



Lean Beef Nutrient Chart

Look for these nutrient-rich lean beef cuts at your local butcher:

Beef Cut	Calories	Saturated Fat (grams)	Total Fat (grams)
Eye Round Roast and Steak*	144	1.4	4.0
Sirloin Tip Side Steak	143	1.6	4.1
Top Round Roast and Steak*	157	1.6	4.6
Bottom Round Roast and Steak*	139	1.7	4.9
Top Sirloin Steak	156	1.9	4.9
Brisket, Flat Half	167	1.9	5.1
95% Lean Ground Beef	139	2.4	5.1
Round Tip Roast and Steak*	148	1.9	5.3
Round Steak	154	1.9	5.3
Shank Cross Cuts	171	1.9	5.4
Chuck Shoulder Pot Roast	147	1.8	5.7
Sirloin Tip Center Roast and Steak*	150	2.1	5.8
Chuck Shoulder Steak	161	1.9	6.0
Bottom Round (Western Griller) Steak	155	2.2	6.0
Top Loin (Strip) Steak	161	2.3	6.0
Shoulder Petite Tender and Medallions*	150	2.4	6.1
Flank Steak	158	2.6	6.3
Shoulder Center (Ranch) Steak	155	2.4	6.5
Tri-Tip Roast and Steak	158	2.6	7.1
Tenderloin Roast and Steak*	170	2.7	7.1
T-Bone Steak	172	3.0	8.2