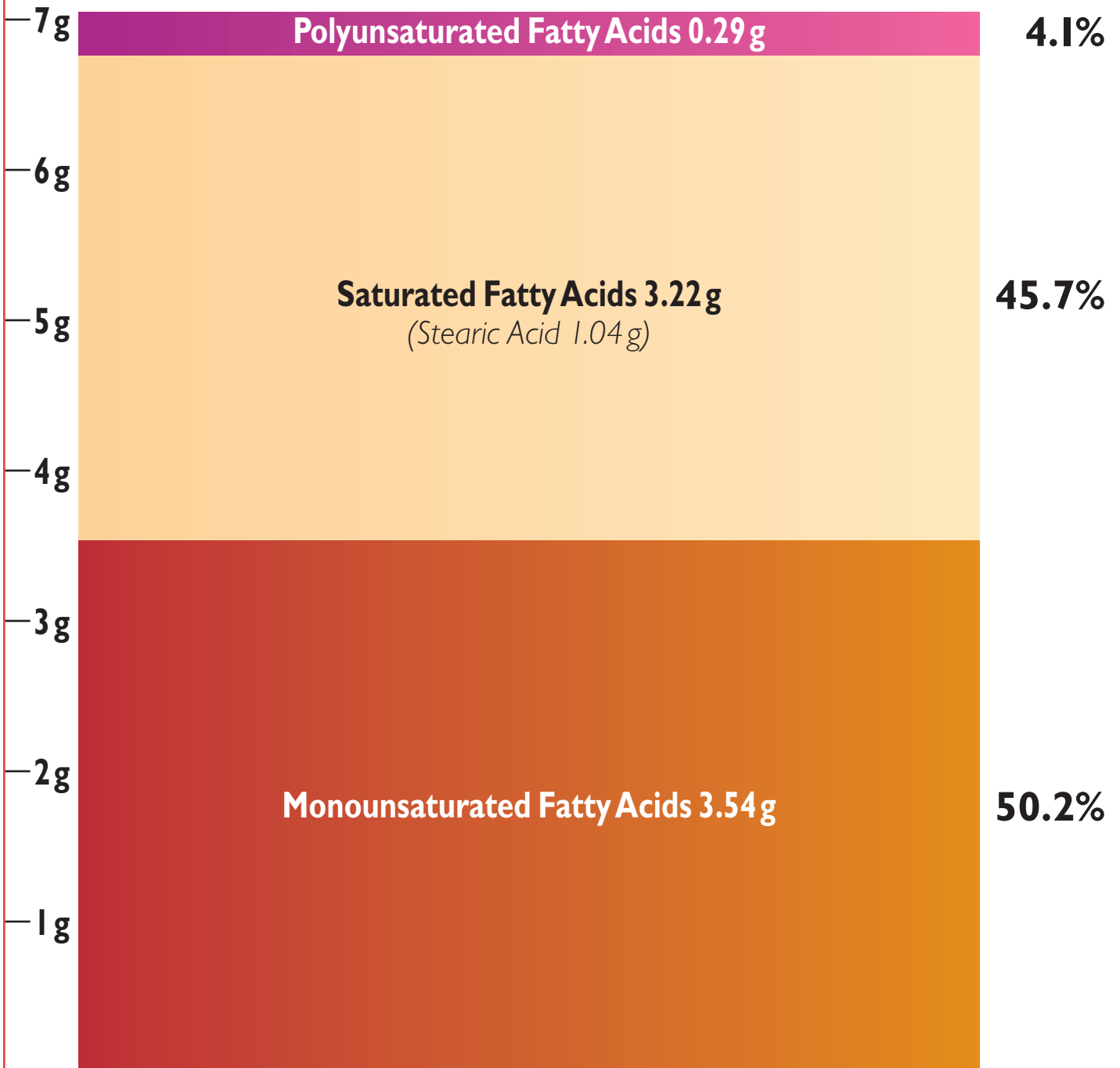


Fatty Acid Profile of Beef

85 g (3 oz) Portion, Lean-only, Cooked
Total Fatty Acids—7.05 g



Based on 3-ounce cooked serving, composite of trimmed retail cuts, all grades, 1/4" trim, separable lean only.
U.S. 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