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# Health Hints

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## Time For Turkey

(NAPSA)—If you've been thinking about trimming the fat at your family's table, try talking turkey. Nutritionists say turkey can be a low-fat, high protein alternative to many other foods—and turkey can be served in a number of ways, not just as a whole bird.

Health—and taste—minded people now gobble up turkey products including turkey breast cutlets, turkey tenderloin, ground turkey, turkey sausage and turkey bratwurst in increasing numbers. In fact, the FDA reports that Americans are increasing their turkey consumption faster than any other meat.

“Turkey is simply one of the highest protein, lowest calorie and lowest fat meals available,” says Dr. Rob Wildman, R.D.

Dr. Wildman recommends a program called The Two-Day Turkey Trim, sponsored by Bally Total Fitness and Honeysuckle White brand turkey products (Shady Brook Farms on the East Coast). The program advocates regular physical fitness activities and substituting a lower calorie food, such as turkey, for dinner twice a week on Tuesday and Thursday.



**Turkey, which is high in protein and low in fat, can be served in a variety of ways.**

Information from the USDA National Nutrient Database shows that a meal with a 3.5-ounce portion of turkey meat may save a person up to 150 calories, sometimes even more, compared to higher calorie meal options.

“We hope people will use the Two-Day Turkey Trim to enhance healthy eating habits that last through the year, whether their goals are weight loss, overall wellness, or just great tasting dishes,” says Dr. Wildman.

For turkey recipes and tips, visit [www.turkeytrim.com](http://www.turkeytrim.com).