Fatty Acid Profile of Beef

85 g (3 oz) Portion, Visible Fat Trimmed, Cooked
Total Fatty Acids—6.60 g

- 7g
- 6g
- 5g
- 4g
- 3g
- 2g
- 1g

Polyunsaturated Fatty Acids 0.27 g  4.1%

Saturated Fatty Acids 3.01 g  45.6%
(Stearic Acid .97 g)

Monounsaturated Fatty Acids 3.32 g  50.3%
(Oleic Acid 3.02 g)

Based on 3-ounce cooked serving, composite of trimmed retail cuts, all grades, 0” trim, separable lean only.
Fatty Acid Comparisons of Beef, Chicken, Fish and Olive Oil

A common misperception is that the majority of the fatty acids* in beef are saturated. In fact, half of the fatty acids in beef are monounsaturated, the same heart-healthy type found in olive oil.

*Total fatty acids include saturated fat, monounsaturated fat and polyunsaturated fat. Total fatty acids do not equal the total fat value because the fat value may include some non-fatty acid material, such as glycerol, phospholipids and sterols.