

Labels Have Specific Meanings

Grass-finished or Grass-fed: Cattle that are grass-finished spend all of their lives on grass. All cattle are grass-fed, spending the majority of their lives eating grass on pastures and then some transition to grain, finishing in a feedyard.

Organic: To be labeled organic, beef must meet the rigorous United States Department of Agriculture's National Organic Program regulations. These cattle are grazed exclusively on certified organic grass pastures.

Natural: This label does not have a legal definition, so it is considered a marketing claim.

Naturally raised: The USDA regulated claim means cattle have never received any antibiotics or growth promoting hormones.



Nutrition



One 3 oz. cooked serving of lean beef contains, on average, **10 essential nutrients** including high-quality protein, iron, zinc and B-vitamins.

About **two-thirds of beef** in the meat case meets the USDA definition for lean. These lean cuts include top sirloin, top and bottom round roast, strip steak and many more.

A **shoulder roast** is another lean option that can be cooked in the crockpot with vegetables to make a delicious and nutritious, homemade dinner.

Pre-cut **stir fry strips** with bagged vegetables and whole-grain rice can be prepped and served in under 30 minutes for another nutritious option.

Ground Beef

Ground beef is incredibly versatile and is the cornerstone to many family favorites. It is **easy to cook** on the stovetop for spaghetti sauce, meatballs, hamburgers or breakfast tacos.

Labeled based on the **amount of lean meat** and fat contained in the product, a product labeled 80/20 is 80% lean meat and 20% fat. The higher the percentage of lean beef the lower fat content.

To ground beef leaner, drain the grease from the ground beef after cooking, rinse it, and pat it dry with a paper towel you can **reduce the fat content** by up to 50 percent.

The most important food safety tip on ground beef is to cook it to an internal temperature of **160 degrees Fahrenheit**.



Packaging

Wrapped tray: Great for immediate use and meal planning. For freezing, wrap in heavy-duty aluminum foil or place in a plastic freezer bag, removing as much air as possible.

Case ready chub: Convenient tube-like package that will last in the refrigerator for up to 21 days or can be popped in the freezer as is.

Vacuum-packaged: Beef in this packaging typically has a darker, purplish-red color due to the absence of oxygen. This is normal and does not indicate a quality issue. Beef in this packaging will last in the fridge up to 21 days or can be frozen as is.

