

Chapter 2 - Chicken Consumption

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Chicken meat is a popular food item in most countries and continues to increase in its popularity worldwide. Chicken is a relatively inexpensive, nutritious food source (see Table 2.1). The versatility of chicken has allowed for the introduction of a wide variety of further-processed products that meet the needs of the changing American lifestyle. No commercial meat is produced with higher feed efficiency, and at a faster rate, than that of chicken (see Table 2.2).

Table 2.1 - Nutritional information per 3-ounce boneless, cooked portion

FOOD ITEM	Calories	Total fat (g)	Saturated fat (g)	Cholesterol (mg)	Protein (g)
Filet of sole, baked	100	1.5	0.5	60	20
Chicken breast, no skin, baked	120	1.5	0.5	70	24
Chicken drumstick, no skin, baked	130	4.0	1.0	80	23
Salmon, baked	150	6	1.5	70	23
Chicken breast with skin, baked	160	7.0	1.0	6	22
Beef sirloin steak, trimmed of visible fat, broiled	170	7.0	2.0	70	25
Chicken drumstick, with skin, baked	180	9.0	3.0	75	25
Chicken drumstick, with skin, baked	10	9.0	3.0	75	23
Pork loin rib chop, trimmed of visible fat, lean only	180	9.0	3.0	60	24
Canned cured ham, 13% fat, roasted	190	13.0	4.0	55	17
Lamp chop, trimmed of visible fat, broiled	200	12.0	6.0	70	22
Beef tenderloin, trimmed of visible fat, broiled	200	11	4	72	23
Beef, ground, extra lean, broiled, well done	225	13.0	5.0	85	23

Source: Nutri-Facts Fresh food Labelling Program, 1995 and USDA Nutrient Database for Standard Reference, Release 14, 2001

Table 2.2 - Feed conversion efficiencies of major food animals

	Chicken	Pork	Beef	Carp
Feed conversion (feed/live weight)	2.5	5.0	10.0	1.5
Feed conversion (feed/edible weight)	4.5	9.4	25.0	2.3
Protein content (% of edible weight)	20	14	15	18
Protein conversion efficiency (5%)	20	10	4	30

Source: V. Smil, 2008. Eating meat: Evolution, Patterns and Consequences