

NEWS

OF NUTRITION

Setting The Record Straight—Fried Chicken Can Be Part Of A Healthy, Balanced Diet [Ⓣ]

(NAPSA)—KFC is out to set the record straight—fried chicken can, in fact, be part of a healthy diet.

To spread the news, KFC has teamed with registered dietitian and fitness expert Tracy Gensler, to inform people about the fat, carbohydrates and protein in fried chicken.

“We want to set the record straight. There is no need to feel guilty about eating fried chicken,” said Gensler. “Many people will be surprised to learn they can enjoy fried chicken as part of a healthy, balanced diet.”

When it comes to a healthy diet, numbers matter. A KFC Original Recipe Chicken Breast has less than half the fat and less calories than a Burger King Whopper. A KFC Original Recipe Chicken Breast has 19 grams of fat and 380 calories; compared to a Burger King Whopper with 43 grams of fat and 710 calories.

By removing the skin and breading from a KFC Original Recipe Chicken Breast, the fat content is reduced to only three grams of fat and 140 calories. When customers remove the skin and add two lower fat sides—such as mashed potatoes and gravy or

baked beans—they can enjoy a number of freshly prepared meals for 10 grams of fat or less.

At all KFC restaurants, customers can pick up a free copy of the “Keep It Balanced” nutritional brochures that are featured alongside posters and online at kfc.com. The “Keep It Balanced” materials encourage customers to eat in moderation and balance their diet with appropriate exercise, as well as to provide helpful tips on exercise techniques.

KFC has introduced an online nutrition calculator, available at kfc.com. The calculator makes it easy to customize any possible KFC meal combination. It will also be updated to reflect new menu options once available nationwide.

KFC is also exploring fresh new ways to eat better including an Oven Roasted entree and other options. The Oven Roasted entree will feature 100 percent premium boneless chicken filet strips, seasoned with the Colonel’s blend of herbs and spices and served on a bed of long grain rice with fresh chilled vegetables marinated in a tangy vinaigrette and a freshly baked roll.

For more information, log on to KFC.com.