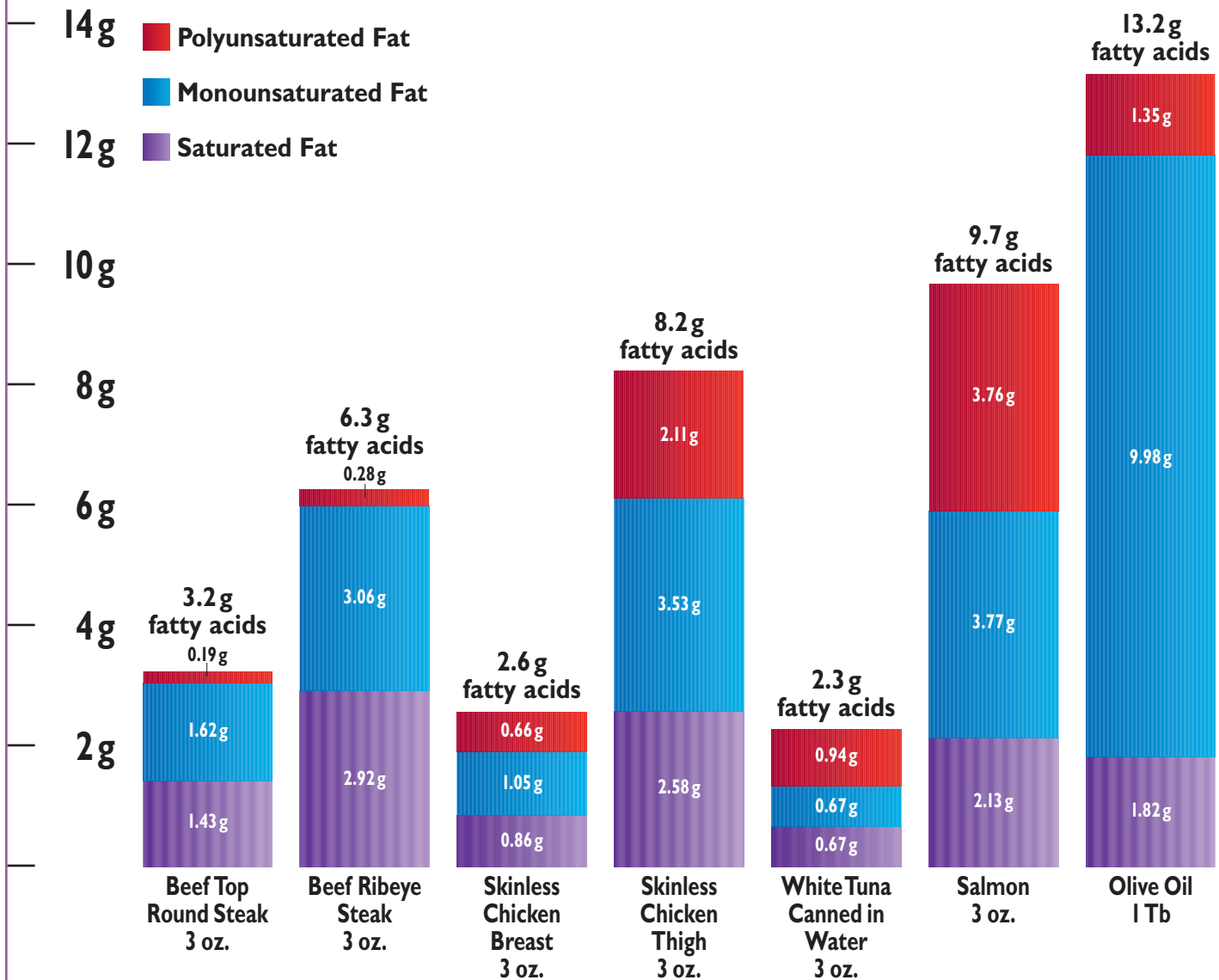


Fatty Acid Comparisons of Beef, Chicken, Fish and Olive Oil

A common misperception is that the majority of the fatty acids* in beef are saturated. In fact, half of the fatty acids in beef are monounsaturated, the same type found in olive oil.



*Total fatty acids include saturated fat, monounsaturated fat and polyunsaturated fat. Total fatty acids do not equal the total fat value because the fat value may include some non-fatty acid material, such as glycerol, phospholipids and sterols.

Source: US Department of Agriculture, Agricultural Research Service, 2003. USDA Nutrient Database for Standard Reference, Release 16. Nutrient Data Laboratory homepage www.nal.usda.gov/fnic/foodcomp. (Beef, top round, separable lean only, 1/4" trim, all grades, broiled, NDB# 13217; Beef, ribeye, small end, separable lean only, 0" trim, choice, broiled, NDB# 13098; Chicken, broilers or fryers, breast, meat only, roasted, NDB# 05064; Chicken, broilers or fryers, thigh, meat only, roasted, NDB# 05098; Finfish, tuna, white, canned in water, drained solids, NDB# 15126; Finfish, salmon, Atlantic, farmed, cooked, dry heat, NDB# 15237; Oil, olive, salad or cooking, NDB# 04053).