



Talking Turkey

**Don't Gobble Gobble This
Thanksgiving**

**And You Won't End Up
Stuffed Like a Turkey**



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Who knew? Thanksgiving turkey turns out to be good for you!

Nutrition, Health, and the Turkey

Tryptophan (trip to Wha?)

- Turkey is packed with this amino acid, which can help your mood and ability to sleep well

Selenium

- This trace mineral helps prevent heart disease AND cancer

Protein

- An amazing source: 4 oz gives you 65% of your R.D.A.

B Vitamins (B3 and B6)

- B3 helps produce MORE energy; B6 is super heart healthy

To-furkey is Faux-Turkey!

- For non-meat eaters to have something that looks like turkey without actually eating the bird

