

# Buffalo vs. Other Meat Commodities

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**TABLE II - CHOLESTEROL CONTENT OF BUFFALO VS BEEF**

*Cholesterol (milligrams per 100 gram serving)*

**BEEF (a)**

- Chunk, lean only - 106
- Bottom round, lean only - 96
- Sirloin steak, lean only - 85
- Rib roast, lean only - 76
- Eye roast, lean only - 66

■ **BUFFALO (b)**

- Round roast/steak (c) - 40.3
- Hind shank - 45.5
- Loin, neck (composite) (d) - 38.6

a) Unpublished data from US Department of Agriculture Study on the Nutritive Content of Beef, 1980; sample representative of the US cattle population.

b) Unpublished data, Human Nutrition Information Service, US Department of Agriculture, 1979; Data are reported for grass/range fed animals and for partially finished animals (90 day partial grain fed).

c) Range/grass fed.

d) Partial grain-finished