“Lamb” is used to define sheep meat from an animal that is less than one year old, while “mutton” is used to define meat from sheep one year old and older. Lamb has a milder flavor than mutton. In 2010, the United States produced approximately 163 million pounds of lamb and mutton.\(^1\)

In the past, almost all lamb produced in the United States was sold in supermarkets and restaurants. In recent years, the nontraditional market has grown substantially as well as lamb sales at farmers markets. Lamb consumption in the United States is concentrated on the East and West Coasts and in larger metropolitan areas.

When it comes to lamb, there is none better than American! That’s because American sheep genetics are geared toward producing high-quality products. Also, feeding or treating lambs with artificial hormones for growth promotion is not practiced in the United States.

What sets American lamb apart? Its portion size, mild flavor and product freshness. American sheep are reared on high-quality, natural-forage diets. Some lambs are marketed directly from the range or pasture while others are grain-finished for a short period of time before being processed. Natural or organic lamb is also available to meet the demands of today’s consumers.

There are only a few days from the time American lamb is processed until the product is available in grocery stores and restaurants. Therefore, the meat is always very fresh. Consumers prefer American lamb to imported lamb; they ranked it superior in terms of quality, taste and healthfulness.\(^2\)

American lamb is available in a wide variety of cuts. All major lamb processors now have a full line of case-ready products available for their retail and restaurant customers that are packaged with freshness in mind. If you don’t see your favorite cut of lamb at your store or restaurant, please ask. And, be sure it is labeled “Fresh American Lamb.”

American lamb is a strong competitor in the nutritional arena, with comparable ratings in major nutrition categories with other meats.

<table>
<thead>
<tr>
<th>Nutritional Comparison(^3)</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lamb Leg</td>
<td>175</td>
<td>8g</td>
<td>3g</td>
<td>80mg</td>
</tr>
<tr>
<td>Pork (fresh ham)</td>
<td>179</td>
<td>8.02g</td>
<td>2.8g</td>
<td>80.2mg</td>
</tr>
<tr>
<td>Beef Round</td>
<td>164</td>
<td>6.59g</td>
<td>2.4g</td>
<td>69.0mg</td>
</tr>
<tr>
<td>Chicken (dark &amp; light)</td>
<td>162</td>
<td>6.32g</td>
<td>1.74g</td>
<td>75.3mg</td>
</tr>
<tr>
<td>Turkey (dark &amp; light)</td>
<td>145</td>
<td>4.23g</td>
<td>1.4g</td>
<td>64.4mg</td>
</tr>
</tbody>
</table>

**American Lamb Nutritional Composite**

Percentages of U.S. Recommended Daily Allowances (RDA) provided by a 3-ounce serving of cooked lean lamb.

- Protein .................. 47 percent
- Vitamin B-12 .......... 36 percent
- Niacin .................. 26 percent
- Zinc ...................... 32 percent
- Iron ...................... 10 percent
- Riboflavin ............ 13 percent

\(^1\) American Sheep Industry Association
\(^2\) American Lamb Tracking Study, April 2004, Synovate
\(^3\) American Lamb Board - www.leamonlamb.org

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