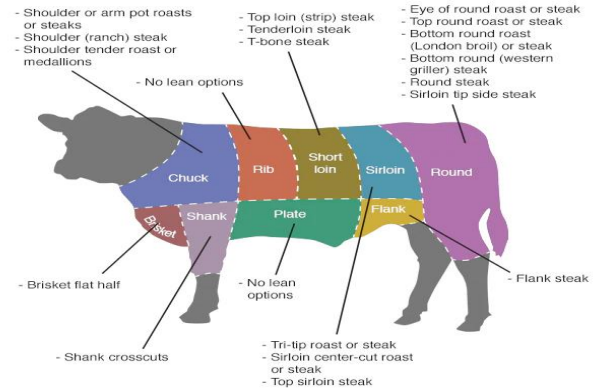




Leanest Cuts of Meat

Beef

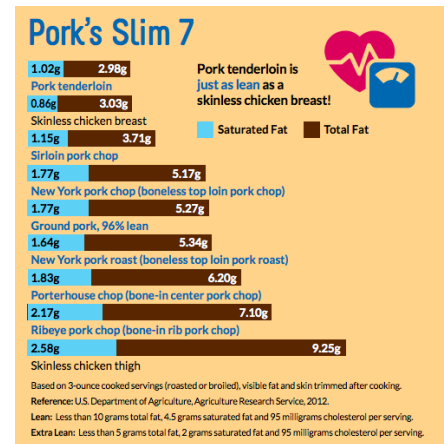
- The United States Department of Agriculture (USDA) defines a lean cut of beef as a 3.5 ounce (100 grams) serving, that contains less than: 10 grams of total fat, 4.5 grams of saturated fat, and 95 milligrams of cholesterol.
- Extra lean is defined as a 3.5 ounce serving, that contains less than: 5 grams of total fat, 2 grams of saturated fat, and 95 milligrams of cholesterol.
- The leanest cuts of beef include:
 - **Eye of round roast and steak**
 - **Sirloin tip side steak**
 - **Top round roast and steak**
 - **Bottom round roast and steak**
 - **Top sirloin steak**



Source: Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/multimedia/cuts-of-beef/mg-20006913>

Pork

- One of the easiest ways to remember lean cuts of pork is to look for the word “loin”, such as pork tenderloin. Any kind of pork chop is also a lean choice. The leanest cuts of pork include:
 - **Pork tenderloin**
 - **Pork boneless top loin chop**
 - **Pork top loin roast**
 - **Pork center loin chop**
 - **Pork sirloin roast**
 - **Pork rib chop**



Source: Pork Checkoff <https://www.pork.org/wp-content/uploads/2017/11/pork-nutrition-compare.png>

Poultry

- Poultry refers to chicken, turkey, ducks, and geese.
- Poultry is naturally lean and has a very neutral flavor, making it perfect for easy marinating.
- The leanest cuts of poultry include:
 - **Those that are off the bone, like breasts.**
 - **Skinless, like boneless and skinless breasts.**
 - **Ground poultry at 93% lean or better.**
 - **Roasted, broiled, or baked; not fried.**



Source: <https://www.pexels.com/photo/barbecue-bbq-beef-chicken-262945/>