



ULSOY AFRICA
POULTRY

Nutritional Benefits.

Healthy Cuts. Honest Quality

Learn the nutritional power behind every chicken part—high-protein, low-fat, and packed with essential vitamins. Freshly raised, expertly prepared, naturally delicious.

⌘ Organic ⌘ Sustainable ⌘ Non-GMO ⌘ Pasture Raised

7 KEY BENEFITS OF EATING CHICKEN HEART



1. Rich in Iron – Supports healthy blood circulation and helps prevent anemia.
2. High in Protein – Builds and repairs muscles while supporting overall body strength.
3. Packed with CoQ10 – A nutrient that promotes heart health and boosts energy production.
4. Source of B Vitamins – Especially B12, which supports brain function and nerve health.
5. Supports Metabolism – Nutrients like zinc and selenium aid in energy conversion and immune function.
6. Promotes Healthy Skin & Hair – Thanks to essential vitamins and minerals.
7. Nutrient-Dense and Affordable – Provides powerful nutrition at a low cost, making it accessible and sustainable.

BENEFITS OF EATING CHICKEN HEAD

Eating Chicken heads can nourish the liver and kidneys, and it is a very good tonic for people with bad kidneys.



BENEFITS OF EATING CHICKEN LIVERS

Chicken liver is rich in essential vitamins and minerals, including vitamin A, vitamin B12, folate, and iron, making it a powerful nutrient boost.



HEALTH BENEFITS OF CHICKEN LIVER

PROMOTES GOOD EYESIGHT



KEEPS TEETH AND BONES HEALTHY



SUPPORTS FERTILITY



BOOST IMMUNE SYSTEM



FIGHTS STRESS



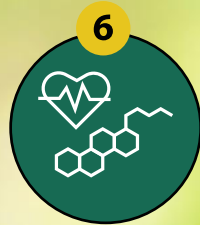
HEALTH BENEFITS OF CHICKEN

1



Good source of protein.

6



Intake of chicken of red meat lowers risk of cholesterol & heart disorders.

2



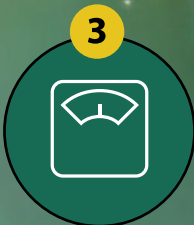
Useful in controlling BP.

5



Warm chicken soup gives relief from common cold & sore throat

3



Beneficial in managing & reducing weight.

4



Helps in preventing cataracts & skin disorders



BENEFITS OF EATING CHICKEN FEET

1. Benefits in Chicken Feet- excellent source of collagen, up to 70% of their protein content is collagen, which is vital for skin health, joint mobility, and bone strength. The gelatinous texture comes from its high concentration of collagen and cartilage, and consuming chicken feet can help replenish natural collagen levels, reduce wrinkles, and provide building blocks for healthy hair and nails.
2. The cartilage and tendons in chicken feet provide glucosamine and chondroitin, nutrients known to reduce joint pain and improve mobility.



BENEFITS OF EATING CHICKEN NECKS

Chicken necks offer a good amount of lean protein, which helps build and repair muscles while supporting overall body function.



EATING CHICKEN GIZZARDS SUPPORTS BRAIN HEALTH

Packed with iron, gizzards promote healthy blood circulation and oxygen delivery to the brain, improving concentration and reducing fatigue.



Breast Fillet



Breast

Mid-Joint Wing



Tip



Gizzard Heart



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Chicken Parts

Ham

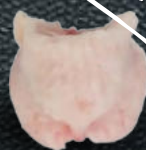


Thigh



Drumstick

Rump



Wing



Neck



Liver



Feet



TOP 5 REASONS TO EAT CHICKEN THIGHS



2 medium chicken thighs, without skin, in a stew will give you:

1. 83% of your RDA for niacin (B3) which keeps your cells talking to each other, is vital for your energy production and may protect you from cancer.
2. 46% of your RDA for selenium which regenerates the activity of vitamins C and E, contributes to your antioxidant activity and enhances your immune system.
3. 44% of your RDA for riboflavin (B2) for your blood cleansing and works with other vitamins to protect you from chronic disease.
4. 41% of your RDA for pantothenic acid which Enables your liver to cope with toxins, is vital for generating energy and keeps your cells healthy.
5. 38% of your RDA for vitamin B12 which is required by every cell in your body to work normally, is critical in creating your energy and maintaining the chemical balance of your body.



