

**This chart represents the approximate yield of consumer cuts of beef from a whole steer.**

#### **Beef Carcass Breakdown**

With an average market (live or on hoof) weight of 1,150 lbs and the average yield of 62.2%, the typical steer will produce a 715 lb. (dressed weight) carcass.

The dressed beef (or carcass) will yield approximately 569 lbs. of red meat and trim (take home meat - which includes the average weight of 27 lbs of variety meat: liver, heart, tongue, tripe, sweetbreads and brains) and 146 lbs of fat, bone and loss. This is roughly a yield of 80% from the dressed or hanging weight - this is for a VERY LEAN Beef.

A High Quality, USDA Choice Beef will yield approximately 70% of the Hanging or Dressed Weight. The yield on the take home meat weight from the live weight of the (VERY LEAN) steer is approximately 50%.

#### **Beef Cut Yield Per Steer Based on 569lbs take home meat**

##### **Chuck - 209.5 lbs total, which is 29% of the dressed/hanging/carcass weight**

Blade Roasts and Steaks	33.9 lbs.
Ground Beef and Stew Meat	83.3 lbs.
Arm Pot Roasts and Steaks	35.5 lbs.
Cross Rib Pot Roast	25.4 lbs.
Fat and Bones	31.4 lbs

##### **Round - 155.8 lbs. total, which is 22% of the dressed/hanging/carcass weight**

Top Round	34.6 lbs.
Bottom Round	31.2 lbs.
Tip	16.8 lbs.
Rump	7.8 lbs.
Ground Beef	33.4 lbs.
Fat and Bones	32 lbs.

##### **Thin Cuts - 134.6 lbs. total, which is 19% of the dressed/hanging/carcass weight**

Flank Steak	3.6 lbs.
Pastrami Squares	2.9 lbs.
Outside Skirt	2.2 lbs.
Inside skirt	2.5 lbs.
Boneless Brisket	16 lbs.
Ground Beef and Stew Meat	87.3 lbs
Fat and Bone	20.1 lbs.

##### **Short Loin - 115.7 lbs. total, which is 16% of the dressed/hanging/carcass weight**

Tenderloin Steak	6.8lbs
Porterhouse Steak	19.6 lbs.
T-bone Steak	9.8 lbs.
Strip Steak	15 lbs.
Sirloin Steak	15.3 lbs.
Ground Beef and Stew Meat	22.7 lbs.
Fat and Bone	26.5 lbs.

##### **Rib - 66.6 lbs. total, which is 9% of the dressed/hanging/carcass weight**

Rib Roast	23.9 lbs.
Rib Steak	9.2 lbs.
Short Ribs	8.6 lbs.
Ground Beef and Stew Meat	16.5 lbs.
Fat and Bone	8.4 lbs.

##### **Miscellaneous - 32.7 lbs. total, which is 5% of the dressed/hanging/carcass weight**

Kidney and Hanging Tender	4.9 lbs.
Fat, Suet and Cutting Loss	27.8 lbs.

