

FAT CONTENT OF MEAT

	TOTAL FAT %	SATURATED FAT %
• Buffalo, elk, venison	17%	7%
• Pork loin	26%	9%
• Round steak	27%	10%
• Veal chop	39%	17%
• Canadian bacon	41%	14%
• Filet mignon	42%	16%
• Sirloin steak	44%	16%
• Flank steak	44%	19%
• Lamb ribs	48%	22%
• Spare ribs	52%	22%
• Ground beef (very lean)	58%	23%
• Sausage (beef)	80%	33%