

Lamb, Veal, and Game Products

Balance Volumetric

Game meat, horse, cooked, roasted	1	1.9
Lamb, variety meats and by-products, tongue, cooked, broiled	0	1.2
Lamb, variety meats and by-products, pancreas, cooked, broiled	0	1.4
Game meat, elk, tenderloin, separable lean only, cooked, broiled	0	2.1
Lamb, New Zealand, imported, frozen, composite of trimmed	0	0.6
Game meat, elk, loin, separable lean only, cooked, broiled	0	2.0
Game meat, beefalo, composite of cuts, cooked, roasted	0	1.8
Lamb, New Zealand, imported, frozen, foreshank, separable lean only	-1	1.3
Lamb, new zealand, imported, frozen, foreshank, separable lean only	-1	1.3
Lamb, Australian, imported, fresh, foreshank, separable lean only	-1	2.0
Lamb, Australian, imported, fresh, loin, separable lean only	-1	1.7
Lamb, Australian, imported, fresh, leg, shank half, separable lean only	-1	1.8
Lamb, New Zealand, imported, frozen, foreshank, separable lean only	-1	1.8
Lamb, Australian, imported, fresh, leg, whole (shank and	-1	1.8
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless	-1	1.8
Lamb, Australian, imported, fresh, composite of trimmed	-1	1.7
Lamb, Australian, imported, fresh, leg, center slice, boneless	-1	1.8
Lamb, Australian, imported, fresh, rib, separable lean only	-1	1.6
Lamb, new zealand, imported, frozen, loin, separable lean only	-1	1.1
Lamb, Australian, imported, fresh, shoulder, arm, separable lean only	-1	1.4
Lamb, new zealand, imported, frozen, leg, whole (shank and	-1	1.4
Lamb, New Zealand, imported, frozen, composite of trimmed	-1	1.1
Lamb, New Zealand, imported, frozen, leg, whole (shank and	-1	1.4
Lamb, Australian, imported, fresh, shoulder, whole (arm and	-1	1.4
Lamb, Australian, imported, fresh, loin, separable lean and	-1	1.5
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only	-1	1.4
Lamb, new zealand, imported, frozen, rib, separable lean only	-1	1.1
Lamb, Australian, imported, fresh, leg, sirloin half, boneless	-1	1.5
Lamb, New Zealand, imported, frozen, leg, whole (shank and	-1	1.8
Lamb, Australian, imported, fresh, leg, center slice, boneless	-1	1.5
Lamb, new zealand, imported, frozen, composite of trimmed	-1	1.2
Lamb, Australian, imported, fresh, leg, shank half, separable lean only	-1	1.4
Lamb, variety meats and by-products, heart, cooked, broiled	-1	1.8
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless	-1	1.4
Game meat, bison, top round, separable lean only, 1" steak, cooked	-1	1.9
Lamb, Australian, imported, fresh, leg, whole (shank and	-1	1.4
Lamb, Australian, imported, fresh, foreshank, separable lean only	-1	1.4
Lamb, Australian, imported, fresh, composite of trimmed	-1	1.3
Lamb, New Zealand, imported, frozen, loin, separable lean only	-1	1.7
Lamb, Australian, imported, fresh, rib, separable lean and	-1	1.2
Game meat, bison, chuck, shoulder clod, separable lean only, cooked	-1	1.7
Game meat, bison, chuck, shoulder clod, separable lean only, cooked	-1	1.7
Lamb, Australian, imported, fresh, shoulder, arm, separable lean only	-1	1.1
Lamb, Australian, imported, fresh, shoulder, whole (arm and	-1	1.1
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only	-1	1.1
Lamb, Australian, imported, fresh, leg, sirloin half, boneless	-1	1.2
Lamb, New Zealand, imported, frozen, composite of trimmed	-1	1.6
Game meat, elk, ground, cooked, pan-broiled	-1	1.7
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and	-1	0.9
Game meat, bison, ribeye, separable lean only, 1" steak, cooked	-1	1.9
Game meat, deer, loin, separable lean only, 1" steak, cooked	-1	2.2
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked	-1	1.9
Lamb, new zealand, imported, frozen, shoulder, whole (arm and	-1	1.0
Game meat, elk, ground, raw	-1	1.9

