Ground Beef 101
Do You Know the Difference?

- Ground beef
- Hamburger
- Beef patties
It's All On the Label

The label will indicate:

- Net weight
- Unit price per pound
- Total price
Understanding the Label

Lean to Fat Ratio-

96% Extra Lean means

96% lean muscle and 4% fat

The higher % lean = less fat
Recommended Cooking Methods

Skillet  Grill or Broil  Oven
Production Basics

Cattle → Grass → Grain-finished

Beef can be:
- Grass-finished
- Grain-finished
Environmental Impact

Compare the Differences
Beef is a complete protein food.

Beef has nutrients important for health.

Beef has 10 essential nutrients!
Beef Scores Big with Nutrients

Protein
Vitamin B6
Vitamin B12
Niacin
Riboflavin

Iron
Choline
Selenium
Zinc
Phosphorus
Packed with Protein

One 3 oz. Serving = the size of a small iPhone.

3 ounces of ground beef provides \( \frac{1}{3} \) the daily value for protein.

Protein helps build and repair muscle tissue.
Plant vs. Lean Beef Comparison

Take a look at what 25 grams of protein looks like and see the caloric cost of plant protein.
How to Handle Beef Safely

Proper and safe handling of ground beef can help prevent food borne illness.

Cook
Clean
Chill
Separate
Clean

Wash hands and surfaces often with **hot** soapy water.
After purchasing, refrigerate Ground Beef immediately at 40 degrees F.

Use within 1-2 days or Freeze
Safe Defrosting

1. Refrigerator
2. Cold Water
3. Microwave
Separate

- Raw meats from other foods
- Use clean knife and cutting board
- Do Not Cross Contaminate!
Cook to internal doneness of 160° F.

Be sure juices and centers are not pink

Never eat undercooked or raw Ground Beef
How to Check Meat Temperature

https://www.youtube.com/watch?v=PsoPhA93J9k&feature=youtu.be
Economical, Versatile and Tasty – Ground Beef
Choose Ground Beef for Your Plate!

Understand the basics!