



FAST FACTS

ABOUT AMERICAN LAMB



“Lamb” is used to define sheep meat from an animal that is less than 1 year old, while “mutton” is used to define meat from sheep 1 year old and older. Lamb has a milder flavor than mutton. In 2020, the United States produced approximately 138 million pounds of lamb and mutton.¹

Lamb produced in the United States is sold in supermarkets and restaurants. In recent years, the ethnic market has grown substantially with minority populations accounting for more than 50 percent of total United States lamb consumption. Lamb consumption in the United States is concentrated in the Northeast, Southeast and West Coast and in larger metropolitan areas.

When it comes to lamb, there is none better than American lamb. 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 flavor, unique taste, tenderness and product freshness. American sheep are reared on high-quality, natural grasses and forage. Some lambs are marketed directly from the pasture and rangeland 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 fresh. Consumers prefer fresh 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 for retail and restaurant customers. American lamb is 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.

Nutritional Comparison³

3 oz. Cooked Serving Trimmed of Visible Fat

	Calories	Total Fat	Saturated Fat	Cholesterol
Lamb Leg	175	8g	3g	80mg
Pork (fresh ham)	179	8.02g	2.8g	80.2mg
Beef Round	164	6.59g	2.4g	69.0mg
Chicken (dark & light)	162	6.32g	1.74g	75.3mg
Turkey (dark & light)	145	4.23g	1.4g	64.4mg

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	Zinc	30 percent
Vitamin B-12	37 percent	Iron	10 percent
Niacin	27 percent	Riboflavin	21 percent

¹American Sheep Industry Association

²American Lamb Tracking Study, April 2004, Synovate

³American Lamb Board - www.americanlamb.com