

June 2008 - ISU Meat Science Lab			
	Ground	Lamb	
	Lamb	Loin Chop	Beef Tallow
Chain length <16	5.19	3.06	4.44
Chain length >16	94.81	96.94	95.56
Total saturated fatty acids	52.43	43.25	59.20
Total monounsaturated fatty acids	41.29	47.67	38.10
Total polyunsaturated fatty acids	6.28	9.09	2.69
Total omega-3 fatty acids	1.84	2.82	1.00
Total omega-6 fatty acids	4.30	6.24	1.65
Polyunsaturated/saturated	0.12	0.21	0.05
Omega-3/omega-6	0.43	0.45	0.60
Monounsaturated/saturated	0.79	1.10	0.64
Unsaturated/saturated	0.91	1.31	0.69
Index of Atherogenicity	0.79	0.54	1.00