

CHOOSING THE LEANEST MEATS

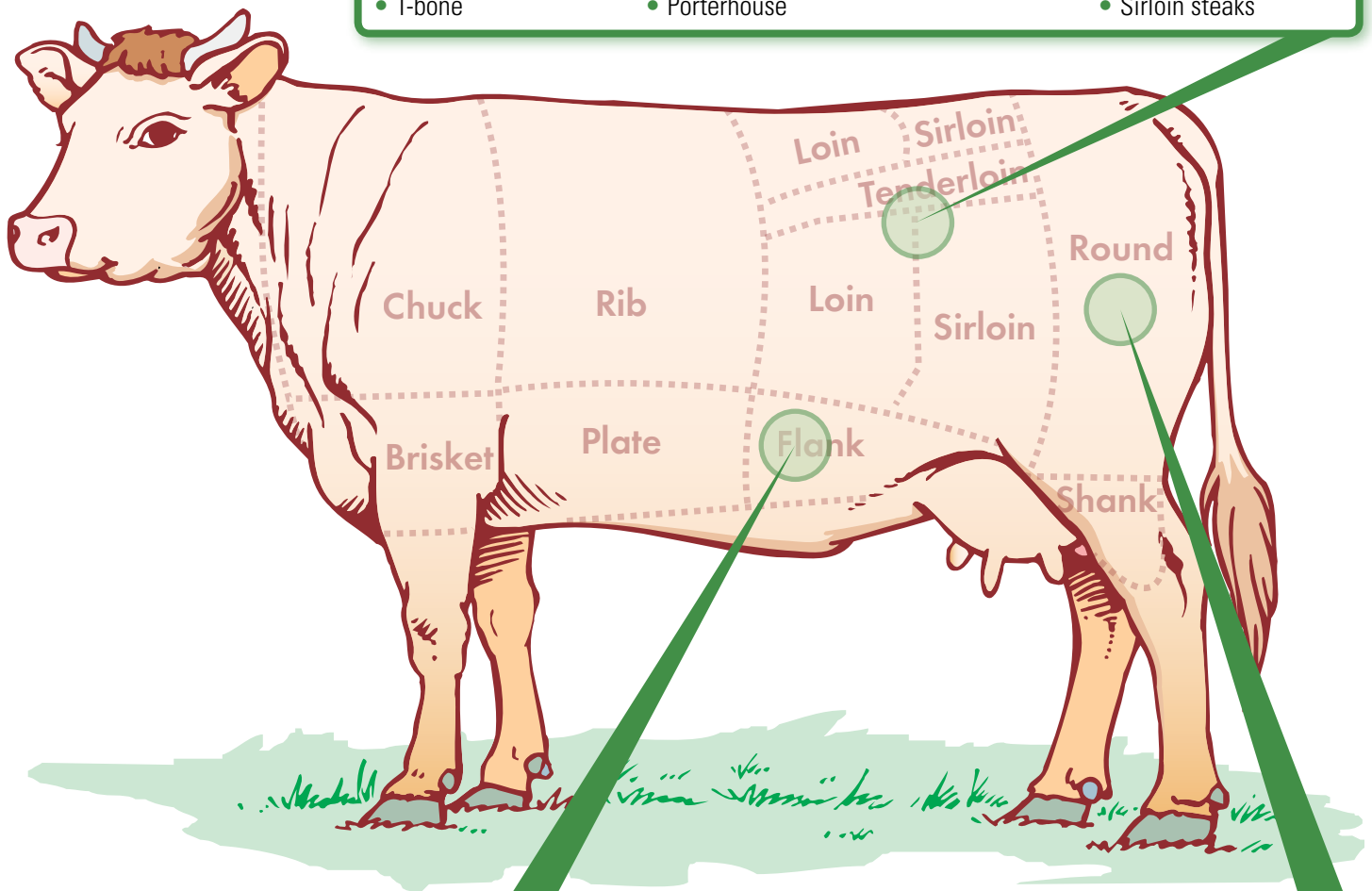
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Eating healthier by cutting down on fatty foods is a great idea. But you don't need to cut out beef to do so! Beef is an excellent source of protein, vitamin B12, and iron, so learn to choose the healthiest, leanest cuts.

Choose mostly these.

Beef cut from the **LOIN**, **TENDERLOIN**, and **SIRLOIN** are the leanest of all cuts of beef (and lamb and pork). These include:

- Tenderloin roast
- Tenderloin steak (filet mignon)
- Tri-tip roast
- T-bone
- Porterhouse
- Sirloin steaks



FLANK steak is much leaner than brisket or skirt steak (from the **plate**), but not as lean as **loin**, **sirloin**, or **round**.

These can be lean, too.

Some cuts of **ROUND** also can be lean when the visible fat is removed:

- Eye round steak
- Sirloin tip
- Round tip roasts

Remember...

Ask what meat is used when buying cubed or otherwise cut beef for kabobs, stews, fajitas, etc.

Lean cuts matter when choosing ground beef, which should contain 15% fat at most.

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