

# LONGHORN BEEF

## NUTRITIONAL COMPARISON

The table below compares the nutritional value of various meat products  
Based on 3.5 oz serving

Meat	Calories	Protein (grams)	Fat (grams)	Cholesterol (milligrams)
<b><u>Longhorn Beef*</u></b>	<b>140</b>	<b>25.5</b>	<b>3.7</b>	<b>61.5</b>
Bison	143	27.8	2.4	82
Turkey	170	29.3	5	76.6
Chicken, white	173	30.9	4.5	85.7
Salmon	203	21	10.5	59.5
Venison	207	33.5	6.4	4
Pot Roast	210	33	7.6	101
Lamb Chop	216	30	9.7	95.8
Ground Beef(lean)	272	24.7	18.5	87.7
Ground Beef	289	24.1	20.7	90

\*Source: Longhorn Data \*Nutrient Density of Beef from Texas Longhorn Cattle;\* Texas A&M, 1997. Other data USDA, USA Today 11/29/91, Pope Lab, Inc. Dallas, TX