

February 2020

Approved 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	0.3g	<1%
– sugars	0.3g	<1%
Sodium	214mg	9%
Potassium	337mg	
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	
Magnesium	30.4mg	10%
Phosphorus	261mg	26%
Selenium	24ug	34%
Zinc	1.2mg	10%

*based on the average adult diet of 8700kJ
g = gram, mg = milligram, ug= microgram

How the generic (composite) cooked chicken nutrient composition data was derived

In order to substantiate generic nutrient content claims for cooked chicken, the nutrient composition for a composite sample of cooked chicken was determined. The composite was based on the four largest (by volume) selling chicken cuts produced for the Australian retail market -breast fillet, thigh fillet, drumstick and whole bird –cooked in the following ways with no added fats:

- Breast fillet –stir-fried
- Thighfillet –casserole
- Drumstick –baked
- Whole bird –BBQ/roisserie

The contribution of each of the above four cuts to the composite was weighted for:(a) the volume of each cut available to consumers in a format that allowed cooking in these ways (or, in the case of whole birds, is presented to consumers in this way at retail), and (b) the proportion of each cut that is edible.

The weightings applied were derived from industry data on volumes of each cut, as supplied by the ACMF, and meat yield of respective cuts from the FSANZ Australian Food Composition database for each chicken cut except for whole birds which was provided by the ACMF. The weightings were used to determine the composite cooked chicken nutrient composition per 100g based on the nutrient composition of each of the cooked cuts.

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