Ground Beef Calculator

The USDA Methods and Application of Food Composition Laboratory provides this nutrient search program, the Ground Beef Calculator, which provides the user with nutrient information for retail ground beef products containing any level of fat between 3% and 30%. The Ground Beef Calculator generates a nutrient profile based on the fat (or lean) content of retail ground beef and the preparation methods specified (broiled patties, pan-broiled patties, loaves, or crumbles). This program complements the ground beef data available in FoodData Central's Standard Reference Legacy (SR Legacy).

To Learn More about the Ground Beef Study

Ground beef, the most commonly consumed beef product in the US, is unique in that a wide range of products differing in lean and fat content are available in most retail stores. In order to provide consumers, scientists, and industry with the nutrient composition information for this variable product, an analytical study was designed to establish the mathematical relationship between the various nutrients and the total fat content of raw ground beef. Ground beef products were purchased nationwide. Raw and cooked patties, loaves, and crumbles were prepared for chemical analyses. The nutrient data generated by chemical analysis were then analyzed by regression statistics. Regression analysis yielded equations, which were used to estimate nutrient profiles for products ranging from 3% to 30% fat. Nutrient profiles for raw and cooked ground beef products containing 3%, 5%, 7%, 10%, 15%, 20%, 25%, and 30% fat are currently available in FoodData Central's Standard Reference Legacy (SR Legacy). The Ground Beef Calculator was developed to generate nutrient profiles for ground beef products containing any fat level between 3% and 30%, e.g., 6% fat. Estimates are provided for proximate nutrients (i.e., moisture, protein, fat, and ash), minerals, B-vitamins, folate, choline, vitamins A, E, and K, as well as major fatty acid classes (including saturated and trans fatty acids).