

# YT BEEF

## HOW MEATS COMPARE NUTRITIONALLY (information based on 3.5 oz. serving)

MEAT	CALORIES	PROTEIN (gms)	FAT (gms)	CHOLESTEROL (gms)
Angus Ground beef (grain fed)	289	24.1	20.7	90.0
Angus Lean ground (grain fed)	272	24.7	18.5	87.7
Longhorn strip steak (grain fed)	240	21.6	17.1	68.3
Chicken, dk.	205	27.4	9.7	93.8
Pork loin	190	28.6	9.8	79.6
Pork chops	202	30.2	8.1	82.7
Angus Pot roast (grain fed)	210	33.0	7.6	101.0
Turkey	170	29.3	5.0	76.6
Angus Top Round (grain fed)	180	31.7	4.9	84.6
Chicken, wht	173	30.9	4.5	85.7
Longhorn (grass fed)	140	25.5	3.7	61.5

Source: longhorn data "Nutrient Density of beef from Texas Longhorn Cattle" TAMU 1987. Other data USDA, USA Today 11/29/91. Pope Lab, inc., Dallas, TX. "Evaluation of Longissimus muscle steaks from Texas Longhorn for cholesterol and fatty acid" Clemson 1999.

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