

Nutrient Composition of Raw Australian Beef and Veal.xls

| Per 100g edible portion | Moisture (g) | Energy (kJ) | Protein (g) | Fat (g) | Sat fat (g) | Trans fat (g) | Poly fat (g) | EPA + DPA + DHA (mg) | EPA + DHA (mg) |
|--------------------------|--------------|-------------|-------------|---------|-------------|---------------|--------------|-------------------------|----------------|
| BEEF - raw | | | | | | | | | |
| Topside steak | 75 | 508 | 22 | 4 | 1.4 | 0.2 | 0.4 | 72 | 28 |
| Topside roast | 75 | 508 | 22 | 4 | 1.4 | 0.2 | 0.4 | 72 | 28 |
| Silverside minute steak | 75 | 495 | 24 | 2 | 0.9 | 0.1 | 0.3 | 53 | 20 |
| Silverside roast | 75 | 525 | 24 | 3 | 1.2 | 0.1 | 0.3 | 52 | 20 |
| Strips | 73 | 544 | 27 | 2 | 0.9 | 0.1 | 0.3 | 57 | 25 |
| Round steak | 72 | 457 | 21 | 3 | 1.1 | 0.1 | 0.3 | 64 | 28 |
| Round medallion | 73 | 420 | 21 | 2 | 0.6 | 0.1 | 0.3 | 65 | 28 |
| Rump steak | 73 | 511 | 20 | 5 | 1.8 | 0.2 | 0.4 | 71 | 29 |
| Rump medallion | 75 | 450 | 20 | 3 | 1.1 | 0.1 | 0.4 | 73 | 29 |
| Diced | 70 | 588 | 28 | 3 | 1.2 | 0.1 | 0.4 | 77 | 33 |
| Fillet steak | 72 | 608 | 22 | 6 | 2.5 | 0.3 | 0.5 | 95 | 44 |
| Eye fillet | 73 | 570 | 22 | 5 | 2.0 | 0.2 | 0.5 | 95 | 42 |
| T-Bone steak | 70 | 607 | 24 | 6 | 2.3 | 0.3 | 0.3 | 41 | 22 |
| Sirloin steak | 72 | 520 | 24 | 3 | 1.3 | 0.1 | 0.2 | 36 | 18 |
| Scotch fillet steak | 71 | 607 | 23 | 6 | 2.4 | 0.3 | 0.3 | 55 | 28 |
| Blade steak | 71 | 534 | 22 | 4 | 1.7 | 0.2 | 0.4 | 88 | 43 |
| Chuck steak | 71 | 654 | 22 | 7 | 2.9 | 0.4 | 0.5 | 110 | 54 |
| Mince -Heart Smart ***** | 72 | 591 | 22 | 6 | 2.3 | 0.3 | 0.5 | 87 | 37 |
| VEAL - raw | | | | | | | | | |
| Strips | 73 | 547 | 27 | 2 | 0.9 | 0.1 | 0.3 | 80 | 38 |
| Diced | 75 | 452 | 23 | 2 | 0.6 | 0.1 | 0.2 | 60 | 29 |
| Leg steak | 76 | 481 | 24 | 2 | 0.6 | 0.1 | 0.4 | 107 | 56 |
| Cutlet | 74 | 494 | 24 | 2 | 0.9 | 0.1 | 0.2 | 68 | 36 |

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| Per 100g edible portion | Mono fat (g) | Cholesterol (mg) | Na (mg) | K (mg) | Ca (mg) | Fe (mg) | Zn (mg) |
|--------------------------|--------------|------------------|---------|--------|---------|---------|---------|
| BEEF - raw | | | | | | | |
| Topside steak | 1.4 | 35 | 44 | 358 | 4.0 | 1.2 | 3.0 |
| Topside roast | 1.4 | 35 | 44 | 358 | 4.0 | 1.2 | 3.0 |
| Silverside minute steak | 0.9 | 35 | 44 | 360 | 4.0 | 1.2 | 3.0 |
| Silverside roast | 1.2 | 35 | 44 | 357 | 4.0 | 1.2 | 3.0 |
| Strips | 0.8 | 54 | 38 | 339 | 4.5 | 1.7 | 5.7 |
| Round steak | 1.1 | 62 | 50 | 366 | 4.0 | 2.1 | 4.0 |
| Round medallion | 0.6 | 62 | 50 | 370 | 4.0 | 2.1 | 4.1 |
| Rump steak | 1.9 | 62 | 49 | 363 | 4.1 | 2.1 | 4.0 |
| Rump medallion | 1.0 | 62 | 50 | 370 | 4.0 | 2.1 | 4.1 |
| Diced | 1.2 | 54 | 38 | 339 | 4.5 | 1.7 | 5.7 |
| Fillet steak | 2.5 | 58 | 56 | 375 | 5.8 | 2.2 | 3.7 |
| Eye fillet | 2.0 | 58 | 57 | 380 | 5.8 | 2.2 | 3.8 |
| T-Bone steak | 2.3 | 58 | 55 | 367 | 5.8 | 2.1 | 3.6 |
| Sirloin steak | 1.3 | 58 | 56 | 375 | 5.8 | 2.2 | 3.7 |
| Scotch fillet steak | 2.4 | 58 | 55 | 369 | 5.8 | 2.2 | 3.7 |
| Blade steak | 1.8 | 46 | 55 | 334 | 4.5 | 1.9 | 4.5 |
| Chuck steak | 3.2 | 67 | 59 | 345 | 4.2 | 1.8 | 6.2 |
| Mince -Heart Smart ***** | 2.5 | 65 | 78 | 350 | 5.8 | 2.1 | 4.3 |
| VEAL - raw | | | | | | | |
| Strips | 0.8 | 55 | 56 | 417 | 6.7 | 1.5 | 4.7 |
| Diced | 0.6 | 55 | 46 | 329 | 5.6 | 0.9 | 3.6 |
| Leg steak | 0.6 | 57 | 56 | 364 | 6.3 | 1.4 | 4.7 |
| Cutlet | 0.7 | 36 | 44 | 324 | 7.7 | 0.7 | 3.5 |

Nutrient Composition of Raw Australian Beef and Veal.xls

| Per 100g edible portion | Mg (mg) | P (mg) | Mn (mg) | Cu (mg) | Se (ug) | Vit A (ug) | Beta carotene (ug) | Vit B1 (mg) |
|--------------------------|---------|--------|---------|---------|---------|------------|--------------------|-------------|
| BEEF - raw | | | | | | | | |
| Topside steak | 24 | 199 | 0.0 | 0.0 | 12 | 0.4 | 10 | 0.03 |
| Topside roast | 24 | 199 | 0.0 | 0.0 | 12 | 0.4 | 10 | 0.03 |
| Silverside minute steak | 24 | 200 | 0.0 | 0.1 | 10 | 0.0 | 10 | 0.03 |
| Silverside roast | 24 | 198 | 0.0 | 0.1 | 10 | 0.6 | 10 | 0.03 |
| Strips | 24 | 239 | 0.0 | 0.1 | 19 | 0.2 | 10 | 0.03 |
| Round steak | 26 | 227 | 0.0 | 0.1 | <10 | 0.7 | 10 | 0.03 |
| Round medallion | 26 | 230 | 0.0 | 0.1 | <10 | 0.0 | 10 | 0.03 |
| Rump steak | 25 | 226 | 0.0 | 0.1 | 8 | 1.2 | 10 | 0.03 |
| Rump medallion | 26 | 230 | 0.0 | 0.1 | 8 | 0.0 | 10 | 0.03 |
| Diced | 24 | 239 | 0.0 | 0.1 | 19 | 0.3 | 10 | 0.03 |
| Fillet steak | 27 | 227 | 0.0 | 0.1 | 12 | 0.8 | 10 | 0.05 |
| Eye fillet | 27 | 230 | 0.0 | 0.2 | 12 | 0.0 | 10 | 0.05 |
| T-Bone steak | 26 | 221 | 0.0 | 0.1 | 7 | 2.4 | 10 | 0.05 |
| Sirloin steak | 27 | 227 | 0.0 | 0.1 | <10 | 0.8 | 10 | 0.05 |
| Scotch fillet steak | 26 | 223 | 0.0 | 0.1 | 7 | n/a | n/a | 0.05 |
| Blade steak | 24 | 197 | 0.0 | 0.1 | 12 | 1.2 | 10 | 0.06 |
| Chuck steak | 21 | 183 | 0.0 | 0.2 | 19 | 2.8 | 10 | 0.06 |
| Mince -Heart Smart ***** | 23 | 206 | 0.0 | 0.1 | 10 | 9.1 | 27 | 0.03 |
| VEAL - raw | | | | | | | | |
| Strips | 28 | 278 | 0.0 | 0.1 | 0 | 0.4 | 0 | 0.06 |
| Diced | 22 | 220 | 0.0 | 0.1 | 0 | 0.1 | 0 | 0.06 |
| Leg steak | 31 | 298 | 0.0 | 0.1 | 0 | 0.4 | 0 | 0.06 |
| Cutlet | 23 | 235 | 0.0 | 0.1 | 0 | 1.2 | 0 | 0.06 |

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| Per 100g edible portion | Vit B2 (mg) | Niacin (mg) | Pantothenic acid (mg) | Pyridoxine (mg) | Vit B12 (ug) | Vit D3 (ug) | alpha-tocopherol (mg) |
|--------------------------|-------------|-------------|-----------------------|-----------------|--------------|-------------|-----------------------|
| BEEF - raw | | | | | | | |
| Topside steak | 0.1 | 3.0 | 0.3 | 0.2 | 1.0 | 0.0 | n/a |
| Topside roast | 0.1 | 3.0 | 0.3 | 0.2 | 1.0 | 0.0 | n/a |
| Silverside minute steak | 0.1 | 3.0 | 0.3 | 0.2 | 0.6 | 0.0 | n/a |
| Silverside roast | 0.1 | 3.0 | 0.3 | 0.2 | 0.6 | 0.0 | n/a |
| Strips | 0.1 | 3.0 | 0.3 | 0.2 | 1.0 | 0.0 | 0.5 |
| Round steak | 0.1 | 3.0 | 0.3 | 0.1 | 0.8 | 0.2 | 0.9 |
| Round medallion | 0.1 | 3.0 | 0.3 | 0.1 | 0.8 | 0.2 | 0.9 |
| Rump steak | 0.1 | 3.0 | 0.3 | 0.2 | 1.3 | 0.2 | n/a |
| Rump medallion | 0.1 | 3.0 | 0.3 | 0.2 | 1.3 | 0.2 | n/a |
| Diced | 0.1 | 3.0 | 0.3 | 0.2 | 1.3 | 0.0 | 0.5 |
| Fillet steak | 0.2 | 6.9 | 0.5 | 0.1 | 1.9 | 0.0 | 0.9 |
| Eye fillet | 0.2 | 7.0 | 0.5 | 0.1 | 1.9 | 0.0 | 0.9 |
| T-Bone steak | 0.2 | 6.7 | 0.3 | 0.1 | 0.6 | 0.0 | 0.89 |
| Sirloin steak | 0.2 | 6.9 | 0.4 | 0.2 | 0.8 | 0.0 | 0.9 |
| Scotch fillet steak | 0.2 | 6.8 | 0.3 | 0.1 | 0.5 | 0.0 | 0.9 |
| Blade steak | 0.2 | 3.0 | 0.4 | 0.1 | 1.0 | 0.0 | 0.5 |
| Chuck steak | 0.2 | 2.9 | 0.5 | 0.1 | 1.8 | 0.0 | 0.5 |
| Mince -Heart Smart ***** | 0.1 | 7.2 | 0.8 | 0.3 | 2.1 | 0.0 | 1.6 |
| VEAL - raw | | | | | | | |
| Strips | 0.2 | 15.8 | 1.5 | 0.8 | 1.6 | 0.0 | 0.5 |
| Diced | 0.2 | 15.9 | 1.5 | 0.8 | 1.6 | 0.0 | 0.5 |
| Leg steak | 0.2 | 15.9 | 1.5 | 0.8 | 1.6 | 0.0 | 0.5 |
| Cutlet | 0.2 | 15.5 | 1.5 | 0.8 | 1.7 | 0.0 | 0.5 |

