Track Meat

Best Bites (✔✔) have no more than 2 grams of saturated fat per serving (4 ounces cooked). We disqualified red meat, which may raise the risk of heart disease and cancer. Red meats are carefully trimmed (in most cases to ½% fat). Because recent ¼" trim numbers were unavailable for pork, we used older numbers. Within each section, cuts are ranked from least to most saturated fat, then least to most calories.

Poultry (4 oz. cooked)

Perdue Fit & Easy Ground Chicken Breast¹
Perdue Fit & Easy Ground Turkey Breast¹
Turkey breast, no skin
Chicken breast, no skin
Chicken drumstick, no skin
Perdue Lean Ground Turkey, 7% fat¹
Turkey leg, no skin
Chicken wing, no skin
Chicken thigh, no skin
Turkey leg, with skin
Chicken drumstick, with skin
Turkey wing, with skin
Perdue Ground Chicken¹
Chicken thigh, with skin
Perdue Ground Turkey, 15% fat¹
Chicken wing, with skin

Beef (4 oz. cooked, ¼" trim unless noted)

Chuck eye steak, choice, 0¼" trim
Top round (London broil), select
Hank steak, choice, 0¼" trim
Bottom round (Rump roast), select
Eye of round roast, choice
Top round (London broil), choice
Ground beef, 10% fat
Tri-tip roast, choice, 0¼" trim
Bottom round roast, select
Bottom round (Rump roast), choice
Round tip roast, choice
Bottom round steak, choice
Flat iron steak, choice, 0¼" trim
Ground beef, 15% fat
Top sirloin steak, choice
Ribeye (Delmonico) steak, choice, 0¼" trim
Ground beef, 20% fat
Filet mignon (Tenderloin steak), choice
Ground beef, 25% fat

Pork (4 oz. cooked, ½" trim unless noted)

Tenderloin, 0¼" trim
Sirloin roast, boneless, 0¼" trim
Top loin chop, boneless
Top loin roast, boneless
Loin chop, with bone
Pork chop (Loin rib chop), boneless
Shoulder blade steak
Pork chop (Loin rib chop), with bone
Ground pork
Country style ribs, with bone
Spareribs, no trim specified

Lamb (4 oz. cooked, ¼" trim)

Shank, domestic
Loin chop, Australian
Leg, domestic
Shank, Australian
Leg, Australian
Shoulder blade chop, domestic
Loin chop, domestic
Shoulder arm chop, domestic
Rib roast, Australian
Shoulder arm chop, Australian
Shoulder blade chop, Australian
Rib roast, domestic

Veal (4 oz. cooked, no trim specified)

Cutlet
Shoulder arm steak
Shoulder blade steak
Loin chop
Rib roast

For comparison (4 oz. cooked)

Flounder
Wild Coho Salmon

Best Bite. ¹ Other companies’ numbers are probably similar.

Daily Saturated Fat Limit (for a 2,000-calorie diet): 20 grams.

Source: USDA and company information. The use of information from this article for commercial purposes is strictly prohibited without written permission from CSPI.

According to a 2006 report from the United Nations called Livestock’s Long Shadow, ² “In the United States, livestock are responsible for 55 percent of 33 percent of the phosphorus load into freshwater resources,” says the report. What’s more, livestock account for 18 percent of global greenhouse gas emissions—more than transportation. That’s because cattle emit methane, a greenhouse gas that’s 25 times more destructive than carbon dioxide.

Not a vegetarian? Would it kill you to eat like one every once in a while? 

2 tao.org/docrep/010/a0701e/a0701e00.HTM.