

Health Benefits of Beef

BEEF BYTES

TAKE A BYTE OUT OF BEEF'S NUTRITION!

Calorie-for-calorie, beef is one of the most nutrient-rich foods. Not only does it provide you with a bundle of essential nutrients, but it has one of the highest concentrations of these nutrients compared to many other proteins.

Beef is the #1 food source for Protein, Vitamin B₁₂ and Zinc!

Beef is also the #3 food source of iron behind fortified cereal and grains!

- A three-ounce serving of lean beef contributes **less than 10 percent of calories** to a 2,000-calorie diet yet it supplies **more than 10 percent of the Daily Value for nine essential nutrients**. Based on a 2000-calorie diet, just 3 ounces of lean beef provides you with:^{2,3}

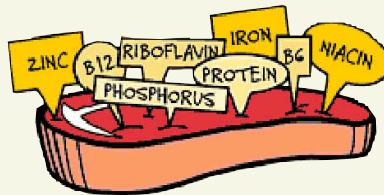
Protein—Helps build a strong and muscular body

Zinc—Helps create a healthy immune system & heal wounds

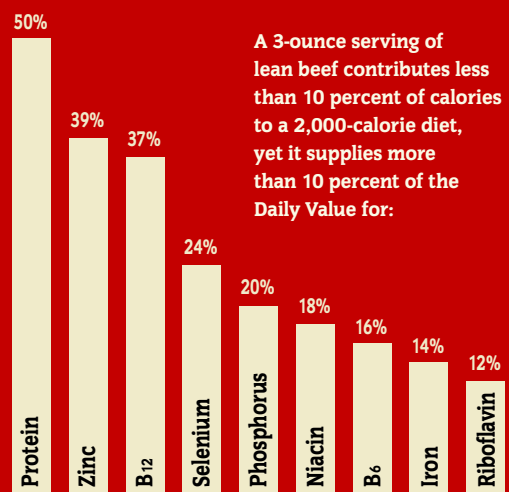
Phosphorus—Necessary for strong teeth and bones

Iron—Helps carry oxygen in the blood to all cells and muscles to prevent fatigue

B-Complex Vitamins
(including Vitamin B₁₂,
Niacin, Vitamin B₆ and
Riboflavin)—Help release
energy from food.



Choose Your Calories by the Company They Keep



A 3-ounce serving of lean beef contributes less than 10 percent of calories to a 2,000-calorie diet, yet it supplies more than 10 percent of the Daily Value for:

U.S. Department of Agriculture, Agricultural Research Service, 2002.
USDA Nutrient Database for Standard Reference, Release 15.

A 3-ounce serving of lean beef is an excellent* source of:²

- Phosphorus
- Protein
- Selenium
- Vitamin B₁₂
- Zinc

A 3-ounce serving of lean beef is also a good* source of:²

- Iron
- Niacin
- Vitamin B₆
- Riboflavin

*"Excellent source of" claims are defined as providing 20% or more of the Daily Value per serving and "good source of" claims are defined as providing 10-19% of the Daily Value per serving.^{3,4}

¹American Dietetic Association

²U.S. Department of Agriculture, Agricultural Research Service, 2002. USDA Nutrient Database for Standard Reference, Release 15.
• 3 oz. beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, cooked. (NDB No: 13012)

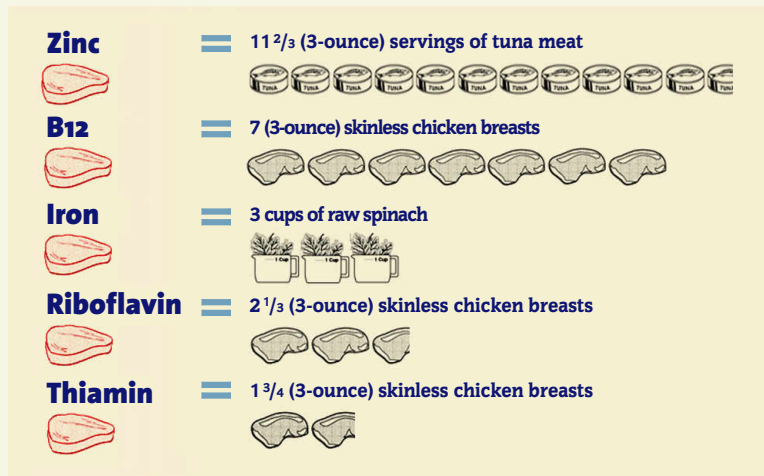
³Code of Federal Regulations and Drugs, