



Nutrition

IT'S WHAT'S FOR DINNER.®

Better health can begin by enjoying naturally nutrient-rich foods from all food groups. Choosing wisely within and among all food groups is essential to good health. No single food or food group can provide all the nutrients you need each day. Lean beef naturally fits within the updated Food Guide and Dietary Guidelines.

A 3-ounce serving of lean beef contributes less than 10 percent of calories to a 2,000 calorie diet, yet it's an excellent source of protein, zinc, vitamin B12, selenium and phosphorous; and a good source of niacin, vitamin B6, iron and riboflavin.

America's favorite beef cuts are leaner than ever before. Now 29 cuts of beef meet government guidelines for lean*. And the 12 leanest cuts have on average, only one more gram of saturated fat than a skinless chicken breast (per 3-ounce serving).

Lean Beef vs. Chicken

Cut of Meat	Saturated Fat	Total Fat
Skinless Chicken Breast	0.9 g	3.0 g
Eye Round Roast/Steak	1.4 g	4.0 g
Sirloin Tip Side Steak	1.6 g	4.1 g
Top Round Roast/Steak	1.6 g	4.6 g
Bottom Round Roast/Steak	1.7 g	4.9 g
Top Sirloin Steak	1.9 g	4.9 g
Brisket, Flat Half	1.9 g	5.1 g
95% Lean Ground Beef	2.4 g	5.1 g
Round Tip Roast/Steak	1.9 g	5.3 g
Round Steak	1.9 g	5.3 g
Shank Crosscuts	1.9 g	5.4 g
Chuck Shoulder Pot Roast	1.8 g	5.7 g
Sirloin Tip Center Roast/Steak	2.1 g	5.8 g
Chuck Shoulder Steak	1.9 g	6.0 g
Bottom Round (Western Griller) Steak	2.2 g	6.0 g
Top Loin (strip) Steak	2.3 g	6.0 g
Shoulder Petite Tender & Medallions	2.4 g	6.1 g
Flank Steak	2.6 g	6.3 g
Shoulder Center (Ranch) Steak	2.4 g	6.5 g
Tri-Tip Roast/Steak	2.6 g	7.1 g
Tenderloin Roast/Steak	2.7 g	7.1 g
T-bone Steak	3.0 g	8.2 g
Skinless Chicken Thigh	2.6 g	9.2 g
These 29 beef cuts all easily fit within a balanced diet that includes less than 65 total fat grams each day		
* Less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 3-ounce serving and per 100 grams		

Today's cattle are much leaner, and the fat is trimmed from cuts before it reaches your home. As a result, beef is 20 percent leaner than the USDA indicated just 14 years ago. But the real news is that you can control the leanness of your beef by taking a few simple steps:

- Choose the leanest cuts by looking for **LOIN** or **ROUND** in the name.
- Buy beef that's 90% lean or higher.
- Trim away any visible outside fat before cooking.
- Use low-fat cooking methods such as broiling, roasting, or grilling.
- Eat reasonable portion sizes. One serving of beef is the size of a deck of cards.