

Calculating Beef Labels

Example: Label says: “Natural Lean Ground Beef: 91/9”

Assumption: This beef is 91% protein and 9% fat

Label information (PER OZ): 80 calories
 6.0 gms protein
 6.0 gms fat

1 gm protein = 4 calories 1 gm fat = 9 calories
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Calculate Actual Fat:

6 grams fat x 9 calories/gram = 54 calories in fat
54 calories fat / 80 calories total = 67% fat

Calculate Actual Protein:

6 grams protein x 4 calories/gram = 24 calories in protein
24 calories protein / 80 calories total = 30 % protein

Standard Beef Labels(PER OZ)	<u>Calories</u>	<u>Grams Protein</u>	<u>Grams Fat</u>
“Regular” Ground Beef	80	4.5	6.5
“Lean” Ground Beef	80	6.0	6.0
“Extra Lean” Ground Beef	80	6.5	5.5