

Lean Finely Textured Beef (LFTB aka “Pink Slime”)

Lean, finely textured beef (LFTB) is not a “filler.” It is nutritious lean beef used to facilitate making 90% and higher ground beef. The chemical makeup of LFTB is exactly the same as hand-deboned meat. It’s the same product, whether the lean is separated from the by using a knife or mechanically removing the lean from the fat. “It’s beef, Dude!”

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This great resource from beefisbeef.com puts the ammonium hydroxide process used on lean, finely textured beef into perspective. In fact, ammonium hydroxide-based compounds can be found on every component of a typical bacon cheeseburger, not just the burger.

Find more information about lean, finely textured beef at this [BEEF resource page](#) and at beefisbeef.com.



- ✓ It's 100% beef and processed from beef trimmed from steaks and roasts
- ✓ The process removes the fat from the meat, resulting in a 94-97% lean beef
- ✓ Ammonium hydroxide is only one part of the robust food safety system
- ✓ Ammonium hydroxide is found naturally in all proteins we eat — plant or animal — and one of its roles is to prohibit bacteria from forming
- ✓ Ammonium hydroxide is widely used in everyday cooking from baking powder to cheese to chocolate

Lean Beef Trimmings are Nutritious, Substantially Identical to 90% Lean Ground Beef

They are a good or excellent source of protein, iron, zinc and many B-vitamins

Bun — 2 oz = 50 mg (440 ppm*)
Bacon — 1 oz = 16 mg (160 ppm)
Condiments — 2 oz = 50 mg (400 ppm)
Cheese — .8 oz = 38 mg (813 ppm)
Beef — 1.6 oz = 20 mg (200 ppm)

To provide perspective, ammonium hydroxide-based compounds can be found in every component of a bacon cheeseburger (bun, bacon, cheese, condiments, and beef) between the naturally occurring levels and small amounts used to make food safer.

*ppm = parts per million of ammonium hydroxide

GET THE FACTS

Visit www.beefisbeef.com for more information