

FUN FACTS ABOUT



Beef

- Dairy cows produce milk. Beef cattle are raised for their meat.
- Three ounces of lean beef, about the size of a deck of cards, supplies nearly half the protein most people need in a day.
- Try ground beef that is 85% lean or higher. Leaner meat usually costs more per pound but there is less waste.
- Color of ground beef can vary from dark purple-red to a bright red on surfaces exposed to oxygen. Darker color on the inside does not mean poor quality or spoilage.



The 8 Primal Cuts of Beef