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect
Avg. = -3.2

Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, roasted	-1	1.1
Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, roasted	-1	1.0
Game meat, elk, cooked, roasted	-1	2.3
Game meat, deer, top round, separable lean only, 1" steaks, cooked, roasted	-1	2.2
Lamb, Australian, imported, fresh, separable lean only, cooked, roasted	-1	0.5
Game meat, buffalo, water, cooked, roasted	-1	2.5
Lamb, variety meats and by-products, kidneys, cooked, braised	-1	2.4
Veal, leg (top round), separable lean only, cooked, braised	-1	1.6
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), cooked, roasted	-1	1.2
Veal, variety meats and by-products, tongue, cooked, braised	-1	1.6
Game meat, deer, tenderloin, separable lean only, 0.5-1" steaks, cooked, roasted	-1	2.2
Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, cooked, roasted	-1	1.8
Game meat, antelope, cooked, roasted	-2	2.2
Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	-2	1.8
Veal, variety meats and by-products, spleen, cooked, braised	-2	2.6
Veal, shoulder, arm, separable lean only, cooked, roasted	-2	2.0
Veal, shoulder, arm, separable lean only, cooked, braised	-2	1.7
Game meat, deer, shoulder clod, separable lean only, 3-5" steaks, cooked, roasted	-2	1.7
Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, cooked, roasted	-2	1.9
Veal, shank (fore and hind), separable lean only, cooked, braised	-2	1.9
Veal, sirloin, separable lean only, cooked, roasted	-2	2.0
Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	-2	1.7
Game meat, deer, cooked, roasted	-2	2.1
Veal, shoulder, arm, separable lean and fat, cooked, roasted	-2	1.8
Veal, shank (fore and hind), separable lean and fat, cooked, braised	-2	1.7
Veal, shoulder, arm, separable lean and fat, cooked, braised	-2	1.4
Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	-2	2.0
Veal, sirloin, separable lean only, cooked, braised	-2	1.6
Lamb, domestic, cubed for stew or kabob (leg and shoulder), cooked, braised	-2	1.8
Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, cooked, roasted	-2	1.6
Veal, shoulder, blade, separable lean only, cooked, roasted	-2	1.9
Lamb, domestic, composite of trimmed retail cuts, separable lean only, cooked, braised	-2	1.6
Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, cooked, roasted	-2	1.5
Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, cooked, braised	-2	1.5
Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, cooked, roasted	-2	1.4
Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	-2	1.8
Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, cooked, braised	-2	1.5
Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, cooked, braised	-2	1.7
Veal, shoulder, blade, separable lean and fat, cooked, roasted	-2	1.8
Game meat, rabbit, wild, cooked, stewed	-2	1.9
Veal, sirloin, separable lean and fat, cooked, braised	-2	1.3
Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, cooked, braised	-2	1.7
Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, cooked, roasted	-2	1.2
Lamb, domestic, leg, whole (shank and sirloin), separable lean only, cooked, braised	-2	1.4
Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, cooked, braised	-2	1.6
Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, cooked, braised	-3	1.6
Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, braised	-3	1.7
Veal, breast, whole, boneless, separable lean only, cooked, braised	-3	1.5
Veal, rib, separable lean only, cooked, roasted	-3	1.9
Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, cooked, braised	-3	1.4
Lamb, domestic, composite of trimmed retail cuts, separable lean only, cooked, braised	-3	1.2
Lamb, domestic, shoulder, whole (arm and blade), separable lean only, cooked, braised	-3	1.2
Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, cooked, braised	-3	1.2
Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, cooked, braised	-3	1.1
Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, cooked, braised	-3	1.1

