

# 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 naturally 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.

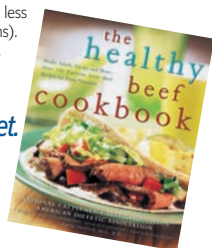
Calories and fat based on 3-ounce servings, visible fat trimmed.

<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, 2008. USDA Nutrient Database for Standard Reference, Release 21.

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

**ORIGINAL, DELICIOUS AND  
NUTRITIOUS LEAN BEEF RECIPES  
FOR EVERY OCCASION**



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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 choline, niacin, vitamin B<sub>6</sub>, iron and riboflavin.



## Beef Nutrients Hard at Work

- Research shows iron, zinc and B vitamins play an essential role in developing and maintaining cognitive ability across the lifecycle.
- Iron helps deliver oxygen to working muscles and is required for energy metabolism.
- Zinc is involved in energy metabolism during physical activity and plays a role in muscle building and recovery.
- B vitamins help convert foods that you eat into energy to fuel activity.



## Beef Protein Helps Strengthen and Sustain Your Body

- A substantial body of evidence shows protein can help in maintaining a healthy weight, building muscle and fueling physical activity – all of which play an important role in a healthful lifestyle and disease prevention.
- It's easy to enjoy more high-quality protein in your diet *and* get all the essential nutrients you need for a healthy lifestyle. In fact, lean protein can make it even easier to enjoy more fruits, vegetables and whole grains in your diet.



For recipes, nutrition information and cooking tips, visit  
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