

# DUCK TALES

**BREAK OUT OF THE BORING CHICKEN-BREAST RUT AND SELECT DELICIOUS DUCK FOR YOUR NEXT MEAL**

■ For most of us, duck seems like exotic fare, but the rich meat has much to offer bodybuilders. "Duck protein contains the right proportion of amino acids to promote anabolic growth," says Kristin Reisinger, R.D., C.S.S.D., owner of IronPlate Studios in New Jersey. "Its high iron content can help enhance performance and boost training gains. The high ratio of unsaturated to saturated fat contributes to satiety." Duck is also filled with vitamins like A, B3, and C, as well as good amounts of minerals like zinc, copper, selenium, and thiamin. Plus, it contains more iron per portion than beef, chicken, or turkey.

Duck has high levels of mono-unsaturated fats, which have been linked to lower risk of heart disease and cancer. Duck can also help keep the heart healthy through its high levels of taurine, an amino acid known to help regulate blood pressure, tamp down inflammation, and boost nerve function. A study from the New York University School of Medicine discovered that taurine lowered the risk for heart disease by 60% in subjects who had high cholesterol.



## FAST FACTS

■ A 100-gram serving of skinless duck breast has 140 calories, 28 grams of protein, and 2.5 grams of fat, compared with 165 calories, 31 grams of protein, and 3.6 grams of fat in a skinless chicken breast.

## SUPER-EASY DUCK

- 2 duck breasts, skin on
- Salt
- Score duck skin in a cross-hatch pattern with a knife. Sprinkle with salt; let sit for 15 minutes. Heat skillet on medium-high heat; place duck skin-side down. Cook for 9 minutes, flip, then cook for 3 more minutes. (As the fat renders, spoon it out and refrigerate to save for other dishes.) Cover duck with foil; let rest for 10 minutes. Slice and put on a salad or serve over brown rice with vegetables.

# 4,000

Number of years ago ducks began being domesticated.

## HOW TO BUY

■ The most popular breed in America is the Pekin, but it's also worth seeking out the Muscovy for its lower levels of fat and roast-beef-like flavor.

Not all grocery stores stock fresh duck, but most of them will have some frozen ducks. Whole Foods, Wild Oats, and other specialty stores usually have fresh duck, and your local butcher will certainly have some on hand. Good online retailers include [mapleleafarms.com](http://mapleleafarms.com) and [farmfreshduck.com](http://farmfreshduck.com).