Beef and Pork Buyer's Guide

Jean Howe

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# Beef and Pork Buyer's Guide

**by Jean Howe**

Food and Nutrition Specialist

Use this guide to shop for beef and pork on a cost per serving basis.

1. SET price per pound at arrow above
2. Read approximate cost per serving in window opposite selected cut.

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### Beef

<table>
<thead>
<tr>
<th>Servings per lb.*</th>
<th>Cost Per Serving</th>
<th>Servings per lb.*</th>
<th>Cost Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Cubed</td>
<td>4</td>
<td>Loin, rib chop, boneless</td>
</tr>
<tr>
<td>3</td>
<td>Flank</td>
<td>3</td>
<td>Blade chops</td>
</tr>
<tr>
<td>2</td>
<td>Porterhouse</td>
<td>2</td>
<td>Picnic (bone in)</td>
</tr>
<tr>
<td>2</td>
<td>Rib</td>
<td>2</td>
<td>Sirloin</td>
</tr>
<tr>
<td>3</td>
<td>Rib-eye</td>
<td>3</td>
<td>Blade shoulder, boneless</td>
</tr>
<tr>
<td>2½</td>
<td>Round</td>
<td>3</td>
<td>Smoked loin</td>
</tr>
<tr>
<td>2</td>
<td>Sirloin</td>
<td>2½</td>
<td>Center loin</td>
</tr>
<tr>
<td>3</td>
<td>T-bone</td>
<td>2</td>
<td>Blade loin</td>
</tr>
<tr>
<td>3</td>
<td>Tenderloin</td>
<td>3</td>
<td>Smoked shoulder roll</td>
</tr>
<tr>
<td>Top loin</td>
<td></td>
<td>5</td>
<td>Canadian bacon, smoked boneless ham</td>
</tr>
</tbody>
</table>

### Pork

<table>
<thead>
<tr>
<th>Servings per lb.*</th>
<th>Cost Per Serving</th>
<th>Servings per lb.*</th>
<th>Cost Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Boneless cubes</td>
<td>3</td>
<td>Sausage</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>4</td>
<td>Tenderloin</td>
</tr>
<tr>
<td>1½</td>
<td>Back ribs, spareribs, hocks</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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*2 to 3 oz. per serving

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Meat Group
Two or more servings. Count as a serving: 2 to 3 ounces of lean cooked meat, poultry or fish, 2 eggs, 1 cup cooked dry beans or peas or 4 Tablespoons peanut butter.

Milk Group
Children under 8 — 2 or more cups
Children 8 to 12 — 3 or more cups
Teenagers — 4 or more cups
Adults — 2 or more cups
1 slice or 1-inch cube of cheddar type cheese = 3/4 cup milk, 1/2 cup cottage cheese = 1/4 cup milk, 2 Tablespoons cream cheese = 1 Tablespoon milk, 1/2 cup ice cream = 1/3 cup milk.

Bread-Cereals Group
Four or more servings. Count as a serving: 1 slice bread, 1 ounce ready-to-eat cereal, 1/2 to 3/4 cup cooked cereal, cornmeal, grits, macaroni, spaghetti, noodles and rice.

Vegetable-Fruit Group
Four or more servings. Count as a serving 1/2 cup vegetable or fruit or a portion as ordinarily served such as a medium apple, orange, banana or potato or a half grapefruit or cantaloupe.

Chicken and Turkey Buyer's Guide
by Jean Howe
Food and Nutrition Specialist

Use this guide to shop for chicken and turkey on a cost-per-serving basis.
1. Set price per pound at arrow above
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Fats, Sweets Group
Butter and margarine, salad dressing, jame, jellies and other sweets or fats may be added to meals to help make them more satisfying. Individual energy needs and the quantity of food eaten from the four groups determine the amount of "extras" that may be included in the diet without adding undue weight.

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