



BY AMERICAN MEAT SCIENCE ASSOCIATION

The Difference Between Meat Grinds

Chopped Beef or Ground Beef

“Chopped Beef” or “Ground Beef” shall consist of chopped fresh and/or frozen beef with or without seasoning and without the addition of beef fat as such, shall not contain more than 30 percent fat, and shall not contain added water, phosphates, binders, or extenders. When beef cheek meat (trimmed beef cheeks) is used in the preparation of chopped or ground beef, the amount of such cheek meat shall be limited to 25 percent; and if in excess of natural proportions, its presence shall be declared on the label, in the ingredient statement required by [§ 317.2](#) of this subchapter, if any, and otherwise contiguous to the name of the product.

Hamburger

“Hamburger” shall consist of chopped fresh and/or frozen beef with or without the addition of beef fat as such and/or seasoning, shall not contain more than 30 percent fat, and shall not contain added water, phosphates, binders, or extenders. Beef cheek meat (trimmed beef cheeks) may be used in the preparation of hamburger only in accordance with the conditions prescribed in [paragraph \(a\)](#) of this section.

Beef Patties

“Beef Patties” shall consist of chopped fresh and/or frozen beef with or without the addition of beef fat as such and/or seasonings. Binders or extenders, Mechanically Separated (Species) used in accordance with [§ 319.6](#), and/or partially defatted beef fatty tissue may be used without added water or with added water only in amounts such that the product characteristics are essentially that of a meat pattie.



All must contain no more than 30% fat in finished product.

“Lean” is hamburger or ground beef with less than 10% fat.

“Extra Lean” is hamburger or ground beef with less than 5% fat.