HEALTH BENEFITS OF CHICKEN WINGS

✓ Helps in muscle growth

✓ Ideal for a low-carb diet

✓ Good for production of red blood cells

176% OF YOUR RDA - NIAICIN

Contributes to your energy creation, mental health, nervous system function and to the reduction of tiredness and fatigue and may play a role in cancer prevention.

71% RDA ANTOOTHENIC ACID (B5)

Contributes to your mental performance, energy creation and to reducing tiredness and fatigue.

83% OF YOUR RDA - VITAMIN B6

Contributes to your immune system, mental health, blood health, the reduction of tiredness and fatigue and supports healthy hair.

73% OF YOUR RDA - PHOSPHORUS

Contributes to the normal function of all your cells, your energy creation, helps maintain the health of your bones and teeth and promotes the normal growth of children.

CHICKEN SKIN IS FULL OF NUTRITION!

Chicken skin contains monounsaturated and polyunsaturated fats, which support heart health and provide long-lasting energy.



BENEFITS OF EATING CHICKEN BREAST

- ✓ Low-Sodium
- ✓ High-Protein
- ✓ Sugar-Free

Chicken breast is a great source of lean protein, making it a popular addition to a healthy diet.

NUTRITION FACTS (PER 3.5 OZ COOKED)

- Calories: 165
- Protein: 31g
- Fat: 306g
- Og Carbs
- Vitamins B3, B6, B13
- Minerals: Selenium Phosphorus

GREAT FOR THE BRAIN

- Rich in B Vitamins (Especially B6, B12)
- Provides Tyrosine
- Iron & Zinc

GREAT FOR BODY BUILDING

- High-Quality, Lean protein
- Low in fat & calories

HEALTH BENEFITS OF CHICKEN DRUMSTICK

- ✓ Helps in muscle growth
- ✓ Low-Sodium

- ✓ Supports the immune system

Bone-In, Dar meat, Skin-On and Easy to cook

Chicken drumsticks are a flavorful, protein-rich cut that helps build and repair muscle while keeping you fuller for longer. They also provide essential nutrients like iron, zinc, and B vitamins to support energy and immune health.



TOP 5 REASONS TO SWITCH TO PASTURE-RAISED EGGS

1. Nutrient-Dence Profile
2. 4Better Taste and Quality
3. Enhanced Animal Welfare
4. Environmental Sustainability
5. Supporting Local Farms



conventional

- ✓ cheaper
- ✗ chickens kept in cramped cages
- ✗ generally fed a low quality diet
- ✗ high of corn & soy
- ✗ higher in omega 6
- ✗ less vitamins

VS.



pasture-raised

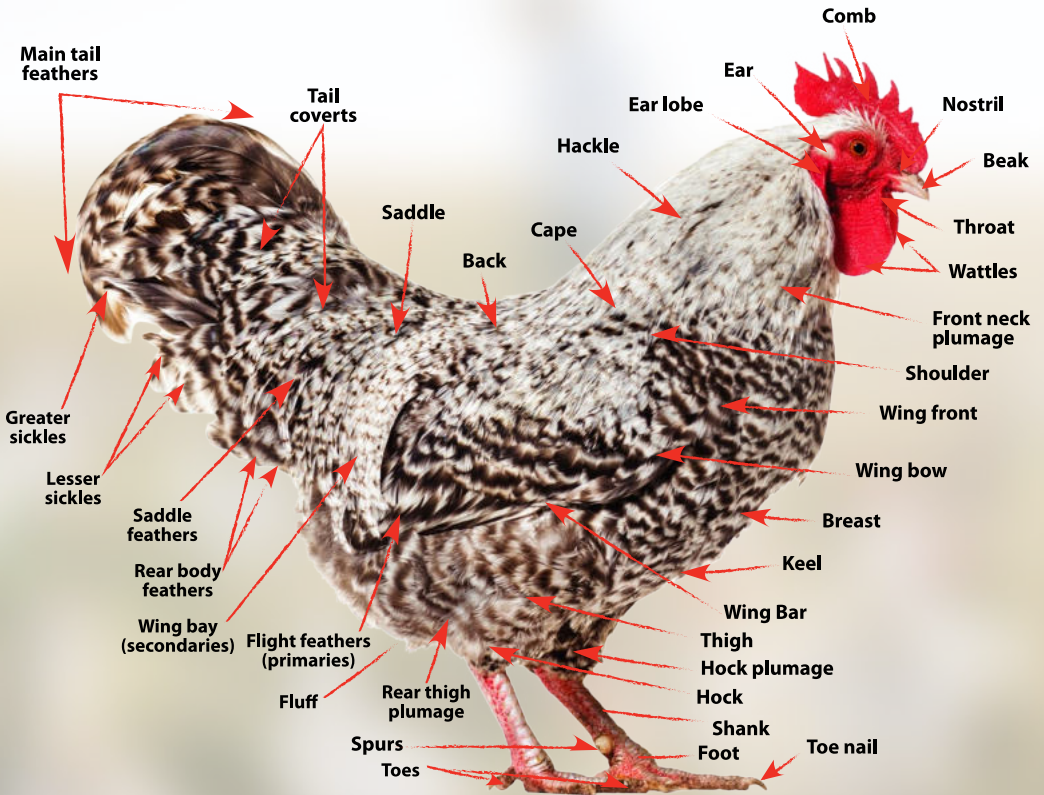
- ✓ 2x more omega 3
- ✓ 3x more vitamin E
- ✓ 2/3x more vitamin A
- ✓ chickens live in open space
- ✓ fed high-quality, natural diet
- ✓ better tasting
- ✗ slightly more expensive

