

How to Buy

MEAT



United States
Department of
Agriculture

PREPARED BY
Agricultural
Marketing
Service

Home and
Garden Bulletin
Number 265

How to Buy MEAT

Consumers buy meat because they like its taste and flexibility for being prepared in a variety of ways for just about any occasion.

The United States Department of Agriculture (USDA) prohibits discrimination in its programs on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, and marital or familial status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (braille, large print, audiotape, etc.) should contact the USDA Office of Communications at (202) 720-5881 (voice) or (202) 720-7808 (TDD).

To file a complaint, write the Secretary of Agriculture, U.S. Department of Agriculture, Washington, DC 20250, or call (202) 720-7327 (voice) or (202) 720-1127 (TDD). USDA is an equal employment opportunity employer.

Points to Consider

Wholesomeness...quality...nutritive value...cost...convenience...and informative labeling are some of the points to consider when making meat purchase decisions.

Also consider the amount of meat that can be stored in the freezer, the amount of raw meat that can be used within a few days of purchase, and the kinds of cuts and quality preferred.

Wholesomeness

All meat processed in plants which sell their products across State lines must, under Federal law, be inspected for wholesomeness by USDA's Food Safety and Inspection Service. This mandatory inspection program is paid for by tax dollars. Many States operate their own inspection program for plants that produce meat for sale within State lines. These programs must be certified by USDA as equal to the Federal program. Federal and State inspectors supervise the cleanliness and operating procedures of meat packing and processing plants to make sure meat is not contaminated or adulterated.

Meat that has passed Federal inspection for wholesomeness is stamped with a round purple mark, "U.S. INSP'D & P'S'D." The mark is put on carcasses and major cuts, so it might not appear on such cuts as roasts and steaks. However, meat that is packaged in an inspected facility will have an inspection legend which identifies the plant on the label.

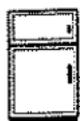


Labeling for Safety

Meat inspection procedures are designed to minimize the likelihood of harmful bacteria being present in meat products. However, some bacteria could be present and could become a problem if the meat is not handled properly. **That's why it's important to handle meat properly during storage and preparation.** USDA requires that safe handling and cooking instructions be put on all packages of raw meat. This includes any meat product not considered "ready to eat."

Safe Handling Instructions

This product was inspected for your safety. Some animal products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen.
Thaw in refrigerator or microwave.



Keep raw (meats or poultry) separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw (meat or poultry).



Cook thoroughly.



Refrigerate leftovers within 2 hours.

Processed meat products that are considered "ready-to-eat" - such as hot dogs, luncheon meats, or canned ham - are also perishable. They should be refrigerated and handled with care to prevent spoilage.

Information about meat inspection and safety should be directed to USDA's Meat and Poultry Hotline. The national toll free number is 800-535-4555. In the Washington, DC, area, call (202) 720-3333.

Nutritive Value

Meat is a source of protein, niacin, vitamins B6 and B12, iron, phosphorus, and zinc. Fat, saturated fat, and cholesterol are also present in all meat; the amount varies depending on the species, the cut of meat, and the amount of marbling (fat) that is distributed within the lean. Use the *Nutrition Facts* panel on each individual product label to learn about the nutrient content of that food and how it fits into an overall daily diet. The *Nutrition Facts* panel must appear on all processed meat products, while its use is voluntary on single-ingredient raw meat.

Choose a diet low in fat, saturated fat, and cholesterol to help reduce the risk of getting certain diseases and to help maintain a healthy weight. The Dietary Guidelines for Americans suggests choosing a diet containing 30 percent or less of calories from fat, and less than 10 percent of calories from saturated fatty acids. Also, some health authorities suggest that dietary cholesterol be limited to an average of 300 milligrams or less per day.

The Food Guide Pyramid (see inside back cover) suggests 2 to 3 servings each day of food from the meat group, the equivalent of 5 to 7 ounces of cooked lean meat, poultry, or fish. Count as a serving 2 to 3 ounces of cooked lean meat, about the size of an average hamburger or a deck of playing cards.

