

Highland Nutritional Value Breakdown

Scientific studies carried out on Highland Beef by the Scottish Environmental Studies clearly show that Highland Beef is significantly lower in fat and cholesterol than any other beef! The following results compare a pure Highland Beef to general and accepted nutrition information for other breeds.

Cut	Fat	Cholesterol	Protein	Iron
<i>Rump Highland Beef</i>	<i>4.2</i>	<i>45.8</i>	<i>22.4</i>	<i>2.0</i>
<i>Rump-Standard Beef</i>	<i>13.5</i>	<i>63.0</i>	<i>18.9</i>	<i>2.3</i>
<i>Shoulder- Highland Beef</i>	<i>4.7</i>	<i>42.2</i>	<i>21.6</i>	<i>1.9</i>
<i>Shoulder-Standard Beef</i>	<i>10.6</i>	<i>63.0</i>	<i>20.2</i>	<i>2.3</i>
<i>Sirloin- Highland Beef</i>	<i>7.1</i>	<i>37.0</i>	<i>21.8</i>	<i>2.3</i>
<i>Sirloin-Standard Beef</i>	<i>22.8</i>	<i>67.0</i>	<i>16.6</i>	<i>1.6</i>
<i>All cuts- Highland Beef</i>	<i>4.4</i>	<i>40.9</i>	<i>20.7</i>	<i>2.1</i>
<i>All cuts-Standard Beef</i>	<i>15.6</i>	<i>64.3</i>	<i>18.6</i>	<i>2.0</i>

**Information compiled from AHCA- Blue Ox Farms, M.A.F.F. and the Scottish Agricultural College*