

The Meat Counter

Best Bites (✓✓) have no more than 2 grams of saturated fat per serving (4 oz. cooked). We disqualified red meat. Numbers for meat include separable lean and fat, with a 1/8" trim when available. Within each section, cuts are ranked from least to most saturated fat, then least to most calories.

Poultry (4 oz. cooked)	Calories	Saturated Fat (g)
✓✓ Turkey breast (whole or ground), no skin	150	0.5
✓✓ Chicken breast (whole or ground), no skin	190	1
✓✓ Chicken drumstick, no skin	180	1.5
✓✓ Turkey wing, no skin	190	1.5
✓✓ Turkey breast, with skin	190	2
Chicken thigh, no skin	200	2.5
Ground chicken, 8% fat	200	2.5
Chicken breast, with skin	220	2.5
Chicken wing, no skin	230	2.5
Chicken drumstick, with skin	220	3
Chicken thigh, with skin	260	4.5
Chicken wing, with skin	290	5.5

Beef (4 oz. cooked, 1/8" trim unless noted)	Calories	Saturated Fat (g)
Top round roast, choice, 0" trim	180	2
Eye of round steak, choice, 0" trim	190	2
Ground beef, 7% fat	220	4
Flank steak, choice, 0" trim	230	4.5
Eye of round roast, choice	240	4.5
Top round steak (London broil), choice	250	4.5
Ground beef, 10% fat	250	5
Bottom round roast, choice	250	5.5
Flat iron steak, choice, 0" trim	260	6
Ground beef, 15% fat	280	6.5
Top sirloin steak, choice	290	7
Ground beef, 20% fat	310	7.5
Filet mignon (Tenderloin steak), choice	310	8
New York strip steak, choice	310	8
Ground beef, 30% fat	310	8.5
Porterhouse steak, choice	320	9
Chuck arm pot roast, choice	350	9
Brisket (flat half or first cut), choice	340	9.5
T-bone steak, choice	330	10
Tenderloin roast, choice	370	11.5
Ribeye steak (bone-in), choice	350	12
Prime rib, choice	410	13.5

Veal (4 oz. cooked, no trim specified)	Calories	Saturated Fat (g)
Cutlet	170	1
Loin chop	220	4
Rib roast	260	6

Pork (4 oz. cooked, no trim specified)	Calories	Saturated Fat (g)
Tenderloin	170	1.5
Top loin roast, boneless	220	3
Top loin chop, boneless	220	3.5
Loin chop, with bone	240	4
Pork chop (Loin rib chop), with bone	250	5
Ground pork	340	8.5
Spareribs	450	12.5

Lamb (4 oz. cooked, 1/8" trim)	Calories	Saturated Fat (g)
Shank, domestic	250	5
Loin chop, Australian	250	6.5
Leg, domestic	270	6.5
Shank, Australian	260	7
Leg, Australian	280	8
Shoulder blade chop, domestic	300	8.5
Loin chop, domestic	330	10.5
Shoulder arm chop, domestic	380	10.5
Shoulder arm chop, Australian	350	11
Shoulder blade chop, Australian	330	12
Rib roast, domestic	390	13

For comparison (4 oz. cooked)	Calories	Saturated Fat (g)
✓✓ Tofu, extra-firm	110	1
✓✓ Tilapia	150	1
✓✓ Wild Coho salmon	160	1

✓✓ Best Bite.

Daily Saturated Fat Limit (for a 2,000-calorie diet): 20 grams.

Source: U.S. Department of Agriculture National Nutrient Database for Standard Reference. The use of information from this article for commercial purposes is strictly prohibited without written permission from CSPI.