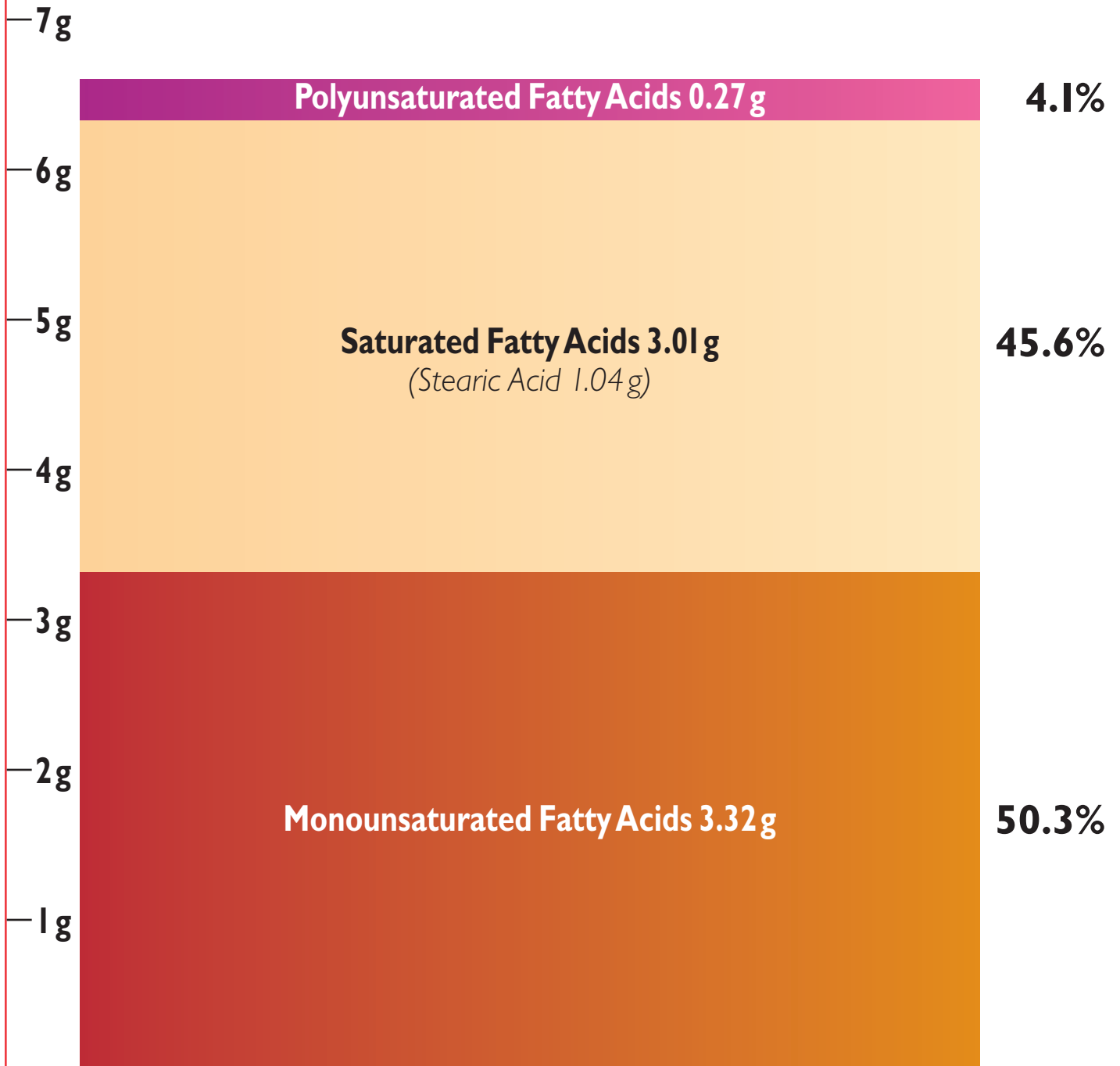


# Fatty Acid Profile of Beef

85 g (3 oz) Portion, Visible Fat Trimmed, Cooked  
Total Fatty Acids—6.60 g



Based on 3-ounce cooked serving, composite of trimmed retail cuts, all grades, 0" trim, separable lean only.  
U.S. Department of Agriculture, Agricultural Research Service, 2006. USDA Nutrient Database for Standard Reference, Release 19. Nutrient Data Laboratory homepage [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp)