Ground Beef Calculator

The USDA Nutrient Data Laboratory has launched a new nutrient search program, the Ground Beef Calculator, which provides the user with nutrient information for retail ground beef products containing any level of fat between 3% and 30%. The Ground Beef Calculator generates a nutrient profile based on the fat (or lean) content of retail ground beef and the preparation method specified (broiled patties, pan-broiled patties, loaves, or crumbles). This program complements the ground beef data currently available in the USDA National Nutrient Database for Standard Reference (SR Legacy).

To Learn more about the Ground Beef Study

Ground beef, the most commonly consumed beef product in the US, is unique in that a wide range of products differing in lean and fat content are available in most retail stores. In order to provide consumers, scientists, and industry with the nutrient composition information for this variable product, an analytical study was designed to establish the mathematical relationship between the various nutrients and the total fat content of raw ground beef. Ground beef products were purchased nationwide; raw and cooked patties, loaves, and crumbles were prepared for chemical analyses. The nutrient data generated by chemical analysis was then analyzed by regression statistics. Regression analysis yielded equations, which could be used to estimate nutrient profiles for products ranging from 3% to 30% fat. Nutrient profiles for raw and cooked ground beef products containing 3%, 5%, 7%, 10%, 15%, 20%, 25%, and 30% fat are currently available in the USDA National Nutrient Database for Standard Reference (SR). A computer program (the Ground Beef Calculator) was developed to generate nutrient profiles for ground beef products containing <u>any</u> fat level between 3% and 30%, e.g., 6% fat. Estimates for proximate nutrients (i.e., moisture, protein, fat, and ash), minerals, B-vitamins, folate, choline, vitamins A, E, and K, as well as major fatty acid classes (including saturated and trans fatty acids) are provided.