

THE ESSENTIAL NUTRIENTS

Get Your Strength from Beef

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

 **48% DV**
PROTEIN
helps preserve and build muscle.

 **44% DV**
VITAMIN B₁₂
helps maintain brain function.

 **40% DV**
SELENIUM
helps protect cells from damage.

 **36% DV**
ZINC
helps maintain a healthy immune system.

 **26% DV**
NIACIN
supports energy production and metabolism.

 **22% DV**
VITAMIN B₆
helps maintain brain function.

 **19% DV**
PHOSPHORUS
helps build bones and teeth.

 **16% AI***
CHOLINE
supports nervous system development.

 **12% DV**
IRON
helps your body use oxygen.

 **10% DV**
RIBOFLAVIN
helps convert food into fuel.

The "daily value" (DV) percentage 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.

DON'T BE LEFT UNSATISFIED.

A 3-oz. serving of lean beef provides 25 grams (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.

- 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, Westterterp-Plantenga M. Protein, weight management, and satiety. *Am J Clin Nutr* 2008;87:1558S-61S.
- Layman DK, Evans E, Baum JI, 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.
- Rousell 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.