



Ground Beef and Meat Substitutes

When it comes to Ground Beef and newer meat substitutes, it's good to know the facts. Based on a Nutrition Facts panel comparison, did you know that 93% lean ground beef is lower in calories, fat, sat fat and sodium and higher in high-quality protein than meat substitutes? Beef is an authentic source of high-quality protein and 10 essential nutrients, including Protein, Iron, Zinc, and B-Vitamins that are essential to good health.

Nutrient	Ground Beef 80% Lean, 4 oz, raw ¹	Ground Beef 93% Lean, 4 oz, raw ²	Ground Beef 96% Lean, 4 oz, raw ³	Soy-Based Burger, 4 oz, raw ⁴	Pea-Based Burger, 4 oz, raw ⁵
Calories (kcal)	290	170	150	240	230
Total Fat (g)	23	8	4.5	14	14
Saturated Fat (g)	9	3.5	2	8	5
Cholesterol (mg)	80	70	70	0	0
Sodium (mg)	75	75	75	370	390
Total Carbohydrate (g)	0	0	0	9	7
Protein (g)	19	24	25	19	20

LOOK AT THE LABEL

Beef has the taste and the simple ingredients that consumers crave.

Product	Ingredients
80% Lean ¹	Beef
93% Lean ²	Beef
96% Lean ³	Beef
Soy-Based Burger ⁴	Water, Soy Protein Concentrate*, Coconut Oil, Sunflower Oil, Natural Flavors, 2% or less of: Potato Protein, Methylcellulose, Yeast Extract, Cultured Dextrose, Food Starch Modified, Soy Leghemoglobin, Salt, Soy Protein Isolate, Mixed Tocopherols (Vitamin E), Zinc Gluconate, Thiamine Hydrochloride (Vitamin B ₁), Sodium Ascorbate (Vitamin C), Niacin, Pyridoxine Hydrochloride (Vitamin B ₆), Riboflavin (Vitamin B ₂), Vitamin B ₁₂

*Contains: Soy

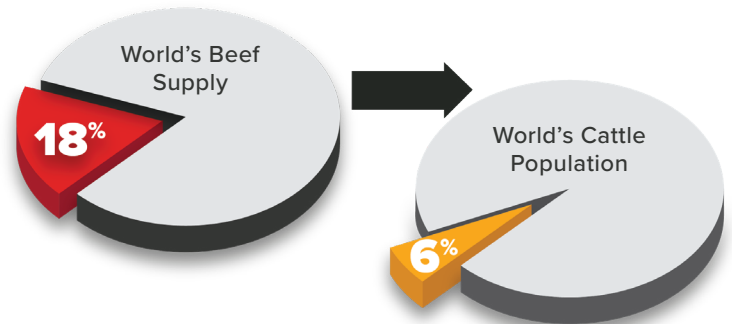
Pea-Based Burger ⁵	Water, Pea Protein**, Expeller Pressed Canola Oil, Refined Coconut Oil, Rice Protein, Natural Flavors, Dried Yeast, Cocoa Butter, Methylcellulose, Contains 1% or Less: Potato Starch, Salt, Potassium Chloride, Beet Juice Color, Apple Extract, Pomegranate Concentrate, Sunflower Lecithin, Vinegar, Lemon Juice Concentrate, Vitamins and Minerals (Zinc Sulfate, Niacinamide [Vitamin B ₃], Pyridoxine Hydrochloride [Vitamin B ₆], Cyanocobalamin [Vitamin B ₁₂], Calcium Pantothenate)
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** Peas are legumes. People with severe allergies to legumes like peanuts should be cautious when introducing pea protein into their diet because of the possibility of a pea allergy. Contains no peanuts or tree nuts.

Note: Ingredients and the nutrition facts panel reflect U.S. product only.

MORE HIGH-QUALITY BEEF, MORE SUSTAINABLY

U.S. farmers and ranchers produce 18% of the world's beef with only 6% of the world's cattle.⁶



- U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. <https://fdc.nal.usda.gov/> (NDB #23572, SR Legacy)
- U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. <https://fdc.nal.usda.gov/> (NDB #23472, SR Legacy)
- USDA Ground Beef Calculator <https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/methods-and-application-of-food-composition-laboratory/mafcl-site-pages/beef-calculator/>
- <https://impossiblefoods.com/burger> (Accessed 5/11/2021)
- <https://www.beyondmeat.com/products/the-beyond-burger/> (Accessed 5/11/2021, reformulation 3.0)
- <http://www.fao.org/faostat/en/#data/GE> and https://quickstats.nass.usda.gov/results/3AC161F7-F361-3A66-9B6C-2E1220FEBF52?pivot=short_desc

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Disclaimer: The nutrition information for food products^{4,5} was accessed directly from the manufacturer's website as of May 11, 2021. Product formulations can change frequently and without notice. Check individual product labels to verify Nutrition Facts.



Funded by Beef Farmers and Ranchers