

DOZENS OF HEART-HEALTHY
PREMIUM DELI MEATS



Boar's Head



Standard serving size is 2 oz of meat. This sandwich contains 1.5 servings.



Please note that the Heart-Check Food Certification does not apply to recipes unless expressly stated. For more information, see the American Heart Association nutrition guidelines at heartcheckmark.org/guidelines.



Boar's Head

Compromise elsewhere.®

All of our products are made with exceptional care and attention to quality.

Since 1905, Boar's Head has been a family business. In the beginning we had a very simple idea. Make the finest cold cuts possible. Nothing less.

We still insist on the same unwavering commitment to the standards we established long ago. To this day, we start out with only the finest ingredients. Pure beef, pork, and poultry, and real spices. Our ham is trimmed by hand the old-fashioned way, and our turkey and chicken are oven roasted, just the way you roast yours.

Boar's Head is proud and honored to be the name you can trust for the nutrition of your family.

For additional nutritional information, please call Boar's Head Brand 1-800-352-6277.

Boar's Head Brand
1819 Main Street, Suite 800
Sarasota, FL 34236

TURKEY

- Cracked Pepper Mill® Smoked Turkey Breast
- Golden Roasted Turkey Breast
 - 43% Lower Sodium¹
- Honey Smoked Turkey Breast - Pre-Sliced
- Maple Glazed Honey Coat® Turkey Breast
- Mesquite Wood Smoked® Turkey Breast
 - 32% Lower Sodium²
- No Salt Added Turkey Breast
- 46% Lower Sodium Turkey Breast
 - 46% Lower Sodium³-Skinless
- Ovengold® Turkey Breast
- Oven Roasted Turkey Breast
- Pastrami Seasoned Turkey Breast

CHICKEN

- All American BBQ Chicken Breast
- Blazing Buffalo® Style Chicken Breast
- EverRoast® Chicken Breast
- Golden Classic® Chicken Breast
 - 42% Lower Sodium⁴
- Lemon Pepper Chicken Breast
- Rotisserie Seasoned Chicken Breast

BEEF

- Londonport® Top Round Roast Beef

BACON

- Canadian Style Uncured Bacon

HAM

- Uncured Honey Ham - Pre-Sliced

1. 43% less sodium than the USDA data for deli cut white rotisserie turkey.

2. 32% lower sodium than USDA data for smoked turkey with lemon pepper flavor.

3. 46% lower sodium than USDA data for deli cut white rotisserie turkey.

4. 42% lower sodium than USDA data for oven roasted deli sliced chicken breast.



EverRoast® Chicken Breast Quinoa Pilaf
Recipe available on boarshead.com

Standard serving size is 2 oz of meat. This dish contains 1 serving.

Boar's Head is proud to work with the American Heart Association's Food Certification Program. We're happy to say that there are many of our heart-healthy deli meats which display their distinctive Heart-Check Mark, because they meet the American Heart Association criteria for heart healthy foods as part of a healthy eating pattern. We've met their standards simply by living up to our own.

Throughout this booklet you'll find nutritional information on each of our American Heart Association-certified deli meats.

Visit boarshead.com to find easy and delicious recipes featuring all of them!

Cracked Pepper Mill® Smoked Turkey Breast

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	30 mg	460 mg	13 g

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 30mg (10% DV), **Sodium** 460mg (19% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 13g (23% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Golden Roasted Turkey Breast 43% Lower Sodium

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	380 mg	12 g

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 380mg (16% DV), **Potassium** 170mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (21% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Honey Smoked Turkey Breast - Pre-Sliced

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
70	0.5 g	25 mg	480 mg	13 g

Calories 70, Fat cal 10, **Total fat** 0.5g (1% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 480mg (20% DV), **Potassium** 190mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 13g (23% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Maple Glazed Honey Coat® Turkey Breast

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
70	0.5 g	30 mg	480 mg	14 g

Calories 70, Fat cal 5, **Total fat** 0.5g (1% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 30mg (10% DV), **Sodium** 480mg (20% DV), **Potassium** 180mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 14g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Mesquite Wood Smoked® Roasted Turkey Breast 32% Lower Sodium

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	440 mg	12 g

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 440mg (18% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (21% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

No Salt Added Turkey Breast

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
70	1 g	40 mg	55 mg	14 g

Calories 70, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 40mg (13% DV), **Sodium** 55mg (2% DV), **Potassium** 190mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 14g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Our Premium 46% Lower Sodium Turkey Breast

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	20 mg	360 mg	12 g

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 20mg (7% DV), **Sodium** 360mg (15% DV), **Potassium** 150mg (4% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



Standard serving size is 2 oz of meat.
This wrap contains 1.5 servings.

