### Lean Meat Definition

**Per 100 grams**
- 4.5 grams or less of saturated fat
- Less than 10 grams of total fat
- Less than 95 milligrams of cholesterol

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### Extra Lean Meat Definition

**Per 100 grams**
- 2 grams or less of saturated fat
- Less than 5 grams of total fat
- Less than 95 milligrams of cholesterol

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