

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.



IRON helps your body use oxygen.



CHOLINE supports nervous system development.



PROTEIN helps preserve and build muscle.



SELENIUM helps protect cells from damage.



VITAMINS B₆ and B₁₂ help maintain brain function.

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



ZINC helps maintain a healthy immune system.



PHOSPHORUS helps build bones and teeth.



NIACIN supports energy production and metabolism.

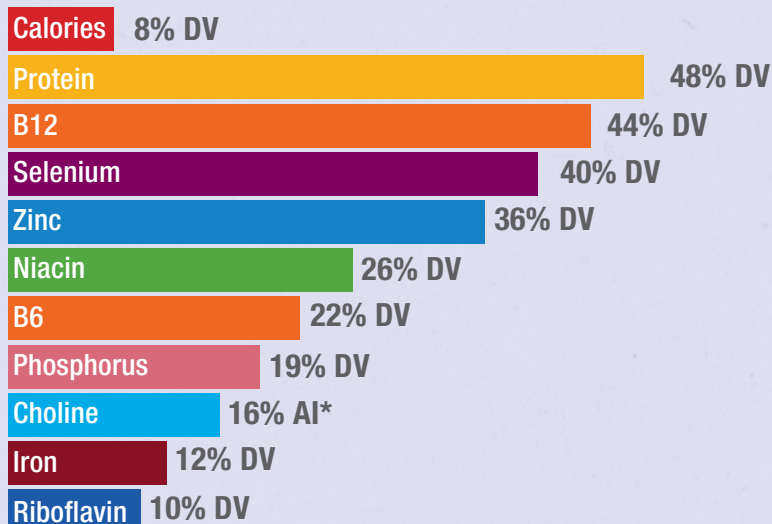


RIBOFLAVIN helps convert food into fuel.

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/>. Paddon-Jones D, Westman E, Mattes RD, Wolfe RR, Astrup A, Westerterp-Plantenga M. Protein, weight management, and satiety. *Am J Clin Nutr* 2008;87:1558S-61S. Layman DK, Evans E, Baum JJ, Seyler J, Erickson DJ, Boileau RA. Dietary protein and exercise have additive effects on body composition during weight loss in adult women. *J Nutr* 2005;135:1903-10. Symons TB, Sheffield-Moore M, Mamerow MM, Wolfe RR, Paddon-Jones D. The anabolic response to resistance exercise and a protein-rich meal is not diminished by age. *J Nutr Health Aging* 2011;15:376-81. Rousseil MA, Hill AM, Gaugler TL, West SG, Vanden Heuvel JP, Alaupovic P, Gillies PJ, and Kris-Etherton PM. Beef in an Optimal Lean Diet study: Effects on lipids, lipoproteins, and apolipoproteins. *Am J Clin Nutr* 2012;95:9-16.