



Turkey Facts and Health Information

Apart from their wonderful taste, whole roasted turkey is a good source of nutrients, vitamins and minerals. Consuming 85 gram of roasted turkey offers 8.075 mg of Vitamin B3, 24.7 g of Protein, 26.1 µg of Selenium, 0.547 mg of Vitamin B6, 0.8 µg of Vitamin B-12, 189 mg of Phosphorus, 2.13 mg of Zinc, 0.238 mg of Vitamin B2 and 0.808 mg of Vitamin B5. Moreover many Amino acids 0.264 g of Tryptophan, 0.897 g of Threonine, 0.708 g of Isoleucine, 1.712 g of Leucine, 2.038 g of Lysine, 0.646 g of Methionine and 0.233 g of Cystine are also found in 85 gram of roasted Turkey.

Health benefits of Turkey

Meat is actually a valuable source of protein as well as other nutrients like vitamins, iron, calcium and minerals. However, when it comes to a healthy and well-balanced diet, it's significant to select the right kind of meat and eat that in a correct portion size. It is said that from the many meats humans love, turkey is considered to be the best and the healthiest too. By consuming a meal of turkey meat, you are providing your body with vitamins B6 and B12, niacin, choline, selenium and zinc. Along with these many components, you are also pampering your body with less calories and fats. Here are some health benefits of having turkey meat.

1. Cancer Prevention

Turkey consists of trace minerals that are supposed to aid in cancer prevention. Turkey contains selenium, which is important for the healthy function of the thyroid and immune system. Apart from that Selenium also has an essential role to play in your antioxidant defense system, helping to remove cancer-friendly free radicals in the body.

2. Good for the Immune System

This lean meat consists of amino acid tryptophan, which produces serotonin and plays an important role in strengthening the immune system. Thus, this meat helps to keep you away from common winter illnesses.

3. For Thyroid Problem

Turkey meat is extremely healthy for thyroid patients, as it has a high source of selenium that is essential for the thyroid hormone metabolism. Therefore, consume small portions of this lean meat to keep yourself healthy

4. Bodybuilding

Many fitness experts recommend turkey for bodybuilding, particularly turkey burgers. They are rich in protein and contain a small quantity of carbohydrates and fat. A 4 ounce turkey burger has nearly 200-250 calories and 30 grams of protein which helps to build and maintain lean muscle. This helps to fulfill the daily requirement of calories and protein for a bodybuilder. Due to the additional nutrients found in turkey such as vitamins and minerals, a bodybuilder is also able to recover properly after workouts. A good intake of nutrients even helps to reduce the risk of injuries.

5. Lower Your Cholesterol and Maintain Your Brain Power

The wonderful Niacin present in turkey may help increase your HDL cholesterol, the good kind, while also helping to reduce your LDL cholesterol, the bad kind. You can't go wrong with that! Turkey is an excellent source of B12, which helps decrease levels of homocysteine that can contribute to cognitive decline.

6. Enhances mood

Amino acids present in Turkey are responsible for making neurotransmitters and serotonin is produced from tryptophan. Serotonin assists to enhance mood and thus consuming foods like turkey can considerably enhance your mood. People with anxiety and also depression are advised to consume turkey due this particular benefit.

7. Beneficial for men

Turkey also benefits men as its high protein content assists to maintain optimal levels of testosterone. This action protects men from a weakening in sexual desire. Testosterone is also vital in ensuring that there is no bone density loss and high testosterone levels usually result in increased sexual function, particularly in old men.

8. Good for Diabetic

If you are a diabetic individual, doctors would have told you to consume small portions of non-vegetarian foods. The best health benefit of eating turkey meat is that it has low glycaemic index and therefore can help keep insulin levels stable.

9.IBS

White meat turkey is safe for ibs. However it is advisable to remove the skin before cooking. Also choose for organic turkey since it is less likely to lead to digestive problems.

10.Gout

Turkey is one of the healthiest foods, however it can be damaging for individuals with gout. Turkey comprises high amounts of purines which can trigger gout attacks. Some people with gout are able to eat turkey but cannot tolerate other purine-rich foods.

11. Increases Red Blood Cells

For women, turkey meat is extremely beneficial. It has a rich source of iron, potassium, phosphorus and zinc that help in increasing the quantity of red blood cells in our body. This in turn helps to keep the body warm during winter and safeguards you from winter sicknesses.

12. Lose Weight

A serving of turkey meat has 36% of the daily allowance of B3 and 27 percent of your recommended intake of B6. This does miracles for your metabolism and can prove to be awfully effective for those who are chronically constipated as B vitamins help peristaltic contractions, which pass waste through the intestines.

13. Good Source of Protein

Turkey benefits are so great due to the fact that this meat offers 65% of the recommended daily allowance of protein in just one serving. Infants who have behavioral disorders could lack muscle tone, it's mainly crucial to ensure kids with developmental problems have an adequate amount of protein in their diet. Lack of protein can cause lack of energy, spiciness, jitteriness, the feeling of weakness, and poor pallor. If you are experiencing this, you could calculate your daily protein requirements by taking the weight and separating it by 2.2. – It will give you your weight in kg. Next, take the weight in kilos and then multiply by 8 and you will have your daily protein needs in grams.

14. Insomnia

Turkey meat consists of good amount of Tryptophan, which is used by the brain to produce serotonin. Serotonin is a neurotransmitter which calms the mood and leads to a sense of well-being which is helpful for those who suffer from insomnia. Selenium is another nutrient found in turkey which encourages sleep and boosts immunity. Many people also eat turkey for insomnia because it contains the vitamins B3 and B6 which are helpful in controlling the condition.