

BEEF'S BIG 10

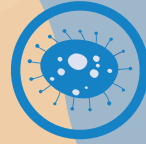
Do more than just get through the day – be your best every day. Here's how beef's essential nutrients can help.

B-vitamins in beef help give you the **energy** to tackle busy days.



VITAMINS B₆ and B₁₂

help maintain brain function.



ZINC

helps maintain a healthy immune system.



PHOSPHORUS

helps build bones and teeth.



NIACIN

supports energy production and metabolism.



RIBOFLAVIN

helps convert food into fuel.



IRON

helps your body use oxygen.



CHOLINE

supports nervous system development.



PROTEIN

helps preserve and build muscle.



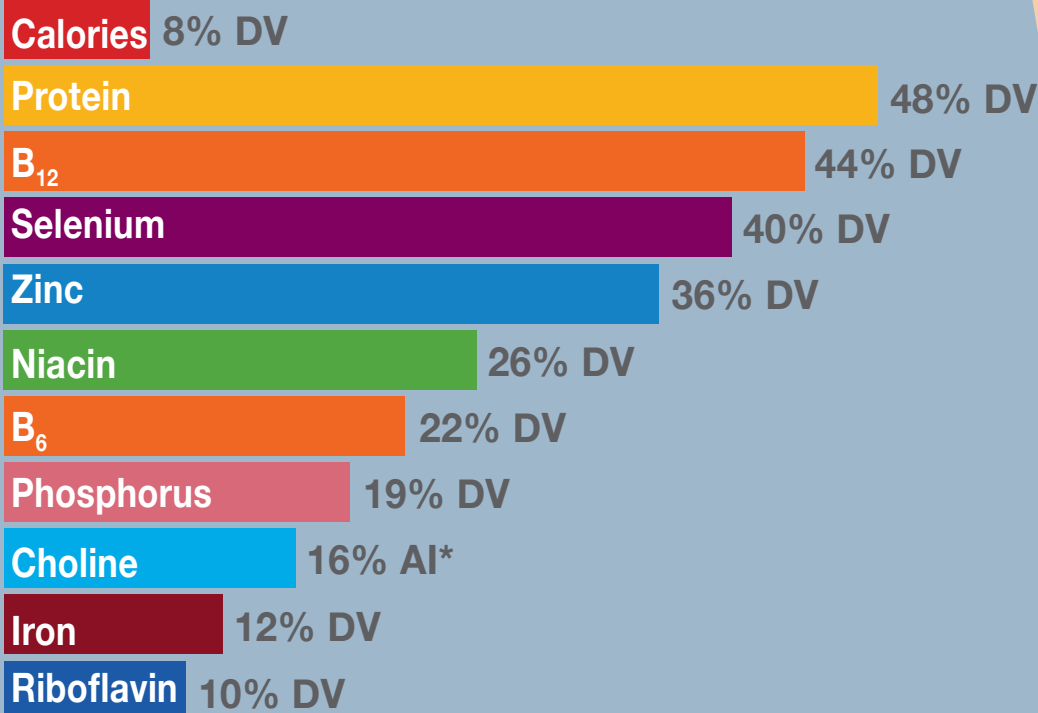
SELENIUM

helps protect cells from damage.

All lean beef cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3 ½-oz. cooked serving. **Surprise! Some cuts of beef are as lean as a 3-oz. skinless chicken thigh.**

BEEF GIVES YOUR BODY MORE

of the nutrients you need. A 3-oz. serving of lean beef provides the following nutrients in about 150 calories



The "daily value" percentage (aka DV) helps you determine how much of a particular nutrient a food contributes to average daily needs. Each nutrient is based on 100% of the daily requirements for that nutrient (for a 2,000 calorie diet).

(*AI stands for Adequate Intake. The highest AI for Choline is 550mg.)

DID YOU KNOW?

- Don't be left unsatisfied. A 3-oz serving of lean beef provides 25 g (about half) of the Daily Value for protein, which is one of the most satisfying nutrients.
- Get your workout in! Exercise is more effective when paired with a higher-protein diet.
- Interested in heart health? Research shows that including lean beef, even daily as part of a heart-healthy diet and lifestyle, improved cholesterol levels.



Funded by the Beef Checkoff.

For recipes and more visit BeefItsWhatsForDinner.com

U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2012. USDA National Nutrient Database for Standard Reference, Release 25. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>.

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