

The information in this brochure represents an average. The actual live weight to retail cuts yield varies, and is dependent on various factors such as breed, fat to muscle ratio, cutting order, age, etc.



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*Food Safety Division*  
**Meat Inspection Services**

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OKLAHOMA  
DEPT. OF AGRICULTURE,  
FOOD, & FORESTRY

## How Much Meat?



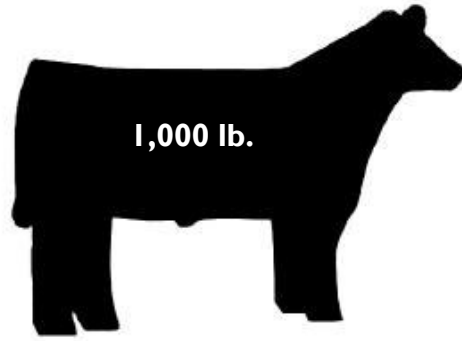
Food Safety Division

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## 1,000 lb. Steer

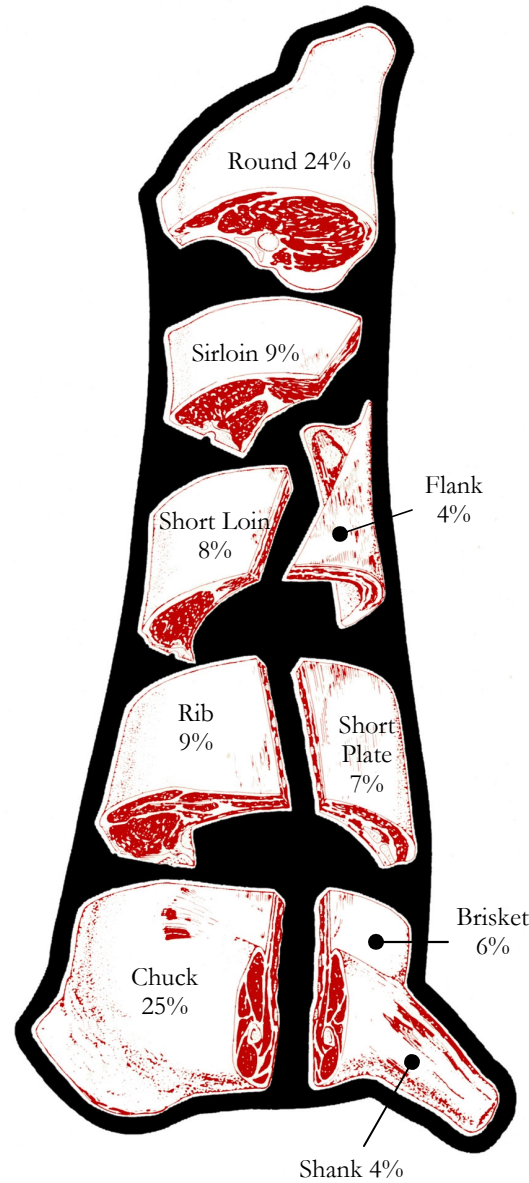
(on the hoof)



Not all of the cow makes it to the table. On average, a 1,000 pound steer will only weigh approximately 61% of its live weight once it makes it to the rail. This approximate 39% loss during the slaughter and dressing procedure is a result of the animal being bled and the hide, head, hooves, viscera, lungs and heart being removed. The remaining 61% is often referred to as the "Hanging Weight" or the weight "On the Rail". But, the loss doesn't stop there. Once the carcass is on the rail it begins to leach moisture (shrink) which accounts for additional weight loss. This along with the fat and bone removed during the cutting account for an additional 18% loss. In summary, a steer weighing 1,000 pounds on the hoof will average around 430 pounds of retail cuts (steaks, roasts, ground beef, stew beef, etc.).

## 610 lbs. Beef

(on the rail)



Suet & Hanging Tender 4%

## 430 lbs. Retail Cuts

(cut & wrapped, bring home)

- **Round 103.2 lbs.**
  - Round Steak
  - Rump Roast
  - Sirloin Tip Steak
  - Pikes Peak Roast
  - Cubed Steaks
  - Stew Beef & Ground Beef
- **Sirloin 38.7 lbs**
  - Sirloin Steak
  - Stew Beef & Ground Beef
- **Short Loin 34.4 lbs.**
  - Porterhouse Steak
  - T-Bone Steak
  - Stew Beef & Ground Beef
- **Flank 17.2 lbs.**
  - Flank Steak
  - Short Ribs
  - Ground Beef
- **Rib 38.7 lbs.**
  - Rib Eye Steak
  - Rib Steaks
  - Back Ribs
  - Stew Beef & Ground Beef
- **Short Plate 30.1 lbs.**
  - Skirt Steak
  - Short Ribs
  - Ground Beef
- **Chuck 107.5 lbs.**
  - Chuck Roast or Steak
  - Arm Roast or Steak
  - Short Ribs
  - Stew Beef & Ground Beef
- **Brisket 25.8 lbs.**
  - Brisket
- **Shank 17.2 lbs.**
  - Shank Soup Bone
  - Stew Beef & Ground Beef
- **Suet & Hanging Tender 17.2 lbs.**