

Turkey Talk

- Allow 1-1 ¼ pounds of turkey per person.
- Turkey should be cooked to an internal temperature of 165° F – use a meat thermometer!

The USDA and National Turkey Federation offer these guidelines:

Roasting Guidelines for a Fresh or Thawed Turkey
Roast in a 325° F Conventional Oven on the Lowest Oven Rack

Weight	Unstuffed Turkey	Stuffed Turkey
8 to 12 pounds	2 3/4 to 3 hours	3 to 3 1/2 hours
12 to 14 pounds	3 to 3 3/4 hours	3 1/2 to 4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours	4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 1/2 hours	4 1/4 to 4 3/4 hours
20 to 24 pounds	4 1/2 to 5 hours	4 3/4 to 5 1/4 hours
24 to 30 pounds	5 to 5 1/4 hours	5 1/4 to 6 1/4 hours

References:

LSU AgCenter (May 2010). *Easy Skillet Meals*.

National Turkey Federation, *Turkey Preparation and Storage* retrieved from www.eatturkey.com.

U.S. Department of Agriculture, *Let's Talk Turkey & How Temperatures Affect Food Fact Sheets* retrieved from www.fsis.usda.gov.

U.S. Department of Health & Human Services, *My Bright Future: Physical Activity and Healthy Eating for Adult Women*.

Partnership for Food Safety Education, *The Turkey*. Retrieved 11/16/09 from www.holidayfoodsafety.org.

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HELPFUL HINTS TO FILL YOUR BASKET

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Leftover Guidelines

Storing

- Cool leftovers quickly in the refrigerator or freezer
- Do not let food cool on the stove or counter
- Always follow the 2 hour rule – don't leave food out at room temperature for longer than 2 hours
- Place hot foods in smaller, open containers in refrigerator to cool – cover with lid once cooled

Reheating

- Bring sauces, gravies and soups to a boil
- Heat all leftovers until they are hot all the way through- 165° F on a thermometer
- If reheating in a microwave, cover with plastic wrap or the lid
- Stir food at least once during reheating in microwave
- Always eat leftovers in 1 to 2 days or freeze



Variety for a Healthy Balanced Diet

The U.S. Government recommends eating foods from major food groups plus oils each day to get all the nutrients you need.

The Grains Group gives you carbohydrates for energy and vitamins such as folic acid, B vitamins, and minerals. Whole-grains foods such as whole wheat bread, brown rice, and oatmeal also have fiber that helps protect you against certain diseases and keeps your body regular. Fiber can help you feel full with fewer calories. Half of the grains you eat should be whole grains.

The Fruit and Vegetable Groups give you vitamins such as vitamin A and C, and folic acid; minerals such as potassium and iron; fiber; and other nutrients that are important for good health. They can also help protect you against disease and keep your body regular.

The Milk Group gives you minerals such as calcium and vitamins such as vitamin D to build strong, healthy bones and teeth. Foods in this group also have carbohydrates for energy and protein for important body functions. Whole-milk and milk products contain more fat, so it's a good idea to choose low-fat or fat-free dairy foods. If you

are lactose intolerant, try dark green leafy vegetables, broccoli, strawberries, fortified cereals/orange juice as a source of calcium.

The Meat and Beans Group gives you protein, fat, vitamins, and minerals such as iron. Meats, especially high-fat process meats such as bologna contain unhealthy fats, so it's a good idea to limit these or try lower-fat varieties like salmon or chicken without the skin.

Oils and Fats give you some vitamins such as vitamin E but they also provide calories. For a healthier heart, it's very important to limit: Saturated fats and cholesterol, which are found in whole milk products, many meats, and butter.

(Tip: Canola and olive oils are low in saturated fat.)

Trans fats, which are found in many processed foods, such as cookies, crackers, and fried snacks like potato chips; margarine and shortening; and animal products.

For more information, visit the U.S. Department of Agriculture's *Steps to a Healthier You* at **www.mypyramid.gov** or call 1-888-779-7264.