

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
	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