Lean Beef: A Dramatic Evolution

U.S. Senate Committee releases *Dietary Goals for the American People*, recommending less total fat and animal fat.

National Consumer Retail Beef Study sparks reduction of fat trim on beef cuts at retail.

U.S. government issues its first *Dietary Guidelines for Americans*.

Checkoff analyzes nutrient content of retail beef with ⅛-inch fat trim.

USDA updates beef nutrient database, identifying 7 cuts meeting government guidelines for lean.

USDA database includes data on beef with ⅛-inch and 0-inch trim.

USDA database includes new ground beef data with lean percentages up to 95% and cuts with ¼-inch trim. 14 cuts meet government guidelines for lean.

USDA database includes checkoff-developed Beef Value Cuts; 29 cuts to meet government guidelines for lean.

USDA database eliminates data on 264 beef products no longer available in the meat case (primarily ¼-inch and ½-inch trim).

USDA database includes ⅛-inch and 0-inch trim data; 19 cuts meet government guidelines for lean.

Nutrition labeling in the meat case becomes mandatory.

National Beef Market Basket Survey assesses composition of retail beef sold.

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USDA database includes 1/8-inch and 0-inch trim data; 19 cuts meet government guidelines for lean.

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