



Before you decide to swap Ground Turkey for Ground Beef, check the Nutrition Facts Label to make sure you're making the best substitution for your health. Ground Beef has more of many essential micronutrients and can be lower in calories, fat and cholesterol than Ground Turkey. Here are the facts when comparing USDA's data on 93% lean/7% fat cooked patties:

Check the Nutrition Facts label to determine the lean to fat ratio, shown as % lean, % fat.



Ground Beef (93% lean/7% fat)

Serving Size: 3 oz (Cooked)		Daily Value:
Calories	162kcal	8%
Total Fat	7.5g	11%
Saturated Fat	3.1g	16%
Cholesterol	68mg	23%
Protein	22.3g	45%
Iron	2.4mg	13%
Zinc	5.5mg	36%
Vitamin B ₆	0.3mg	17%
Vitamin B ₁₂	2.1mcg	36%
Selenium	18.4mcg	26%



Ground Turkey (93% lean/7% fat)

Serving Size: 3 oz (Cooked)		Daily Value:
Calories	176kcal	9%
Total Fat	9.7g	15%
Saturated Fat	2.5g	13%
Cholesterol	90mg	30%
Protein	22g	44%
Iron	1.5mg	8%
Zinc	3.2mg	21%
Vitamin B ₆	0.4mg	20%
Vitamin B ₁₂	1.5mcg	26%
Selenium	N/A	N/A