

Beef Products**Balance Volumetric**

Beef, retail cuts, separable fat, cooked	-1	0.5
Beef, round, full cut, separable lean only, trimmed to 1/4	-1	1.9
Beef, brisket, flat half, separable lean and fat, trimmed to	-1	1.6
Beef, rib, small end (ribs 10-12), separable lean and fat,	-1	1.2
Beef, rib, small end (ribs 10-12), separable lean only, trir	-1	1.7
Beef, rib, large end (ribs 6-9), separable lean and fat, trir	-1	1.0
Beef, rib, small end (ribs 10-12), separable lean and fat,	-1	1.0
Beef, rib, small end (ribs 10-12), separable lean and fat,	-1	0.9
Beef, rib, small end (ribs 10-12), separable lean and fat,	-1	1.0
Beef, rib, large end (ribs 6-9), separable lean and fat, trir	-1	1.0
Beef, rib, whole (ribs 6-12), separable lean and fat, trimr	-1	0.9
Beef, rib, whole (ribs 6-12), separable lean and fat, trimr	-1	1.0
Beef, brisket, flat half, separable lean and fat, trimmed to	-1	1.6
Beef, rib, small end (ribs 10-12), separable lean and fat,	-1	1.1
Beef, rib, large end (ribs 6-9), separable lean and fat, trir	-1	0.9
Beef, rib, large end (ribs 6-9), separable lean and fat, trir	-1	0.9
Beef, rib, whole (ribs 6-12), separable lean and fat, trimr	-1	1.1
Beef, rib, whole (ribs 6-12), separable lean and fat, trimr	-1	1.0
Beef, rib, small end (ribs 10-12), separable lean and fat,	-1	0.9
Beef, rib, whole (ribs 6-12), separable lean and fat, trimr	-1	0.9
USDA Commodity, beef, canned	-1	1.4
Beef, rib, large end (ribs 6-9), separable lean only, trimr	-1	1.5
Beef, rib, large end (ribs 6-9), separable lean and fat, trir	-1	0.8
Beef, rib, large end (ribs 6-9), separable lean and fat, trir	-1	1.0
Beef, rib, small end (ribs 10-12), separable lean only, trir	-1	1.5
Beef, chuck, clod roast, separable lean only, trimmed to	-1	1.9
Beef, rib, large end (ribs 6-9), separable lean and fat, trir	-1	0.9
Beef, rib, whole (ribs 6-12), separable lean and fat, trimr	-1	0.9
Beef, rib, large end (ribs 6-9), separable lean and fat, trir	-1	1.0
Beef, rib, whole (ribs 6-12), separable lean and fat, trimr	-1	0.8
Beef, rib, whole (ribs 6-12), separable lean and fat, trimr	-1	0.8
Beef, rib, small end (ribs 10-12), separable lean and fat,	-1	0.8
Beef, chuck, clod steak, separable lean only, trimmed to	-1	1.8
Beef, rib, large end (ribs 6-9), separable lean and fat, trir	-1	0.8
Beef, rib, large end (ribs 6-9), separable lean only, trimr	-1	1.3
Beef, round, top round, steak, separable lean and fat, trir	-1	1.7
Beef, flank, steak, separable lean and fat, trimmed to 0"	-1	1.3
Beef, flank, steak, separable lean only, trimmed to 0" fat	-1	1.4
Beef, chuck, arm pot roast, separable lean and fat, trimr	-1	1.1
Beef, rib, whole (ribs 6-12), separable lean and fat, trimr	-1	0.9
Beef, short loin, t-bone steak, separable lean and fat, trir	-1	1.2
Beef, chuck, arm pot roast, separable lean and fat, trimr	-1	1.1
Beef, brisket, flat half, separable lean and fat, trimmed to	-1	1.2
Beef, brisket, flat half, separable lean only, trimmed to 1,	-1	1.8
Beef, round, top round, steak, separable lean and fat, trir	-1	1.9
Beef, chuck, arm pot roast, separable lean and fat, trimr	-1	1.1
Beef, rib, shortribs, separable lean and fat, choice, cooke	-1	0.7
Beef, brisket, flat half, separable lean and fat, trimmed to	-1	1.1
Beef, round, top round steak, separable lean and fat, trin	-1	1.6
Beef, round, eye of round, roast, separable lean and fat,	-2	2.0
Beef, round, eye of round, roast, separable lean and fat,	-2	1.6
Beef, round, eye of round, roast, separable lean only, trir	-2	2.0
Beef, chuck, clod roast, separable lean and fat, trimmed i	-2	1.5
Beef, round, top round, steak, separable lean and fat, trir	-2	1.5

