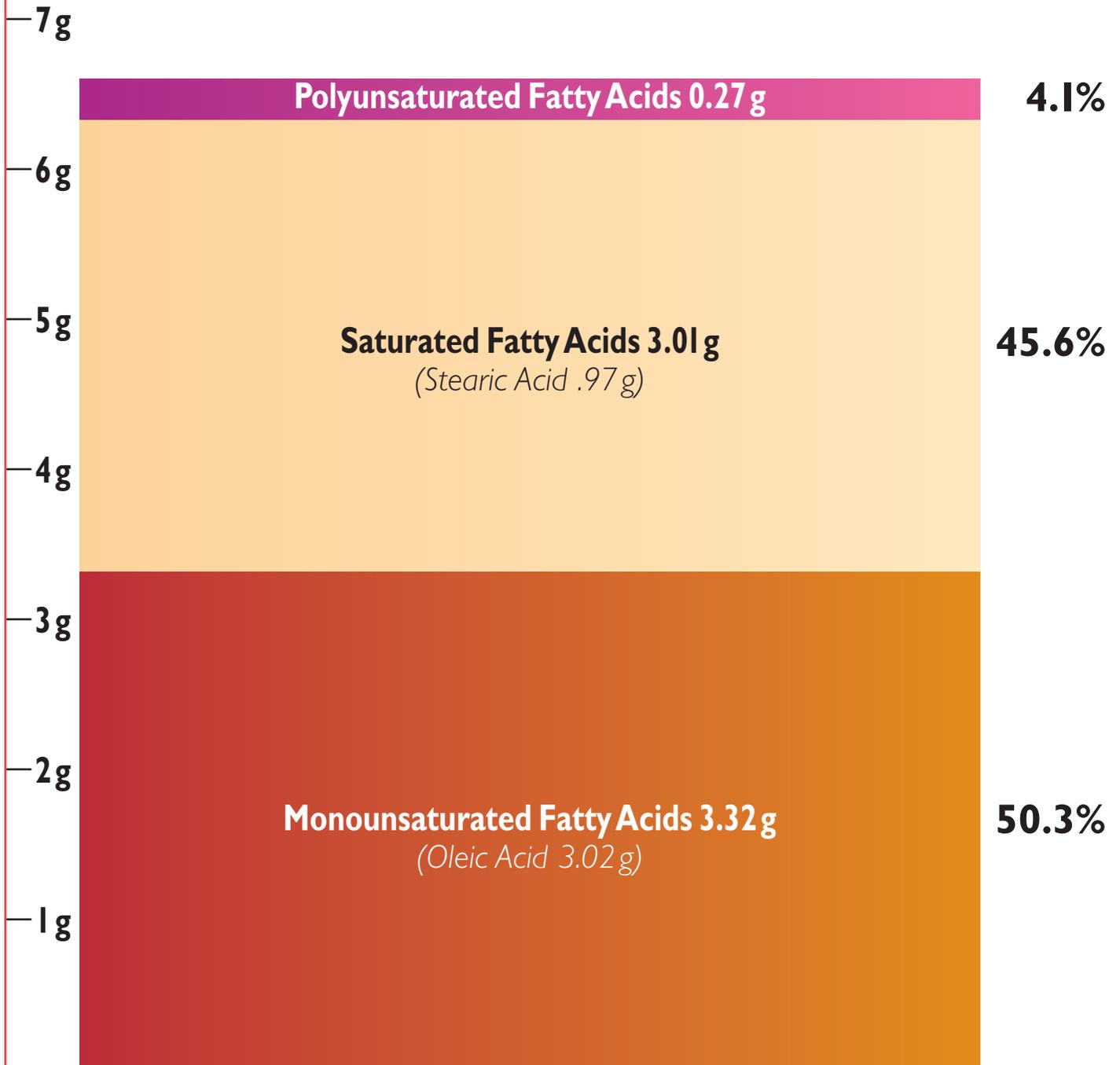


# Fatty Acid Profile of Beef

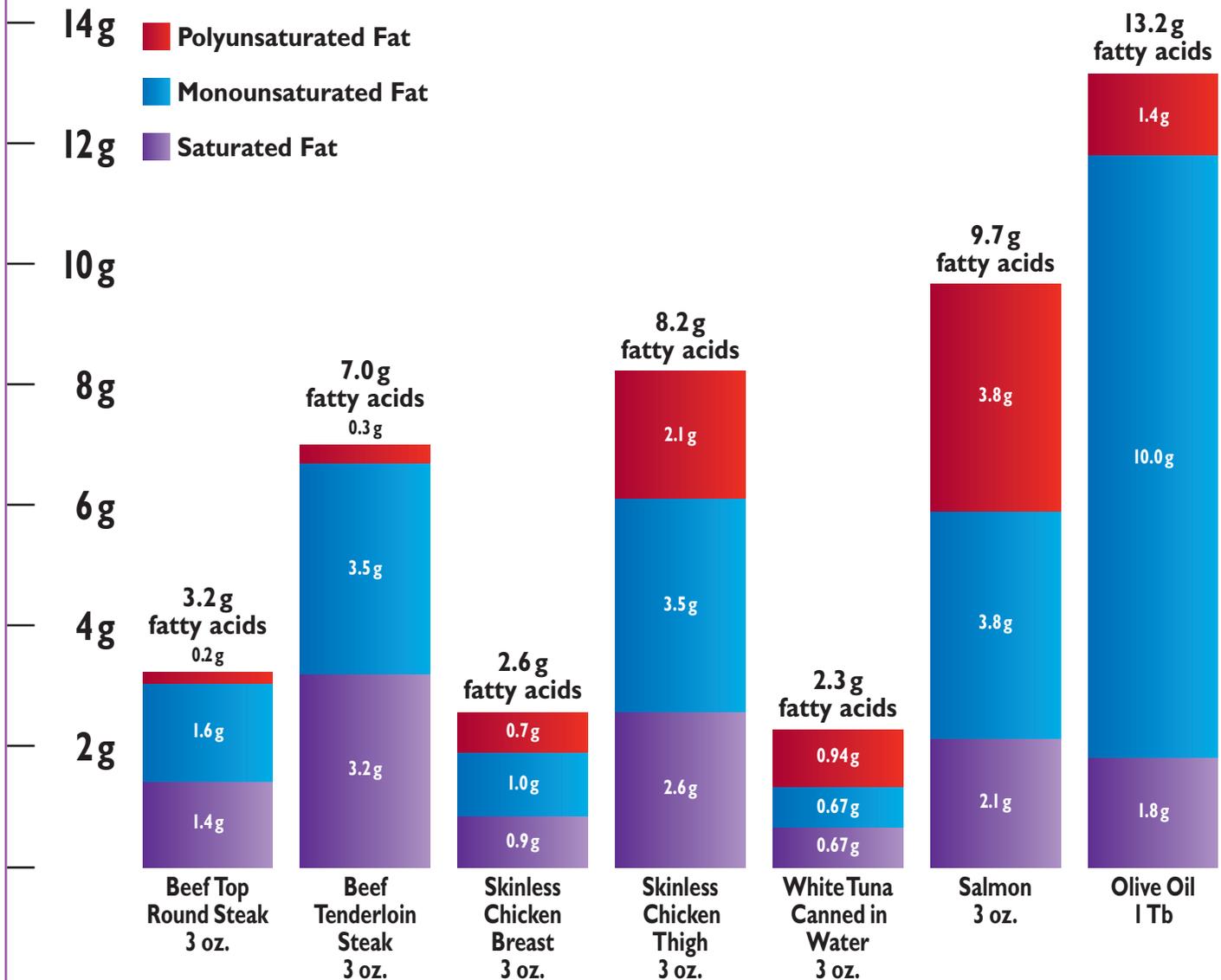
85 g (3 oz) Portion, Visible Fat Trimmed, Cooked  
Total Fatty Acids—6.60 g



Based on 3-ounce cooked serving, composite of trimmed retail cuts, all grades, 0" trim, separable lean only.  
U.S. Department of Agriculture, Agricultural Research Service, 2007. USDA Nutrient Database for Standard Reference, Release 20. Nutrient Data Laboratory homepage [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp)

# Fatty Acid Comparisons of Beef, Chicken, Fish and Olive Oil

A common misperception is that the majority of the fatty acids\* in beef are saturated. In fact, half of the fatty acids in beef are monounsaturated, the same heart-healthy type found in olive oil.



\*Total fatty acids include saturated fat, monounsaturated fat and polyunsaturated fat. Total fatty acids do not equal the total fat value because the fat value may include some non-fatty acid material, such as glycerol, phospholipids and sterols.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2007. USDA Nutrient Database for Standard Reference, Release 20. Nutrient Data Laboratory homepage [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp).