



What Do We Mean by Lean?

Based on the government's definition, for a food to be considered "lean," it must contain less than 10g of fat, 4.5g (or less) of saturated fat and less than 95mg of cholesterol per serving.

To be classified as "extra lean," it must contain less than 5g of fat, less than 2g of saturated fat and less than 95mg of cholesterol per serving.

All Laura's Lean Beef products meet or exceed these requirements.

Product	"Extra Lean" 5 grams of fat (or less) per serving	"Lean" 9 grams of fat (or less) per serving
Laura's Lean Ground Beef	96% Lean Ground Round 96% Lean Ground Sirloin	92% Lean Ground Beef Frozen 92% Lean Ground Beef Patties
Laura's Lean Beef Steaks	Sirloin Steak Strip Steak Flank Steak Tenderloin Filet	Ribeye
Laura's Lean Beef Cuts	Top Round Eye of Round Sirloin Tip	
Laura's Lean Beef Fully Cooked Entrees	Shredded Beef in BBQ Sauce Beef Pot Roast Au Jus	Meatloaf with Tomato Sauce