

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.

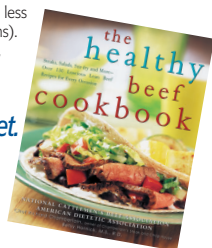
Calories and fat based on 3-ounce servings, visible fat trimmed.

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**



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



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