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**Honeysuckle White® and Shady Brook Farms® Brands
Carve Out Top Five Reasons to Eat Turkey Today**

Healthy and convenient options provide trimming for delicious meals all year round

WICHITA, Kan. – July 10, 2008 – As consumers become increasingly aware of the impact food choices have on their health and well-being, making healthy eating decisions has become more important than ever. According to the International Food Information Council, 66 percent of Americans have reported making changes to improve the healthfulness of their diets in 2007, significantly more than in 2006. Consumers are especially concerned with reducing saturated fats, calories and carbohydrates as part of a healthier everyday lifestyle.ⁱ

Did you know that substituting turkey for other proteins in your favorite recipe may help you reduce fat and cholesterol in your diet, without sacrificing flavor?

The thought of a turkey dinner may evoke images of a Thanksgiving spread with all the trimmings. But for the other 364 days of the year, turkey may not have much of a presence in people's diets, outside of the occasional deli sandwich. The Honeysuckle White and Shady Brook Farms brands are reminding people that turkey is a nutritious meal option all year round and providing fresh ideas designed to make cooking with turkey both simple and delicious:

1. **Make ground turkey a family classic** – Substituting ground turkey for ground pork can save three times the saturated fat, a great reason to prepare new classics like meaty pastas and chilies.
2. **Explore ethnic flavors** to add spice without the fat – Choose turkey breast cutlets as a low fat option for Indian and Asian dishes; add a whole grain pita to soak up the flavors with a little extra fiber.

3. **Grill brat ‘wurst’ for your best health** – Grilling turkey bratwurst provides a lower fat, lower sodium option for heart-healthy outdoor enthusiasts; for other grilling options, marinate turkey cutlets or tenderloins with heart-healthy oils, such as olive or canola oil, and seasonal herbs for some extra sizzle.

4. **Rise and shine to a better breakfast** – switch to turkey breakfast sausage links and patties and wake up to less than half the total fat of traditional pork and beef breakfast sausages and patties; add a serving of seasonal fruit for a fresh morning start.

5. **Top it off with veggies** – Try 93/7 fresh or frozen turkey patties for fewer calories, and top it off with sautéed spinach or sun dried tomatoes for a fresh take on the “veggie” burger.

With a wide array of products available – including turkey breast cutlets, tenderloins, sausages, lean ground meat, and even burger patties – a turkey dinner means you can enhance your recipe repertoire by experimenting with different cuts and flavors.

In fact, turkey is a smart and healthy protein choice for nearly any recipe or cooking style, and makes a nutritious alternative to chicken, pork or beef. Turkey works in everything from tacos to salads to kebabs to stir fry, and select cuts are 99 percent fat free with virtually no saturated fat.

“Turkey, in its various forms and preparations, should be a staple on everyone’s regular grocery list,” suggests Christine Palumbo, registered dietitian and nutrition expert. “It’s a lean protein that can be used in most any recipe in place of chicken, pork, veal or beef, maintaining flavor while reducing the total and saturated fat content of the meal.”

To spark a bit of turkey-inspired creativity for home cooks, the Honeysuckle White and Shady Brook Farms turkey brands have crafted this light and tasty recipe for Turkey and Tortellini Salad. Made with 99 percent fat free turkey breast cutlets, spinach and cheese tortellini, and a variety of fresh vegetables, this salad offers a nutrition-packed meal that's lean yet filling, with only 231 calories and 7 grams of fat per serving, and a remarkable 20 grams of protein.

TURKEY AND TORTELLINI SALAD

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 8

1 pound Honeysuckle White® or Shady Brook Farms® turkey breast cutlets, cooked and cut into strips

1 package (9 ounces) refrigerated spinach and cheese tortellini

4 cups shredded or chopped romaine lettuce

1/2 cup each sliced button mushrooms, diced red bell pepper, diced tomatoes and shredded carrots

1/2 cup toasted walnut halves

1/2 cup fat-free vinaigrette

1/4 cup shredded Parmesan cheese

1/4 teaspoon coarse ground black pepper

Cook tortellini as directed on package; drain in a colander and let cool slightly. In a large bowl, mix tortellini, turkey, lettuce, vegetables, walnuts and vinaigrette. Sprinkle with cheese and pepper to serve.

Nutrition Information Per Serving: 231 calories; 66 calories from fat; 7 g total fat; 2 g saturated fat; 18 mg cholesterol; 451 mg sodium; 22 g carbohydrate; 2 g fiber; 20 g protein

For more great recipes, visit www.honeysucklewhite.com and www.shadybrookfarms.com .

About Cargill Meat Solutions

Cargill Meat Solutions Corporation produces a wide variety of high-quality turkey products under the Honeysuckle White® and Shady Brook Farms® brands. Headquartered in Wichita, Kan., Cargill Meat Solutions is a wholly owned subsidiary of Cargill, Incorporated, an international provider of food, agricultural and risk management products and services. For more information, please visit <http://www.honeysucklewhite.com> , <http://www.shadybrookfarms.com> , <http://www.cargillmeatsolutions.com> and <http://www.cargill.com> .

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ⁱ “2007 Food & Health Survey: Consumer Attitudes toward Food, Nutrition & Health.” International Food Information Council (IFIC) Foundation, May 2007.