



Beef topside

01 / Product perspective

COMPARE USABLE YIELD, NOT GROSS WEIGHT ALONE

Trim, bone, skin and fat change the usable yield of a meat purchase. Nutrition values refer to the edible raw comparator, not to a carton or a whole carcass. Trials should follow the buyer's own validated processing and food-safety procedures.

NUTRITION REFERENCE | PER 100 G EDIBLE PORTION

Reference food: Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

ENERGY

166 kcal

PROTEIN

22.1 g

FAT

7.9 g

CARBOHYDRATE

0.0 g

FIBRE

0.0 g

SATURATED FAT

3.1 g

IRON

1.9 mg

POTASSIUM

349.0 mg

USDA comparator, not a Brazilian lot certificate or finished-product nutrition label. Edible tissue excludes bones. The raw/dried state and trim shown in the reference description determine the comparison; cooking, refining and added ingredients may change it.

HOW TO USE THIS INFORMATION

Protein and fat should be evaluated with usable yield. Changes in trim, skin and cooking moisture can affect the per-100-g profile even within a named cut.

RESEARCH SOURCES

USDA FoodData Central, SR Legacy: FDC ID 169529.

[Open the nutrition reference](#)

[Open the product and latest enquiry](#)



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02 / Practical evaluation & sourcing

TRANSLATE THE APPLICATION INTO MEASURABLE ACCEPTANCE

For Beef topside, compare samples under the same production conditions. Agree the measurement method and acceptance limits before using the result to assess a commercial shipment.

YOUR PRODUCT-SPECIFIC TRIAL BRIEF

01 / Cut reference and muscle coverage: state the target, reporting unit, test method and acceptable variation. Ask for a result tied to the sample and proposed lot, not only a general catalogue statement.

02 / Cap-on or cap-off: state the target, reporting unit, test method and acceptable variation. Ask for a result tied to the sample and proposed lot, not only a general catalogue statement.

03 / Fat and membrane trim: state the target, reporting unit, test method and acceptable variation. Ask for a result tied to the sample and proposed lot, not only a general catalogue statement.

04 / Piece weight bands: state the target, reporting unit, test method and acceptable variation. Ask for a result tied to the sample and proposed lot, not only a general catalogue statement.

YIELD DEFINITION

Bone and removable trim can distort price comparisons.

Request: Gross, net and edible-yield basis plus agreed trim tolerances.

THAW LOSS AND PORTIONING

Handling conditions influence recoverable product.

Request: A controlled thaw/portioning trial with the same method for each lot.

COLD-CHAIN INTEGRITY

Freezer storage preserves the product but is not a pathogen kill step.

Request: Agreed temperature limits, records and handling instructions.

PACKAGING BARRIER

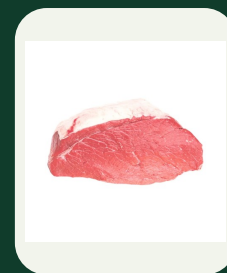
Poor seals and air exposure can impair frozen quality.

Request: Pack integrity, food-contact suitability and freezer-storage validation.

STORAGE AND DOCUMENT BASIS

Keep the frozen cold chain intact; freezing does not sterilise meat. Packing, shelf life and operating limits must follow the offered product's validated instructions.

Research reference: USDA FSIS - Freezing and Food Safety



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03 / Complete your purchasing brief

Fill in these fields, save a completed copy and email it as an attachment to info@saiagrobrazil.agr.br. For an immediate online enquiry, use the product link below.

YOUR NAME

COMPANY

BUSINESS EMAIL

PHONE / WHATSAPP

PRODUCT / GRADE

QUANTITY AND UNIT

PURCHASE FREQUENCY

DESTINATION COUNTRY

PORT / NAMED PLACE

PREFERRED TRADE TERM

SHIPMENT / RECEIVING PERIOD

PACKING PREFERENCE

YOUR INTENDED APPLICATION

TECHNICAL TARGETS / NUTRITION BASIS / REQUIRED ANALYSIS

INSPECTION / DOCUMENTS / LABELLING REQUIREMENTS

☐ I agree that SAI Agro Brazil may use these details to respond to my enquiry.

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Open product enquiry

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