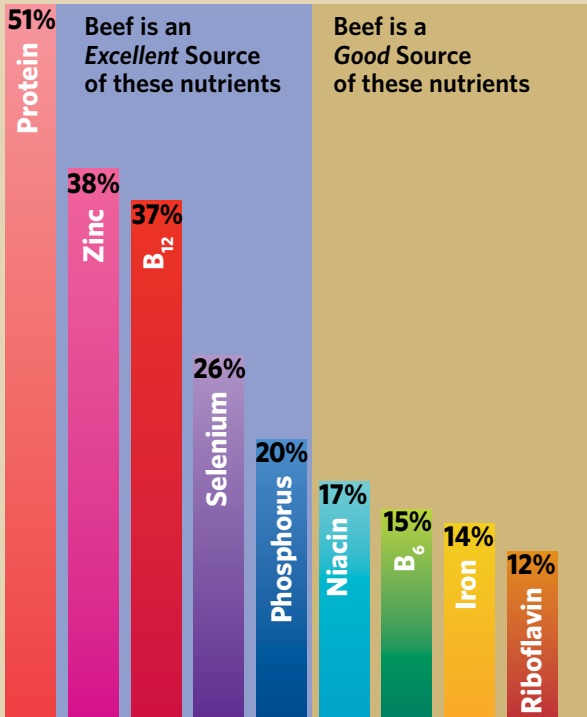


# Nutrient-Rich Beef

Beef not only tastes great, it's naturally nutrient-rich and easily fits into a healthful diet.

## Choose Your Calories by the Company They Keep

A 3-ounce serving of lean beef (179 calories) contributes less than 10 percent of calories to a 2,000-calorie diet, yet it supplies more than 10 percent of the Daily Value for:



U.S. Department of Agriculture, Agricultural Research Service, 2007. USDA Nutrient Database for Standard Reference, Release 20. Nutrient Data Laboratory homepage [www.ars.usda.gov/ba/bhnrc/ndl](http://www.ars.usda.gov/ba/bhnrc/ndl).

## The Facts on Fat

It is a common misperception that the majority of beef's fatty acids are saturated. In reality, beef is just like most other foods that contain fat - it has a fatty acid package containing various amounts of saturated fat, monounsaturated fat and polyunsaturated fat. In fact, half of the fatty acids in lean beef are monounsaturated, the same heart-healthy type found in olive oil.

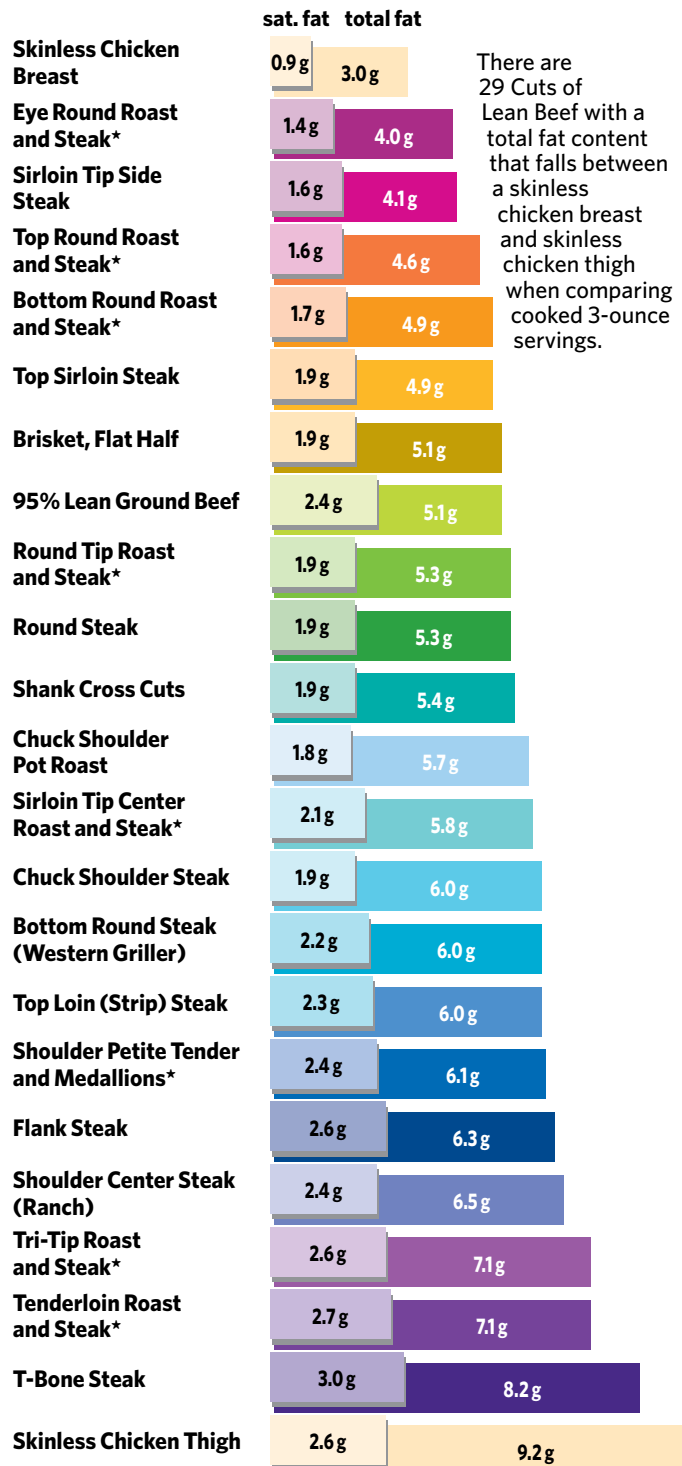
## Lean Beef

There are 29 cuts of beef that meet government guidelines for "lean," defined as\*:

- less than 10 g total fat
- 4.5 g or less saturated fat
- less than 95 mg cholesterol

\*Per 3-ounce cooked serving and 100 grams

# 29 Ways to Love Lean Beef



There are 29 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.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2007. USDA Nutrient Database for Standard Reference, Release 20. Based on cooked servings, visible fat trimmed.