## Calculating Beef Labels

Example: Label says: "Natural Lean Ground Beef: 91/9"
Assumption: This beef is $91 \%$ protein and $9 \%$ fat
Label information (PER OZ): $\quad \underline{80 \text { calories }}$
6.0 gms protein
6.0 gms fat

> | 1 gm protein $=4$ calories |
| :---: |
| 1 gm fat $=9$ calories |

Calculate Actual Fat:
6 grams fat x 9 calories/gram $=54$ calories in fat
54 calories fat $/ 80$ calories total $=67 \%$ fat
Calculate Actual Protein:
6 grams protein x 4 calories/gram $=24$ calories in protein
24 calories protein $/ 80$ calories total $=30 \%$ protein

| Standard Beef Labels(PER OZ)Calories |  |  | Grams Protein |  |
| :--- | :--- | :--- | :--- | :--- |
| "Regular" Ground Beef | 80 |  | Grams Fat |  |
| "Lean" Ground Beef | 80 | 6.5 | 6.5 |  |
| "Extra Lean" Ground Beef | 80 | 6.5 | 6.0 |  |

