

Some Surprising Statistics

The table below compares important dietary considerations with other sources of meat

	Untrimmed Belgian Blue Cross Steak	Fully Trimmed U.S. Choice Steak	Chicken Breast (Lean Only)
Total Fat	3.1%	6.6%	1.2%
Cholesterol	47.5 mg/100gm	60.0 mg/100gm	58.0 mg/100gm
Calories	117 cal/100gm	149 cal/100gm	110 cal/100gm
Protein	21.1%	21.0%	23.1%
Boneless 1/4" trim	65-72%	50-55%	N/A
650-lb carcass in	11 months	18 months	N/A
15 sq in Ribeyes	In 12 months	In 10-15 months	N/A

**Belgian Blues
A Success Story**

Blues Comparisons

3-3.5 oz. serving	Belgian Blue Cross	Poultry	Traditional Beef	"Lite" Beef
Cholesterol	40-60-mg	74mg	76 mg	76 mg
fat	7-10 %	13%	25-35%	15-25%
muscular fat	1-3%	-	10 % prime	3-7%
calories	150	198	188	133 (45% fat)
protein	26gm	26gm	24gm	25 gm

as reported in BEEF magazine

	Belgian Blue Cross	Normal Beef Range	Skinless Chicken Breast (raw) (USDA)
Moisture %	74.06	67.76	74.46
Protein %	24.73	21-23	23.09
Total Fat % net wt.	1.21	1-18	1.24
Cholesterol mg/100g	51.1	52-66	58.00
calories	132	188	198

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