Tips: Buy lean cuts of meat, those with less marbling (fat) distributed within the lean. Most of the visible fat is trimmed before meat is sold to consumers, and any remaining visible fat can be trimmed off. Ground beef can contain variable amounts of fat. To reduce fat in cooked meats, broil, roast, bake, simmer, or microwave meat rather than fry. Drain and discard any fat that accumulates during cooking. Organ meats are high in cholesterol and should only be eaten occasionally. When you select cuts of meat with a higher fat content, balance your fat intake by choosing other foods that are low in fat.

Fat Content of Typical Retail Meat Products

Selected meat products 3 ounces	Total fat (grams)	Saturated fatty acids (grams)	Cholesterol (milligrams)	Calories (Kcal)
Beef eye of round, roasted, 1/4" trim				
lean only				
USDA Select	3	1	59	136
USDA Choice	5	2	59	149
lean and fat				
USDA Select	10	4	61	184
USDA Choice	12	5	62	205
Beef ribeye steak, broiled, 0" trim				
lean only				
USDA Select	7	3	68	168
USDA Choice	10	4	68	191
lean and fat				
USDA Select	17	7	70	242
USDA Choice	19	8	70	265
Ground beef patty, cooked				
extra lean	14	5	71	215
regular	17	7	76	245
Pork center loin, roasted				
lean only	8	3	67	150
lean and fat	11	4	68	180
Beef liver, braised				
	4	2	331	135

Quality

Quite apart from the wholesomeness of meat is its quality - its tenderness, juiciness, and flavor. Consumers can be assured of always getting the quality of meat they expect by looking for the USDA grade shield on raw meat packages. The shield-shaped USDA grade mark is a guide to the quality of meat. It's also your assurance that the meat is wholesome because only meat that has first passed inspection for wholesomeness may be graded. USDA's quality grading program is voluntary and paid for by user fees.

USDA's Meat Grading Program

USDA has quality grades for beef, veal, lamb, yearling mutton, and mutton. It also has yield grades for beef, pork, and lamb. Although there are USDA quality grades for pork, these do not carry through to the retail level as do the grades for other kinds of meat.

USDA meat grades are based on nationally uniform Federal standards of quality. They are applied by experienced USDA graders, who are routinely checked by supervisors who travel throughout the country to make sure that all graders are interpreting and applying the standards in a uniform manner. A USDA Choice rib roast, for example, must have met the same grade criteria no matter where or when you buy it.

When meat is graded, a shield-shaped purple mark is stamped on the carcass. With today's close trimming at the retail level, however, you may not see the USDA grade shield on meat cuts at the store. Instead, retailers put stickers with the USDA grade shield on individual packages of meat. In addition, grade shields and inspection legends may appear on bags containing larger wholesale cuts.



Using USDA Meat Grades

Since many cuts of meat - such as steaks, chops, and roasts - are labeled with a USDA grade, you don't have to be a meat expert to identify the quality you want.

Just look in the meat counter or case until you find the cut you want. Then, look for the USDA quality shield on the package to make sure you're getting the quality you want.

Some meat counters may contain meat that isn't USDA graded. Instead, it may be labeled with a company's private quality label or sold without a grade. Where this occurs, you will need to become familiar with the purchase specifications of each company to be sure of the quality you are buying.

Sometimes a store will advertise that it sells USDA-graded meat, but the individual packages don't bear a USDA grade shield. When this happens, you can ask to see some of the boxes of untrimmed wholesale cuts to determine if the meat has actually been graded by USDA and what the quality is.

Buying Beef

Regardless of their quality grade, some cuts of meat are naturally more tender than others. Cuts from the less-used muscles along the back of the animal - the rib and loin sections - will always be more tender than those from the more active muscles such as the shoulder, flank, and leg.

Since the most tender cuts make up only a small proportion of a beef or lamb carcass, they are in greatest demand and usually command a higher price than other cuts.

Each USDA beef quality grade is a measure of a distinct level of quality - and it takes eight grades to span the range. They are USDA Prime, Choice, Select, Standard, Commercial, Utility, Cutter, and Canner.