PASTURE-RAISED EGGS ARE A PLENTIFUL SOURCE OF HEALTHY FAT, PROTEIN, ANTIOXIDANTS, AND VITAMIN D THAT CAN OPTIMIZE BRAIN HEALTH.

Dr. Uma Naidoo

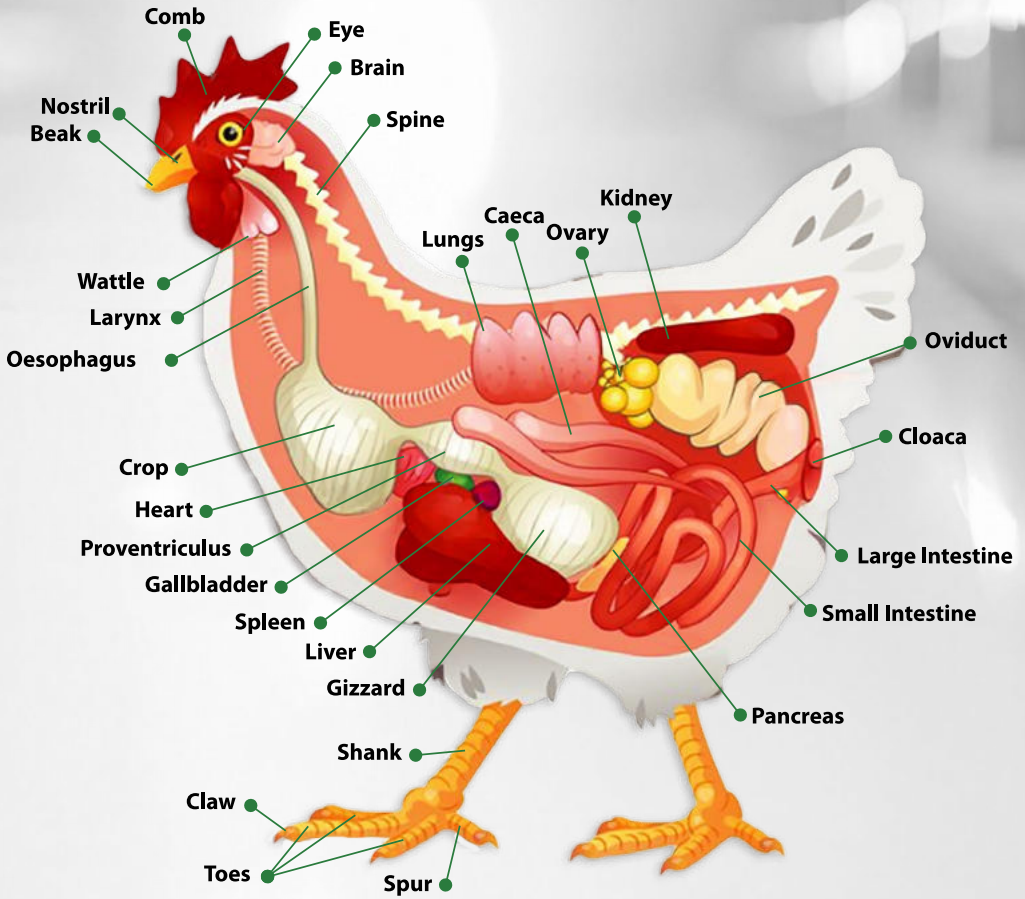
CHICKEN ANATOMY

External



CHICKEN ANATOMY

Internal

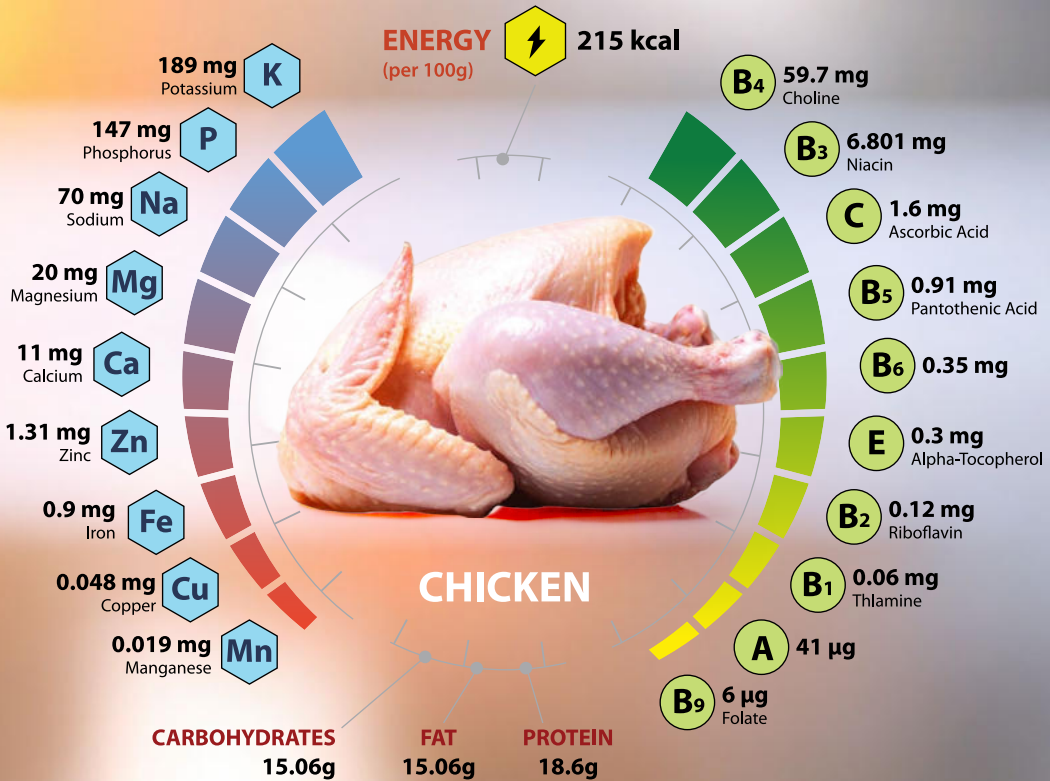


MINERALS

(per 100g)

VITAMINS

(per 100g)



Pasture-Raised Chicken for Your Leisure

*Absolutely
Delicious.*

✔ **No Artificial Modifications**

Raised without genetically modified feed or synthetic growth agents.

✔ **Cleaner Nutrition**

More natural protein, lower risk of chemical residues in your food.

✔ **Better for Gut Health**

Minimizes exposure to modified organisms that may affect digestion.

✔ **Ethically Raised**

Often raised under more humane and sustainable farming practices.

✔ **Peace of Mind**

Know exactly what's on your plate – and where it came from.

✔ **Richer, Natural Flavor**

Enjoy a fuller, more authentic taste with every bite.



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Randfontein 1759

📍 HEAD OFFICE:

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Block C Unit 18Cnr Cedar and
Stinkwood CloseBroadacres,
Fourways