very good effect

good effect

OK effect

not very good effect

bad effect

awful effect

Avg. = -2.9

Beef, round, eye of round, roast, separable lean and fat,	-2	1.6
Beef, brisket, point half, separable lean and fat, trimmed	-2	0.9
Beef, short loin, top loin, steak, separable lean and fat, tr	-2	1.9
Beef, chuck, arm pot roast, separable lean only, trimmed	-2	1.7
Beef, round, bottom round, steak, separable lean and fat	-2	1.4
Beef, round, eye of round, roast, separable lean and fat,	-2	2.0
Beef, brisket, flat half, separable lean only, trimmed to 1,	-2	1.7
Beef, round, eye of round, roast, separable lean and fat,	-2	1.6
Beef, short loin, porterhouse steak, separable lean and fa	-2	1.2
Beef, rib, large end (ribs 6-9), separable lean and fat, trir	-2	0.9
Beef, flank, steak, separable lean and fat, trimmed to 0"	-2	1.8
Beef, round, eye of round, roast, separable lean and fat,	-2	2.0
Beef, round, eye of round, roast, separable lean only, trir	-2	2.1
Beef, round, top round, steak, separable lean only, trimm	-2	1.9
Beef, chuck, arm pot roast, separable lean only, trimmed	-2	1.6
Beef, cured, corned beef, brisket, cooked	-2	1.3
Beef, round, bottom round, steak, separable lean and fat	-2	1.3
Beef, short loin, porterhouse steak, separable lean and fa	-2	1.1
Beef, round, bottom round, steak, separable lean and fat	-2	1.3
Beef, brisket, point half, separable lean and fat, trimmed	-2	1.0
Beef, top sirloin, steak, separable lean only, trimmed to 1	-2	2.0
Beef, short loin, t-bone steak, separable lean and fat, trir	-2	1.2
Beef, brisket, whole, separable lean and fat, trimmed to C	-2	1.1
Beef, round, top round, separable lean and fat, trimmed f	-2	1.5
Beef, chuck, arm pot roast, separable lean and fat, trimm	-2	1.2
Beef, composite of trimmed retail cuts, separable lean an	-2	1.1
Beef, chuck, blade roast, separable lean and fat, trimmec	-2	1.0
Beef, top sirloin, steak, separable lean only, trimmed to C	-2	1.9
Beef, short loin, t-bone steak, separable lean and fat, trir	-2	1.3
Beef, round, bottom round, roast, separable lean and fat,	-2	1.6
Beef, round, top round, separable lean and fat, trimmed f	-2	1.4
Beef, composite of trimmed retail cuts, separable lean an	-2	1.3
Beef, composite of trimmed retail cuts, separable lean an	-2	1.2
Beef, round, top round, steak, separable lean and fat, trir	-2	1.8
Beef, round, eye of round, roast, separable lean only, trir	-2	2.1
Beef, brisket, flat half, separable lean only, trimmed to 1,	-2	1.6
Beef, round, top round, separable lean and fat, trimmed f	-2	1.7
Beef, flank, steak, separable lean and fat, trimmed to 0"	-2	1.7
Beef, short loin, porterhouse steak, separable lean and fa	-2	1.1
Beef, composite of trimmed retail cuts, separable lean an	-2	1.1
Beef, short loin, porterhouse steak, separable lean and fa	-2	1.2
Beef, composite of trimmed retail cuts, separable lean an	-2	1.2
Beef, round, tip round, roast, separable lean only, trimme	-2	2.2
Beef, chuck, arm pot roast, separable lean and fat, trimm	-2	1.1
Beef, round, top round, separable lean and fat, trimmed f	-2	1.6
Beef, round, top round, separable lean only, trimmed to C	-2	1.8
Beef, round, eye of round, roast, separable lean only, trir	-2	2.0
Beef, flank, steak, separable lean only, trimmed to 0" fat	-2	1.9
Beef, short loin, top loin, steak, separable lean only, trim	-2	1.9
Beef, round, bottom round, roast, separable lean and fat,	-2	1.5
Beef, round, top round, separable lean only, trimmed to C	-2	1.7
Beef, chuck, clod roast, separable lean only, trimmed to C	-2	1.9
Beef, chuck, arm pot roast, separable lean only, trimmed	-2	1.6
Beef, brisket, flat half, separable lean only, trimmed to 0'	-2	1.6
Beef, top sirloin, steak, separable lean and fat, trimmed t	-2	1.4

Beef, round, full cut, separable lean and fat, trimmed to 1/2"	-2	1.5
Beef, shank crosscuts, separable lean only, trimmed to 1/2"	-2	1.7
Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/2"	-2	1.7
Beef, round, top round, steak, separable lean only, trimmed to 1/2"	-2	1.9
Beef, ground, patties, frozen, cooked, broiled	-2	1.1
Beef, short loin, top loin, steak, separable lean only, trimmed to 1/2"	-2	1.9
Beef, flank, steak, separable lean and fat, trimmed to 0" fat	-2	1.6
Beef, top sirloin, steak, separable lean only, trimmed to 1/2"	-2	1.9
Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/2"	-2	1.5
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/2"	-2	1.3
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/2"	-2	0.9
Beef, brisket, whole, separable lean and fat, trimmed to 1/2"	-2	1.0
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/2"	-2	1.8
Beef, top sirloin, steak, separable lean only, trimmed to 1/2"	-2	1.8
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/2"	-2	1.6
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/2"	-2	1.4
Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/2"	-2	1.9
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/2"	-2	1.5
Beef, chuck, arm pot roast, separable lean only, trimmed to 1/2"	-2	1.5
Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/2"	-2	1.5
Beef, brisket, point half, separable lean only, trimmed to 1/2"	-2	1.4
Beef, round, top round, steak, separable lean only, trimmed to 1/2"	-2	1.8
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/2"	-2	1.1
Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 1/2"	-2	1.9
Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/2"	-2	1.3
Beef, flank, steak, separable lean only, trimmed to 0" fat	-2	1.8
Beef, round, top round, steak, separable lean and fat, trimmed to 1/2"	-2	1.7
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/2"	-2	1.6
Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 1/2"	-2	1.8
Beef, tenderloin, separable lean and fat, trimmed to 1/8"	-2	1.0
Beef, round, eye of round, roast, separable lean only, trimmed to 1/2"	-2	2.0
Beef, round, bottom round, steak, separable lean only, trimmed to 1/2"	-2	1.6
Beef, round, tip round, roast, separable lean and fat, trimmed to 1/2"	-2	1.6
Beef, round, bottom round , roast, separable lean only, trimmed to 1/2"	-2	2.0
Beef, round, tip round, roast, separable lean and fat, trimmed to 1/2"	-2	1.5
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/2"	-2	1.2
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/2"	-2	1.2
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/2"	-2	1.3
Beef, round, bottom round roast, separable lean only, trimmed to 1/2"	-2	2.0
Beef, composite of trimmed retail cuts, separable lean on bone, trimmed to 1/2"	-2	1.7
Beef, cured, breakfast strips, cooked	-2	0.7
Beef, top sirloin, steak, separable lean only, trimmed to 1/2"	-2	1.8
Beef, round, tip round, roast, separable lean and fat, trimmed to 1/2"	-2	1.8
Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/2"	-2	1.6
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/2"	-2	1.1
Beef, round, top round, separable lean and fat, trimmed to 1/2"	-2	1.3
Beef, round, top round, steak, separable lean only, trimmed to 1/2"	-2	1.8
Beef, chuck, clod roast, separable lean and fat, trimmed to 1/2"	-2	1.6
Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/2"	-2	1.3
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/2"	-2	1.3
Beef, round, tip round, roast, separable lean only, trimmed to 1/2"	-2	1.9
Beef, top sirloin, steak, separable lean only, trimmed to 1/2"	-2	1.8
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/2"	-2	1.2
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/2"	-2	1.6
Beef, flank, steak, separable lean only, trimmed to 0" fat	-2	1.7

