

# Nutritional Value of Beef

Besides enjoying meals with family and friends, food is needed for the nourishment of our bodies. Essential nutrients and nutrient-dense foods play a crucial role in reducing chronic disease, from birth to death. It's never too early or too late to start eating healthier! Dietary balance, variety, and moderation are the keys to healthful eating. Dietary balance is consuming the right proportions and amounts of nutrients. Variety in food choices provides the intake of more than 40 essential nutrients for good health. Moderation simply means avoiding extremes in the diet. The total diet is more important than one meal or one food. Beef is a popular food that can be a part of a balanced diet. Following research-based guidelines, being familiar with the nutritional value of the different cuts of beef, and learning to use cooking techniques that reduce the fat content of beef will help you make healthier food choices in your daily meals.

## Recommendations for Making Healthier Food Choices

In the U.S., we are fortunate to have health experts developing dietary guidance based on reviewed scientific evidence, guidance that gives us the opportunity to make better eating and lifestyle decisions to improve health. One of these tools toward making healthier food choices is the Dietary Guidelines for Americans. Specifically, these guidelines focus on four principles.

- Follow a healthy dietary pattern at every life stage.
- Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
- Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.



- Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

Another tool for making healthier food choices is MyPlate. Beef is part of the protein group and can be a part of a balanced diet when following the Dietary Guidelines. MyPlate recommends consuming two to three servings per day from the protein group which is made up of meat, poultry, fish, beans, eggs, and nuts and seeds. Two to three ounces of cooked lean meat, poultry, or fish is considered a serving. Visually, this is the size of a deck of cards or the palm of your hand. MyPlate recommends the protein group should be one-fourth of your plate.

## Getting the Most Nutrients

Beef is a major source of many essential nutrients. Each of these nutrients has specific functions and some work in tandem with each other to keep our body working well. Let's see how beef can fit into a healthy meal plan. Use the Beef Cuts and Recommended Cooking Methods Chart to help you make better choices in choosing the right cuts and cooking methods for you. If you need assistance with your meal planning because of lack of access to healthier foods or chronic disease, a Registered Dietitian/Nutritionist is the best health-care provider to advise you.

**PROTEINS** serve as the building blocks for the growth and repair of body tissues. Proteins function as components of enzymes and hormones, help regulate fluid and electrolyte balance, maintain the acid-base balance, and are an integral part of the immune system. Proteins can even be used for energy.

- Protein is made up of amino acids. The nine essential amino acids are amino acids that the body cannot make, and we must get from food. All the essential amino acids are found in beef, making it a complete protein.

**FAT** is a concentrated source of energy for the body, providing 9 calories per gram of food. The dietary reference intake (DRI) for fat in adults is 20% to 35% of total calories from fat. Fat is also a source of essential fatty acids, a way to absorb the fat-soluble vitamins A, D, E, and K, a body insulator, and a protector of our organs. Fat in food also provides flavor, aroma, and texture as well as increasing the feeling of satisfaction after a meal.

There are several types of fats, including saturated fats. Saturated fats are generally solid at room temperature, originating mostly from animal products, except for tropical oils. Taking in too much saturated fat is linked with raising levels of LDL cholesterol in the blood. Healthy adults should limit their saturated fat intake to no more than 10% of total calories.

- The USDA defines a lean cut of beef as a 3.5-ounce serving that contains less than

10 grams total fat, 4.5 grams saturated fat, and 95 milligrams cholesterol.

- The USDA defines an extra-lean cut of beef as a 3.5-ounce serving that contains less than 5 grams total fat, 2 grams saturated fat, and 95 milligrams cholesterol.
- Look for loin or round in the name of beef cuts in choosing leaner cuts of beef.
- Certain cooking methods will also reduce your intake of saturated fat from beef. Consider grilling, oven roasting, braising, and broiling.
- While ground beef per se is not on the lean cuts, a 3-ounce serving of 93% lean ground beef that has been pan-broiled has the following nutritional analysis: 155cal, 6.8g fat, 2.8g saturated fat, 71mg cholesterol, 22g protein, 2.4mg iron, 5.4mg zinc, 0.3mg vitamin B6, 2.4mcg vitamin B12, 5.2mg niacin, and 187mg phosphorus.

