

# GET THE FACTS

## What You Need to Know about **Lean Beef Trimmings**



Lean Beef Trimmings are  
**100% BEEF**  
Wholesome and Nutritious

- ✓ It's 100% beef and processed from beef trimmed from steaks and roasts
- ✓ The process removes the fat from the meat, resulting in a 94-97% lean beef
- ✓ Ammonium hydroxide is only one part of the robust food safety system
- ✓ Ammonium hydroxide is found naturally in all proteins we eat — plant or animal — and one of its roles is to prohibit bacteria from forming
- ✓ Ammonium hydroxide is widely used in everyday cooking from baking powder to cheese to chocolate



Lean Beef Trimmings  
are Nutritious,  
Substantially Identical to  
**90% Lean Ground Beef**

They are a good or excellent source  
of protein, iron, zinc and many  
B-vitamins

**Bun** — 2 oz = 50 mg  
(440 ppm\*)

**Bacon** — 1 oz = 16 mg  
(160 ppm)

**Condiments** — 2 oz = 50 mg  
(400 ppm)

**Cheese** — .8 oz = 38 mg  
(813 ppm)

**Beef** — 1.6 oz = 20 mg  
(200 ppm)

To provide perspective, ammonium hydroxide-based compounds can be found in every component of a bacon cheeseburger (bun, bacon, cheese, condiments, and beef) between the naturally occurring levels and small amounts used to make food safer.

\*ppm = parts per million of ammonium hydroxide

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