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G89-947 Buying Meat by the Serving

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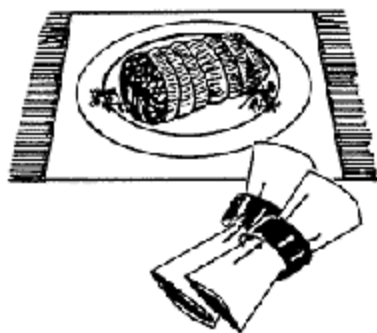


Buying Meat by the Serving

Buying meat by the serving rather than by the pound can save you money. Determining cost per serving is covered here.

Dennis E. Burson, Extension Meats Specialist

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Smart shoppers use cost per serving rather than price per pound in making meat selection decisions. Price per pound can be misleading because all cuts will not yield the same number of servings per pound.

Although some boneless cuts may cost more on a per pound basis, they may be more economical due to less waste. The amount of bone and waste fat determines the number of servings of cooked meat a cut will yield. Cost of the edible portion is really the important factor.

How Much Meat to Buy

The type of cut you purchase is very important in determining the amount of meat to buy. Normally a recommended serving size is three to three and one-half ounces, or about five servings per pound of cooked lean meat.

The servings per pound of purchased weight can vary greatly due to differences in fat and bone content of different retail cuts. For example, about twice as many people can be fed from boneless pork chops as from pork sirloin roast because boneless pork chops have about four servings per pound, compared to two servings per pound for pork sirloin roast.

Cost Per Serving

To determine the cost per serving for a particular cut of meat, find the number of servings per pound for the retail cut (*Table I*). Next locate the price per pound as purchased in the left hand column of the *Cost per Serving Chart (Table II)*, and follow the price per pound line to the correct serving per pound column. The value in that column is the *Cost per Serving* for that retail cut. This can be especially useful to compare the cost per serving of two cuts.

For example, a chuck arm roast costs \$1.89 per pound and a boneless rump roast costs \$2.79 per pound. Which is the best buy?

1. Determine servings per pound (*Table I*).
Chuck arm roast - two servings per pound
Boneless rump roasts - three servings per pound
2. Locate the price per pound of each cut on the *Cost per Serving Chart* and follow over to correct servings per pound column.
3. Read the cost per serving:
Chuck Arm Roast -- \$.95
Boneless Rump Roast -- \$.93

In this example the boneless rump roast would be a slightly better buy.

In summary, meat consumers can use these two charts to compare the cost per serving when purchasing meat. The *Servings Per Pound Table* can aid in meal planning by helping consumers calculate how much meat they need to buy.

Table I. Serving per pound from meat cuts

BEEF		Lamb (Continued)	
Steaks		Cubes	4
Chuck (Arm or Blade)	2	Shanks	2
Cubed	4	Variety Meats	
Flank	3	Heart	5
Porterhouse	2	Kidney	5
Rib	2	PORK	
Rib, boneless	2 1/2	Chops and Steaks	
Rib eye (Delmonico)	3	Blade chops	3
Round	3	Blade steaks	3
Sirloin	2 1/2	Chops, boneless	4
T-Bone	2	Loin chops	4
Tenderloin	3	Rib chops	4
Tip	3	Smoked (Rib or Loin chop)	4
Top Loin	3	Smoked Ham (Center slice)	5
Top Loin, boneless	2 1/2	Roasts	
Roasts		Leg (Fresh ham)	3

Rib	2
Rib eye (Delmonico)	3
Rump	2
Rump (boneless)	3
Tip	3
Pot Roasts	
Bottom Round	3
Chuck (Arm)	2
Chuck, boneless	2 1/2
Cross Rib	2 1/2
Eye Round	3
Heel of Round	2
Other Cuts	
Beef for stew	4
Brisket	3
Ground beef	4
Short ribs	2
Variety Meats	
Brains	5
Heart	5
Kidney	5
Liver	4
Sweetbreads	5
Tongue	5
VEAL	
Chops, Steaks, Cutlets	
Loin Chops	3
Rib Chops	3
Round Steak	4
Shoulder Steaks	2 1/2
Cutlets (boneless)	5
Roast	
Leg	3
Shoulder, boneless	3

Leg (Fresh ham) boneless	3 1/2
Smoked ham	3 1/2
Smoked ham, boneless	5
Smoked ham, canned	5
Blade shoulder (Rolled, Fresh or Smoked) boneless	3
Blade Loin	2
Top Loin (Rolled), boneless, (Smoked or fresh)	3 1/2
Center Loin	2 1/2
Smoked Loin	3
Arm picnic shoulder (Fresh or smoked)	2
Sirloin	2
Smoked shoulder roll	3
Other Cuts	
Back ribs	1 1/2
Bacon, sliced	6
Canadian Style Bacon	5
Country Style Back Ribs	1 1/2
Cubes	4
Hocks (Fresh or smoked)	1 1/2
Pork sausage	4
Spareribs	1 1/2
Tenderloin (Whole)	4
Tenderloin (Fillets)	4
Variety Meats	
Brains	5
Heart	5
Kidney	5
Liver	4
CHICKEN	
Whole chicken	2 - 2 1/2
Breast, bone in	2 1/2
	3 1/2 -

Other Cuts	
Breast (Riblets)	2
Cubes	4
LAMB	
Chops and Steaks	
Leg center slice	4
Loin chops	3
Shoulder chops	3
Sirloin chops	3
Rib chops	3
Roasts	
Leg	3
Leg, boneless	4
Shoulder	2 1/2
Shoulder, boneless	3
Other Cuts	
Breast	2
Riblets	2