Beef, short loin, top loin, steak, separable lean only, trim	-2	1.8
Beef, short loin, t-bone steak, separable lean only, trimm	-2	1.7
Beef, tenderloin, steak, separable lean and fat, trimmed t	-2	1.2
Beef, rib, small end (ribs 10-12), separable lean and fat,	-2	1.2
Beef, variety meats and by-products, spleen, cooked, bra	-2	2.3
Beef, round, tip round, roast, separable lean and fat, trim	-2	1.8
Beef, round, eye of round, roast, separable lean only, trir	-2	1.9
Beef, chuck, top blade, separable lean and fat, trimmed t	-2	1.5
Beef, short loin, top loin, steak, separable lean only, trim	-2	1.8
Beef, round, tip round, roast, separable lean only, trimme	-2	1.9
Beef, round, bottom round, steak, separable lean and fat	-2	1.5
Beef, round, top round, separable lean and fat, trimmed t	-2	1.5
Beef, round, top round, separable lean and fat, trimmed t	-2	1.5
Beef, short loin, top loin, steak, separable lean and fat, tr	-2	1.2
Beef, bottom sirloin, tri-tip roast, separable lean and fat,	-2	1.7
USDA Commodity, beef, patties (100%), frozen, cooked	-2	1.3
Beef, tenderloin, separable lean and fat, trimmed to 0" fa	-2	1.6
Beef, plate, inside skirt steak, separable lean and fat, trin	-2	1.5
Beef, round, full cut, separable lean and fat, trimmed to 1	-2	1.4
Beef, tenderloin, steak, separable lean only, trimmed to C	-2	1.9
Beef, ground, 75% lean meat / 25% fat, raw	-2	1.1
Beef, round, top round, separable lean only, trimmed to C	-2	1.6
Beef, round, top round, steak, separable lean only, trimm	-2	1.7
Beef, top sirloin, steak, separable lean and fat, trimmed t	-2	1.5
Beef, round, bottom round, steak, separable lean only, tr	-2	1.6
Beef, short loin, porterhouse steak, separable lean only, t	-2	1.6
Beef, rib, small end (ribs 10-12), separable lean only, trir	-2	1.7
Beef, short loin, t-bone steak, separable lean only, trimm	-2	1.6
Beef, round, tip round, roast, separable lean and fat, trim	-2	1.7
Beef, short loin, t-bone steak, separable lean and fat, trir	-2	1.3
Beef, chuck, top blade, separable lean only, trimmed to C	-2	1.5
Beef, round, bottom round, roast, separable lean and fat,	-2	1.8
Beef, rib, small end (ribs 10-12), separable lean and fat,	-2	1.1
Beef, round, tip round, roast, separable lean and fat, trim	-2	1.5
Beef, short loin, top loin, separable lean and fat, trimmec	-2	1.1
Beef, brisket, whole, separable lean only, trimmed to 0" f	-2	1.5
Beef, round, top round, steak, separable lean only, trimm	-2	1.7
Beef, tenderloin, steak, separable lean only, trimmed to 1	-2	1.7
Beef, chuck, top blade, separable lean and fat, trimmed t	-2	1.5
Beef, round, bottom round, steak, separable lean only, tr	-2	1.6
Beef, plate, inside skirt steak, separable lean only, trimm	-2	1.6
Beef, tenderloin, separable lean and fat, trimmed to 1/8"	-2	1.1
Beef, tenderloin, separable lean and fat, trimmed to 1/8"	-2	1.0
Beef, tenderloin, steak, separable lean and fat, trimmed t	-2	1.5
Beef, ground, 80% lean meat / 20% fat, loaf, cooked, ba	-2	1.3
Beef, ground, 80% lean meat / 20% fat, crumbles, cooke	-2	1.2
Beef, rib, small end (ribs 10-12), separable lean only, trir	-2	1.7
Beef, composite of trimmed retail cuts, separable lean on	-2	1.6
Beef, round, bottom round, steak, separable lean and fat	-2	1.4
Beef, ground, 75% lean meat / 25% fat, loaf, cooked, ba	-2	1.3
Beef, bottom sirloin, tri-tip roast, separable lean and fat,	-2	1.6
Beef, rib, small end (ribs 10-12), separable lean and fat,	-2	1.1
Beef, round, bottom round, roast, separable lean only, tri	-2	1.9
Beef, short loin, top loin, steak, separable lean only, trim	-2	1.7
Beef, rib, large end (ribs 6-9), separable lean only, trimm	-2	1.4