Ovengold® Turkey Breast

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	20 mg	360 mg	11 g

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturat fat 0g, Polyunsaturat fat 0g, **Cholest** 20mg (7% DV), **Sodium** 360mg (15% DV), **Potassium** 140mg (4% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 11g (19% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Oven Roasted Turkey Breast

Nutrition Facts

Serv size: 2 oz (56g), Servings:
About 4, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
50	0.5 g	25 mg	360 mg	11 g

Calories 50, Fat cal 5, **Total fat** 0.5g (1% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturat fat 0g, Polyunsaturat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 360mg (15% DV), **Potassium** 280mg (8% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 11g (19% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Pastrami Seasoned Turkey Breast

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	25 mg	460 mg	13 g

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturat fat 0g, Polyunsaturat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 460mg (19% DV), **Potassium** 190mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 13g (23% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

All American BBQ Chicken Breast

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
70	1 g	35 mg	370 mg	10 g

Calories 70, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturat fat 0g, Polyunsaturat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 370mg (15% DV), **Potassium** 160mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 10g (18% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Golden Classic® Chicken Breast

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1.5 g	35 mg	350 mg	12 g

Calories 60, Fat cal 15, **Total fat** 1.5g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsaturat fat 0.5g, Polyunsaturat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 350mg (15% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Lemon Pepper Chicken Breast

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	35 mg	360 mg	11 g

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 360mg (15% DV), **Potassium** 170mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 11g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Blazing Buffalo® Style Chicken Breast

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	35 mg	460 mg	11 g

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 460mg (19% DV), **Potassium** 210mg (6% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 11g (20% DV), Vitamin A (2% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



Standard serving size is 2 oz of meat.
This sandwich contains 1.5 servings.

EverRoast[®] Chicken Breast

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	30 mg	440 mg	10 g

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0.5g, Polyunsat fat 0g, **Cholest** 30mg (10% DV), **Sodium** 440mg (18% DV), **Potassium** 160mg (5% DV), **Total carb** <1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 10g (18% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Rotisserie Seasoned Chicken Breast

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	35 mg	400 mg	11 g

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 400mg (17% DV), **Potassium** 180mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 11g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.



Standard serving size is 2 oz of meat.
This salad contains 1.5 servings.

Standard serving size is 2 oz of meat.
This dish contains 1.5 servings.



Londonport® Top Round Roast Beef

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
80	2.5 g	40 mg	350 mg	12 g

Calories 80, Fat cal 25, **Total fat** 2.5g (4% DV), Sat fat 1g (5% DV), *Trans* fat 0g, Monounsat fat 1g, Polyunsat fat 0g, **Cholest** 40mg (14% DV), **Sodium** 350mg (15% DV), **Potassium** 200mg (6% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, **Protein** 12g (21% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Canadian Style Uncured Bacon

Nutrition Facts

Serv size: 2 oz (56g), Servings:
Varied, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
70	2 g	25 mg	480 mg	11 g

Calories 70, Fat cal 20, **Total fat** 2g (3% DV), Sat fat 1g (5% DV), *Trans* fat 0g, Monounsat fat 1g, Polyunsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 480mg (20% DV), **Potassium** 170mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 11g (22% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Uncured Honey Ham - Pre-Sliced

Nutrition Facts

Serv size: 2 oz (56g), Servings:
About 4, Amount Per Serving:

Calories	Total fat	Cholest	Sodium	Protein
60	1 g	20 mg	420 mg	10 g

Calories 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), *Trans* fat 0g, Monounsat fat 0g, Polyunsat fat 0.5g, **Cholest** 20mg (7% DV), **Sodium** 420mg (17% DV), **Potassium** 180mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 10g (19% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

All-American Turkey Salad

- ¼ pound Boar's Head® Ovengold® Turkey Breast, sliced thick
- ¾ cup Iceberg lettuce
- ¾ cup Green leaf lettuce, torn
- 2 tablespoons Dried cranberries
- 2 tablespoons Carrots, julienned
- 1 tablespoon Sunflower seeds
- 2 tablespoons Ranch dressing

Directions:

Dice turkey into quarter-inch pieces. Place the iceberg and green leaf lettuce in salad bowl; top with turkey, carrots, dried cranberries, and sunflower seeds. Drizzle with dressing. Toss and serve.

Makes 1 serving.



Standard serving size is 2 oz of meat.
This salad contains 1.5 servings.

Warm Apple-Rimmed Chickpea & Ovengold® Turkey Breast Salad



Standard serving size is 2 oz of meat. This dish contains 2 servings.
Recipes are not AHA heart-check certified.

- 2 cups Boar's Head® Ovengold® Turkey Breast, cubed
- 1 cup Fresh baby spinach, finely chopped
- 2 Tbsp Small shallot, diced
- 2 Tbsp Olive oil
- 1 tsp Basil, fresh
- 1 tsp Rosemary
- Salt & pepper, to taste
- 2 Apples, Fuji or Gala, thinly sliced
- 1 Tbsp Balsamic vinegar
- 2 cups Chickpeas, canned, rinsed and drained
- 2 Tbsp Flaxseed, ground
- 1 Garlic cloves, minced
- ¼ cup Lemon juice

Directions:

Heat the oil in a small saucepan. Bring herbs, shallots, garlic and vinegar, to a boil. Add chickpeas and 1 tablespoon of the lemon juice. Cook 5 minutes on medium heat. Remove from heat and stir in remaining lemon juice, turkey and spinach; season with salt and pepper. Rim individual salad plates with apples and evenly divide the salad into the center of each plate; sprinkle with flax seed; spritz with more lemon if desired and serve warm.

Makes 4 servings.