

# Talking Turkey

## Only One Turkey In America Judged Excellent

(NAPSA)—Next time you order a turkey sandwich from a deli counter or stock up on sliced turkey to make sandwiches or salads at home, make sure you know what you are buying. According to a leading consumer publication, not all deli turkey is the same.

A recent article assessed the quality of more than 50 cold cuts including turkey, ham and bologna, and reported a vast range in their quality—especially turkey. Of the 16 varieties of packaged and deli-sliced turkey, more than half were considered in the “poor to fair” or “fair to good” range, while only one—Boar’s Head Ovengold Roast Breast of Turkey—warranted an “excellent.”

These products, rated for flavor, texture, nutritional value and price, reflect vast differences in both the quality of ingredients and methods of preparation.

### Types of deli turkey

Some turkey is made from turkey breast while others are made with what is called “white turkey,” a combination of meat from the breast, wing, rib and 14 percent skin. Tests showed that products made with turkey breast tasted better, while most of the white turkey products scored on the low end. Boar’s Head Ovengold Roast Breast of Turkey, which is made with 100 percent turkey breast, tasted the best.

Boar’s Head, founded in 1905 by Frank Brunckhorst in Brooklyn, New York, has for four generations maintained its reputation for using the highest quality ingredients and



**A recent survey of 16 deli-sliced and packaged turkeys rated Boar’s Head Ovengold Roast Breast of Turkey “excellent” in taste. With only 60 calories and one-and-a-half grams of fat per two-ounce serving, it’s an obvious choice for food lovers looking for healthy fare that tastes great. ®**

old-world methods in creating deli products. For nearly 100 years, the company has never strayed from the same unwavering standards. The result? Great taste.

### Turkey is the healthiest

As compared to other deli meats, turkey fares the best in terms of nutrition, with only 60 calories and one-and-a-half grams of fat per two-ounce serving. In addition, turkey contains fewer calories and less fat than other traditional sandwich fillings, including ham, bologna, cheese, peanut butter and jelly, roast beef and tuna in water. Turkey is an obvious choice for food lovers looking for great-tasting healthy sandwiches and salads.