Beef, ground, 75% lean meat / 25% fat, crumbles, cooked	-2	1.2
Beef, ground, 75% lean meat / 25% fat, patty, cooked, p	-2	1.3
Beef, tenderloin, steak, separable lean and fat, trimmed t	-2	1.1
Beef, chuck, blade roast, separable lean only, trimmed to	-2	1.3
Beef, short loin, top loin, steak, separable lean only, trim	-2	1.7
Beef, ground, 70% lean meat / 30% fat, loaf, cooked, ba	-2	1.4
Beef, tenderloin, steak, separable lean only, trimmed to 1	-2	1.7
Beef, composite of trimmed retail cuts, separable lean on	-2	1.5
Beef, ground, 80% lean meat / 20% fat, patty, cooked, p	-2	1.4
Beef, chuck, clod roast, separable lean only, trimmed to C	-2	1.9
Beef, chuck, top blade, separable lean only, trimmed to C	-2	1.6
Beef, ground, 75% lean meat / 25% fat, patty, cooked, b	-2	1.2
Beef, tenderloin, steak, separable lean only, trimmed to C	-2	1.7
Beef, ground, 80% lean meat / 20% fat, patty, cooked, b	-2	1.2
Beef, ground, 85% lean meat / 15% fat, loaf, cooked, ba	-2	1.4
Beef, ground, 85% lean meat / 15% fat, crumbles, cooke	-2	1.3
Beef, ground, 70% lean meat / 30% fat, patty cooked, pa	-2	1.4
Beef, rib, shortribs, separable lean only, choice, cooked, l	-2	1.1
Beef, ground, 85% lean meat / 15% fat, patty, cooked, p	-2	1.4
Beef, tenderloin, steak, separable lean and fat, trimmed t	-2	1.4
Beef, ground, 70% lean meat / 30% fat, crumbles, cooke	-3	1.2
Beef, round, bottom round, roast, separable lean only, tri	-3	2.0
Beef, rib eye, small end (ribs 10-12), separable lean and	-3	1.4
Beef, ground, 70% lean meat / 30% fat, patty, cooked, b	-3	1.2
USDA Commodity, beef patties with VPP, frozen, cooked	-3	1.3
Beef, tenderloin, steak, separable lean only, trimmed to 1	-3	1.6
Beef, bottom sirloin, tri-tip roast, separable lean and fat,	-3	1.5
Beef, round, bottom round, steak, separable lean only, tr	-3	1.5
Beef, bottom sirloin, tri-tip roast, separable lean only, tri	-3	1.7
Beef, ground, 85% lean meat / 15% fat, patty, cooked, b	-3	1.3
Beef, round, full cut, separable lean only, trimmed to 1/4	-3	1.7
Beef, tenderloin, separable lean and fat, trimmed to 1/8"	-3	1.0
Beef, chuck, top blade, separable lean and fat, trimmed t	-3	1.7
Beef, rib, small end (ribs 10-12), separable lean only, tri	-3	1.6
Beef, round, bottom round, roast, separable lean and fat,	-3	1.7
Beef, round, bottom round, steak, separable lean only, tr	-3	1.5
Beef, shoulder steak, boneless, separable lean only, trim	-3	2.0
Beef, rib, eye, small end (ribs 10-12), separable lean only	-3	1.6
Beef, tenderloin, steak, separable lean only, trimmed to C	-3	1.6
Beef, round, bottom round, roast, separable lean only, tri	-3	1.8
Beef, ground, 90% lean meat / 10% fat, loaf, cooked, ba	-3	1.6
Beef, chuck, shoulder clod, shoulder tender, medallion, se	-3	1.9
Beef, round, bottom round, roast, separable lean only, tri	-3	1.9
Beef, ground, 90% lean meat / 10% fat, patty, cooked, p	-3	1.6
Beef, loin, bottom sirloin butt, tri-tip steak, separable lea	-3	1.3
Beef, ground, 90% lean meat / 10% fat, crumbles, cooke	-3	1.4
Beef, rib, small end (ribs 10-12), separable lean and fat,	-3	1.3
Beef, rib eye, small end (ribs 10-12), separable lean and	-3	1.3
Beef, short loin, porterhouse steak, separable lean only, t	-3	1.7
Beef, ground, 90% lean meat / 10% fat, patty, cooked, b	-3	1.5
Beef, chuck, top blade, separable lean only, trimmed to C	-3	1.8
Beef, ground, 95% lean meat / 5% fat, loaf, cooked, bak	-3	1.9
Beef, round, bottom round, steak, separable lean only, tr	-3	1.5
Beef, loin, bottom sirloin butt, tri-tip steak, separable lea	-3	1.3
Beef, short loin, t-bone steak, separable lean only, trimm	-3	1.8

