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.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Ground Beef 80% Lean, 4 oz, raw¹</th>
<th>Ground Beef 93% Lean, 4 oz, raw²</th>
<th>Ground Beef 96% Lean, 4 oz, raw³</th>
<th>Soy-Based Burger, 4 oz, raw⁴</th>
<th>Pea-Based Burger, 4 oz, raw⁵</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories (kcal)</td>
<td>290</td>
<td>170</td>
<td>150</td>
<td>240</td>
<td>230</td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td>23</td>
<td>8</td>
<td>4.5</td>
<td>14</td>
<td>14</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>9</td>
<td>3.5</td>
<td>2</td>
<td>8</td>
<td>5</td>
</tr>
<tr>
<td>Cholesterol (mg)</td>
<td>80</td>
<td>70</td>
<td>70</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>75</td>
<td>75</td>
<td>75</td>
<td>370</td>
<td>390</td>
</tr>
<tr>
<td>Total Carbohydrate (g)</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>9</td>
<td>7</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>19</td>
<td>24</td>
<td>25</td>
<td>19</td>
<td>20</td>
</tr>
</tbody>
</table>

**LOOK AT THE LABEL**

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

**Product** | **Ingredients**
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80% Lean¹ | Beef
93% Lean² | Beef
96% Lean³ | Beef
Soy-Based Burger⁴ | 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 B₁), Sodium Ascorbate (Vitamin C), Niacin, Pyridoxine Hydrochloride (Vitamin B₂), Riboflavin (Vitamin B₂), Vitamin B₁₂
Pea-Based Burger⁵ | 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 B₆], Pyridoxine Hydrochloride [Vitamin B₂], Cyanocobalamin [Vitamin B₁₂], Calcium Pantothenate)

**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

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Disclaimer: The nutrition information for food products⁴⁵ 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.

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**World's Beef Supply**

18%

**World's Cattle Population**

6%