Retail Beef Cuts and Recommended Cooking Methods

**Chuck**
- Chuck 7-Bone Pot Roast
- Chuck Pot Roast Boneless
- Chuck Eye Steak Boneless
- Shoulder Top Blade Steak
- Shoulder Top Blade Steak Flat Iron
- Shoulder Pot Roast Boneless
- Shoulder Steak Boneless
- Shoulder Center Ranch Steak
- Shoulder Petite Tender
- Shoulder Petite Tender Medallions
- Boneless Short Ribs

**Rib**
- Rib Roast
- Rib Steak Boneless
- Ribeye Roast
- Ribeye Steak Boneless
- Back Ribs

**Loin**
- Porterhouse Steak
- T-Bone Steak Boneless
- Top Loin Steak Bone-in
- Top Loin Steak Boneless
- Tenderloin Roast
- Tenderloin Steak

**Sirloin**
- Tri-Tip Roast
- Tri-Tip Steak
- Top Sirloin Steak Boneless

**Round**
- Top Round Steak
- Bottom Round Roast Western Griller
- Bottom Round Steak
- Eye Round Roast
- Eye Round Steak
- Round Tip Roast
- Round Tip Steak
- Sirloin Tip Center Roast
- Sirloin Tip Center Steak
- Sirloin Tip Side Steak

**Shank and Brisket**
- Shank Cross Cut
- Brisket Flat Cut

**Plate and Flank**
- Skirt Steak
- Flank Steak

**Other**
- Ground Beef
- Cubed Steak
- Beef for Stew
- Beef for Kabobs
- Beef for Stir-Fry or Fajitas

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These cuts meet government guidelines for "lean" and are based on cooked servings with visible fat trimmed. Lean is defined as less than 10 grams of total fat, 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per serving and per 100 grams (3.5 oz).