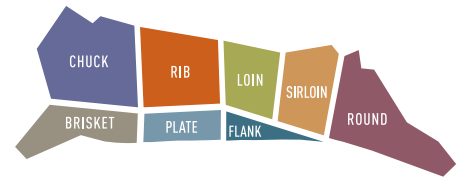


Beef Cuts for Grilling

AMERICA'S MOST POPULAR CUTS FOR GRILLING



<p>LOIN Porterhouse Steak</p> 	<p>SIRLOIN Tri-Tip Steak LEAN</p> 	<p>CHUCK Blade Chuck Steak *</p> 	<p>CHUCK Top Blade Steak LEAN</p> 
<p>LOIN T-Bone Steak</p> 	<p>FLANK Flank Steak* LEAN</p> 	<p>CHUCK Chuck Center Steak*</p> 	<p>CHUCK Flat Iron Steak</p> 
<p>LOIN Strip Steak, Bone-In</p> 	<p>PLATE Skirt Steak*</p> 	<p>CHUCK Denver Steak</p> 	<p>RIB Ribeye Steak, Bone-In</p> 
<p>LOIN Strip Steak, Boneless LEAN</p> 	<p>ROUND Top Round Steak* LEAN</p> 	<p>CHUCK Chuck Eye Steak</p> 	<p>RIB Ribeye Steak, Boneless</p> 
<p>LOIN Tenderloin Steak LEAN</p> 	<p>ROUND Eye of Round Steak* LEAN</p> 	<p>CHUCK Shoulder Steak* LEAN</p> 	<p>RIB Ribeye Cap Steak</p> 
<p>SIRLOIN Top Sirloin Steak LEAN</p> 	<p>OTHER Kabobs* LEAN</p> 	<p>CHUCK Ranch Steak LEAN</p> 	<p>RIB Back Ribs*</p> 
<p>SIRLOIN Petite Sirloin Steak LEAN</p> 	<p>OTHER Ground Beef and Ground Beef Patties</p> 	<p>BEEF</p> <p>IT'S WHAT'S FOR DINNER.</p> <p>BeefItsWhatsForDinner.com</p> <p>Funded by the Beef Checkoff.</p>	

LEAN These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed. * Marinate before cooking for best results

©2013 Cattlemen's Beef Board and National Cattlemen's Beef Association. All lean beef cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3½-oz serving. Based on cooked servings, visible fat trimmed.