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Sent: Tuesday, August 31, 2010 1:20 PM

To: FCPS WATCHDOG GROUP (fcpswatchdog@stopterc.com)

Subject: FCPS WATCHDOG #3: FCPS 'baked' popcorn chicken contains more fat and less protein than McDonald's 'fried' chicken McNuggets

As a follow up to "FCPS WATCHDOG #1: BoE President Kathryn Groth says "FCPS serves no fried foods" - Is that fact or fiction (and a violation of Board Rules)?", on August 30 I visited my local elementary school and obtained 'nutritional' food package labels for several of the food items that FCPS serves to our children. Review what I obtained from FCPS at <http://www.stopterc.com/fcps/nutritionlabels.pdf>.

Of note is PDF page 2 and the "Popcorn Chicken", Tyson product number 3596-928, of which full product information can be viewed at <http://www.tysonfoodservice.com/Products/3596-928.aspx>.



Simply compare the nutritional information found on the McDonalds website (at <http://nutrition.mcdonalds.com/nutritionexchange/nutritionfacts.pdf>) for their chicken McNuggets and compare to the Tyson Popcorn Chicken that FCPS serves and you will discover this:

	McDonalds		FCPS
	McNuggets 10 pieces	McNuggets 5 pieces	Tyson Popcorn Chicken
Serving Size (g)	159	79.5	86
Calories	460	230	230
Total Fat (g)	29	14.5	15
Saturated Fat (g)	5	2.5	3
Cholesterol (mg)	70	35	30
Sodium (mg)	1000	500	450
Total Carbohydrate (g)	27	13.5	14
Protein (g)	24	12	11

FCPS 'baked' popcorn chicken has more fat and less protein than McDonald's Chicken McNuggets, which are deep fried. The reason for this is simple: **FCPS 'baked' popcorn chicken is actually fried during production!** The source of this information comes from Tyson itself.

When you look on a Tyson ingredients label and you see "Breeding set in vegetable oil", that actually means that Tyson fries the product during production. In the words of Tyson:

The products go through a process that "sets" the breading, which means that it helps the breading stay on the product as it goes through the cooking process as well as the packaging and transportation process. You'll hear this process

referred to as both Par-Fry and/or Flash-Fry. This means that after the product is breaded it goes through hot oil of about 350° to 365°F. for a pprox. 30 seconds. This process does not cook the product, after this step the product is cooked in an oven.

What do you think?

If you know of anyone that wants to be added or removed from this distribution list, contact fcpswatchdog@stopterc.com