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| Per 100g edible portion | Folate (ug) | C14:0 (mg) | C15:0 (mg) | C16:0 (mg) | C17:0 (mg) | C18:0 (mg) | C22:0 (mg) | Single br1 (mg) |
|--------------------------|-------------|------------|------------|------------|------------|------------|------------|-----------------|
| BEEF - raw | | | | | | | | |
| Topside steak | n/a | 99 | 17 | 798 | 42 | 431 | 2 | 14 |
| Topside roast | n/a | 99 | 17 | 798 | 42 | 431 | 2 | 14 |
| Silverside minute steak | n/a | 55 | 10 | 478 | 26 | 264 | 1 | 7 |
| Silverside roast | n/a | 90 | 15 | 688 | 35 | 364 | 1 | 13 |
| Strips | n/a | 63 | 10 | 458 | 22 | 259 | 1 | 10 |
| Round steak | n/a | 85 | 12 | 579 | 27 | 359 | 1 | 15 |
| Round medallion | n/a | 25 | 5 | 313 | 15 | 218 | 1 | 7 |
| Rump steak | n/a | 129 | 20 | 966 | 46 | 546 | 1 | 25 |
| Rump medallion | n/a | 66 | 11 | 559 | 25 | 337 | 1 | 14 |
| Diced | n/a | 90 | 14 | 640 | 30 | 361 | 1 | 14 |
| Fillet steak | n/a | 217 | 31 | 1360 | 67 | 761 | 2 | 35 |
| Eye fillet | n/a | 160 | 24 | 1099 | 55 | 614 | 2 | 29 |
| T-Bone steak | n/a | 237 | 29 | 1237 | 58 | 696 | 1 | 32 |
| Sirloin steak | n/a | 117 | 16 | 676 | 32 | 379 | 1 | 18 |
| Scotch fillet steak | n/a | 232 | 29 | 1268 | 60 | 713 | 1 | 33 |
| Blade steak | n/a | 171 | 24 | 933 | 45 | 433 | 1 | 22 |
| Chuck steak | n/a | 292 | 44 | 1637 | 84 | 721 | 2 | 38 |
| Mince -Heart Smart ***** | n/a | 208 | 32 | 1214 | 56 | 734 | 3 | 35 |
| VEAL - raw | | | | | | | | |
| Strips | n/a | 82 | 42 | 444 | 21 | 269 | 2 | 11 |
| Diced | n/a | 53 | 30 | 302 | 14 | 179 | 1 | 7 |
| Leg steak | n/a | 49 | 10 | 316 | 14 | 194 | 2 | 8 |
| Cutlet | n/a | 99 | 22 | 461 | 24 | 295 | 1 | 14 |

Nutrient Composition of Raw Australian Beef and Veal.xls

| Per 100g edible portion | Single br2 (mg) | C14:1 (mg) | C16:1 (mg) | C18:1 trans (mg) | C18:1 (mg) | C18:2w6 trans (mg) | C18:2w6 (mg) | CLA (mg) | C18:3 trans (mg) |
|--------------------------|-----------------|------------|------------|------------------|------------|--------------------|--------------|----------|------------------|
| BEEF - raw | | | | | | | | | |
| Topside steak | 44 | 25 | 102 | 115 | 1302 | 15 | 186 | 14 | 10 |
| Topside roast | 44 | 25 | 102 | 115 | 1302 | 15 | 186 | 14 | 10 |
| Silverside minute steak | 31 | 12 | 59 | 73 | 787 | 8 | 129 | 8 | 6 |
| Silverside roast | 33 | 24 | 90 | 95 | 1113 | 15 | 140 | 13 | 8 |
| Strips | 33 | 16 | 64 | 56 | 764 | 11 | 115 | 14 | 6 |
| Round steak | 37 | 23 | 77 | 63 | 959 | 16 | 136 | 19 | 7 |
| Round medallion | 34 | 5 | 32 | 30 | 556 | 7 | 124 | 8 | 5 |
| Rump steak | 56 | 37 | 139 | 125 | 1680 | 27 | 178 | 34 | 11 |
| Rump medallion | 52 | 16 | 77 | 63 | 937 | 13 | 143 | 20 | 8 |
| Diced | 44 | 23 | 90 | 78 | 1068 | 15 | 156 | 20 | 8 |
| Fillet steak | 66 | 64 | 208 | 175 | 2217 | 41 | 269 | 44 | 16 |
| Eye fillet | 63 | 43 | 155 | 145 | 1783 | 26 | 258 | 33 | 14 |
| T-Bone steak | 33 | 81 | 223 | 149 | 2042 | 54 | 140 | 47 | 12 |
| Sirloin steak | 26 | 37 | 112 | 84 | 1109 | 24 | 108 | 24 | 7 |
| Scotch fillet steak | 42 | 77 | 220 | 156 | 2087 | 51 | 172 | 47 | 13 |
| Blade steak | 42 | 58 | 182 | 124 | 1582 | 26 | 157 | 39 | 10 |
| Chuck steak | 58 | 111 | 339 | 237 | 2798 | 44 | 228 | 68 | 17 |
| Mince -Heart Smart ***** | 35 | 59 | 184 | 167 | 2233 | 39 | 212 | 62 | 19 |
| VEAL - raw | | | | | | | | | |
| Strips | 24 | 18 | 61 | 60 | 732 | 11 | 123 | 23 | 6 |
| Diced | 18 | 12 | 44 | 37 | 506 | 7 | 91 | 14 | 4 |
| Leg steak | 33 | 11 | 46 | 43 | 529 | 8 | 118 | 20 | 5 |
| Cutlet | 17 | 16 | 52 | 81 | 619 | 14 | 72 | 34 | 5 |

