

# Go for the Ground Beef

You don't have to go "Cold Turkey" on taste...

Ground Beef is higher in many essential micronutrients and can be lower in fat and calories than ground turkey. The USDA's new nutrient data shows 95% lean/5% fat ground beef meets the guidelines for "lean." Compare that to the government's data on ground turkey...



Ground Beef <sup>1</sup>		
	Serving size: 3oz. (Cooked)	Daily Value
<b>Total Fat</b>	5g	8%
<b>Saturated fat</b>	2g	11%
<b>Cholesterol</b>	62mg	21%
<b>Calories</b>	139	7%
<b>Iron</b>	2.4mg	13%
<b>Zinc</b>	5mg	37%
<b>Protein</b>	22g	44%
<b>Niacin</b>	5mg	27%
<b>Vitamin B<sub>6</sub></b>	0.3mg	17%
<b>Vitamin B<sub>12</sub></b>	2.6mcg	44%
<b>Selenium</b>	18mcg	26%

Ground Turkey <sup>2</sup>		
	Serving size: 3oz. (Cooked)	Daily Value
<b>Total Fat</b>	11g	17%
<b>Saturated fat</b>	3g	14%
<b>Cholesterol</b>	87mg	29%
<b>Calories</b>	200	10%
<b>Iron</b>	1.6mg	9%
<b>Zinc</b>	2mg	16%
<b>Protein</b>	23g	47%
<b>Niacin</b>	4mg	20%
<b>Vitamin B<sub>6</sub></b>	0.3mg	17%
<b>Vitamin B<sub>12</sub></b>	0.3mcg	5%
<b>Selenium</b>	32mcg	45%

U.S. Department of Agriculture, Agricultural Research Service, 2002. USDA Nutrient Database for Standard Reference, Release 15. Nutrient Data Laboratory homepage [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp)

1. Based on a 3-ounce cooked serving of ground beef, 95% lean/5% fat, pan broiled (NDB No 23559)
2. Based on a 3-ounce cooked serving: poultry food products, ground turkey (NDB No 05306)