A cut of cooked fresh meat is considered “lean” when it contains less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 mg of cholesterol per 100 grams (3½ oz) and per RACC (Reference Amount Customarily Consumed), which is 85 grams (3 oz).

These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed.

© 2021 Cattlemen’s Beef Board and National Cattlemen’s Beef Association

### Key to Recommended Cooking Methods

- **Leaves:** Special cuts meet government’s guidelines for lean, based on cooked servings, visible fat trimmed.
- **Cubes:** Medallions.
- **Line:** Skirt Steak.
- **Hard Line:** Short Ribs, Bone-In.