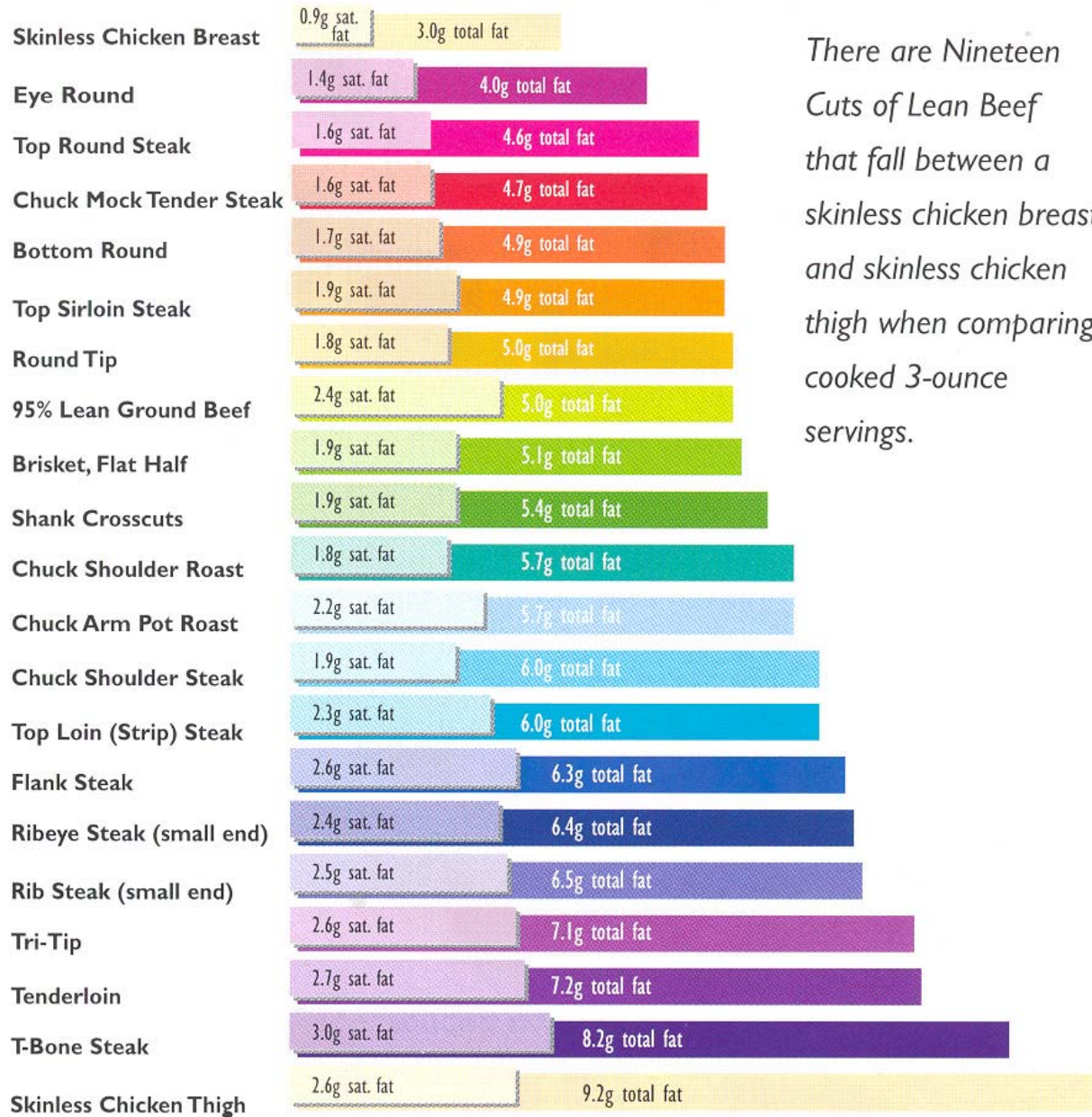


Which Beef Cuts Are Lean?



There are Nineteen Cuts of Lean Beef that fall between a skinless chicken breast and skinless chicken thigh when comparing cooked 3-ounce servings.

Source: US Department of Agriculture, Agricultural Research Service, 2004. USDA Nutrient Database for Standard Reference, Release 17.