

# BEEF AS A GOOD & EXCELLENT SOURCE OF NUTRIENTS <sup>20</sup>

Retail Cut Name 3-oz Cooked Serving	URMIS number*	URMIS number*	Calories	Protein (g) % DV	Total Fat (g) % DV	Saturated Fat (g) % DV	Cholesterol (mg) % DV	Iron % DV
Daily Value				50 g	65 g	20 g	300 mg	18 mg
Brisket Flat Half	1623	120A	181	28/56%	6.8/10%	2.7/13%	78/26%	13%
Shoulder Roast	1132	114E	146	23/46%	5.4/8%	1.7/9%	57/19%	15%
Shoulder Steak	1133	1114E	161	25/50%	6.0/9%	1.9/10%	80/27%	18%
Flank Steak	1581	193	158	24/47%	6.3/10%	2.6/13%	66/22%	8%
Tenderloin Steak	1388	1189	168	26/52%	7.1/11%	2.8/14%	79/26%	17%
Tenderloin Roast	1386	189	150	23/47%	6.4/10%	2.5/13%	71/24%	15%
Strip Steak	1398	1180	168	25/49%	7.7/12%	2.9/15%	68/23%	12%
Top Sirloin Steak	1346	1184	156	26/52%	4.9/8%	1.9/9%	70/23%	9%
Bottom Round Roast	1464	171B	150	24/47%	5.5/8%	1.9/10%	65/22%	11%
Bottom Round Steak	1466	1171D	182	29/58%	6.5/10%	2.3/11%	79/26%	13%
Tri-Tip Roast	1429	185C	164	25/45%	8.3/13%	3.0/15%	68/23%	8%
Eye of Round Steak	1481	N/A	132	25/51%	3.3/5%	1.2/6%	66/22%	9%
Eye of Round Roast	1480	171C	144	25/51%	4.0/6%	1.4/7%	65/22%	12%
Round Steak	1494	N/A	162	25/50%	6.2/10%	2.2/11%	66/22%	13%
Sirloin Tip Steak	1527	1167	148	23/47%	5.3/8%	1.9/9%	63/21%	11%
Top Round Roast	1551	169	138	26/51%	3.2/5%	1.2/6%	65/22%	14%
Top Round Steak	1553	1169	138	26/51%	3.2/5%	1.3/7%	73/24%	15%
Ribeye Filet	1253	1112C	169	24/49%	7.8/12%	2.7/14%	70/23%	13%
Ribeye Petite Roast	1250	112C	151	24/48%	6.2/10%	2.2/11%	72/24%	13%
Ground Beef 93% Lean	1677	137	162	22/45%	7.5/11%	3.1/16%	68/23%	13%

Percentages highlighted in peach indicate the cut is an excellent source of the particular nutrient providing more than 20% of the Daily Value.

Percentages highlighted in gray indicate the cut is a good source of the particular nutrient, providing more than 10% of the Daily Value.

\* URMIS (Uniform Retail Meat Identity Standards) provides a universal language at retail for fresh meat cuts and a uniform label format indicating the type of meat, the primal, and the retail cut. IMPS (Institutional Meat Purchase Specifications) provides a series of meat product specifications at foodservice maintained by USDA's Agricultural Marketing Service.

Phosphorus % DV	Potassium % DV	Zinc % DV	Selenium % DV	Riboflavin % DV	Niacin % DV	Vit B <sub>6</sub>	Choline % adequate intake	Vitamin B <sub>12</sub>
1000 mg	3500 mg	15 mg	70 mcg	1.7 mg	20 mg	2 mg	550 mg	6 mcg
17%	6%	43%	38%	10%	20%	14%	19%	34%
19%	9%	36%	36%	13%	15%	12%	16%	43%
20%	7%	45%	36%	13%	13%	11%	na	42%
18%	9%	29%	39%	7%	34%	25%	16%	23%
24%	9%	27%	34%	22%	26%	33%	11%	65%
22%	9%	24%	30%	20%	24%	29%	11%	58%
19%	7%	27%	34%	11%	31%	31%	11%	28%
21%	10%	32%	43%	8%	37%	28%	18%	24%
15%	6%	27%	38%	8%	21%	16%	16%	22%
18%	7%	33%	47%	10%	26%	19%	20%	27%
17%	8%	28%	36%	7%	33%	23%	16%	23%
24%	10%	25%	36%	12%	37%	36%	13%	34%
16%	6%	29%	40%	8%	23%	17%	17%	23%
22%	10%	26%	34%	11%	18%	17%	17%	45%
15%	5%	27%	38%	8%	21%	16%	16%	22%
23%	9%	26%	33%	15%	34%	33%	12%	29%
26%	11%	29%	37%	16%	38%	37%	14%	32%
22%	10%	41%	42%	11%	25%	23%	na	46%
22%	10%	40%	43%	11%	24%	23%	na	57%
17%	8%	36%	26%	9%	25%	17%	na	36%

20 U.S. Department of Agriculture, Agricultural Research Service. 2013. USDA National Nutrient Database for Standard Reference, Release 26. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>