USDA Prime, Choice, Select, and Standard grades come from younger beef. The highest grade, USDA Prime, is used mostly by hotels and restaurants, but a small amount is sold at retail markets. The grade most widely sold at retail is USDA Choice. However, consumer preference for leaner beef has increased the popularity of the Select grade of beef. Select grade can now be found at most meat counters.

Standard and Commercial grade beef frequently is sold as ungraded or as “brand name” meat.

The three lower grades - USDA Utility, Cutter, and Canner - are seldom, if ever, sold at retail but are used instead to make ground beef and manufactured meat items such as frankfurters.

Following are photographs of rib steaks in the top three beef grades, together with a description of the level of quality that can be expected in each of these grades.

USDA Prime: Prime grade beef is the ultimate in tenderness, juiciness, and flavor. It has abundant marbling - flecks of fat within the lean - which enhances both flavor and juiciness. Prime roasts and steaks are unexcelled for dry-heat cooking (roasting and broiling).



USDA Choice: Choice grade beef has less marbling than Prime, but is of very high quality. Choice roasts and steaks from the loin and rib will be very tender, juicy, and flavorful and are, like Prime, suited to dry-heat cooking. Many of the less tender cuts, such as those from the rump, round, and blade chuck, can also be cooked with dry heat.



USDA Select: Select grade beef is very uniform in quality and somewhat leaner than the higher grades. It is fairly tender, but, because it has less marbling, it may lack some of the juiciness and flavor of the higher grades. Only the tender cuts should be cooked with dry heat. Other cuts should be marinated before cooking or cooked with moisture to obtain maximum tenderness and flavor.



Buying Lamb

Lamb is produced from animals less than a year old. Since the quality of lamb varies according to the age of the animal, it is advisable to buy lamb that has been USDA-graded.

USDA Prime: Prime grade lamb is very high in tenderness, juiciness, and flavor. It has moderate marbling, which enhances both flavor and juiciness. Prime chops and roasts are excellent for dry-heat cooking (broiling and roasting).

USDA Choice: Choice grade lamb has slightly less marbling than Prime, but still is of very high quality. Choice chops and roasts also are very tender, juicy, and flavorful and suited to dry-heat cooking. Lower grades of lamb and mutton (USDA Good, Utility, and Cull) are seldom marked with the grade if sold at retail.

Most cuts of USDA Prime and Choice lamb - including shoulder cuts - are tender and can be oven roasted, broiled, or pan broiled. A leg of lamb graded Choice or Prime, for example, is delectable when oven roasted.

The less tender cuts - the breast, riblets, neck, and shank - can be braised slowly to make excellent (and tender) lamb dishes.

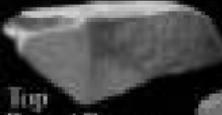
Meat from older sheep is called yearling mutton or mutton and, if it is graded, these words will be stamped on the meat along with the shield-shaped grade mark. Grades for yearling mutton and mutton are the same as for lamb, except that mutton does not qualify for the Prime grade and the Cull grade applies only to mutton.

The best way to identify lamb cuts is with the lamb carcass chart shown on the following pages. These terms are generally recognized throughout the meat industry.

Round Steak
Braise, Pan-fry



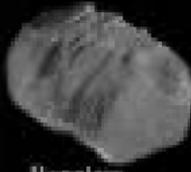
Tip Round Roast
Roast



Tip Round Steak
Braise, Pan-fry, Pan-fry



Boneless Rump Roast
Roast, Braise



Bottom Round Roast
Braise, Roast



Tip Roast, Cap Off
Roast, Braise



Eye Round Roast
Braise, Roast

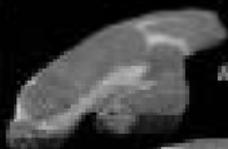


Tip Steak
Braise, Pan-fry, Pan-fry



ROUND

Sirloin Steak, Flat Bone
Braise, Pan-fry, Pan-fry



Sirloin Steak, Round Bone
Braise, Pan-fry, Pan-fry



Top Sirloin Steak
Braise, Pan-fry, Pan-fry



SIRLOIN

Shank
Cross-Cut, Braise, Cook in Liquid



Brisket, Whole
Braise, Cook in Liquid



Corned Brisket, Point Half
Braise, Cook in Liquid



Brisket, Flat Half
Braise

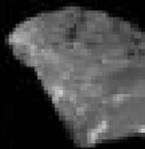


FORE SHANK & BRISKET

B

- RE
WHERE TH
HOW TO

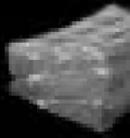
- ROUND
- Sirloin
- SHORT LOIN
- FR
- CHUCK



