

Do you know
YOUR CUT OF
CHICKEN?



Poultry Facts

Besides meat, chickens give us eggs. In Illinois, we produce almost 130 million eggs. So, enjoy them scrambled, hard-boiled, poached or over-easy! Contains protein, B-group vitamins, selenium, iron, zinc and copper.

CONSUMER CHOICES

FREE RANGE: Whether they decide to or not, poultry has been allowed access to the outside

MADE IN THE USA: Nearly all the chickens and chicken products sold in the US come from chickens hatched, raised and processed in the US. The only exception is a small amount imported from Canada, which has food safety and quality standards equal to our own.

ORGANIC: Animals are raised in living conditions accommodating their natural behaviors (like the ability to graze on pasture), fed 100% organic feed and forage, and not administered antibiotics or hormones. According to USDA, the organic label does not indicate that the product has safety, quality or nutritional attributes that are any higher than conventionally raised product.

MARKETING MYTHS

Antibiotic free: All poultry in your grocery store is antibiotic free.

Gluten free: There is no gluten (a grain product) in poultry.

GMO-free: There is no GMO poultry.

Hormone-free: Added hormones are not allowed in raising poultry.

WHEN SELECTING POULTRY, CHOOSE:

- Meat that is free of skin tears and bruises and has a fresh odor.
- Meat that is firm and moist with a creamy yellow skin color. Skin color may vary, but it is not a factor in quality or freshness.
- Turkey having the same qualities, with a white skin.

For more information and recipes: chickenroost.com;
nationalchickencouncil.org; uspoultry.org; watchusgrow.org