

Go for the Ground Beef

You don't have to go "Cold Turkey" on taste...

Ground Beef is higher in many essential micronutrients and can be lower in fat and calories than ground turkey. The USDA's new nutrient data shows 95% lean/5% fat ground beef meets the guidelines for "lean." Compare that to the government's data on ground turkey...



Ground Beef ¹

Serving size: 3oz. (Cooked) Daily Value

Total Fat	5g	8%
Saturated fat	2g	11%
Cholesterol	62mg	21%
Calories	139	7%
Iron	2.4mg	13%
Zinc	5mg	37%
Protein	22g	44%
Niacin	5mg	27%
Vitamin B₆	0.3mg	17%
Vitamin B₁₂	2.6mcg	44%
Selenium	18mcg	26%

Ground Turkey ²

Serving size: 3oz. (Cooked) Daily Value

Total Fat	11g	17%
Saturated fat	3g	14%
Cholesterol	87mg	29%
Calories	200	10%
Iron	1.6mg	9%
Zinc	2mg	16%
Protein	23g	47%
Niacin	4mg	20%
Vitamin B₆	0.3mg	17%
Vitamin B₁₂	0.3mcg	5%
Selenium	32mcg	45%

U.S. Department of Agriculture, Agricultural Research Service, 2002. USDA Nutrient Database for Standard Reference, Release 15. Nutrient Data Laboratory homepage www.nal.usda.gov/fnic/foodcomp

1. Based on a 3-ounce cooked serving of ground beef, 95% lean/5% fat, pan broiled (NDB No 23559)

2. Based on a 3-ounce cooked serving: poultry food products, ground turkey (NDB No 05306)