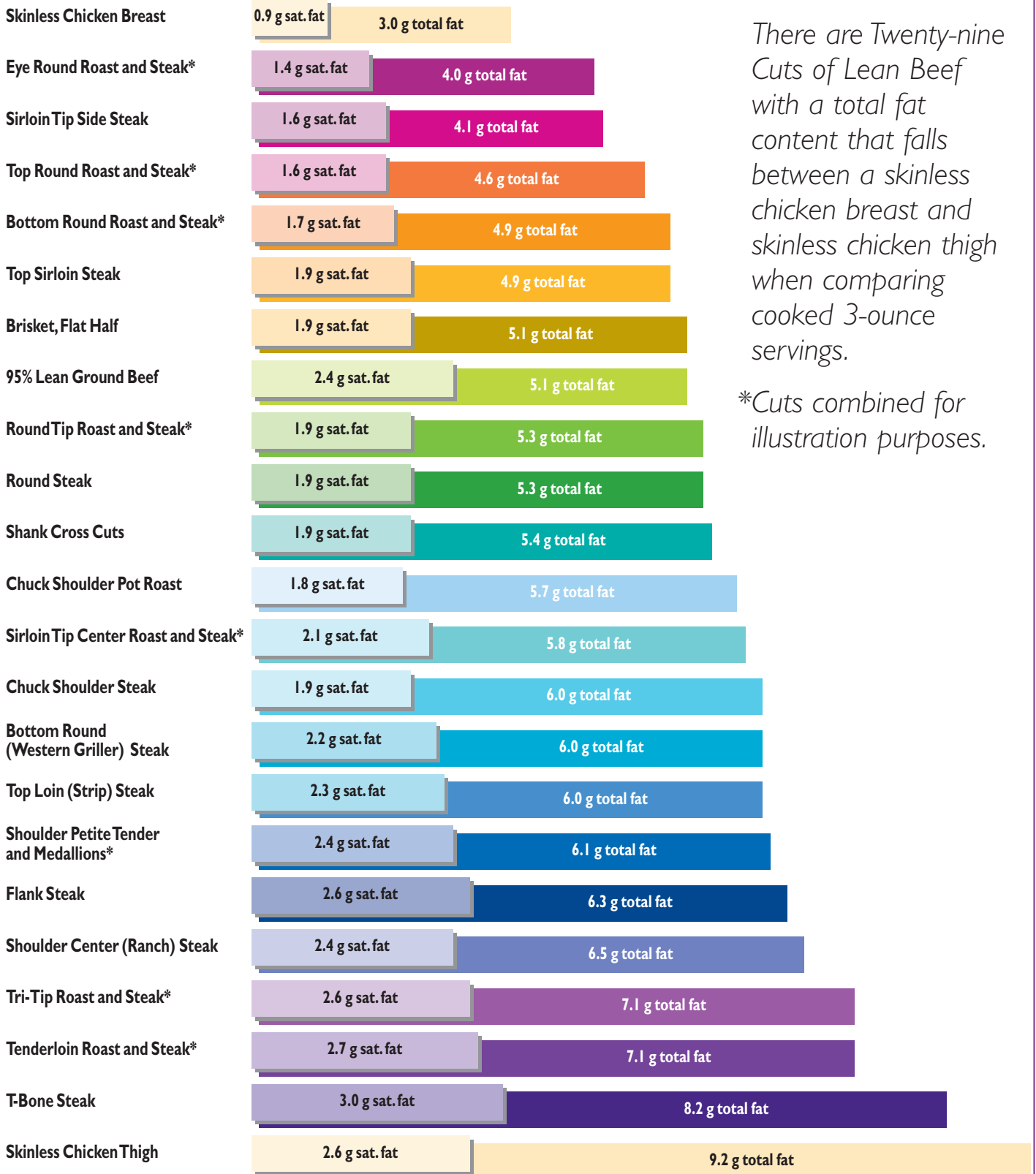


# Twenty-nine Ways to Love Lean Beef



*There are Twenty-nine Cuts of Lean Beef with a total fat content that falls between a skinless chicken breast and skinless chicken thigh when comparing cooked 3-ounce servings.*

*\*Cuts combined for illustration purposes.*

Lean: less than 10g of total fat, 4.5g or less of saturated fat, and less than 95mg of cholesterol per serving and per 100 grams. Source: US Department of Agriculture, Agricultural Research Service, 2005. USDA Nutrient Database for Standard Reference, Release 18. Based on cooked servings, visible fat trimmed.

# Nutrient Bang for Your Calorie Buck

3-OUNCE COOKED SERVING	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	IRON (mg)	ZINC (mg)	THIAMIN (mg)	RIBOFLAVIN (mg)	NIACIN (mg)	B <sub>6</sub> (mg)	PANTOTHENIC ACID (mg)	B <sub>12</sub> (mcg)
<b>BEEF</b>													
<b>Daily Value*</b>	<b>2000</b>	<b>65</b>	<b>20</b>	<b>300</b>	<b>50</b>	<b>18</b>	<b>15</b>	<b>1.5</b>	<b>1.7</b>	<b>20</b>	<b>2</b>	<b>10</b>	<b>6</b>
Bottom Round Roast and Steak	139	4.9	1.7	64	23.8	2.0	4.1	0.05	0.13	4.3	0.3	0.5	1.3
95% Lean Ground Beef	139	5.1	2.4	65	21.9	2.4	5.5	0.04	0.15	5.3	0.3	0.5	2.6
Eye Round Roast and Steak	144	4.0	1.4	53	25.3	2.1	4.3	0.06	0.14	4.5	0.3	0.5	1.4
Sirloin Tip Side Steak	143	4.1	1.6	68	24.7	2.4	6.2	0.06	0.17	5.0	0.5	0.7	3.6
Chuck Shoulder Pot Roast	147	5.7	1.8	60	22.4	2.6	5.4	0.08	0.21	2.9	0.2	N/A	2.6
Round Tip Roast and Steak	148	5.3	1.9	75	23.4	2.0	4.0	0.05	0.13	4.2	0.3	0.5	1.3
Sirloin Tip Center Roast and Steak	150	5.8	2.1	65	23.1	2.1	5.8	0.05	0.18	4.4	0.4	0.6	2.7
Shoulder Petite Tender and Medallions	150	6.1	2.4	66	22.3	2.2	4.5	0.07	0.23	4.4	0.5	0.7	4.4
Round Steak	154	5.3	1.9	66	24.8	2.3	4.0	0.09	0.19	3.6	0.3	0.3	2.7
Bottom Round (Western Griller) Steak	155	6.0	2.2	65	23.4	2.5	4.3	0.06	0.18	6.4	0.6	0.7	3.4
Shoulder Center (Ranch) Steak	155	6.5	2.4	65	22.4	2.4	6.0	0.06	0.25	4.5	0.5	0.7	4.2
Top Sirloin Steak	156	4.9	1.9	49	26.0	1.7	4.9	0.07	0.13	7.4	0.6	0.5	1.5
Top Round Roast and Steak	157	4.6	1.6	61	27.1	2.3	4.7	0.06	0.15	4.9	0.4	0.5	1.5
Tri-Tip Roast and Steak	158	7.1	2.6	61	22.8	1.5	4.2	0.06	0.12	6.7	0.5	0.4	1.3
Flank Steak	158	6.3	2.6	42	23.7	1.5	4.3	0.07	0.12	6.8	0.5	0.5	1.4
Top Loin (Strip) Steak	161	6.0	2.3	56	24.9	1.6	4.6	0.07	0.13	7.1	0.5	0.5	1.4
Chuck Shoulder Steak	161	6.0	1.9	80	24.9	3.2	6.7	0.06	0.22	2.7	0.2	N/A	2.5
Brisket Flat Half	167	5.1	1.9	49	28.2	2.4	6.8	0.06	0.18	4.1	0.3	0.6	2.1
Tenderloin Roast and Steak	170	7.1	2.7	67	24.7	1.6	4.6	0.07	0.13	7.1	0.5	0.5	1.4
Shank Cross Cuts	171	5.4	1.9	66	28.6	3.3	8.9	0.12	0.18	5.0	0.3	0.3	3.2
T-Bone Steak	172	8.2	3.0	48	23.0	3.1	4.3	0.09	0.21	3.9	0.3	0.3	1.9
<b>PORK</b>													
<b>Daily Value*</b>	<b>2000</b>	<b>65</b>	<b>20</b>	<b>300</b>	<b>50</b>	<b>18</b>	<b>15</b>	<b>1.5</b>	<b>1.7</b>	<b>20</b>	<b>2</b>	<b>10</b>	<b>6</b>
Top Loin Chop	141	3.6	1.3	65	25.4	0.5	1.8	0.50	0.16	8.8	0.4	0.7	0.6
Tenderloin	159	5.4	1.9	80	25.9	1.2	2.5	0.84	0.33	4.4	0.4	0.8	0.9
Sirloin Chop	181	8.6	3.1	72	24.2	0.9	2.3	0.87	0.32	4.0	0.5	0.7	0.7
Rib Chop	186	8.3	2.9	69	26.2	0.7	2.0	0.95	0.28	5.2	0.4	0.6	0.7
<b>POULTRY</b>													
<b>Daily Value*</b>	<b>2000</b>	<b>65</b>	<b>20</b>	<b>300</b>	<b>50</b>	<b>18</b>	<b>15</b>	<b>1.5</b>	<b>1.7</b>	<b>20</b>	<b>2</b>	<b>10</b>	<b>6</b>
Skinless, Boneless Chicken Breast	140	3.0	0.9	72	26.4	0.9	0.9	0.06	0.10	11.7	0.5	0.8	0.3
Skinless, Boneless Turkey Breast	115	0.6	0.2	71	25.6	1.3	1.5	0.04	0.11	6.4	0.5	0.6	0.3
<b>FISH</b>													
<b>Daily Value*</b>	<b>2000</b>	<b>65</b>	<b>20</b>	<b>300</b>	<b>50</b>	<b>18</b>	<b>15</b>	<b>1.5</b>	<b>1.7</b>	<b>20</b>	<b>2</b>	<b>10</b>	<b>6</b>
Cod	89	0.7	0.1	47	19.4	0.4	0.5	0.08	0.07	2.1	0.2	0.2	0.9
Light Tuna Canned in Water	99	0.7	0.2	26	21.7	1.3	0.7	0.03	0.06	11.3	0.3	0.2	2.5
Halibut	119	2.5	0.4	35	22.7	0.9	0.5	0.06	0.08	6.1	0.3	0.3	1.2
Salmon	175	10.5	2.1	54	18.8	0.3	0.4	0.29	0.12	6.8	0.6	1.3	2.4

\*Daily Value based on a 2000-calorie intake for adults and children 4 or more years of age. Source: USDA.