAL RESOURCES

Nutritional Database

To compare the nutritional content of different meats, or different cuts of chicken, take a look at a simple tool, the Nutritional Database, on www.chicken.org.au/health-and-nutrition/#Nutritional_Database.

This tool allows you to review the nutrient content of different foods but also gives you an idea of the contribution of that food to your nutritional needs.

This tool uses data available from FSANZ (Food Standards Australia New Zealand) Australian Food Composition Database and the NHRMC's Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes.

Chicken Cuts Tool

Or, to find the nutrient content of specific cuts of chicken cooked in different ways, go to the ACMF chicken cuts page; www.chicken.org.au/chicken-cuts

* Refers to cooked chicken meat.

TABLE A: Comparison of stir-fried chicken breast versus other stir-fried meats

NUTRIENTS per 100g	Chicken breast stir-fried	Lean pork strips, stir-fried	Beef lean strips, stir-fried	Lean lamb strips, stir-fried
Protein g	35	31.2	30.9	28.1
Total fat g	2	2.5	3.2	7.7
Saturated fat g	0.64	0.82	1.02	2.73

TABLE B: Comparison of protein content of cooked chicken (composite sample)^ versus plant protein foods

Nutrients per 'NHMRC Eat for Health'# serve (g)	Cooked chicken (composite) 80g^	Tofu, firm 170g	Lentils, boiled, drained 150g	Red kidney beans, canned, drained 150g	Chickpeas, canned, drained 150g	Tahini 30g	Peanut butter, no added fat, sugar 30g	Mixed raw nuts 30g‡
Energy kJ (without fibre)	545	806	519	560	618	767	773	826
Protein g	24	20	11	10	9	5	7	4
kJ per gram of protein	23	40	47	56	69	153	110	206

Nutrient data obtained from the Australian Food Composition Database 2019 (AFCD) – www.foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/default.aspx – except for:

Australian Guide to Healthy Eating serving size information; www.eatforhealth.gov.au/food-essentials/five-food-groups/lean-meat-and-poultry-fish-eggs-tofu-nuts-and-seeds-and

^ Cooked chicken composite derived from a combination of chicken cuts based on Australian market data

‡ Obtained from Nuts for Life as no data available from FSANZ for mixed nuts; www.nutsforlife.com.au/resource/nutrient-content-of-raw-unsalted-tree-nuts/

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Nutrition Information Panel (NIP) for composite cooked chicken including Percent Daily Intake (%DI) for macronutrients and %RDI for vitamins and minerals

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 100g cooked chicken^		
	Average Quantity per 100g	%DI†
Energy	780kJ	9%
Protein, total	30g	60%
Fat, total	7.2g	10%
– saturated	2.1g	9%
Carbohydrate	0.3g	<1g
– sugars	0.3g	<1g
Sodium	214mg	9%
Potassium	337mg	N/A~
Riboflavin	0.27mg	16%
Niacin	9.5mg	95%
Pantothenic acid	1.6mg	32%
Vitamin B6	0.37mg	23%
Vitamin B12	0.3ug	17%
Biotin	4.0ug	13%
Vitamin D3 eq	6.1ug D3eq	N/A~
Magnesium	30.4mg	10%
Phosphorus	261mg	26%
Selenium	24ug	34%
Zinc	1.2mg	10%

† based on the average adult diet of 8700kJ

^ cooked chicken composite derived from a combination of chicken cuts based on Australian market data

~ Not applicable as no RDI for this nutrient

g = gram, mg = milligram, ug = microgram

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For more information and for the nutritional information underpinning the above statements, visit www.chicken.org.au/health-and-nutrition