



Ministry of Health

General Directorate for Food Hygiene
and Safety and Nutrition

Poultry meat

Conscious consumption and nutritional benefits



If you eat poultry meat you should know that...

The National Health Service ensures, through the Veterinary Services, controls at all levels of the production chain, from breeding to slaughter, processing, storage, transport and marketing.

but remember... it is you who, before consuming poultry meat, must:

- 1) **Store raw meat in the fridge** on the highest shelves, with temperatures close to 5°C, to hinder the proliferation of microorganisms and avoid contact with other foods (especially if ready for consumption, such as salads and desserts)
- 2) **Thaw in the fridge or microwave** in a suitable container that allows liquids to be collected
- 3) **Handle** raw meat on cutting boards, which must not be used for other foods, unless first washed using hot water and detergent
- 4) **Do not wash meat** before cooking. Any splashes of water contaminated by harmful microorganisms such as *Campylobacter* removed from the meat itself could spread into the environment, on utensils and food, encouraging further contamination

5) **Wash your hands thoroughly** with soap and water for at least 20 seconds after handling raw poultry meat

6) **Cook** the meat well



Small measures avoid contaminating other foods with the bacteria present on the skin of poultry, reducing the risk of foodborne illnesses.

Characteristics of poultry meat

Poultry meat is rich in proteins with high biological value and amino acids.

It has a low fat content, mainly represented by polyunsaturated fatty acids (linoleic and linolenic acid) and cholesterol.

Poultry meat has the advantage of being more easily chewable and digestible because it has less connective tissue.

Nutritional values

Chicken with skin per 100 g

Water: 69.5 g

Carbohydrates: 0 g

Fibre: 0 g

Protein: 19 g

Lipids: 10.6 g

Cholesterol 93 mg

Calorie: 171 kcal

Turkey with skin per 100 g

Water: 73.6 g

Carbohydrates: 0 g

Fibre: 0 g

Protein: 18.2 g

Lipids: 6.9 g

Cholesterol 195 mg

Calorie: 135 kcal

and... Enjoy your meal!