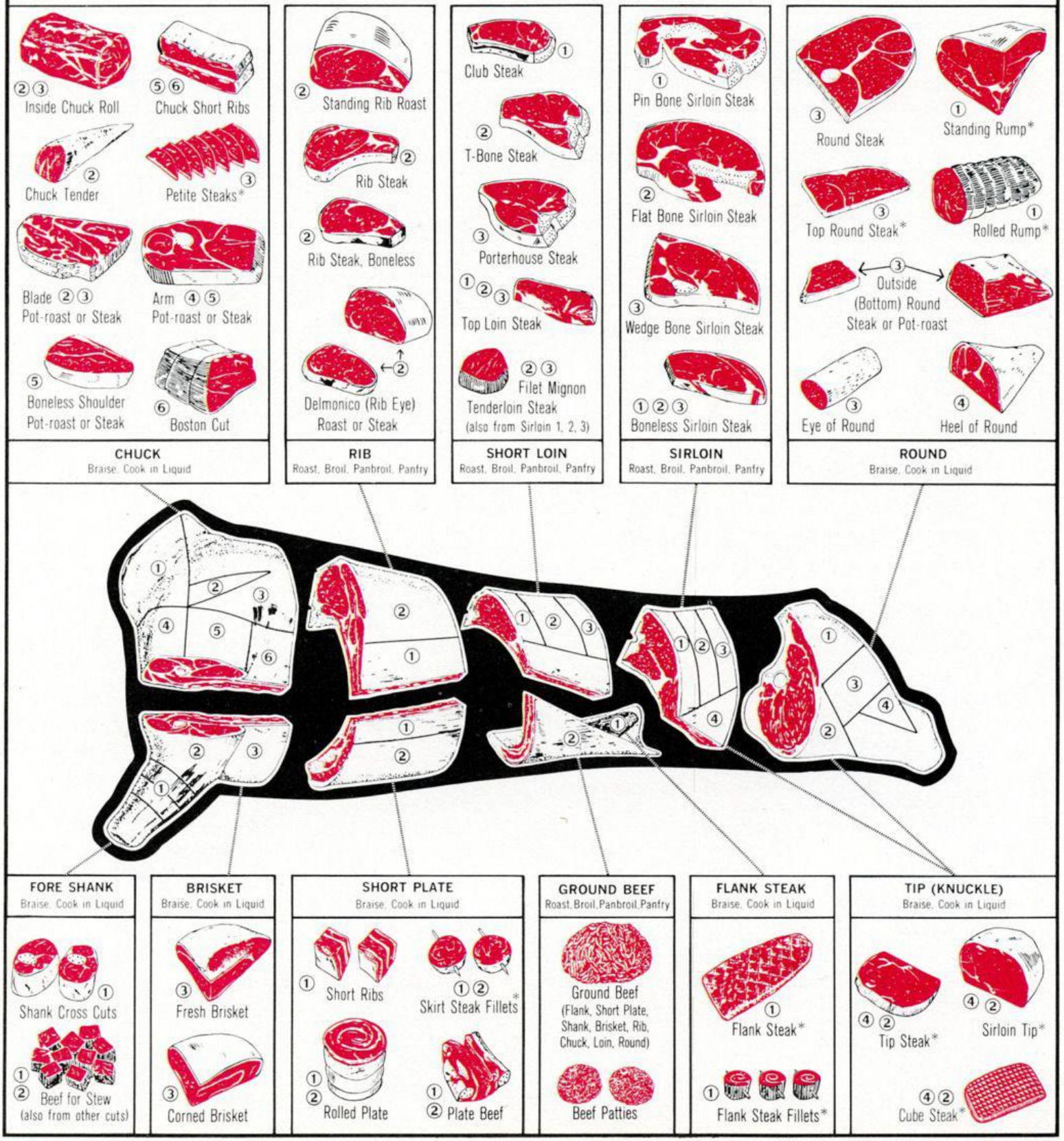
BEEF CHART

RETAIL CUTS OF BEEF — WHERE THEY COME FROM AND HOW TO COOK THEM



* May be Roasted, Broiled, Panbroiled or Panfried from high quality beef.

Courtesy of National Live Stock and Meat Board