

February 2020

**Approved Nutrition Information Panel (NIP) for cooked chicken breast including %DI for macronutrients and %RDI for vitamins and minerals**

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 100g cooked chicken breast <sup>^</sup>		
	Average Quantity per 100g	%DI*
Energy	681kJ	8%
Protein, total	35g	70%
Fat, total	2g	3%
– saturated	0.64g	3%
Carbohydrate	0.7g	<1%
– sugars	0.7g	<1%
Sodium	54mg	2%
Potassium	440mg	
Thiamin	0.13mg	12%
Niacin	17.1mg	171%
Pantothenic acid	2.0mg	40%
Vitamin B6	0.47mg	29%
Vitamin B12	0.2ug	10%
Biotin	3.0ug	10%
Vitamin D3 eq	6.0ug D3eq	
Magnesium	39mg	12%
Phosphorus	290mg	29%
Selenium	23.4ug	33%

\*based on the average adult diet of 8700kJ  
<sup>^</sup>stir-fried chicken breast no skin, no added fat  
g = gram, mg = milligram, ug= microgram

Source: *Chicken: Substantiation of Nutrition and Health Claims, November 2019 (updated February 2020)*