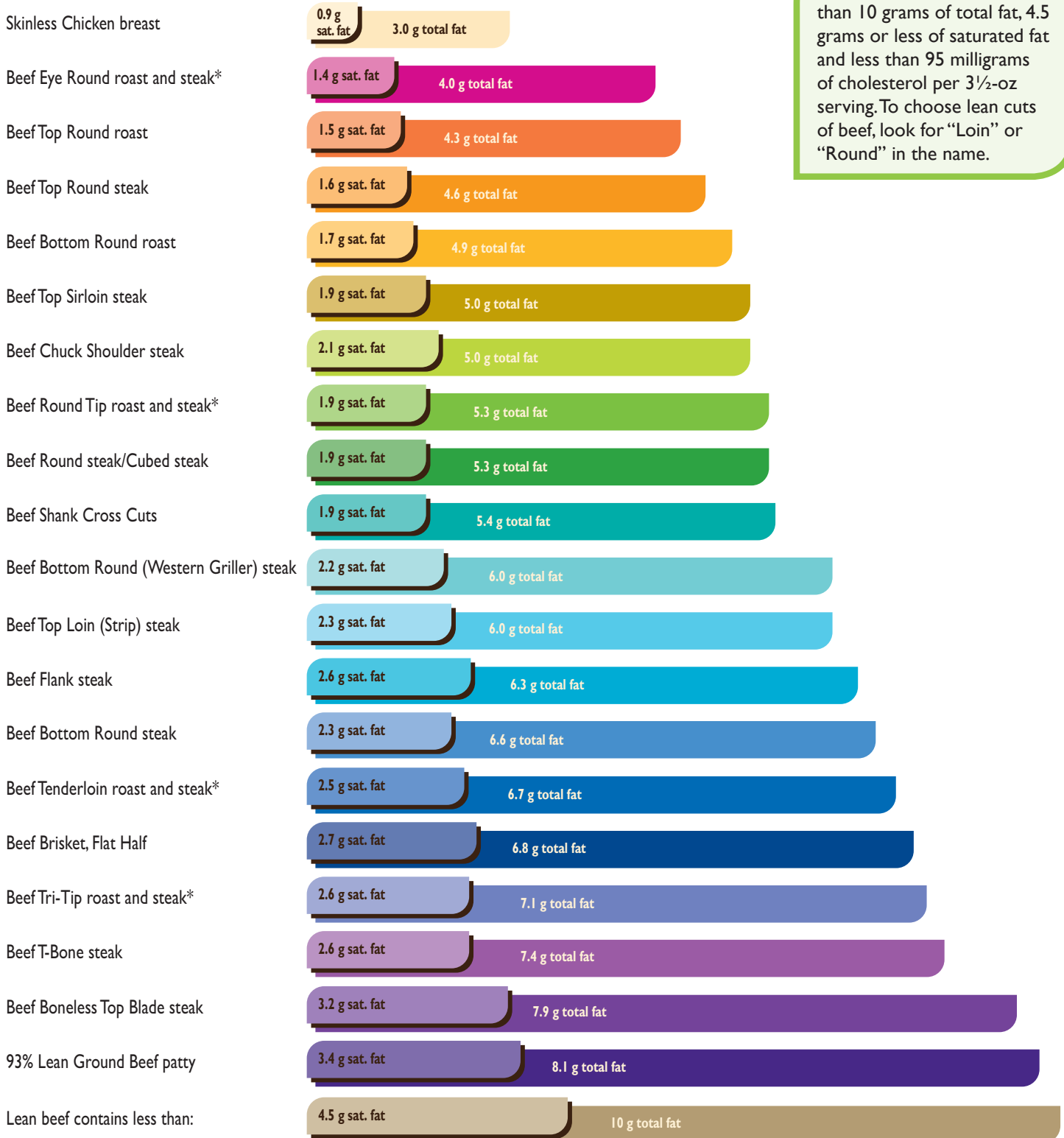


All lean beef cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3½-oz serving. To choose lean cuts of beef, look for "Loin" or "Round" in the name.



*Cuts combined for illustration purposes.

Total fat and saturated fat are based on 3-ounce cooked servings, visible fat removed.

U.S. Department of Agriculture, Agricultural Research Service, 2011. USDA Nutrient Database for Standard Reference, Release 24. Nutrient Data Laboratory homepage www.nal.usda.gov/fnic/foodcomp.

