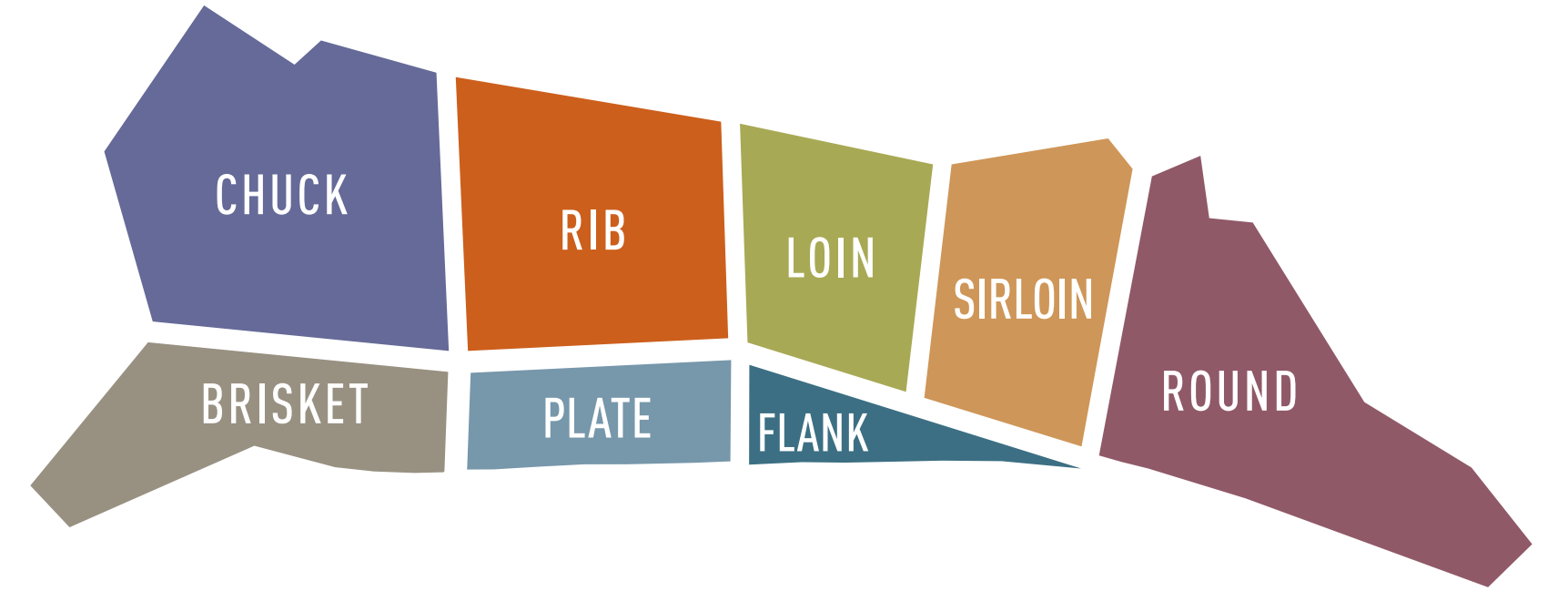


Beef Cuts

AND RECOMMENDED COOKING METHODS



| CHUCK | | RIB | LOIN | SIRLOIN | ROUND | OTHER |
|---------------------------------|--|-------------------------------------|---------------------------------------|--|---|---|
| Blade Chuck Roast | Cross Rib Chuck Roast | Ribeye Roast, Bone-In | Porterhouse Steak | Top Sirloin Steak LEAN | Top Round Steak* LEAN | Kabobs* |
| Blade Chuck Steak* | Shoulder Roast LEAN | Ribeye Steak, Bone-In | T-Bone Steak LEAN | Sirloin Steak | Bottom Round Roast LEAN | Strips |
| 7-Bone Chuck Roast | Shoulder Steak* LEAN | Back Ribs | Strip Steak, Bone-In LEAN | Top Sirloin Petite Roast LEAN | Bottom Round Steak* LEAN | Cubed Steak |
| Chuck Center Roast | Ranch Steak LEAN | Ribeye Roast, Boneless | Strip Steak, Boneless LEAN | Top Sirloin Filet LEAN | Bottom Round Rump Roast LEAN | Stew Meat |
| Chuck Center Steak* | Flat Iron Steak | Ribeye Steak, Boneless | Strip Petite Roast LEAN | Coulotte Roast | Eye of Round Roast LEAN | Shank Cross Cut LEAN |
| Denver Steak | Top Blade Steak | Ribeye Cap Steak | Strip Filet LEAN | Tri-Tip Roast LEAN | Eye of Round Steak* LEAN | Ground Beef and Ground Beef Patties |
| Chuck Eye Roast LEAN | Petite Tender Roast LEAN | Ribeye Petite Roast LEAN | Tenderloin Roast LEAN | Tri-Tip Steak LEAN | | |
| Chuck Eye Steak | Petite Tender Medallions LEAN | Ribeye Filet LEAN | Tenderloin Filet LEAN | Petite Sirloin Steak | BRISKET | PLATE & FLANK |
| Country-Style Ribs | Short Ribs, Bone-In | | | Sirloin Bavette* | Brisket Flat LEAN | Skirt Steak* |
| | | | | | | Flank Steak* LEAN |
| | | | | | | Short Ribs, Bone-In* |

KEY TO RECOMMENDED COOKING METHODS

- GRILL OR BROIL
- SLOW COOKING
- STIR-FRY
- ROAST
- SKILLET
- SKILLET-TO-OVEN

* MARINATE BEFORE COOKING FOR BEST RESULTS

LEAN These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed.

BEEF
IT'S WHAT'S FOR DINNER.
Funded by the Beef Checkoff.

All lean beef cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3 1/2-oz serving. Based on cooked servings, visible fat trimmed.

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