

# TWENTY-NINE WAYS TO LOVE LEAN BEEF



*America's favorite beef cuts are leaner than ever before. Now 29 cuts of beef meet government guidelines for lean.<sup>1</sup>*

Look for these nutrient-rich lean beef cuts:

Beef Cut	Calories	Saturated Fat (grams)	Total Fat (grams)
Eye Round Roast and Steak*	144	1.4	4.0
Sirloin Tip Side Steak	143	1.6	4.1
Top Round Roast and Steak*	157	1.6	4.6
Bottom Round Roast and Steak*	139	1.7	4.9
Top Sirloin Steak	156	1.9	4.9
Brisket, Flat Half	167	1.9	5.1
95% Lean Ground Beef	139	2.3	5.1
Round Tip Roast and Steak*	148	1.9	5.3
Round Steak	154	1.9	5.3
Shank Cross Cuts	171	1.9	5.4
Chuck Shoulder Pot Roast	147	1.8	5.7
Sirloin Tip Center Roast and Steak*	150	2.1	5.8
Chuck Shoulder Steak	161	1.9	6.0
Bottom Round (Western Griller) Steak	155	2.2	6.0
Top Loin (Strip) Steak	161	2.3	6.0
Shoulder Petite Tender and Medallions*	150	2.4	6.1
Flank Steak	158	2.6	6.3
Shoulder Center (Ranch) Steak	155	2.4	6.5
Tri-Tip Roast and Steak*	158	2.6	7.1
Tenderloin Roast and Steak*	170	2.7	7.1
T-Bone Steak	172	3.0	8.2

\*Cuts combined for illustration purposes.

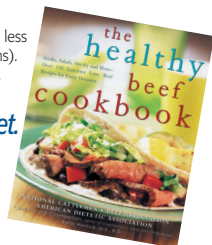
Calories and fat based on 3-ounce servings, visible fat trimmed.

<sup>1</sup>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 100 grams).

Source: U.S. Department of Agriculture, Agricultural Research Service, 2007. USDA Nutrient Database for Standard Reference, Release 20.

*These 29 cuts easily fit within a healthy diet.*

**ORIGINAL, DELICIOUS AND  
NUTRITIOUS LEAN BEEF RECIPES  
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## Nutrient-Rich Beef

- Calorie-for-calorie, beef is one of the most nutrient-rich foods to fuel an active and healthy lifestyle. 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 B<sub>12</sub>, selenium and phosphorus; and a **good** source of niacin, vitamin B<sub>6</sub>, iron and riboflavin.



## Lean Beef Comparable to Skinless Chicken Breast in Terms of Fat Content

- When comparing 3-ounce cooked servings, the 29 cuts of beef have, on average, only 1 gram more saturated fat than a skinless chicken breast and all 29 cuts have less fat than the same size serving of a skinless chicken thigh.
- Research shows lean beef can play the same role as skinless chicken or fish in a cholesterol-lowering diet.



## Great-Tasting Lean Beef Delivers More Nutrition Compared to Chicken

- It's important to make smart choices within and among all food groups. For example, within the Meat and Beans group, some choices offer more nutrients per calorie.
- A 3-ounce serving of lean beef is a nutrient powerhouse compared to the same size serving of skinless chicken. Beef's leanest cuts have:
  - Eight times more vitamin B<sub>12</sub>,
  - Six times more zinc, and
  - Three times more iron than the same size serving of a skinless chicken breast.



For recipes, nutrition information and cooking tips, visit  
**[www.BeefItsWhatsForDinner.com](http://www.BeefItsWhatsForDinner.com)**

Recipes and photos as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons, Inc.



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