



Standard Portions from Various Sizes of Turkey

The following chart shows standard portions that can be expected from turkeys of various sizes.

Weight	Cooked Pounds	Yield %	3oz. Portions	5oz. Portions
10-12lbs.	4.5	41	22	12
12-14lbs.	4.5	35	26	15
14-16lbs.	6	40	30	18
16-17lbs.	6.75	42	32	20
17-18lbs.	7.5	42	37	23
18-20lbs.	8	43	40	25
26-30lbs.	13.5	49	67	40

Hallsmith SyscoFood Services

1800-877-1166

www.hallsmith-sysco.com