

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

lean point

97
3

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