

LEAN CUTS OF MEAT & POULTRY

BEEF (per 3 oz. serving)

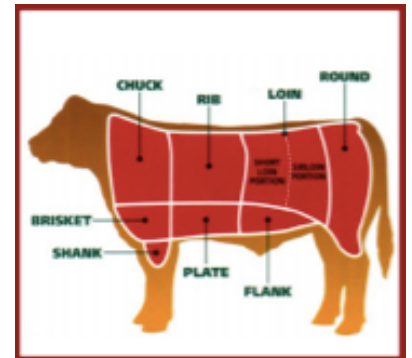
Cut	Total Fat	Saturated Fat
• Eye Round Roast/Steak	4.0g	1.4g
• Top Round Roast/Steak	4.6g	1.6g
• Top Sirloin Steak	4.9g	1.9g
• 95% Lean Ground Beef	5.1g	2.4g
• Round Steak	5.3g	1.9g

Lean Ways to Cook Meat

- Braise
- Roast
- Pan Sear
- Grill
- Stew

PORK (per 3 oz. serving)

Cut	Total Fat	Saturated Fat
• Tenderloin	3.0g	1.0g
• Boneless Top Loin Chop	5.2g	1.8g
• Boneless Top Loin Roast	5.3g	1.6g



POULTRY (per 3 oz. serving)

Cut	Total Fat	Saturated Fat
• Boneless, Skinless Chicken Breast	1.0g	0g
• Ground Turkey Breast	1.1g	0g
• Skinless Chicken Thigh	8.2g	2.3g

Safe Internal Cooking Temps

- Beef: 145°F
- Pork: 145°F
- Ground Meat: 160°F
- Poultry: 165°F