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 1/2" fat, top round	-3	1.3
Beef, chuck eye steak, boneless, separable lean only, trimmed to 1/4" fat, top round	-3	1.5
Beef, variety meats and by-products, tongue, cooked, sim	-3	1.2
Beef, chuck, clod roast, separable lean and fat, trimmed to 1/4" fat, top round	-3	1.7
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 1/4" fat, top round	-3	2.0
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 1/4" fat, top round	-3	2.1
Beef, plate, outside skirt steak, separable lean and fat, trimmed to 1/4" fat, top round	-3	1.3
Beef, ground, 95% lean meat / 5% fat, patty, cooked, packaged	-3	2.0
Beef, round, top round, steak, separable lean and fat, trimmed to 1/4" fat, top round	-3	1.5
Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, top round	-3	1.4
Beef, chuck eye steak, boneless, separable lean only, trimmed to 1/4" fat, top round	-3	1.6
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 1/4" fat, top round	-3	1.8
Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	-3	1.9
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 1/4" fat, top round	-3	1.7
Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, packaged	-3	1.7
Beef, plate, outside skirt steak, separable lean only, trimmed to 1/4" fat, top round	-3	1.4
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 1/4" fat, top round	-3	1.4
Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, top round	-3	1.9
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 1/4" fat, top round	-4	1.5
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 1/4" fat, top round	-4	2.0
Beef, chuck eye steak, boneless, separable lean only, trimmed to 1/4" fat, top round	-4	1.7
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.8
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.8
Beef, shoulder steak, boneless, separable lean only, trimmed to 1/4" fat, top round	-4	1.9
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.5
Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.4
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.9
Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.5
Beef, chuck, shoulder clod, shoulder top and center steak, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.9
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.8
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.9
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.5
Beef, chuck, shoulder clod, shoulder top and center steak, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.8
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 1/4" fat, top round	-4	1.5
Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.5
Beef, chuck, mock tender steak, separable lean and fat, trimmed to 1/4" fat, top round	-4	2.1
Beef, chuck, shoulder clod, shoulder top and center steak, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.8
Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.5
Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 1/4" fat, top round	-4	2.1
Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, top round	-4	2.1
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 1/4" fat, top round	-4	1.3
Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.5
Beef, chuck for stew, separable lean and fat, select, cooked, packaged	-4	1.8
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.8
Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.5
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 1/4" fat, top round	-4	1.4
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.9
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 1/4" fat, top round	-4	1.5
Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.6
Beef, chuck, mock tender steak, separable lean and fat, trimmed to 1/4" fat, top round	-4	2.1
Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, top round	-4	2.1
Beef, shoulder steak, boneless, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.9
Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, top round	-4	1.9
Beef, chuck for stew, separable lean and fat, all grades, cooked, packaged	-4	1.7
Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 1/4" fat, top round	-4	1.9