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4 inch fat, cooked, broiled	-3	1.0
Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4 inch fat, cooked, roasted	-3	1.2
Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.0
Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4 inch fat, uncooked	-3	1.6
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.2
Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.2
Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.2
Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.2
Veal, rib, separable lean and fat, cooked, roasted	-3	1.5
Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4 inch fat, uncooked	-3	1.2
Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.2
Veal, variety meats and by-products, kidneys, cooked, broiled	-3	2.0
Lamb, domestic, loin, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.1
Lamb, domestic, loin, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.1
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.2
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.0
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.0
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.2
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.2
Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.0
Veal, breast, point half, boneless, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.3
Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.2
Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.0
Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.2
Bison, ground, grass-fed, cooked	-3	1.9
Lamb, domestic, rib, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.0
Veal, composite of trimmed retail cuts, separable fat, cooked, broiled	-3	0.5
Lamb, domestic, rib, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	0.9
Veal, breast, whole, boneless, separable lean and fat, cooked, broiled	-3	1.3
Lamb, domestic, rib, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-3	1.0
Veal, breast, plate half, boneless, separable lean and fat, cooked, broiled	-3	1.2
Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-4	1.4
Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4 inch fat, uncooked	-4	1.7
Game meat, beaver, cooked, roasted	-4	1.6
Game meat, deer, ground, cooked, pan-broiled	-4	1.8
Veal, leg (top round), separable lean and fat, cooked, roasted	-4	2.1
Veal, leg (top round), separable lean only, cooked, roasted	-4	2.2
Lamb, domestic, loin, separable lean only, trimmed to 1/4 inch fat, uncooked	-4	1.5
Veal, leg (top round), separable lean and fat, cooked, broiled	-4	1.6
Game meat, bison, separable lean only, cooked, roasted	-4	2.3
Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4 inch fat, uncooked	-4	1.3
Game meat, bison, ground, cooked, pan-broiled	-4	1.4
Veal, leg (top round), separable lean and fat, cooked, pan-broiled	-4	1.6
Lamb, domestic, loin, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-4	1.1
Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, cooked, broiled	-5	1.1
Lamb, ground, cooked, broiled	-5	1.2
Game meat, rabbit, domesticated, composite of cuts, cooked, broiled	-5	1.6
Lamb, domestic, cubed for stew or kabob (leg and shoulder), uncooked	-5	1.5
Game meat, rabbit, domesticated, composite of cuts, cooked, broiled	-5	1.7
Game meat, goat, cooked, roasted	-5	2.3
Veal, leg (top round), separable lean only, cooked, pan-broiled	-5	1.8
Veal, breast, separable fat, cooked	-5	0.6
Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, cooked, broiled	-5	0.6
Lamb, domestic, loin, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-5	1.1
Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4 inch fat, uncooked	-5	1.2

Veal, sirloin, separable lean and fat, cooked, roasted	-5	1.6
Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	-5	1.5
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	-5	1.2
Veal, shoulder, blade, separable lean and fat, cooked, braised	-5	1.5
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	-5	1.6
Game meat, caribou, cooked, roasted	-5	2.0
Veal, composite of trimmed retail cuts, separable lean and fat, cooked, roasted	-5	1.4
Lamb, domestic, rib, separable lean and fat, trimmed to 1/4 inch fat, cooked, roasted	-6	0.9
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	-6	1.6
Veal, loin, separable lean and fat, cooked, roasted	-6	1.5
Veal, ground, cooked, broiled	-6	1.9
Game meat, moose, cooked, roasted	-6	2.5
Veal, shoulder, blade, separable lean only, cooked, braised	-6	1.7
Veal, loin, separable lean and fat, cooked, braised	-6	1.2
Veal, variety meats and by-products, heart, cooked, braised	-6	1.8
Veal, leg (top round), separable lean and fat, cooked, pan-fried	-7	1.4
Veal, loin, separable lean only, cooked, roasted	-7	1.9
Lamb, domestic, rib, separable lean only, trimmed to 1/4 inch fat, cooked, roasted	-7	1.4
Veal, rib, separable lean and fat, cooked, braised	-7	1.3
Veal, leg (top round), separable lean only, cooked, pan-fried	-7	1.5
Veal, loin, separable lean only, cooked, braised	-7	1.5
Veal, variety meats and by-products, thymus, cooked, braised	-8	2.7
Game meat, boar, wild, cooked, roasted	-8	2.1
Veal, rib, separable lean only, cooked, braised	-8	1.5
Game meat, raccoon, cooked, roasted	-10	1.3
Game meat, squirrel, cooked, roasted	-10	1.9
Game meat, bear, cooked, simmered	-13	1.3
Game meat, opossum, cooked, roasted	-13	1.5
Veal, variety meats and by-products, liver, cooked, braised	-15	1.7
Veal, variety meats and by-products, liver, cooked, pan-fried	-16	1.7
Lamb, variety meats and by-products, liver, cooked, braised	-22	1.5
Lamb, variety meats and by-products, liver, cooked, pan-fried	-29	1.4

Balance Volumetric

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