



Poultry and Ratite Nutrition

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N. N. Pathak

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Poultry and Ratite Nutrition

Table 13.12: Average values of protein, fatty acids, minerals and vitamins per 100g meat.

Nutrients Per 100g meat	Chicken Broiler	Turkey	Pigeon	Emu
Protein (g)	23.1	22.3	18.5	28.4
Lipids (g)	1.2	1.6	23.8	4.7
Saturated fat (g)	0.3	0.6	8.4	2.5
Mono unsaturated fat (g)	0.3	0.7	9.7	
Poly unsaturated fat (g)	0.3	0.4	3.1	
Cholesterol (mg)	64.0	73.0	95.0	87.0
Minerals content:				
Calcium (mg)	11.0	12.0	12.0	
Phosphorus (mg)		162.0	248.0	269.0
Magnesium (mg)		21.0	22.0	29.0
Sodium (mg)	65.0	61.0	54.0	65.0
Potassium (mg)		302.0	200.0	375.0
Iron (mg)	0.7	1.44	3.54	5.0
Copper (mg)			0.44	0.24
Mangansese (mg)			0.02	0.03
Zinc (mg)		1.33	2.20	4.60
Selemium (mg)			13.30	44.00
Vitamins				
Thiamin (mg)	-	0.13	0.21	0.32
Riboflavin (mg)	-	0.32	0.22	0.55
Niacin (mg)	-	0.11	6.05	8.90
Vitamin B6 (mg)	-	0.13	0.41	0.83
Vitamin B12 (mg)	-	-	0.40	8.50
Folic acid (mg)	-	4.00	16.00	9.00
Vitamin C (mg)	-	5.70	5.20	-

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