



PREMIUM NUTRITION LINE (*PNL) NUTRITIONAL COMPARISON

PREMIUM PROFILE PRODUCTS				
100 Grams Whole Muscle Popcorn Chicken	National Brand	Rich Chicks	*PNL	%
		*PNL Item 13501	Difference	Improvement
CALORIES	229	213	16	7%
CALORIES FROM FAT	101	74	27	27%
TOTAL FAT (g)	12	8	4	31%
SATURATED FAT (g)	1.8	1.4	0.4	22%
SODIUM (mg)	716	499	217	30%
100 Grams Whole Muscle Boneless Chicken Wings	National Brand	Rich Chicks	*PNL	%
		*PNL Item 23502	Difference	Improvement
CALORIES	232	188	44	19%
CALORIES FROM FAT	116	62	54	47%
TOTAL FAT (g)	13	7	7	49%
SATURATED FAT (g)	2.2	1.2	1.0	45%
SODIUM (mg)	589	403	186	32%
100 Grams Whole Muscle Chicken Tenderloins	National Brand	Rich Chicks	*PNL	%
		*PNL Item 43501	Difference	Improvement
CALORIES	216	193	23	11%
CALORIES FROM FAT	99	68	31	31%
TOTAL FAT (g)	12	8	4	35%
SATURATED FAT (g)	1.8	1.3	0.5	27%
SODIUM (mg)	532	438	94	18%
100 Grams Whole Muscle 4oz Chicken Fillet	National Brand	Rich Chicks	*PNL	%
		*PNL Item 13502	Difference	Improvement
CALORIES	232	190	42	18%
CALORIES FROM FAT	116	80	36	31%
TOTAL FAT (g)	13	9	4	31%
SATURATED FAT (g)	2.2	1.5	0.7	32%
SODIUM (mg)	589	300	289	49%
SPICY PROFILE PRODUCTS				
100 Grams Whole Muscle Spicy Popcorn Chicken	National Brand	Rich Chicks	*PNL	%
		*PNL Item 13503	Difference	Improvement
CALORIES	267	203	64	24%
CALORIES FROM FAT	139	61	78	56%
TOTAL FAT (g)	15	4	11	75%
SATURATED FAT (g)	2.5	1.2	1.3	53%
SODIUM (mg)	782	383	400	51%
100 Grams Whole Muscle Spicy Boneless Chicken Wings	National Brand	Rich Chicks	*PNL	%
		*PNL Item 23503	Difference	Improvement
CALORIES	241	192	49	20%
CALORIES FROM FAT	134	57	78	58%
TOTAL FAT (g)	14	6	8	56%
SATURATED FAT (g)	2.7	1.1	1.6	59%
SODIUM (mg)	804	370	435	54%
100 Grams Whole Muscle Spicy Chicken Tenderloins	National Brand	Rich Chicks	*PNL	%
		*PNL Item 43502	Difference	Improvement
CALORIES	216	195	21	10%
CALORIES FROM FAT	99	62	37	37%
TOTAL FAT (g)	12	7	5	41%
SATURATED FAT (g)	1.8	1.2	0.6	33%
SODIUM (mg)	550	355	195	35%