How to Enjoy Lean Beef and Pork

Lean pork and beef are naturally nutrient-rich, providing us with

• Protein – high quality
• Zinc
• Iron
• B-vitamins: thiamin, B12, B6, niacin

1. **Choose Lean Cuts**
   • Look for “loin” or “round” on the label.

USDA defines the following cuts as “lean” having less than 10 g of total fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per 3 ounce serving and per 100 grams.

**Pork**
- Tenderloin
- Boneless top loin chop
- Bone-in center loin chop
- Boneless top loin roast
- Bone-in rib chop
- Bone-in sirloin roast

**Beef**
- Eye round roast/steak
- Top round roast/steak
- Bottom round roast/steak
- Top sirloin steak
- 95% lean ground beef
- Round tip roast/steak
- Chuck shoulder roast/steak
- Top loin steak
- Shoulder petite tender
- Flank steak
- Tenderloin roast/steak
- T-Bone steak

For more about lean pork and beef …

**Iowa Pork Producers Association**
www.theotherwhitemeat.com

**Iowa Beef Industry Council**
www.beefitswhatsfordinner.com

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2. **Trim any visible fat**
Most cuts in today’s meat case are well-trimmed, but you can significantly reduce fat content by trimming outside fat before cooking.

3. **Watch portion sizes**
Your portion sizes of meat may vary throughout the day or week; just keep tabs on total consumption so you average the recommended 5 to 7 ounces per day. An appropriate portion size is 3-ounces of cooked lean beef or pork.

4. **Cook it Light**
- Grill, broil, roast, pan-broil or stir-fry (use a minimum amount of mono-unsaturated cooking oil)
- Marinate lean cuts to tenderize
- Rinse cooked, crumbled ground meats in a colander to reduce fat.
- Cook with fresh ingredients that add flavor but not extra fat (lemon juice, hot and sweet peppers, onion, garlic, tomatoes and ginger)
- Increase your intake of veggies by adding extra to meat stir-fries, sandwiches, soups, stews. Make a main dish salad with slices of cooked lean beef or pork.