

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.¹

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.

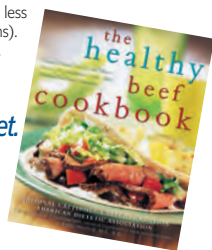
Calories and fat based on 3-ounce servings, visible fat trimmed.

¹Less 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**



To order your copy, go to

www.BeefitsWhatsForDinner.com

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 B₁₂, selenium and phosphorus; and a **good** source of choline, niacin, vitamin B₆, 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
www.BeefitsWhatsForDinner.com

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



Funded by The Beef Checkoff