Chuck Eye Roast
Braise, Roast



Arm Pot Roast
Braise



Cross Rib Pot Roast
Braise



Blade Roast
Braise



7-Bone Pot Roast
Braise



Flanken
Braise

FOR NATIONAL LIV

f

S -
ME FROM
THEM

FLANK

SHORT PLATE

BRISKET

FORE SHANK

Boneless
Top Blade
Steak
*Broil, Panbroil, Panfry*Boneless
Shoulder
Pot Roast
*Braise*Rock Tender
*Braise*Under Blade
Pot Roast
*Braise, Roast*Short Ribs
*Braise,
Cook in Liquid*BY
MEAT BOARD**SHORT LOIN****RIB****FLANK &
SHORT PLATE****OTHER CUTS**

Whole Leg Roast

Short Cut Leg, Sirloin Off Roast

Shank Portion Roast Roast

Center Leg Roast Roast

Center Slice Roast, Hamburger, Pantry

American-Style Roast Roast

Frenched-Style Roast Roast

Boneless Leg Roast Roast, Roast if Unstuffed

Hind Shank Roast, Cook in Liquid

Sirloin Chop Roast, Hamburger, Pantry, Roast

Boneless Sirloin Roast Roast

L

• RE
WHERE TH
HOW TO

20
18
SHOULDER

Lean Chop
Roast, Pantry

Spiced
Roast
Cook in Liquid

Spiced
Roast
Roast

Boneless
Rolled Roast
Roast, Roast

FOR &

per
NATIONAL LI

LEG

nb

S -
ME FROM
THEM

LOIN

FORSHANK
& BREAST



Ribs Roast
Roast

Ribs Chop
*Roast, Panbroil,
Broiler, Roast*

Frenched Rib Chop
Roast, Panbroil, Broiler

Crown
Roast
Roast

RIB



Square-Cut
Shoulder
Whole
*Roast,
Broiler*

Pre-Sliced
Shoulder
Roast, Broiler



Boneless
Shoulder
Roast
*Roast,
Broiler*

Neck Slice
Broiler, Cook in Liquid

Blade Chop
*Broiler, Roast,
Panbroil, Broiler*



Arm Chop
*Broiler, Roast,
Panbroil, Broiler*

SHOULDER



Lamb/for Stew
*Broiler, Cook
in Liquid*

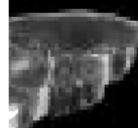
Cubes
for Kibbles
Broiler, Broiler



Ground
Lamb
*Broiler,
Panbroil,
Roast (Bake)*

OTHER CUTS

Roast



Loin Chop
Panbroil, Broiler



Riblets
*Cook in Liquid,
Roast*

ANK
ST

MEAT BOARD

Leg Cutlet
Poultry, Broast, Broil, Panbroil

Top Leg (Brides) Roast
Roast, Broast

Smoked Ham Roast

Smoked Ham Shank Portion
Roast

Smoked Ham Center Slice
Broil, Panbroil, Poultry, Broast

Smoked Ham Rump Portion
Roast

Canned Ham
Roast

Sliced Ham
Poultry, Panbroil, Broast

Boneless Smoked Ham
Roast

LEG/HAM

Blade Roast
Roast, Broast

Blade Steak
Broast, Broil, Panbroil, Poultry

Boneless Blade Roast
Roast, Broast

Smoked Shoulder Roll
Roast, Cook in Liquid

Boneless Arm Picnic Roast
Roast, Broast

Smoked Hocks
Broast, Cook in Liquid

Smoked Picnic
Roast, Cook in Liquid

SHOULDER

P
• RE
WHERE TH
HOW TO

LEG
LOIN
BLADE SHOULDER

Country Sliced Ham
Broast, Cook in Liquid

Sliced Ham
Broast

Boneless Sliced Ham
Broast

Sliced Ham
Poultry, Broast, Broil

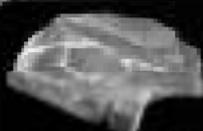
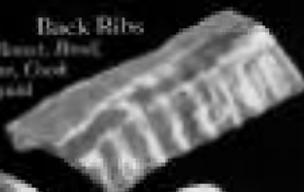
THE NATIONAL L...

k

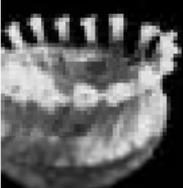
S -
ME FROM
THEM

- SIDE

PORK SHOULDER

**Blade Chop**
*Beef, Pork, Porkloaf,
Poultry***Rib Chop**
*Beef, Porkloaf,
