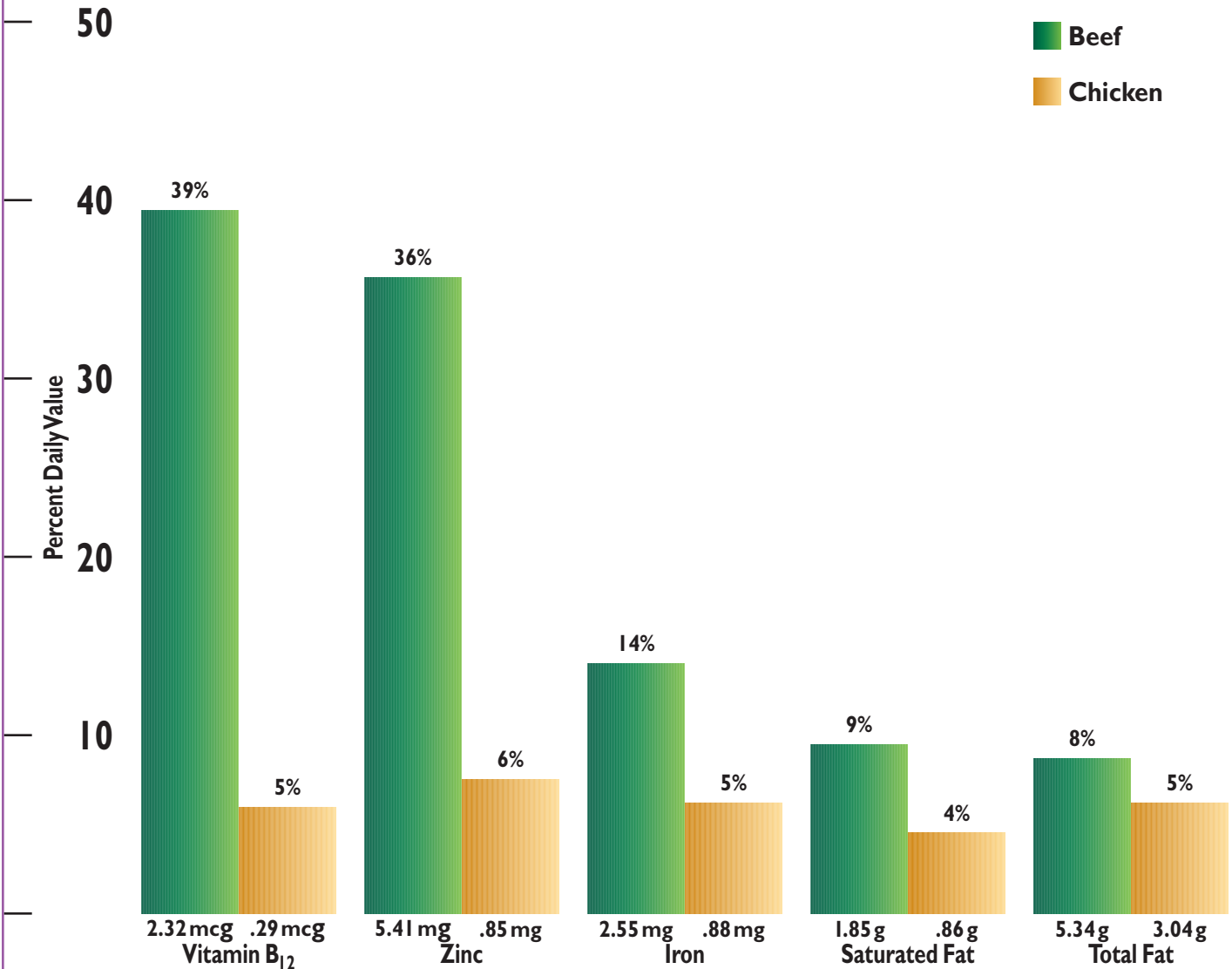


Comparisons of Lean Beef to a Skinless Chicken Breast

Compare the Amount of Vitamin B₁₂, Zinc, Iron, Saturated Fat and Total Fat in Lean Beef to a Skinless Chicken Breast as a Percentage of the Daily Value* Recommended for a 2000-Calorie Diet.



Based on an average 3 oz. cooked serving of eye round roast, top round steak, top sirloin steak, boneless shoulder pot roast, round tip roast and shoulder steak and 3 oz. cooked serving skinless chicken breast.

*The Daily Value is a dietary reference value to help consumers see how the amount of nutrients in a serving of food fits into a 2000-calorie diet.

Source: US Department of Agriculture, Agricultural Research Service, 2002. USDA Nutrient Database for Standard Reference, Release 15. Nutrient Data Laboratory homepage www.nal.usda.gov/fnic/foodcomp. (Beef, eye round, separable lean only, 1/4" trim, all grades, roasted, NDB# 13184; Beef, top round, separable lean only, 1/4" trim, all grades, broiled, NDB# 13217; Beef, top sirloin, separable lean only, 1/4" trim, all grades, broiled, NDB# 13287; Beef, chuck, clod roast, separable lean only, 1/4" trim, all grades, roasted, NDB# 23515; Beef, tip round, separable lean only, 1/4" trim, all grades, roasted, NDB# 13200; Beef, chuck, clod steak, separable lean only, 1/4" trim, all grades, braised, NDB# 23517; Chicken, broilers or fryers, breast, meat only, roasted, NDB# 05064.)