

Nutrient Comparisons of Meat, Poultry and Seafood

	CALORIES	TOTAL FAT (g)	SATURATED FATTY ACIDS (g)	CHOLESTEROL (mg)	PROTEIN (g)	IRON (mg)	ZINC (mg)
Daily Value*	2000	65	20	300	50	18	15
Lean Cuts of BEEF							
Top Round, broiled	153	4.2	1.4	71	26.9	2.4	4.7
Eye Round, roasted	143	4.2	1.5	59	24.6	1.7	4.0
Mock Tender Steak, broiled	136	4.7	1.6	54	22.0	2.5	6.6
Shoulder Pot Roast (boneless)	147	5.7	1.8	60	22.4	2.6	5.4
Round Tip, roasted	157	5.9	2.0	69	24.4	2.5	6.0
Shoulder Steak (boneless), braised	161	6.0	1.9	80	24.9	3.2	6.7
Top Sirloin, broiled	166	6.1	2.4	76	25.8	2.9	5.5
Bottom Round, roasted	161	6.3	2.1	66	24.5	2.7	3.9
Top Loin, broiled	176	8.0	3.1	65	24.3	2.1	4.4
Tenderloin, broiled	175	8.1	3.0	71	24.0	3.0	4.8
T-Bone Steak, broiled	172	8.2	3.0	48	23.0	3.1	4.3
Tri-Tip, roasted	177	8.2	3.0	70	24.0	3.2	4.2
CHICKEN							
Chicken Breast (with skin), roasted	167	6.6	1.9	71	25.3	0.9	0.9
Chicken Breast (skinless), roasted	140	3.0	0.9	72	26.4	0.9	0.9
Chicken Thigh (with skin), roasted	210	13.2	3.7	79	21.3	1.1	2.0
Chicken Thigh (skinless), roasted	178	9.2	2.6	81	22.0	1.1	2.2
TURKEY							
Turkey Breast (skinless), roasted	115	0.6	0.2	71	25.6	1.3	1.5
Turkey, Whole (with skin), roasted	146	4.9	1.4	89	24.0	1.7	2.5
GROUND MEAT							
Ground Beef, 95% lean/5% fat, pan-broiled	139	5.0	2.2	65	21.9	2.4	5.5
Ground Beef, 90% lean/10% fat, pan-broiled	173	9.1	3.7	70	21.4	2.4	5.4
Ground Beef, 85% lean/15% fat, pan-broiled	197	11.9	4.7	73	20.9	2.3	5.3
Ground Turkey, cooked	200	11.2	2.9	87	23.3	1.6	2.4
SEAFOOD							
Orange Roughy, dry heat	76	0.8	0.0	22	16.0	0.2	0.8
Halibut, dry heat	119	2.5	0.4	35	22.7	0.9	0.5
Tuna, Yellowfin, dry heat	118	1.0	0.3	49	25.5	0.8	0.6

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. All beef cuts 1/4" trim, separable lean only, except Tri-Tip, Tenderloin and Tender Steak, 0" trim. All products 3 oz. cooked servings.

*Based on 2000 calorie intake for adults and children 4 or more years of age.