

Labels Provide Nutrition Information for Meat and Poultry Products

The U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) announced new convenient ways for consumers to easily recognize key nutrition information for most popular meat and poultry products.

Effective March 1, 2012, new labels provide consumers with important nutritional information about the raw meat and poultry they most frequently purchase in stores.



- Packages of ground or chopped meat and poultry, such as hamburger or ground turkey, now feature nutrition facts panels on their labels.
- 40 of the most popular whole, raw cuts of meat and poultry, such as chicken breast or steak, have nutrition information either on the package label or displayed in stores for consumers.
- New nutrition facts panels list the number of calories, the total grams of fat and saturated fat that a product contains.
- Ground or a chopped product that indicate on its package a lean percentage statement such as, “85% lean” and is not considered to be “low in fat” will also list its fat percentage.



- Consumers with questions about the new labels or other food safety issues can “Ask Karen”, the FSIS 24-hour virtual representative at www.AskKaren.gov or via smartphone at m.askkaren.gov Monday – Friday, 10 a.m. to 4 p.m. ET.
- The Toll-free USDA Meat and Poultry Hotline is available in English and Spanish from 10 a.m. to 4 p.m. ET Monday – Friday at: 1-888-MPHotline (1-888-674-6854).