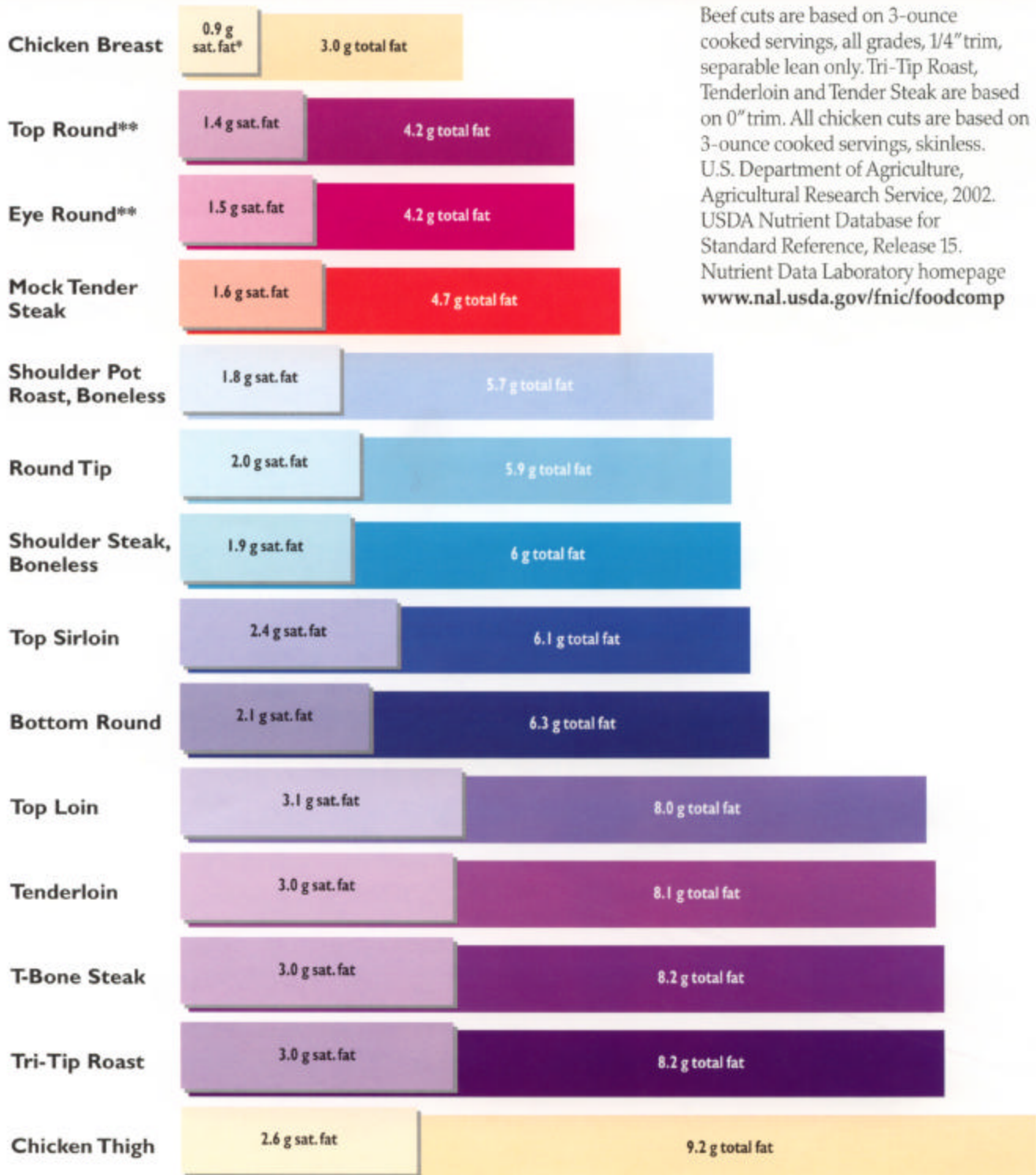


There are Twelve Cuts of Beef that Meet the Government Labeling Guidelines for Lean or Extra Lean



Beef cuts are based on 3-ounce cooked servings, all grades, 1/4" trim, separable lean only. Tri-Tip Roast, Tenderloin and Tender Steak are based on 0" trim. All chicken cuts are based on 3-ounce cooked servings, skinless. 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

*Saturated fat. **Extra lean.