

# HOW DOES BEEFALO COMPARE TO OTHER POPULAR MEATS?

The Protein Efficiency Index provides an easy-to-understand method for comparing the nutrient efficiency of various foods. The Index relates grams of Protein to grams of Saturated Fat.

BEEFALO is an excellent source of Protein. BEEFALO is also significantly lower in Saturated Fat than other popular meats. On either basis, BEEFALO's a smart choice for health-conscious consumers. When the Protein Efficiency is taken into consideration, the BEEFALO advantage is even more obvious.

## NUTRITION SCOREBOARD

	<b>CALORIES</b> <small>TOTAL CALORIES PER 100 GRAMS OF COOKED MEAT</small>	<b>CHOLESTEROL</b> <small>MILLIGRAMS OF CHOLESTEROL PER 100 GRAMS OF COOKED MEAT</small>	<b>TOTAL FAT</b> <small>GRAMS OF TOTAL FAT PER 100 GRAMS OF COOKED MEAT</small>	<b>SATURATED FAT</b> <small>GRAMS OF SATURATED FAT PER 100 GRAMS OF COOKED MEAT</small>	<b>PROTEIN</b> <small>GRAMS OF PROTEIN PER 100 GRAMS OF COOKED MEAT</small>	<b>Protein Efficiency Index</b> <small>RATIO OF PROTEIN TO SATURATED FAT</small>	
<b>PORK</b>	273	86	17.08	6.22	27.30	4.39	<b>PORK</b>
<b>BEEFALO</b>	188 <small>LOWEST</small>	58 <small>LOWEST</small>	6.32 <small>LOWEST</small>	2.68 <small>LOWEST</small>	30.66 <small>HIGHEST</small>	11.44 <small>HIGHEST</small>	<b>BEEFALO</b>
<b>CHICKEN</b>	239	88	13.60	3.79	27.57	7.28	<b>CHICKEN</b>
<b>BEEF</b>	273	87	17.37	6.85	27.33	3.99	<b>BEEF</b>

### PERCENTAGE OF CALORIES FROM FAT 9 calories per gram of fat

**PORK**  
56.3%

**BEEFALO**  
30.2%

**CHICKEN**  
51.2%

**BEEF**  
57.2%

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Data Sources:  
**U.S. Department of Agriculture**  
Human Nutrition Information Service

USDA Handbook AH-8-17 (Rev. 1989)  
"Composition of Foods: Lamb, Veal, and Game Products"  
Composite of Cuts, Cooked ... NDB #17153

USDA Handbook AH-8-10 (Rev. 1991)  
"Composition of Foods: Pork Products"  
Composite of Cuts, Cooked ... NDB #10188

USDA Handbook AH-8-5 (Rev. 1978)  
"Composition of Foods: Poultry Products"  
Composite of Cuts, Cooked ... NDB #05013

USDA Handbook AH-8-13 (Rev. 1990)  
"Composition of Foods: Beef Products"  
Composite of Cuts, Cooked ... NDB #13361