

WHAT'S YOUR  
DINNER MADE OF?

FILET HAS

**LESS FAT**

THAN 3 OZ. OF SKINLESS CHICKEN THIGH.  
MAY WE SUGGEST A WAY TO CELEBRATE?



Funded by The Beef Checkoff

Based on USDA data for total fat using a 3 oz. serving of cooked  
Tenderloin Filet compared to a 3 oz. serving of cooked skinless chicken thigh.

 OREGON  
BEEF  
COUNCIL

· ABOVE ALL ELSE ·

BEEF

IT'S WHAT'S FOR DINNER.

Get the recipe and 10 essential nutrients all in  
one delicious meal at [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)