



# 29 WAYS TO LOVE LEAN BEEF

| LEAN BEEF CUT                        | Saturated Fat (g) per serving | Total Fat (g) per serving | Calories per serving | PREFERRED COOKING METHOD<br>(*REQUIRES MARINATING) |          |             |          |          |         |          |
|--------------------------------------|-------------------------------|---------------------------|----------------------|--|----------|-------------|----------|----------|---------|----------|
|                                      |                               |                           |                      | Skillet  | Broiling | Stir-Frying | Roasting | Grilling | Stewing | Braising |
| Eye Round Roast                      | 1.4                           | 4.0                       | 139                  |  |          |             | X        |          |         | X        |
| Eye Round Steak                      | 1.4                           | 4.0                       | 139                  | *  |          | X           |          | *        |         | X        |
| Sirloin Tip Side Steak               | 1.6                           | 4.1                       | 136                  | X  | *        | X           |          | *        |         |          |
| Top Round Roast                      | 1.6                           | 4.6                       | 162                  |  |          |             | X        |          |         |          |
| Top Round Steak                      | 1.6                           | 4.6                       | 162                  | *  | *        | X           |          | *        |         |          |
| Bottom Round Roast                   | 1.7                           | 4.9                       | 175                  |  |          |             | X        |          |         | X        |
| Bottom Round Steak                   | 1.7                           | 4.9                       | 162                  |  |          |             |          |          |         | X        |
| Top Sirloin Steak                    | 1.9                           | 4.9                       | 156                  | X  | X        | X           |          | X        |         |          |
| Brisket, Flat Half                   | 1.9                           | 5.1                       | 170                  |  |          |             |          |          | X       | X        |
| 95% Lean Ground Beef                 | 2.3                           | 5.1                       | 164                  | X  | X        |             | X        | X        |         |          |
| Round Tip Roast                      | 1.9                           | 5.3                       | 128                  |  |          |             | X        |          |         |          |
| Round Tip Steak                      | 1.9                           | 5.3                       | 128                  | X  |          | X           |          |          |         |          |
| Round Steak                          | 1.9                           | 5.3                       | 154                  |  |          |             |          |          |         | X        |
| Shank Cross Cuts                     | 1.9                           | 5.4                       | 171                  |  |          |             |          |          | X       | X        |
| Chuck Arm Pot Roast                  | 1.8                           | 5.7                       | 173*                 |  |          |             |          |          | X       | X        |
| Sirloin Tip Center Roast             | 2.1                           | 5.8                       | 139                  |  |          |             | X        |          |         |          |
| Sirloin Tip Center Steak             | 2.1                           | 5.8                       | 139                  | X  | X        | X           |          | X        |         |          |
| Chuck Shoulder Steak                 | 1.9                           | 6.0                       | 162                  | *  | *        |             |          | *        | X       | X        |
| Bottom Round (Western Griller) Steak | 2.2                           | 6.0                       | 141                  | *  | *        |             |          | *        |         |          |
| Top Loin (Strip) Steak               | 2.3                           | 6.0                       | 146                  | X  | X        | X           |          | X        |         |          |
| Shoulder Petite Tender               | 2.4                           | 6.1                       | 146                  |  | X        | X           | X        | X        |         |          |
| Shoulder Medallions                  | 2.4                           | 6.1                       | 146                  | X  |          | X           |          | X        |         |          |
| Flank Steak                          | 2.6                           | 6.3                       | 153                  |  | *        | X           |          | *        |         | X        |
| Shoulder Center (Ranch) Steak        | 2.4                           | 6.5                       | 150                  | X  | X        | X           |          | X        |         |          |
| Tri-Tip Roast                        | 2.6                           | 7.1                       | 154                  |  |          |             | X        | X        |         |          |
| Tri-Tip Steak                        | 2.6                           | 7.1                       | 154                  | X  | X        | X           |          | X        |         |          |
| Tenderloin Roast                     | 2.7                           | 7.1                       | 152                  |  |          |             | X        | X        |         |          |
| Tenderloin Steak                     | 2.7                           | 7.1                       | 152                  | X  | X        | X           |          | X        |         |          |
| T-Bone Steak                         | 3.0                           | 8.2                       | 150                  | X  | X        |             |          | X        |         |          |

LEAN: LESS THAN 10g OF TOTAL FAT, 4.5g OR LESS OF SATURATED FAT, AND LESS THAN 95mg OF CHOLESTEROL PER 3 OZ. SERVING AND PER 100 GRAMS.  
 SOURCE: US DEPARTMENT OF AGRICULTURE, AGRICULTURAL RESEARCH SERVICE, 2008. USDA NUTRIENT DATABASE FOR STANDARD REFERENCE, RELEASE 21. BASED ON COOKED SERVINGS, VISIBLE FAT TRIMMED.  
 \*(5.7 g total fat) (2.2 g saturated fat)

