



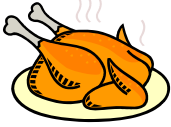

## THE MEATING PLACE

The numbers in the chart are for four ounces of the meat from cooked, skinless poultry or from cooked, carefully trimmed beef, veal, pork, or lamb, unless otherwise noted. A typical steak served in a restaurant weighs 6 to 9 ounces. A typical cooked chicken breast contains three ounces of meat. A typical chicken thigh contains almost 2 ounces, a typical drumstick 1-1/2 ounces, and a typical wing has less than an ounce. All fat numbers have been rounded to the nearest gram. Products are ranked from lowest to highest saturated fat, before rounding. To help non-red-meat eaters, we've listed poultry and fish.


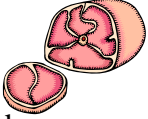
### LESS THAN 1 GRAM OF SATURATED FAT

|                                       |  | Calories | Saturated Fat | Total Fat |
|---------------------------------------|---|----------|---------------|-----------|
| Turkey Breast                         |   | 153      | 0             | 1         |
| Turkey Store Extra Lean Ground Breast |   | 146      | 0             | 1         |

### 1 TO 2 GRAMS OF SATURATED FAT

|                            |    | Calories | Saturated Fat | Total Fat |
|----------------------------|---|----------|---------------|-----------|
| Chicken Breast             |   | 186      | 1             | 4         |
| Turkey Wing                |   | 184      | 1             | 4         |
| Veal Leg Top Round         |   | 170      | 1             | 4         |
| Turkey Leg                 |   | 180      | 1             | 4         |
| Beef Eye of Round (Select) |   | 182      | 2             | 5         |
| Chicken Drumstick          |   | 194      | 2             | 6         |
| Beef Top Round (Select)    |  | 226      | 2             | 6         |
| Beef Bottom Round (Select) |   | 200      | 2             | 7         |
| Turkey Breast, with skin   |   | 214      | 2             | 8         |

### 3 TO 4 GRAMS OF SATURATED FAT

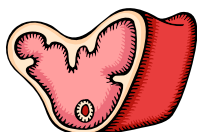
|                                 |  | Calories | Saturated Fat | Total Fat |
|---------------------------------|---|----------|---------------|-----------|
| Pork Tenderloin                 |   | 211      | 3             | 7         |
| Pork Chop, sirloin              |   | 218      | 3             | 8         |
| Chicken Breast, w/ skin         |   | 223      | 3             | 9         |
| Veal shoulder, arm              |   | 185      | 3             | 7         |
| Chicken Wing                    |   | 229      | 3             | 9         |
| Veal Sirloin                    |   | 190      | 3             | 7         |
| Lamb Shank                      |   | 203      | 3             | 8         |
| Beef Top Round (Choice)         |   | 244      | 3             | 8         |
| Veal Shoulder, blade            |   | 193      | 3             | 8         |
| Veal Loin                       |   | 193      | 3             | 8         |
| Turkey Store Lean Ground Turkey |   | 226      | 3             | 11        |
| Beef Tip Round (Select)         |   | 210      | 3             | 8         |
| Pork Chop, top loin             |   | 229      | 3             | 9         |
| Ham, Leg, rump half             |   | 233      | 3             | 9         |
| Pork Chop, Loin                 |  | 228      | 3             | 9         |
| Pork Chop, Sirloin, Untrimmed   |   | 235      | 3             | 10        |
| Beef Top Sirloin (Select)       |   | 220      | 3             | 9         |
| Chicken Thigh                   |   | 236      | 3             | 12        |

|                                 |     |   |    |
|---------------------------------|-----|---|----|
| Chicken Drumstick, w/ skin      | 244 | 3 | 13 |
| Turkey Leg, w/ skin             | 235 | 4 | 11 |
| Lamb Sirloin                    | 231 | 4 | 10 |
| Turkey Wing, w/ skin            | 259 | 4 | 14 |
| Veal Shoulder, blade, untrimmed | 210 | 4 | 10 |
| Lamb Loin                       | 244 | 4 | 11 |
| Pork Rib Roast                  | 244 | 4 | 11 |



### 5 TO 6 GRAMS OF SATURATED FAT

|                                    |     |   |    |
|------------------------------------|-----|---|----|
| Beef Top Round, untrimmed (Choice) | 253 | 5 | 12 |
| Duck                               | 227 | 5 | 13 |
| Lamb, Shoulder Blade               | 236 | 5 | 13 |
| Pork Shoulder, arm picnic          | 258 | 5 | 14 |
| Chicken Thigh, w/ skin             | 279 | 5 | 18 |
| Perdue Ground Chicken              | 240 | 5 | 16 |
| Veal Sirloin, untrimmed            | 228 | 5 | 12 |
| Beef Top Sirloin (Choice)          | 259 | 5 | 13 |
| Beef Top Loin (Choice)             | 258 | 5 | 14 |
| Pork Chop, Loin, untrimmed         | 271 | 5 | 15 |
| Ham, leg, rump half, untrimmed     | 285 | 6 | 16 |
| Beef Tenderloin (Choice)           | 276 | 6 | 16 |
| Chicken Wing, w/ skin              | 328 | 6 | 22 |



### 7 TO 10 GRAMS OF SATURATED FAT

|                                       |     |    |    |
|---------------------------------------|-----|----|----|
| Pork Rib Roast, untrimmed             | 294 | 7  | 18 |
| Ground Beef, 17% fat                  | 289 | 7  | 19 |
| Beef Top Sirloin, untrimmed (Choice)  | 304 | 8  | 19 |
| Beef Chuck, arm pot roast (Choice)    | 331 | 8  | 21 |
| Ground Beef, 20% fat                  | 307 | 8  | 21 |
| Ground Beef, 27% fat                  | 327 | 9  | 23 |
| Beef Top Loin, untrimmed (Choice)     | 337 | 9  | 24 |
| Porterhouse Steak, untrimmed (Choice) | 345 | 10 | 25 |



### MORE THAN 10 GRAMS OF SATURATED FAT

|   |     |    |    |
|---|-----|----|----|
| Duck, w/ skin                                 | 381 | 11 | 32 |
| Lamb Loin, untrimmed                          | 357 | 11 | 26 |
| Beef Chuck, arm pot roast, untrimmed (Choice) | 393 | 12 | 29 |
| Beef Chuck Blade Roast (Choice)               | 393 | 12 | 29 |
| Pork Spareribs, untrimmed                     | 449 | 13 | 34 |
| Beef Short Ribs, untrimmed (Choice)           | 532 | 20 | 47 |

### FOR COMPARISON

|             |     |   |   |
|-------------|-----|---|---|
| Flounder    | 132 | 0 | 2 |
| Pink Salmon | 163 | 1 | 5 |

