

## LINKS for Grass-fed, Grass-finished Meat

### Highest Fat-to-Meat Content

Several farms that offer this high standard and will ship to a home address include:

- White Oak Pastures <https://whiteoakpastures.com/collections/grassfed-beef>
- US Wellness Meats <https://grasslandbeef.com/beef>
- Belcampo <https://belcampo.com/collections/beef>
- Joyce Farms <https://joyce-farms.com/pages/heritage-aberdeen-angus-beef>

In your search for the best, select the fattier choices. Here are cuts of meat ranging from the highest fat grams to the lowest per 100 grams of total weight. Unfortunately, the fat content in these cuts can vary from sample to sample. Also, the way you cook the meat will determine how much fat remains to be consumed. But this table lists suggestions of the meats to buy if a high-fat content is your goal. And that’s my goal!

Cut of Meat	Fat Grams per 100g of Meat
Pork Belly	33
Pork Rib	31
Beef Rib	28
Prime Rib	27
Beef Short Rib	23
New York Strip	22
Pork Shoulder	21
Lamb Chops	21
T Bone	20
Ground Lamb	20
Rib Eye	19
Ground Beef	17
Filet Mignon	17
Ground Bison	15
Top Sirloin	14
Lean Ground beef	12
Veal	11
Pork Loin Chop	11
Pork Loin	9
Flank Steak	8
Beef Chuck	7
Ham	5
Pork Tenderloin	4

If you prefer to add more fat to your plate of food, consider adding suet (kidney fat) to your preparation of the meat. Suet is high in saturated and monosaturated fats with some omega 3 and omega 6 fatty acids. For example, when I am making one of my many recipes using ground beef or ground lamb, I add a couple of tablespoons of suet into the hot saucepan. After it melts, I add my ground meat and do my thing.