3-OUNCE COOKED SERVING	CALORIES	TOTAL FAT (g)	SFA (g)	MUFA (g)	CHOLESTEROL (mg)	PROTEIN (g)	IRON (mg)	ZINC (mg)	SELENIUM (mcg)	RIBOFLAVIN (mg)	NIACIN (mg)	B ₆ (mg)	PHOSPHORUS (mg)	CHOLINE (mg)	B ₁₂ (mcg)
BEEF															
Daily Value*	2000	65	20	N/A	300	50	18	15	70	1.7	20	2	1,000	550**	6
Beef Eye Round roast & steak	144	4.0	1.4	1.7	65	25	2.1	4.3	28.3	0.14	4.5	0.3	158	96	1.4
Beef Top Round roast	169	4.3	1.5	1.6	76	31	2.8	3.9	28	0.21	3.2	0.2	192	117	2.3
Beef Top Round steak	157	4.6	1.6	1.9	71	27	2.3	4.7	30.9	0.15	4.9	0.4	173	103	1.5
Beef Bottom Round roast	139	4.9	1.7	2.0	65	24	2.0	4.1	26.9	0.13	4.3	0.3	150	91	1.3
Beef Top Sirloin steak	151	5.0	1.9	2.0	67	25	1.6	4.6	29.2	0.13	7.2	0.5	198	95	1.4
Beef Chuck Shoulder steak	149	4.9	2.1	2.6	70	24	2.5	7.0	27.2	0.19	4.7	0.6	212	75	2.9
Beef Round Tip roast & steak	148	5.3	1.9	2.2	63	23	2.0	4.0	26.4	0.13	4.2	0.3	148	89	1.3
Beef Round steak/ Cubed steak	154	5.3	1.9	2.3	66	25	2.3	4.0	23.5	0.19	3.6	0.3	218	95	2.7
Beef Shank Cross Cuts	171	5.4	1.9	2.4	66	29	3.3	8.9	25.5	0.18	5.0	0.3	224	N/A	3.2
Beef Bottom Round (Western Griller) steak	155	6.0	2.2	2.7	65	23	2.5	4.3	37.1	0.18	6.4	0.6	198	79	3.4
Beef Top Loin (Strip) steak	161	6.0	2.3	2.4	69	25	1.6	4.6	28.8	0.13	7.1	0.5	196	95	1.4
Beef Flank steak	158	6.3	2.6	2.5	66	24	1.5	4.3	27.1	0.12	6.8	0.5	184	90	1.4
Beef Bottom Round steak	184	6.6	2.3	2.7	80	29	2.4	5.0	33.0	0.17	5.2	0.4	185	111	1.6
Beef Tenderloin roast & steak	164	6.7	2.5	2.7	69	24	1.5	4.5	28	0.12	6.9	0.5	191	92	1.4
Beef Brisket, Flat Half	181	6.8	2.7	2.9	78	28	2.3	6.5	26.3	0.17	4.0	0.3	170	107	2.1
Beef Tri-Tip roast & steak	155	7.1	2.6	3.6	66	23	1.4	4.2	26.3	0.12	6.5	0.5	179	87	1.3
Beef T-Bone steak	161	7.4	2.6	3.5	47	22	3.1	4.3	8.5	0.21	3.9	0.3	183	84	1.9
Beef Boneless Top Blade steak	167	7.9	3.2	3.8	81	24	2.7	8.4	26.7	0.27	3.7	0.3	190	90	4.4
93% Lean Ground Beef patty	154	6.8	2.9	2.8	67	22	2.4	5.4	17.8	0.15	5.2	0.3	187	71	2.6
PORK															
Daily Value*	2000	65	20	N/A	300	50	18	15	70	1.7	20	2	1,000	550**	6
Top Loin chop	147	5.2	1.8	2.3	61	23	0.5	1.8	38.5	0.17	7.2	0.6	201	67	0.5
Tenderloin	122	3.0	1.0	1.1	62	22	1.0	2.1	32.5	0.33	6.3	0.6	227	76	0.5
Sirloin chop	166	5.9	2.0	2.4	75	26	0.6	1.8	40.3	0.23	6.8	0.5	258	76	0.5
Rib chop	158	7.1	2.4	3.0	56	22	0.6	1.9	38.6	0.19	6.7	0.6	185	62	0.4
POULTRY															
Daily Value*	2000	65	20	N/A	300	50	18	15	70	1.7	20	2	1,000	550**	6
Skinless, Boneless Chicken breast	140	3.0	0.9	1.1	72	26	0.9	0.9	23.5	0.1	11.7	0.5	194	73	0.3
Skinless, Boneless Turkey breast	115	0.6	0.2	0.1	71	26	1.3	1.5	27.3	0.11	6.4	0.5	190	72	0.3
FISH															
Daily Value*	2000	65	20	N/A	300	50	18	15	70	1.7	20	2	1,000	550**	6
Cod	89	0.7	0.1	0.1	47	19	0.4	0.5	32	0.07	2.1	0.2	117	71	0.9
Light Tuna Canned in Water	99	0.7	0.2	0.1	26	22	1.3	0.7	68.3	0.06	11.3	0.3	139	25	2.5
Halibut	94	1.4	0.3	0.5	51	19	0.2	0.4	47.1	0.03	6.7	0.5	244	64	1.1
Salmon	130	4.5	0.8	1.4	47	21	0.4	0.4	32	0.11	8.2	0.6	266	96	4

*Daily Value based on a 2000-calorie intake for adults and children 4 or more years of age. Source:USDA. • ** 550mg is the highest adequate intake (AI) for choline.