

Choosing the Healthiest Cut of Meat

As long as meat is lean, with visible fat removed, and you control portion size and the frequency with which you eat it, you can still have meat. To help you choose the right cuts, here are some tips from the United States Department of Agriculture.

- **The leanest cuts of beef include round steaks and roasts (eye round, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.**
- **The leanest cuts of pork include loin, tenderloin, center loin, and ham (sorry bacon not included!)**
- **Choose extra lean ground beef - look for at least 90%. You may even be able to find ground beef that is 93 or 95 percent lean.**
- **Choose lean roast beef and ham and low-fat luncheon meats for sandwiches instead of meats with more fat, such as regular bologna and salami.**
- **Avoid meat that is heavily marbled - that is, streaked with fat. Look for meat with the least amount of visible fat.**

