**DO YOU KNOW YOUR BEEF?**

Understanding USDA beef quality grade standards

**marbling**

n. /ˈmɑrblɪŋ/  
the amount of fat interspersed with lean meat

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**PRIME**  
SLIGHTLY ABUNDANT MARBLING PRESENT  
Produced from young, well-fed beef cattle.

**USDA PRIME**

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**CHOICE**  
SMALL AMOUNT OF MARBLING PRESENT  
High quality, but less marbling than prime.

**USDA CHOICE**

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**SELECT**  
SLIGHT AMOUNT OF MARBLING PRESENT  
Lean and tender, but lacks juiciness and flavor due to lesser marbling.

**USDA SELECT**

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