



The Be Fit Minute

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RED MEAT THAT'S A CUT ABOVE

Beef and pork are both sources of "red meat." Certain red meat cuts can be high in unhealthy fat; however, where meat comes from on an animal can help you figure out how lean it is. The hindquarter is typically the leanest. In general, muscle used less often (i.e. the rib and loin) will be more tender than active muscle from the shoulder, flank, and leg: you may need to braise, stew, or marinate these cuts.

Choose cuts from the "loin" or "round" when possible. (Lean cuts are asterisked below.)*

Beef Buying Tips: "Select" grade beef is leaner than "Choice" or "Prime." With ground beef, look for > 90% lean.

BEEF

Chuck

- Pot Roast (various)
- Shoulder Pot Roast***
- Petite Steak***
- Shoulder Steak***
- Shoulder Center Steak***
- "Ranch Steak"***
- Flat Iron
- Top Blade
- Short Ribs
- Stew Beef
- Ground Chuck

Brisket

- Brisket (various)
- Brisket Flat Half***
- Pot Roast
- Corned Beef
- "Burnt Ends"

Plate

- Short Ribs
- Skirt Steak
- Fajita Meat
- Ground Beef

Rib

- Prime Rib
- Rib-Eye
- "Delmonico"
- (May also come from the short loin)
- Cowboy Steak
- Rib Roast
- Back Ribs
- Short Ribs

Round

- Cube Steak***
- Eye of the Round***
- Round Steak***
- Top Round***
- "London Broil"***
- Bottom Round***
- "Western Griller"***
- Rump Roast***
- Ground Round

Short Loin

- Top Loin***
- Strip Loin***
- Club Steak***
- Strip Steak***
- "Kansas City Strip"***
- "New York Strip"***
- T-bone*
- Porterhouse
- Hanger Steak***
- "Butcher's Steak"***
- Onglet***

Sirloin

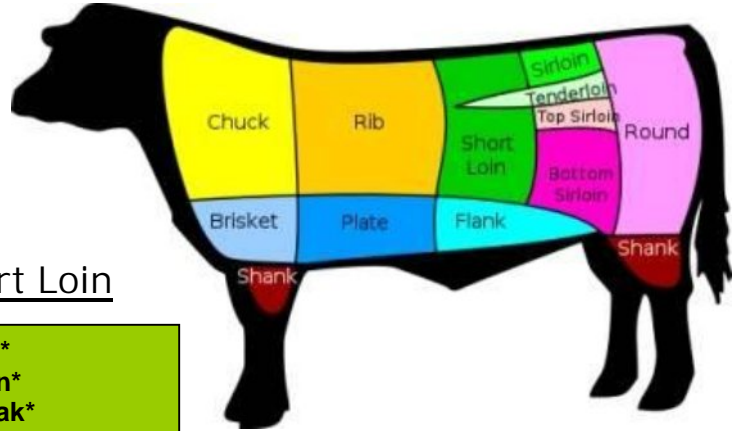
- Tri Tip***
- Top Sirloin***
- Coulotte***
- Flap Steak***
- Bavette***
- Ground Sirloin

Tenderloin

- Filet Mignon***
- Chateaubriand***

Flank

- Flank***



PORK

Butt Shoulder

- Blade Steak
- Shoulder Roast
- Boston Blade Roast
- Braise & Stew Meat
- Pulled Pork
- Ground Pork
- Sausage
- Fatback for Lard

Spare Rib

- "St. Louis Style Ribs"
- "Kansas City Cut Ribs"

Picnic Shoulder

- Pulled Pork
- Ground Pork
- Sausage

Side

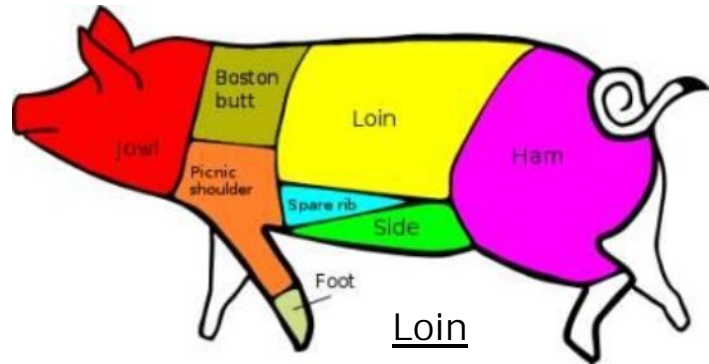
- Pork Belly
- Bacon
- Pancetta

Jowl

- Sausage
- Bacon
- Guanciale

Ham

- Ham***
- Ham Hock
- Prosciutto
- Serrano Ham



Rib, Sirloin & Top Loin "Center Cut" Chops*

- Blade Chop
- Butterfly Chop
- Country-Style Ribs
- Cutlets***
- Tenderloin***
- "Pork Medallions"***
- Top Loin Roast***
- Sirloin Roast***
- Canadian Bacon***
- Crown Roast
- Blade Roast
- Baby Back Ribs or "Canadian Back Ribs"