Turkey is low in fat and high in protein. It is an inexpensive source of iron, zinc, phosphorus, potassium and B vitamins. The amount of Protein Group foods you need each day varies based on age, gender, and level of physical activity. Most Americans eat enough food from this group, but need to make leaner and more varied selections of these foods. MyPlate suggests most people 51+ years old get 5 to 5 1/2 ounces from the Protein Group each day.

The portions in the table below represent approximately 3 1/2 ounce servings, of sliced meat from a whole roasted turkey. A 3 1/2-ounce portion of turkey is about the size and thickness of a new deck of cards. The fat and calorie content in these cuts from the turkey varies because white meat has less fat and fewer calories than dark meat and skin.

<table>
<thead>
<tr>
<th>Meat Type</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast with skin</td>
<td>194</td>
<td>8 grams</td>
<td>29 grams</td>
</tr>
<tr>
<td>Breast w/o skin</td>
<td>161</td>
<td>4 grams</td>
<td>30 grams</td>
</tr>
<tr>
<td>Wing w/skin</td>
<td>238</td>
<td>13 grams</td>
<td>27 grams</td>
</tr>
<tr>
<td>Leg w/skin</td>
<td>213</td>
<td>11 grams</td>
<td>28 grams</td>
</tr>
<tr>
<td>Dark meat w/skin</td>
<td>232</td>
<td>13 grams</td>
<td>27 grams</td>
</tr>
<tr>
<td>Dark meat w/o skin</td>
<td>192</td>
<td>8 grams</td>
<td>28 grams</td>
</tr>
<tr>
<td>Skin only</td>
<td>482</td>
<td>44 grams</td>
<td>19 grams</td>
</tr>
</tbody>
</table>
Reinventing Thanksgiving Dinner

Nothing tastes better than turkey with all the trimmings! But what to do with leftovers? Reheating is one option. Refrigerated leftover turkey is only good for three or four days, and stuffing for one to two days. And, for safety's sake, reheat to 165°F internal temperature.

Another option: Reinvent your Thanksgiving feast a day or two later.

- **Make a hearty harvest stew.** Start with leftover gravy (fat skimmed away before making gravy) as the base. Make it hearty with leftover turkey and veggies. Thicken with mashed potatoes or sweet potatoes. Cook to 165°F.
- **Stack a turkey-berry wrap.** Wrap sliced turkey, spread with cranberry sauce and greens in whole-wheat tortillas. Add toasted pecans if you have some.
- **Whirl cranberry smoothies.** Whirl cranberries, frozen yogurt & orange juice.
- **Freeze turkey stock in small amounts.** Later, cook couscous, pasta, rice or soup with the stock instead of water.
- **Toss crunchy turkey salad.** Toss cubed turkey with celery, apples and light mayo with shredded baby spinach.
- **Make stuffing frittata.** Mix stuffing with egg and cook through, pancake-style.

Sources: http://www.eatright.org/resource/health/lifestyle/holidays/reinventing-thanksgiving; http://extension.illinois.edu/turkey/nutrition.cfm; www.choosemyplate.gov retrieved 10/31/17

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