**CHOLESTEROL** is a waxy, fat-like substance needed for cell building, manufacturing hormones and vitamin D, and other functions. If no cholesterol is eaten, the body can make all the cholesterol it needs. Blood cholesterol levels are affected by several factors, including heredity, age, sex, and to varying degrees by the amount of cholesterol eaten in foods. Research indicates that red meat should be consumed in moderation to reduce the risk of heart disease, stroke, and heart disease. For more information about chronic disease, consult your health-care provider.

**IRON** is part of the protein hemoglobin, which carries oxygen in the blood, and part of the protein myoglobin in muscles, which makes oxygen available for muscle contraction. Iron is also important for energy metabolism. Iron is a nutrient that is often lacking in the American diet, especially among young children experiencing rapid growth, teenagers, and pregnant women. Nursing mothers, premenopausal women, and athletes have an increased need for iron.

- Dietary iron occurs in two forms — heme and nonheme. Heme iron is found bound to hemoglobin in blood and myoglobin in muscle tissue. Heme iron is found in beef and is more easily absorbed by the body than nonheme iron.

**ZINC** is an essential mineral. It is a component of insulin and many enzymes. Growth and reproduction, appetite, taste, night vision, and the immune system are a few of the physiological functions that are dependent on an adequate supply of zinc. Beef is a good source of zinc.

**PHOSPHORUS** is involved in metabolism of carbohydrates, proteins, and fats. In combination with calcium and vitamin D, phosphorus builds strong bones and teeth. Phosphorus is present in nearly all foods, but protein-rich foods, such as beef, are good sources.

**THIAMIN, RIBOFLAVIN, NIACIN, VITAMIN B6, AND VITAMIN B12** are found in substantial quantities in beef. Thiamin, riboflavin, and niacin are a part of a coenzyme used in energy metabolism. Thiamin supports normal appetite and nervous system function. Riboflavin supports normal vision and skin health. Vitamin B6 is part of a coenzyme used in amino acid and fatty acid metabolism. It helps convert tryptophan to niacin and helps make new red blood cells. Niacin supports the health of skin, the nervous system, and the digestive system. Vitamin B12 is found only in animal foods, so individuals who do not eat meat may need to add a supplement. It plays a key role in maintaining cell energy levels.

## Healthier Cooking Techniques

Remember, moderation is the key in the consumption of any foods. Using the Beef Cuts and Recommended Cooking Methods Chart can help you make better choices in choosing the right cuts for you. Follow these guidelines to control fat and calories in beef selection.

- Choose lean cuts of beef. As a rule, beef cuts with loin or round in the name are the leanest choices.

- Use cooking methods that reduce rather than add fat. Broil and roast on a rack, pan-broil, grill, or microwave.
- Tenderize lean cuts by cooking slowly with moist heat, cooking in liquid, or marinating. Pounding, grinding, and slicing also tenderize beef.
- Remove fat from soups, stews, and casseroles by chilling them and skimming the hardened fat from the top.
- Trim all visible fat from meat before cooking and eating.
- Choose ground beef products that are 85 to 90 percent lean. Rinse cooked, crumbled ground meat to reduce up to 50 percent more of the fat.

By choosing lean cuts of meat and practicing moderation, you can enjoy beef at your next get-together.

### References

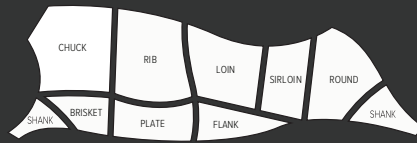
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**BEEF**  
IT'S WHAT'S FOR DINNER.®



