Nutritional Analysis: Comparison of Plum River Farm Beef

with USDA official grainfed beef figures

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Plum River Farm  **Round Roast** | USDA  **Round Roast** | Plum River Farm  **Tenderloin** | USDA  **Tenderloin** |
| Serving Size | 84 g | 84 g | 84 g | 84 g |
| Calories | 117 | 180 | 148 | 220 |
| Calories from fat | 26.5 | 90 | 62 | 130 |
| Total fat, g | 2.95 | 10 | 6.88 | 14 |
| % of Daily Value | 4.5 | 15 | 10.6 | 22 |
| Saturated fat, g | .88 | 3.5 | 2.95 | 6 |
| % of Daily Value | 4.62 | 18 | 14.73 | 28 |
| Monounsaturated fat, g | .98 | NA | 2 | NA |
| Polyunsaturated fat, g | .2 | NA | .39 | NA |
| Cholesterol, mg | 58.9 | 70 | 68.77 | 80 |
| % of Daily Value | 19.65 | 23 | 22.9 | 27 |
| Sodium, mg | 55 | 55 | 52 | 45 |
| Protein, g | 21.6 | 23 | 20.63 | 22 |
| Iron, % DV | 13.75 | 15 | 15 | 8 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Plum River Farm  **Sirloin** | USDA  **Sirloin** | Plum River Farm  **Chuck Roast** | USDA  **Chuck Roast** |
| Serving Size | 84 g | 84 g | 84 g | 84 g |
| Calories | 133.6 | 200 | 205 | 290 |
| Calories from fat | 41.3 | 110 | 110 | 190 |
| Total fat, g | 4.6 | 12 | 12 | 21 |
| % of Daily Value | 7.17 | 18 | 18 | 32 |
| Saturated fat, g | 2.16 | 4.5 | 4.8 | 8 |
| % of Daily Value | 11 | 24 | 24.27 | 42 |
| Monounsaturated fat, g | 1.47 | NA | 4 | NA |
| Polyunsaturated fat, g | .29 | NA | .29 | NA |
| Cholesterol, mg | 55 | 75 | 56 | 90 |
| % of Daily Value | 18.47 | 26 | 18.76 | 29 |
| Sodium, mg | 46.17 | 45 | 52.5 | 55 |
| Protein, g | 21.6 | 23 | 22.6 | 22 |
| Iron, % DV | 13.75 | 8 | 14 | 15 |

**Sources:** **--**USDA National Nutrient Database for Standard Reference, Sept 2011, available at <http://www.fsis.usda.gov/PDF/Beef_Veal_Nutrition_Facts.pdf>

--Results of testing Plum River Farm beef by Dr Susan Duckett, Clemson University, Feb 2012