Poultry, Steak***Top Loin Chop**
*Beef, Porkloaf, Poultry,
Steak***Loin Chop**
*Beef, Porkloaf,
Poultry, Steak***Sirloin Chop**
Beef**Butterfly Chop**
*Beef, Porkloaf,
Poultry, Steak***Sirloin Chulet**
*Beef, Pork, Porkloaf,
Poultry***Back ribs***Beef, Pork,
Poultry, Steak
in Liquid*

a

Tenderloin
*Beef, Pork,
Poultry, Steak***Top Loin Roast***(Double)
Roast***Blade Roast**
*Beef, Pork***Boneless Blade Roast***Beef, Pork***Top Loin Roast***(Double)
Roast***Center Loin Roast**
Beef**Crown Roast**
Beef**Smoked Loin Chop**
*Beef, Pork,
Porkloaf, Poultry***Canadian Style Bacon**
*Beef, Pork, Porkloaf, Poultry***LOIN****Cubed Steak**
*Beef, Porkloaf, Poultry,
Steak in Liquid***Pork Pieces**
Beef, Pork in Liquid**Cubes for Kabobs**
Beef, Pork**Ground Pork**
*Beef, Porkloaf,
Poultry, Roast (Beef)***Sausage Links**
*Beef, Poultry, Roast*BY
MEAT BOARD**OTHER CUTS**

Buying Pork

Like lamb, pork is generally produced from young animals and is, therefore, less variable in tenderness than beef. However, there is another reason why pork is less variable. Producers have responded to consumer demand by actually changing their feeding and management programs. They've even changed the genetic makeup of their breeding stock to consistently produce leaner carcasses. Also, most visible fat is trimmed off at the processing plant. Because of these changes, today's fresh pork products have considerably less fat than they did just a decade ago.

Because of this consistency, USDA grades for pork reflect only two levels of quality - Acceptable and Unacceptable. Acceptable quality pork is also graded for yield, i.e., the yield ratio of lean to waste. Unacceptable quality pork - which includes meat that is soft and watery - is graded U.S. Utility.

In buying pork, look for cuts with a relatively small amount of fat over the outside and with meat that is firm and grayish pink color. For best flavor and tenderness, meat should have a small amount of marbling.

The Versatility of Pork

Pork's consistency makes it suitable for a variety of cooking styles. However, like beef and lamb, the cut affects the cooking method. Following are some of the more popular pork cuts and suggested methods of cooking:

Pork chops come in a variety of cuts - center loin, rib chops, sirloin chops, boneless or bone-in. They can be prepared by pan broiling, grilling, baking, braising, or sauteing. Thin chops (1/4 - 3/8 inch) are best sauteed. Boneless chops cook more quickly than bone-in chops.

Ribs are available as spareribs, back ribs, and country-style ribs. Spareribs come from the belly portion, while back ribs and country-style ribs come from the loin. All three styles can be braised or roasted in the oven or on the barbecue grill. Slow cooking yields the most tender and flavorful results.

