Long-legged turkeys or traditional farm-fresh birds) retain their head, feet, and internal organs during initial aging, resulting in a higher initial weight than what actually goes on the dinner table .

As a general rule, a long-legged turkey yields **75% to 80%** of its weight as an **oven-ready carcass** (table weight), and **40% to 50%** of its long-legged weight as **actual carved meat** after cooking.

The Weight Conversion Breakdown

To understand how your bird translates from its long-legged farm weight to what you serve, use the following benchmarks:

- **Oven-Ready Yield (~75% to 80%):** If a turkey weighs **10 kg** with its legs, head, and entrails intact, it will weigh roughly **7.5 kg to 8 kg** once the butcher dresses it for the oven.
- **Edible Meat Yield (~40% to 50%):** After accounting for the removal of the head/feet, the weight of the cooked bones, and natural moisture loss during roasting, that same **10 kg** long-legged bird yields about **4 kg to 5 kg** of pure, sliceable meat on the platter.

Standard Conversion Table

6.5 kg (14.3 lbs)	**5.0 kg** (11 lbs)	8 – 10 people
8.0 kg (17.6 lbs)	**6.2 kg** (13.6 lbs)	10 –12 people
10.0 kg (22.0 lbs)	**7.7 kg** (17 lbs)	4 – 16 people
12.0 kg (26.4 lbs)	**9.2 kg** (20.2 lbs)	18+

Allow 700g–800g per person - What this actually means:

The 700g–800g rule refers to the whole bird's raw weight, bones included.

A 7.5kg turkey does not give you 7.5kg of meat on the plate.

Once you account for the carcass, skin and cooking loss, you're looking at roughly 40–50% of that weight as edible meat — around 3–3.75kg for 10 people.

That's still a very generous serving per head, with plenty for the next day.

Where the rule can mislead you is if you apply it to all turkeys equally. A well-reared, slow-grown bird - carries more muscle and less water than a fast-grown bird. That means better yield from the same starting weight.