Breast, boneless	4
Thigh	2 1/2
Drumsticks	2
Leg quarter	2
Wings	1 1/2
Chicken Roll, Cooked	5
TURKEY	
Whole turkey	2 1/2-3
Breast, bone in	3
Breast, boneless	3 1/2-4
Thighs	3
Drumsticks	2 1/2
Wings	2 1/2
Ground turkey	3 1/2-4
Roasted turkey	5
Turkey ham	5

Table II. Cost per Serving Chart

Price per Pound	Servings per pound							
	1 1/2	2	2 1/2	3	3 1/2	4	4 1/2	5
0.59	0.39	0.30	0.24	0.20	0.17	0.15	0.13	0.12
0.69	0.46	0.35	0.28	0.23	0.20	0.17	0.15	0.14
0.79	0.53	0.40	0.32	0.26	0.23	0.20	0.18	0.16
0.89	0.59	0.45	0.36	0.30	0.25	0.22	0.20	0.18
0.99	0.66	0.50	0.40	0.33	0.28	0.25	0.22	0.20
1.09	0.73	0.55	0.44	0.36	0.31	0.27	0.24	0.22
1.19	0.79	0.60	0.48	0.40	0.34	0.30	0.26	0.24
1.29	0.86	0.65	0.52	0.43	0.37	0.32	0.29	0.26
1.39	0.93	0.70	0.56	0.46	0.40	0.35	0.31	0.28
1.49	0.99	0.75	0.60	0.50	0.43	0.37	0.33	0.30
1.59	1.06	0.80	0.64	0.53	0.45	0.40	0.35	0.32
1.69	1.13	0.85	0.68	0.56	0.48	0.42	0.38	0.34
1.79	1.19	0.90	0.72	0.60	0.51	0.45	0.40	0.36

1.89	1.26	0.95	0.76	0.63	0.54	0.47	0.42	0.38
1.99	1.33	1.00	0.80	0.66	0.57	0.50	0.44	0.40
2.09	1.39	1.05	0.84	0.70	0.60	0.52	0.46	0.42
2.19	1.46	1.10	0.88	0.73	0.63	0.55	0.49	0.44
2.29	1.53	1.15	0.92	0.76	0.65	0.57	0.51	0.46
2.39	1.59	1.20	0.96	0.80	0.68	0.60	0.53	0.48
2.49	1.66	1.25	1.00	0.83	0.71	0.62	0.55	0.50
2.59	1.73	1.30	1.04	0.86	0.74	0.65	0.58	0.52
2.69	1.79	1.35	1.08	0.90	0.77	0.67	0.60	0.54
2.79	1.86	1.40	1.12	0.93	0.80	0.70	0.62	0.56
2.89	1.93	1.45	1.16	0.96	0.83	0.72	0.64	0.58
2.99	1.99	1.50	1.20	1.00	0.85	0.75	0.66	0.60
3.09	2.06	1.55	1.24	1.03	0.88	0.77	0.69	0.62
3.19	2.13	1.60	1.28	1.06	0.91	0.80	0.71	0.64
3.29	2.19	1.65	1.32	1.10	0.94	0.82	0.73	0.66
3.39	2.26	1.70	1.36	1.13	0.97	0.85	0.75	0.68
3.49	2.33	1.75	1.40	1.16	1.00	0.87	0.78	0.70
Price per Pound	Servings per pound							
	1 1/2	2	2 1/2	3	3 1/2	4	4 1/2	5
3.59	2.39	1.80	1.44	1.20	1.03	0.90	0.80	0.72
3.69	2.46	1.85	1.48	1.23	1.05	0.92	0.82	0.74
3.79	2.53	1.90	1.52	1.26	1.08	0.95	0.84	0.76
3.89	2.59	1.95	1.56	1.30	1.11	0.97	0.86	0.78
3.99	2.66	2.00	1.60	1.33	1.14	1.00	0.89	0.80
4.09	2.73	2.05	1.64	1.36	1.17	1.02	0.91	0.82
4.19	2.79	2.10	1.68	1.40	1.20	1.05	0.93	0.84
4.29	2.86	2.15	1.72	1.43	1.23	1.07	0.95	0.86
4.39	2.93	2.20	1.76	1.46	1.25	1.10	0.98	0.88
4.49	2.99	2.25	1.80	1.50	1.28	1.12	1.00	0.90
4.59	3.06	2.30	1.84	1.53	1.31	1.15	1.02	0.92
4.69	3.13	2.35	1.88	1.56	1.34	1.17	1.04	0.94
4.79	3.19	2.40	1.92	1.60	1.37	1.20	1.06	0.96
4.89	3.26	2.45	1.96	1.63	1.40	1.22	1.09	0.98
4.99	3.33	2.50	2.00	1.66	1.43	1.25	1.11	1.00
5.09	3.39	2.55	2.04	1.70	1.45	1.27	1.13	1.02

5.19	3.46	2.60	2.08	1.73	1.48	1.30	1.15	1.04
5.29	3.53	2.65	2.12	1.76	1.51	1.32	1.18	1.06
5.39	3.59	2.70	2.16	1.80	1.54	1.35	1.20	1.08
5.49	3.66	2.75	2.20	1.83	1.57	1.37	1.22	1.10
5.59	3.73	2.80	2.24	1.86	1.60	1.40	1.24	1.12
5.69	3.79	2.85	2.28	1.90	1.63	1.42	1.26	1.14
5.79	3.86	2.90	2.32	1.93	1.65	1.45	1.29	1.16
5.89	3.93	2.95	2.36	1.96	1.68	1.47	1.31	1.18
5.99	3.99	3.00	2.40	2.00	1.71	1.50	1.33	1.20

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