Tenderloins are considered to be the most tender and tasty cut of pork. Extremely lean, tenderloins can be roasted whole, cut into cubes for kabobs or into strips for stir-fry, and sliced for scaloppine or medallions.

Storing Meat

Properly wrapped meat cuts, frozen at 0 °F, or lower, will maintain their quality for several months. This varies, however, with the kind of meat. The following table shows a range within which you can store meat with reasonable expectation that it will maintain its quality. Meats can be kept safely frozen for longer periods than indicated, but they are apt to lose quality.

Suggested Storage Times for Raw Meat

Product	Freezer	Refrigerator
	(0 °F)	(40 °F)
Beef, roasts and steaks	6-12 months	3-5 days
Lamb, roasts and chops	6-9 months	3-5 days
Pork, roasts and chops	4-6 months	3-5 days
Beef and lamb, ground	3-4 months	1-2 days
Pork, sausage	1-2 months	1-2 days

On the average, 1 cubic foot of freezer space will accommodate 35 to 40 pounds of cut and wrapped meat, slightly less if the meat is packaged in odd shapes.

Meat should be initially frozen at -10 °F, or lower, and as quickly as possible. If you are freezing it yourself, allow some space for air to circulate between the packages.

Buying Meat in Quantity

How much meat you should buy at any one time depends, of course, on your food budget, the amount of storage space in your refrigerator or freezer, and how much your household will consume.

There are two ways to buy meat in quantity. You can purchase multiple retail packages of meats, or you can purchase carcasses, sides, or wholesale cuts of meat.

In determining whether or not you can save money by buying carcasses or wholesale cuts of meat over what it would cost to buy retail cuts, you will have to take into account several factors: the yield of meat you will get from the carcass or wholesale cut; the quality of the meat; and the costs of cutting, wrapping, and quick-freezing. When buying bulk meat, you should find out whether these costs are included in the price per pound, or if you'll have to pay additional for these services.

If you're thinking of buying a pork carcass or side, you'll want to get it from an establishment that is equipped to cure the bacon, hams, and other cuts that you may not want to use fresh. If you cannot obtain this service, you would probably find it better to buy retail cuts or the wholesale cuts such as shoulders, loins, and hams.

Using USDA Yield Grades: The yield of usable meat from a carcass or wholesale cut can vary greatly - regardless of the grade. This variation is caused, primarily, by differences in the amount of fat on the outside of the carcass. USDA has grades to measure this yield. Yield Grade 1 denotes the highest ratio of lean to fat, and Yield Grade 5 the lowest yield ratio.

Cutting, Wrapping, and Freezing: For large meat purchases, it is usually best to get the freezing done by an establishment properly equipped to do the job. Quick freezing causes less damage to the meat fibers. Slower freezing causes more of the cells to rupture, due to formation of large ice crystals, so that more meat juices are lost when the meat is thawed.

Proper wrapping of meat for the freezer is as important as proper storage. Use a moisture-vapor-proof wrap such as heavy aluminum foil, heavily waxed freezer paper, etc. Wrap the meat closely, eliminating all air if possible. Double thicknesses of waxed paper should be placed between chops and steaks to prevent their sticking together. Seal the packages well and mark them with the date. The rule in using frozen meat should be “first in, first out.”

Improperly wrapped packages will allow air to enter and draw moisture from the meat, resulting in “freezer burn” or meat which is dry and less flavorful.

Know Your Dealer

When buying meat in quantity, know your dealer. Although most businesses are honest, some will take advantage of the uninformed.

