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Your Personal Health and Wellness Resource Center on the Web

The Leanest Cuts of Meats

The saturated fat in beef, pork, and lamb is no one's friend. If you know what to buy you can eat a lot healthier. The following chart is designed to help you to identify healthier cuts of various meats. Generally, "Prime" cut meats have the most fat, "Choice" is next most fatty and "Select" is the least fattiest cut of meat.

Whether you are eating out or preparing your own food, it helps to have all visible fat cut off of the meat before you cook it. If you are dining out you can ask the waiter to tell the chef to "Trim all visible fat off" of your meat before cooking it. In your own kitchen you or the person preparing your meal should trim all visible fat and the white connective tissues before cooking.

Broiling on a rack or grilling allow remaining fat drip off of the meat while it is cooking hence you will not eat it. Roasting will preserve flavor, but may bath the meat in fat unless you roast your meat on a rack so that the melted fat collects below and not on the meat. Pan frying is the worst as it allows the meat to cook in, and hence coat, the meat as it is cooking.

Wisely choosing the cut of meat and how it is cooked can significantly reduce the amount of total and saturated fats you end up ingesting. This can be important to maintaining optimal health

	Total Fat (Grams)	Saturated Fat (Grams)	Calories
Beef (select grade, trimmed of fat, 3 ounces uncooked)			
Top round	2.1	0.7	102
Tip round	2.7	0.9	101
Eye of round	3.0	1.0	106
Sirloin	3.1	1.1	105
Top loin	3.8	1.4	113
Tenderloin	6.0	2.2	130
Chicken (fryer, 3 ounces uncooked)			
Breast, without skin	1.0	0.3	94
Drumstick, without skin	3.0	0.7	102
Thigh, without skin	3.3	0.8	102
Breast, with skin	8.0	2.3	150
Pork (trimmed of fat, 3 ounces uncooked)			

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Tenderloin	3.0	1.0	102
Chop, top loin	4.5	1.6	121
Ham	4.6	1.6	116
Turkey (young tom , 3 ounces uncooked)			
Light meat, without skin	1.3	0.4	98
Dark meat, without skin	3.5	1.2	105
Light meat, with skin	6.0	1.6	134
Dark meat, with skin	6.8	2.0	130
Lamb (choice grade, trimmed of fat, 3 ounces uncooked)			
Leg	3.8	1.4	109
Loin chop	5.0	1.8	122