Beef, shoulder pot roast, boneless, separable lean only, trimmed to 1/2" fat, top round	-4	1.7
Beef, chuck, mock tender steak, separable lean only, trimmed to 1/2" fat, top round	-4	2.1
Beef, chuck, mock tender steak, separable lean and fat, trimmed to 1/2" fat, top round	-4	2.1
Beef, shoulder steak, boneless, separable lean only, trimmed to 1/2" fat, top round	-4	1.9
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 1/2" fat, top round	-4	1.6
Beef, shoulder pot roast, boneless, separable lean only, trimmed to 1/2" fat, top round	-4	1.7
Beef, chuck for stew, separable lean and fat, choice, cooked, braised	-4	1.7
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/2" fat, top round	-4	1.1
Beef, shoulder pot roast, boneless, separable lean only, trimmed to 1/2" fat, top round	-5	1.8
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 1/2" fat, top round	-5	1.7
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 1/2" fat, top round	-5	1.8
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 1/2" fat, top round	-5	1.8
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 1/2" fat, top round	-5	1.7
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 1/2" fat, top round	-5	1.8
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 1/2" fat, top round	-5	1.2
Beef, shoulder steak, boneless, separable lean and fat, trimmed to 1/2" fat, top round	-5	1.8
Beef, chuck, under blade center steak, boneless, Denver Style	-5	1.6
Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 1/2" fat, top round	-5	1.2
Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 1/2" fat, top round	-5	1.2
Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 1/2" fat, top round	-6	1.3
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 1/2" fat, top round	-6	1.2
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 1/2" fat, top round	-6	1.4
Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 1/2" fat, top round	-6	1.1
Beef, chuck, under blade center steak, boneless, Denver Style	-6	1.5
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 1/2" fat, top round	-6	1.1
Beef, chuck, under blade center steak, boneless, Denver Style	-6	1.5
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 1/2" fat, top round	-6	1.4
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 1/2" fat, top round	-6	1.1
Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 1/2" fat, top round	-6	1.1
Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 1/2" fat, top round	-6	1.2
Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 1/2" fat, top round	-6	1.2
Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 1/2" fat, top round	-6	1.6
Beef, shoulder steak, boneless, separable lean and fat, trimmed to 1/2" fat, top round	-6	1.8
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 1/2" fat, top round	-6	1.2
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 1/2" fat, top round	-6	1.5
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 1/2" fat, top round	-6	1.1
Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 1/2" fat, top round	-6	1.6
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 1/2" fat, top round	-6	1.1
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 1/2" fat, top round	-6	1.2
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 1/2" fat, top round	-6	1.6
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 1/2" fat, top round	-7	1.5
Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 1/2" fat, top round	-7	1.7
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 1/2" fat, top round	-7	1.6
Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 1/2" fat, top round	-7	1.5
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 1/2" fat, top round	-7	1.7
Beef, variety meats and by-products, thymus, cooked, braised	-8	1.0
Beef, chuck, under blade center steak, boneless, Denver Style	-8	1.5
Beef, chuck, under blade center steak, boneless, Denver Style	-8	1.4
Beef, chuck, under blade center steak, boneless, Denver Style	-8	1.5
Beef, round, top round, separable lean and fat, trimmed to 1/2" fat, top round	-9	1.3
Beef, variety meats and by-products, heart, cooked, simmered	-14	2.0
Beef, variety meats and by-products, lungs, cooked, braised	-14	2.8
Beef, variety meats and by-products, kidneys, cooked, simmered	-17	2.1
Beef, round, top round, separable lean only, trimmed to 1/2" fat, top round	-18	1.5
Beef, variety meats and by-products, pancreas, cooked, braised	-26	1.2

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect

Balance Volumetric