

TABLE A: Comparison of stir-fried chicken breast versus other stir-fried meats

NUTRIENTS per 100g	Chicken breast stir-fried	Lean pork strips, stir-fried	Beef lean strips, stir-fried	Lean lamb strips, stir-fried
Protein g	35	31.2	30.9	28.1
Total fat g	2	2.5	3.2	7.7
Saturated fat g	0.64	0.82	1.02	2.73

TABLE B: Comparison of protein content of cooked chicken (composite sample)^ versus plant protein foods

Nutrients per 'NHMRC Eat for Health' # serve (g)	Cooked chicken (composite) 80g^	Tofu, firm 170g	Lentils, boiled, drained 150g	Red kidney beans, canned, drained 150g	Chickpeas, canned, drained 150g	Tahini 30g	Peanut butter, no added fat, sugar 30g	Mixed raw nuts 30g ‡
Energy kJ (without fibre)	545	806	519	560	618	767	773	826
Protein g	24	20	11	10	9	5	7	4
kJ per gram of protein	23	40	47	56	69	153	110	206

Nutrient data obtained from the Australian Food Composition Database 2019 (AFCD) – www.foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/default.aspx – except for:

Australian Guide to Healthy Eating serving size information; www.eatforhealth.gov.au/food-essentials/five-food-groups/lean-meat-and-poultry-fish-eggs-tofu-nuts-and-seeds-and

^ Cooked chicken composite derived from a combination of chicken cuts based on Australian market data

‡ Obtained from Nuts for Life as no data available from FSANZ for mixed nuts; www.nutsforlife.com.au/resource/nutrient-content-of-raw-unsalted-tree-nuts/

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Nutrition Information Panel (NIP) for composite cooked chicken including Percent Daily Intake (%DI) for macronutrients and %RDI for vitamins and minerals

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 100g cooked chicken^		
	Average Quantity per 100g	%DI†
Energy	780kJ	9%
Protein, total	30g	60%
Fat, total	7.2g	10%
– saturated	2.1g	9%
Carbohydrate – sugars	0.3g	<1g
Sodium	214mg	9%
Potassium	337mg	N/A~
Riboflavin	0.27mg	16%
Niacin	9.5mg	95%
Pantothenic acid	1.6mg	32%
Vitamin B6	0.37mg	23%
Vitamin B12	0.3ug	17%
Biotin	4.0ug	13%
Vitamin D3 eq	6.1ug D3eq	N/A~
Magnesium	30.4mg	10%
Phosphorus	261mg	26%
Selenium	24ug	34%
Zinc	1.2mg	10%

† based on the average adult diet of 8700kJ

^ cooked chicken composite derived from a combination of chicken cuts based on Australian market data

~ Not applicable as no RDI for this nutrient

g = gram, mg = milligram, ug = microgram