



## CHICKEN

*Calories per cooked meat, 140 gram serving*

<b>Total Calories</b>	<b>231.00</b>
from carbohydrates	0.50
from fat	45.10
from protein	185.00

## LAMB

*Calories per roasted 4 ounces*

<b>Total Calories</b>	<b>229.07</b>
from fat	99.61
from saturated fat	37.97
from protein	30.15

## TURKEY

*Calories per cooked 4 ounces*

<b>Total Calories</b>	<b>214.33</b>
Calories From Fat	75.63
Calories From Saturated Fat	21.43