



# FAMILY NUTRITION NEWS

## Let's Buy Poultry

*Dear Homemaker,*

*Poultry is a favorite at holiday season or any time of the year. It is a good source of protein. Protein is needed for growth and repair of body tissue. It builds muscles important to growing boys and girls.*

*Poultry is a meat group food. It is usually one of the less expensive foods in the meat group.*

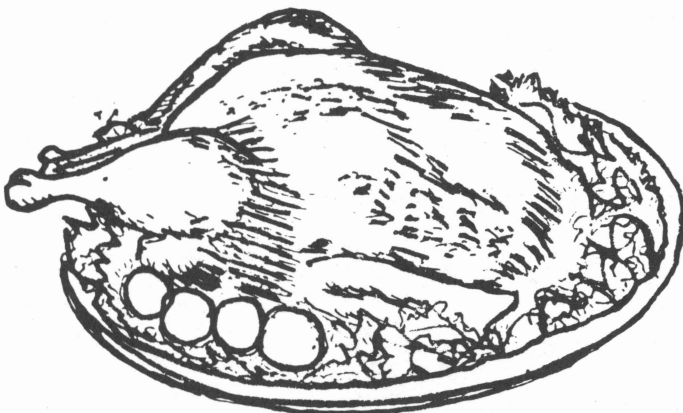
*Try the menu given below. It has foods from the Basic 4 food groups: Milk, Meat, Fruit-Vegetable and Bread-Cereal.*

*Sincerely,*

\_\_\_\_\_  
*Name and title*

### HOLIDAY MENU

Roast Turkey  
English Peas      Sweet Potatoes  
Orange-Grapefruit Salad  
Hot Rolls  
Applesauce Cake  
Tea                  Coffee





## HOW MUCH POULTRY SHOULD YOU BUY?

- Buy at least one serving for each person. But growing children and people who work hard may enjoy more than 1 serving.
- Buy 1 pound of whole turkey or whole broiler/fryer chicken for 2¼ servings.
- Buy 1 pound of boneless turkey roast or chicken breasts for 3¼ servings.
- Buy 1 pound of stewing chicken, turkey breasts or thighs or whole legs for 2¼ servings.
- Buy 1 pound of chicken drumsticks for 2¾ servings.
- Buy 4 chicken wings for 1½ servings.

### MORE INFORMATION . . . .

#### Ready-to-Cook Purchase Weight

#### Approximate Roasting Time for Stuffed Raw Turkey

6 to 8 pounds .....	3 to 3½ hours
8 to 12 pounds .....	3½ to 4½ hours
12 to 16 pounds .....	4½ to 5½ hours
16 to 20 pounds .....	5½ to 6½ hours
20 to 24 pounds .....	6½ to 7 hours

Completely cook poultry in one baking.

Cook at low to medium heat, 325° to 350° F.



#### Thaw Poultry in the Refrigerator

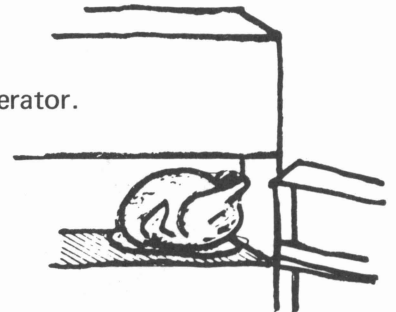
Leave original plastic covering on the turkey.

Set turkey on a tray and place in refrigerator. Thaw until pliable enough to remove giblets and neck.

Time: Allow 24 hours for each 6 pounds of turkey.

A turkey weighing 18 pounds will take about 3 days to thaw in the refrigerator.

Store cooked turkey in the refrigerator. Use within one or two days.



This publication was prepared by Frances L. Reasonover, Extension foods and nutrition specialist,  
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