



SMARTER BEEF 

FOR IMMEDIATE RELEASE

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What Do We Mean by Lean?

Based on the government's definition, for a food to be considered "lean," it must contain less than 10g of fat, 4.5g (or less) of saturated fat and less than 95mg of cholesterol per serving.

To be classified as "extra lean," it must contain less than 5g of fat, less than 2g of saturated fat and less than 95mg of cholesterol per serving.

All Laura's Lean Beef products meet or exceed these requirements.