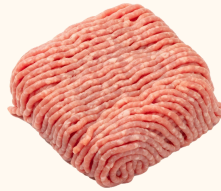


# Ground Turkey Guide

We use **93% lean ground turkey** (such as Aldi fresh ground 93/7 turkey; [view nutrition info here](#)) in our recipes as it's widely available, provides a solid middle ground of flavor, texture, nutrition and is affordable. Below are other options you can use!



**\*These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.**



## PASTURE RAISED

Indicates outdoor access and natural foraging, but not a set amount of pasture time. Nutritional differences are not significant.



## ORGANIC

Fed organic feed and raised without antibiotics or synthetic additives. Nutritional differences are not significant.



## ~97/3 MEAT

Beef, chicken, or pork of similar lean % will have a similar nutrition profile.



**\*These options have more nutritional differences but can still be used as a swap! Individual brands can vary.**



## LEAN FISH

Tilapia, cod or haddock, shrimp, or scallops have similar protein but typically provide little fat.



## TEMPEH

Plant-based, fermented soy, higher in fiber, slightly lower protein (but much more than other meatless options)



## ROTISSERIE

A fairly nutritionally similar, pre-prepared alternative.



## CAN OF TUNA

Provides similar protein but tend to have less fat.



## SALMON

Comparable protein, adds fats and omega-3s, making it more nutrient-dense but less lean. Canned is a no-cook option!



## T.V.P

Shelf stable dehydrated soy, similar protein with the addition of fiber.



## EGGS

~1/2 the protein, yolk provides more fat and additional nutrients.



## TOFU

Provides ~1/3 - 1/2 the protein with the addition of some carbs and fat.



## BEANS

Much lower in protein and higher in carbs/fiber.

# Ground Turkey Fact Sheet

Per 4 oz 97/3 lean ground turkey

Calories	Fat	Protein	Carbs	Fiber	Cost
160	8	22	0	0	1.03



- Ground turkey has a **milder flavor and softer texture** than beef, making it versatile for recipes and easy to pair with a variety of spices and sauces. Generally, lean ground turkey is also **less expensive** than beef.
- Ground turkey is a good source of **selenium** (~40–50% DV per 3oz serving), which supports antioxidant activity and thyroid function. It also provides **B vitamins** like niacin (B3) and B6 (~20–25% DV), which help convert food into energy and support brain and nerve function.
- Ground turkey provides **high-quality protein** with a PDCAAS score = 1.0 (Protein Digestibility-Corrected Amino Acid Score, a scale from 0–1 that measures how complete and digestible a protein is), meaning it's highly digestible and contains all essential amino acids for muscle repair, lean body mass, and satiety.