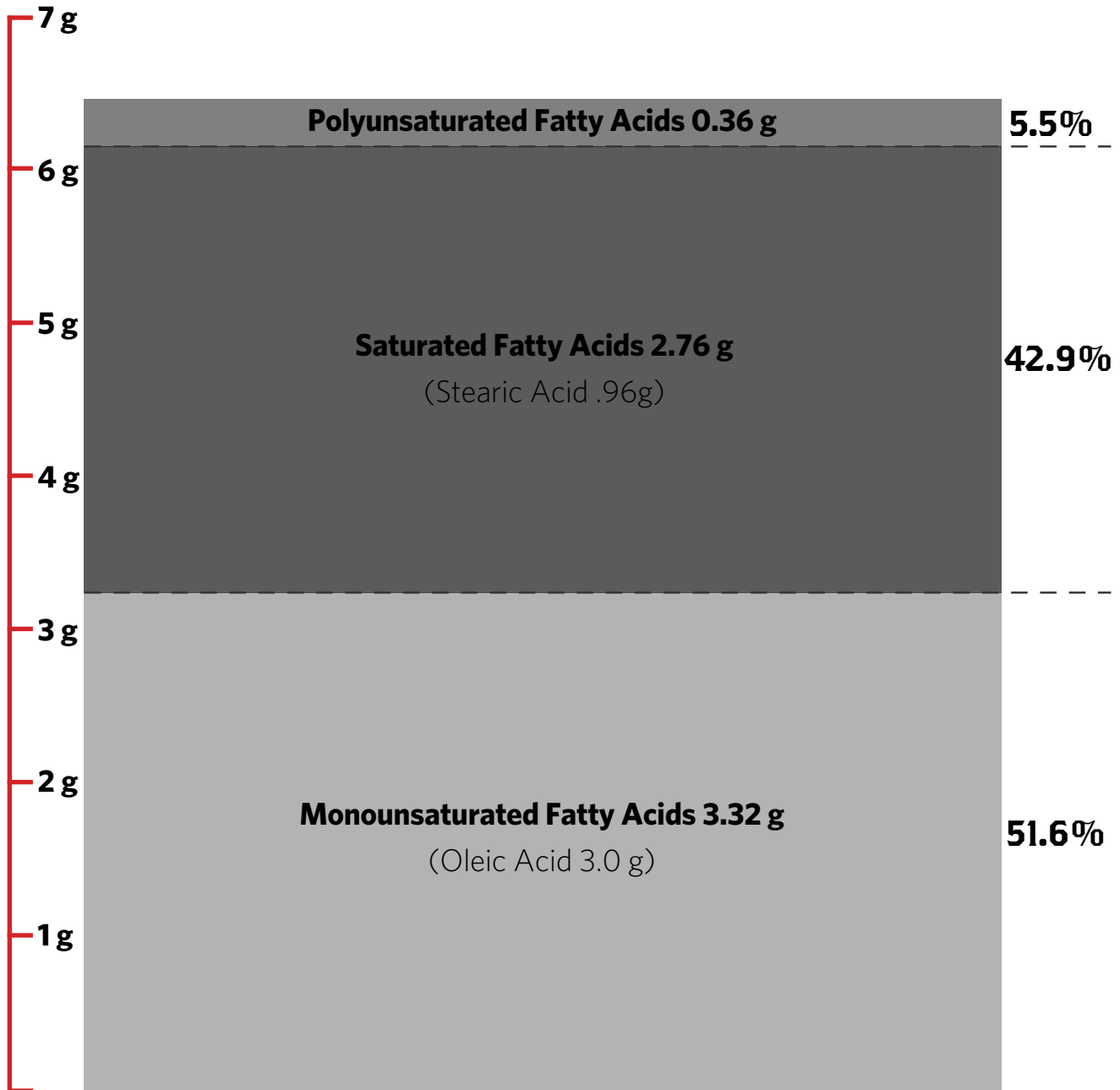


Fatty Acid Profile of Lean Beef

85 g (3 oz) Portion, Visible Fat Trimmed, Cooked

Total Fatty Acids — 6.44 g



Based on 3-ounce cooked serving, composite of trimmed retail cuts, all grades, 0" trim, separable lean only.
US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015. Internet: <http://www.ars.usda.gov/nea/bhnrc/ndl>.