# BEEF CUTS

## AND RECOMMENDED COOKING METHODS

CHUCK		RIB		LOIN		SIRLOIN		ROUND		INGREDIENT CUTS	
<b>Arm Chuck Roast</b> 	<b>Cross Rib Chuck Roast</b> 	<b>Prime Rib Roast</b> 	<b>Porterhouse Steak</b> 	<b>Top Sirloin Steak</b>   LEAN 	<b>Top Round*</b>   LEAN 	<b>Kabobs*</b> 					
<b>Arm Chuck Steak</b> 	<b>Shoulder Roast</b>   LEAN 	<b>Ribeye Steak, Bone-In</b> 	<b>T-Bone Steak</b> 	<b>Top Sirloin Petite Roast</b>   LEAN 	<b>Top Round Steak*</b>   LEAN 	<b>Stew Meat</b> 					
<b>Blade Chuck Roast</b> 	<b>Shoulder Steak*</b>   LEAN 	<b>Back Ribs</b> 	<b>Strip Steak, Bone-In</b>   LEAN 	<b>Top Sirloin Filet</b>   LEAN 	<b>Bottom Round Roast</b>   LEAN 	<b>Strips</b> 					
<b>Blade Chuck Steak*</b> 	<b>Ranch Steak</b>   LEAN 	<b>Ribeye Roast, Boneless</b> 	<b>Strip Steak, Boneless</b>   LEAN 	<b>Coulotte Roast</b> 	<b>Bottom Round Steak*</b>   LEAN 	<b>Cubed Steak</b> 					
<b>7-Bone Chuck Roast</b> 	<b>Flat Iron Steak</b> 	<b>Ribeye Steak, Boneless</b> 	<b>Strip Petite Roast</b>   LEAN 	<b>Coulotte Steak</b>   LEAN 	<b>Bottom Round Rump Roast</b>   LEAN 	<b>Ground Beef and Ground Beef Patties</b> 					
<b>Chuck Center Roast</b> 	<b>Top Blade Steak</b> 	<b>Ribeye Cap Steak</b> 	<b>Strip Filet</b>   LEAN 	<b>Tri-Tip Roast</b>   LEAN 	<b>Eye of Round Roast</b>   LEAN 	<b>Shank Cross-Cut</b>   LEAN 					
<b>Denver Steak</b> 	<b>Shoulder Petite Tender</b>   LEAN 	<b>Ribeye Petite Roast</b>   LEAN 	<b>Tenderloin Roast</b>   LEAN 	<b>Tri-Tip Steak</b>   LEAN 	<b>Eye of Round Steak*</b>   LEAN 	<b>Tenderloin Tips</b> 					
<b>Chuck Eye Roast</b>   LEAN 	<b>Shoulder Petite Tender Medallions</b>   LEAN 	<b>Ribeye Filet</b>   LEAN 	<b>Tenderloin Steak (Filet Mignon)</b>   LEAN 	<b>Petite Sirloin Steak</b> 	<b>BRISKET</b>		<b>Inside Skirt*</b> 				
<b>Chuck Eye Steak</b> 	<b>Short Ribs, Bone-In</b>   LEAN 	<b>Ribeye Filet</b>   LEAN 	<b>Tenderloin Steak (Filet Mignon)</b>   LEAN 	<b>Sirloin Bavette Steak</b> 	<b>Brisket Flat</b>   LEAN 	<b>PLATE &amp; FLANK</b>					
<b>Country-Style Ribs</b> 	<b>Short Ribs, Bone-In*</b> 	<b>Ribeye Filet</b>   LEAN 	<b>Tenderloin Steak (Filet Mignon)</b>   LEAN 	<b>Sirloin Bavette Steak</b> 	<b>Brisket Point</b> 	<b>Flank Steak*</b>   LEAN 					
 Funded by Beef Farmers and Ranchers <small>© 2021 Cattlemen's Beef Board and National Cattlemen's Beef Association 408044</small>		<b>KEY TO RECOMMENDED COOKING METHODS</b> Grilling Oven Roasting Stewing Braising Skillet-to-Oven Stir-Fry Broiling Skillet Cooking Pressure Cooking Indirect Grilling Smoking *Marinate before cooking for best results		<b>LEAN</b> These cuts meet the government guidelines for lean, based on cooked servings, visible fat removed. A cut of cooked fresh meat is considered "lean" when it contains less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 mg of cholesterol per 100 grams (2% oil and per RACC, Reference Amount Customarily Consumed, which is 85 grams (3 oz)).							