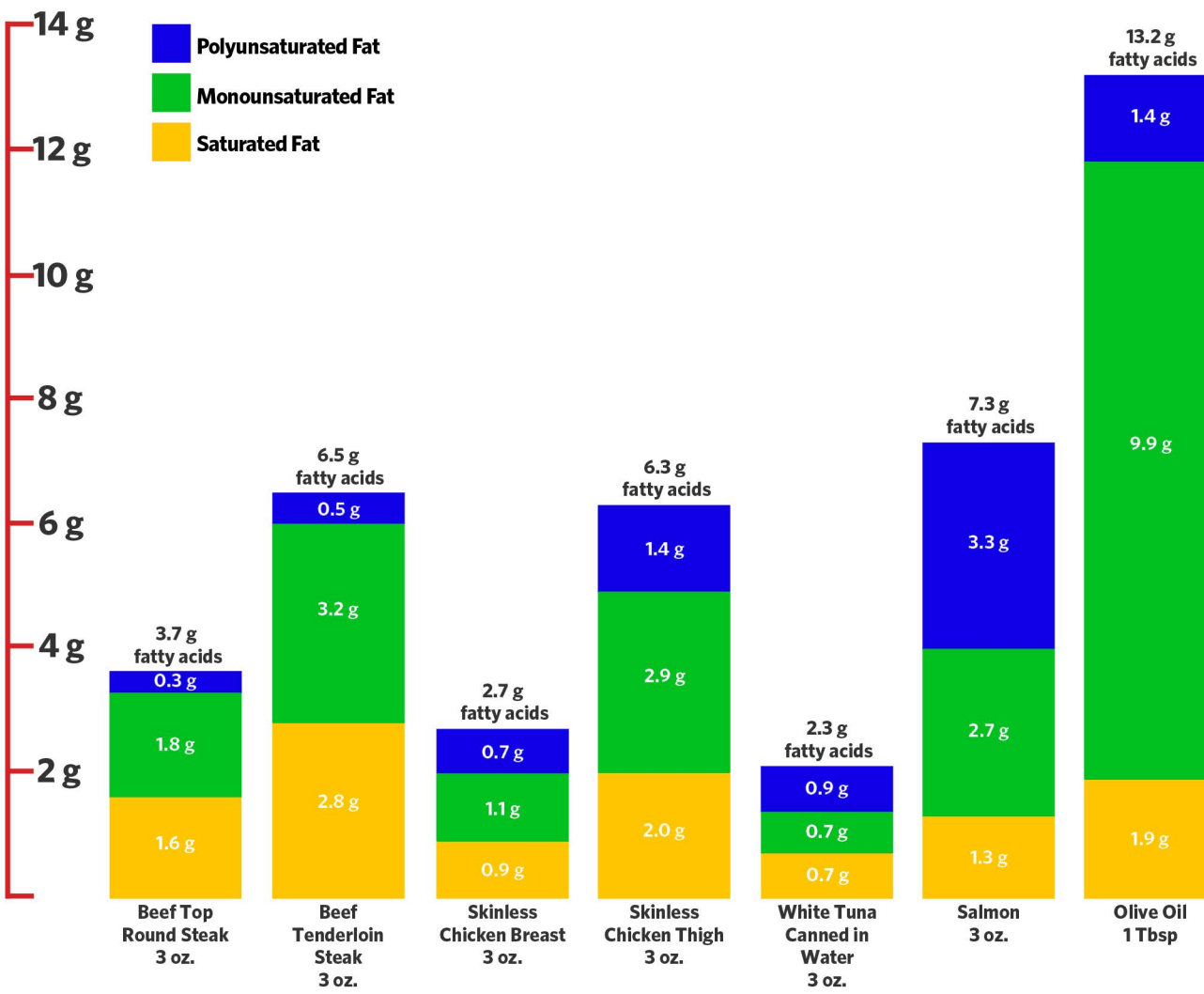


Fatty Acid Comparisons of Beef, Chicken, Fish and Olive Oil

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.
 US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015. Internet: <http://www.ars.usda.gov/nea/bhnrc/ndl>.