

Beef Safety in Your Kitchen

Just remember...



- Use refrigerated beef steaks and roasts within 3 to 5 days of purchase. All fresh ground beef should be used within 1 to 2 days of purchase.
- Keep your meats frozen at or below 0°F and refrigerated at or below 40°F.
- Ground beef should ALWAYS be cooked to the safe and savory 160°F and whole muscle cuts such as steaks and roasts should be cooked at or above 145°F to ensure complete beef safety.
- Using an instant-read meat thermometer is the **only reliable way** to ensure that your ground beef is cooked to a safe and savory 160°F.

Using Your Meat Thermometer...

- Instant-read thermometers **cannot be used in the oven** – insert them into your ground beef after you've removed it from the oven.
- When cooking or grilling ground beef, stick your meat thermometer into the **thickest area of the beef**, inserting sideways.
- As with any cooking utensil, always **sanitize your meat thermometer** with hot soapy water after each use. Do not place it in the dishwasher.



Get the Lean on Beef

You should know that there are **29 cuts of beef** that meet government guidelines for lean. Each one contains less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 3.5 oz. serving along with only 179 calories on average. Popular lean cuts of beef include the Top Sirloin Steak, Top Loin (Strip) Steak, Top Round Roast and Steak, and the T-Bone Steak, just to name a few. A complete listing of these 29 cuts of lean beef can be viewed on www.BeeftsWhatsForDinner.com.

The Scoop on Beef's Nutrient Profile

Protein

- A three-ounce serving of beef contains 51% of the recommended daily value of protein.
- Studies indicate that protein is more satisfying than carbohydrates and can help people lose or maintain weight.

More Essential Nutrients Found in Beef

- Beef is a naturally rich source of nine essential nutrients that are needed for a healthy, active lifestyle. Beef is an excellent source of: protein, zinc, vitamin B12, selenium and phosphorous, and a good source of: niacin, vitamin B6, iron and riboflavin.
- Beef is the food supply's most easily absorbed source of iron and zinc.

