

GET THE SKINNY ON LONGHORN BEEF.



LEAN. LOCAL. DELICIOUS.

Grass-fed Longhorn beef is:

- Leaner than regular beef
- Leaner than *"the other white meat"*
- Leaner than most cuts of chicken

At only 140 calories per serving, a Longhorn steak has less fat, cholesterol and calories than almost any other meat or poultry available.

So what are you waiting for? Have your steak and eat it, too.

Just make sure it's lean, local and delicious!

NUTRITIONAL COMPARISON:

MEAT <small>(Based on 3.6 oz serving)</small>	CALORIES <small>(gms)</small>	FAT <small>(gms)</small>	CHOLESTEROL <small>(gms)</small>
Ground Beef	289	20.7	90.0
Ground Beef, lean	272	18.5	87.7
Chicken, dark	205	9.7	93.8
Lamb Chop	216	9.7	95.8
Pork Loin	190	9.8	79.6
Pork Chops	202	8.1	82.7
Lamb Leg	191	7.7	89.7
Pot Roast	210	7.6	101.0
Venison	207	6.4	4.0
Turkey	170	5.0	75.6
Top Round	180	4.9	84.6
Chicken, white	173	4.5	85.7
Bison	143	2.4	82.0
Longhorn Beef	140	3.7	81.5

Source, Longhorn data: "Nutrient Density of Beef From Texas Longhorn Cattle";
Texas A&M, 1987 Other data: USDA, USA Today 11/29/91. Pope Lab, Inc, Dallas, TX

GRASS
FED