There are a few practices that you should be particularly on guard against -

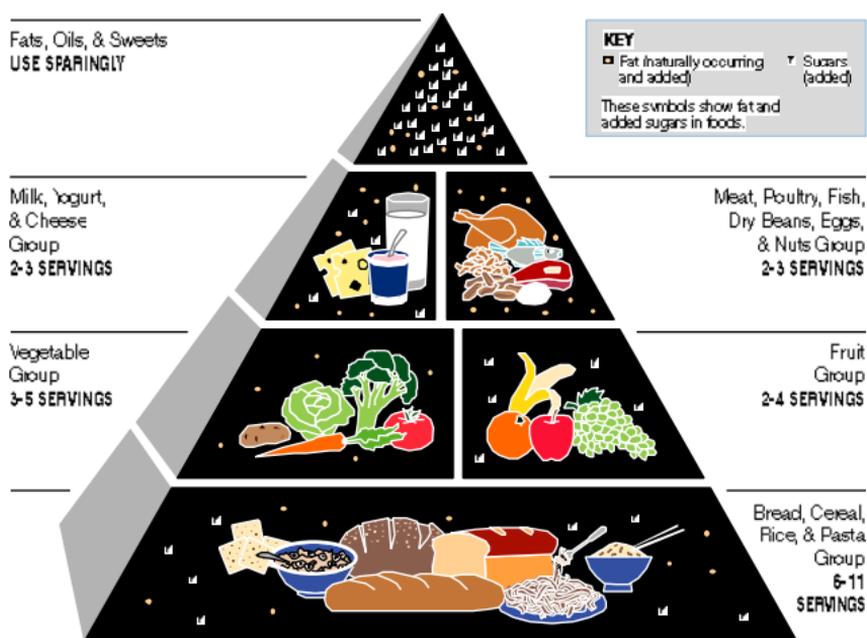
Bait & Switch: Meat will be offered at a very low price, sometimes advertised as USDA-graded. When the customer arrives at the establishment, the dealer will show the “advertised” carcass, which will be overfat and wasteful. Then, the customer is shown another carcass - one which is leaner, more appealing, and offered at a much higher price. The customer might also be assured that, although there is no USDA grade mark on the carcass, it qualifies for some likely sounding “USDA grade” name. Remember, the only official USDA grades for meat are those listed in this pamphlet. And, if the meat has been graded, the grade mark will be on the carcass.

Substituting Cuts: Wholesale cuts will be advertised at a “real deal.” The customer will buy a more expensive wholesale cut, say a hindquarter or loin, but end up with cuts from the forequarter or shoulder. Consult the carcass charts in this pamphlet to know which cuts come from which part of the carcass.

In general, beware of ads that are too good to be true. They usually are. **If you encounter such practices, call USDA’s Grain Inspection, Packers and Stockyards Administration at (202) 720-7363 to report the incidence.**

For more information about nutrition, write:
 U.S. Department of Agriculture,
 Center for Nutrition Policy and Promotion
 1120 20th Street NW, Suite 200 North
 Washington, DC 20036

Food Guide Pyramid A Guide to Daily Food Choices



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Use the Food Guide Pyramid to help you eat better every day...the Dietary Guidelines way. Start with plenty of Breads, Cereals, Rice, and Pasta; Vegetables; and Fruits. Add two to three servings from the Milk group and two to three servings from the Meat group. Each of these food groups provides some, but not all, of the nutrients you need. No one food group is more important than another - for good health you need them all. Go easy on the fats, oils, and sweets, the foods in the small tip of the Pyramid.

The "Food Guide Pyramid" booklet (U.S. Department of Agriculture, Human Nutrition Information Service, August 1992, Leaflet No. 572) can be purchased. Send a \$1 check or money order, payable to the Superintendent of Documents, to Consumer Information Center, Department 117-B, Pueblo, CO 81009.

HOW TO BUY MEAT

Look for the USDA Grade:

■ BEEF

USDA Prime

highest quality, most tender, juicy, flavorful

USDA Choice

most popular quality, very tender, juicy, flavorful

USDA Select

very lean quality, tender, not as juicy or flavorful

■ LAMB

USDA Prime

highest in tenderness, juiciness, and flavor

USDA Choice

very high in tenderness, juiciness, and flavor

■ PORK

USDA Acceptable Quality

very lean, firm, with grayish pink color

This pamphlet supersedes the Agricultural Marketing Service, Home and Garden Bulletins No. 145 (BEEF STEAKS), No. 146 (BEEF ROASTS), No. 166 (MEAT FOR YOUR FREEZER), and No. 195 (LAMB).

Issue date: February 1995