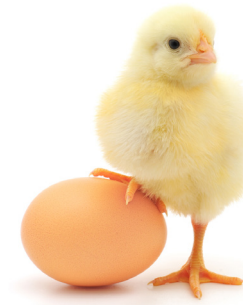
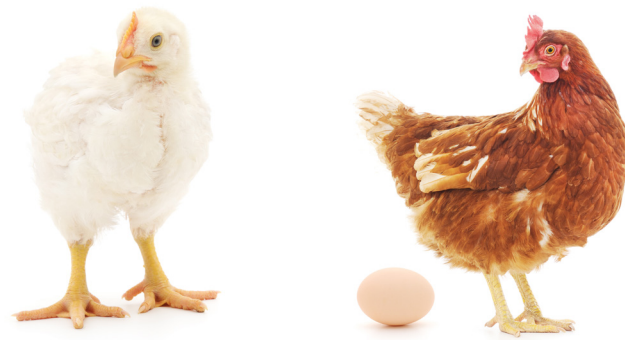


Poultry & Eggs



In the past many households kept chickens for eggs and an occasional dinner. The modern chicken industry, however, produces nutritious, wholesome, high quality products that become more affordable year after year.

Chickens, turkeys, ducks, geese, and other fowl are considered poultry. Chickens are the most plentiful type of poultry raised for meat and egg production in Kentucky.



Broiler or Layer?

While all chickens can be raised for meat, and all female chickens (hens) lay eggs, certain breeds of chickens are better suited for each purpose.

Broilers:

- Grow quickly and will reach their full size in less than 8 weeks - between 3 and 7 pounds depending on their use.
- Are not raised in cages, but are allowed to roam temperature-controlled houses, yards, or on pastures.
- Are never given hormones or steroids.

Layers:

- Hens will begin to lay eggs when they are 18 to 26 weeks old.
- May be kept in cages for ease of feeding and collecting eggs, or they may be kept in open houses, yards, or on pastures with laying boxes near by.
- Commercial laying hens are typically used for meat after they have reached 2 years of age or when egg production begins to decline.
- Are never given hormones or steroids.



\$ Eggs are the most economical high-quality protein available. Chicken meat is third, behind cow's milk.

Egg Nutrition Facts

For only 70 calories each, eggs are rich in nutrients. They contain, in varying amounts, almost every essential vitamin and mineral needed by humans as well as several other beneficial food components. Egg protein is the standard by which other protein sources are measured. A large egg contains over six grams of protein.

The average laying hen lays 286 eggs per year.



Most meat-type chickens, or broilers, enter a temperature controlled house when they are 1 day old.



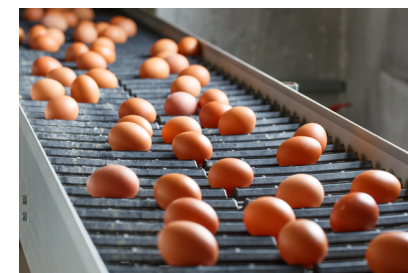
The chicks are provided a diet of corn and soybeans and plenty of water until they are grown. Kentucky poultry eat between 25 and 35% of locally-grown corn and soybeans!



Chickens are able to convert their feed to high-quality protein that provides us essential amino acids, B vitamins and minerals, such as iron and zinc.



Commercial egg production is quite automated and works to improve food safety and sanitation. Houses also protect birds from predators and many diseases.



Turkeys are raised similarly to broilers, but they will grow for 3 to 6 months and weigh 15 to 30 pounds.