Nutrient Composition of Raw Australian Beef and Veal.xls

| Per 100g edible portion | C20:2w6 (mg) | C20:3w6 (mg) | C20:4w6 (mg) | C22:4w6 (mg) | C18:3w3 (mg) | EPA C20:5w3 (mg) | DPA C22:5w3 (mg) | DHA C22:6w3 (mg) | Total omega 3 (mg) |
|--------------------------|--------------|--------------|--------------|--------------|--------------|------------------|------------------|------------------|--------------------|
| BEEF - raw | | | | | | | | | |
| Topside steak | 8 | 19 | 83 | 12 | 19 | 22 | 45 | 6 | 91 |
| Topside roast | 8 | 19 | 83 | 12 | 19 | 22 | 45 | 6 | 91 |
| Silverside minute steak | 6 | 14 | 60 | 9 | 11 | 16 | 33 | 4 | 64 |
| Silverside roast | 6 | 14 | 60 | 8 | 16 | 16 | 32 | 4 | 68 |
| Strips | 4 | 13 | 52 | 5 | 27 | 20 | 33 | 4 | 84 |
| Round steak | 3 | 16 | 55 | 4 | 33 | 23 | 36 | 4 | 97 |
| Round medallion | 3 | 16 | 56 | 4 | 27 | 24 | 37 | 5 | 92 |
| Rump steak | 4 | 18 | 69 | 5 | 56 | 24 | 42 | 4 | 127 |
| Rump medallion | 4 | 19 | 72 | 5 | 50 | 25 | 43 | 4 | 123 |
| Diced | 5 | 18 | 70 | 6 | 37 | 28 | 44 | 6 | 114 |
| Fillet steak | 6 | 21 | 78 | 7 | 60 | 36 | 51 | 8 | 156 |
| Eye fillet | 6 | 22 | 80 | 7 | 53 | 34 | 52 | 8 | 147 |
| T-Bone steak | 2 | 8 | 28 | 3 | 45 | 20 | 19 | 3 | 86 |
| Sirloin steak | 2 | 8 | 28 | 3 | 28 | 15 | 19 | 3 | 64 |
| Scotch fillet steak | 3 | 11 | 41 | 4 | 49 | 24 | 27 | 4 | 104 |
| Blade steak | 5 | 16 | 58 | 3 | 46 | 36 | 45 | 7 | 134 |
| Chuck steak | 6 | 20 | 72 | 4 | 62 | 45 | 57 | 9 | 173 |
| Mince -Heart Smart ***** | 5 | 17 | 60 | 6 | 75 | 31 | 50 | 6 | 162 |
| VEAL - raw | | | | | | | | | |
| Strips | 7 | 18 | 73 | 6 | 28 | 30 | 42 | 8 | 108 |
| Diced | 5 | 13 | 55 | 4 | 20 | 22 | 32 | 6 | 81 |
| Leg steak | 7 | 18 | 88 | 4 | 33 | 46 | 50 | 10 | 140 |
| Cutlet | 5 | 10 | 50 | 3 | 25 | 29 | 33 | 7 | 94 |