

Nutrition Comparison Chart

Per 3 oz cooked serving (approximate values)

Meat	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Protein (g)
2-Copy Piedmontese Beef	120	2.5	1.0	55	26
Choice Beef	180	10.0	4.0	75	22
Prime Beef	230	16.0	6.5	85	20
Bison	143	2.4	1.0	82	28
Chicken Breast (skinless)	165	3.6	1.0	85	31
Pork Loin	170	7.0	2.5	80	24

2-copy Piedmontese beef is naturally lean due to the myostatin gene, resulting in exceptional tenderness with significantly less fat.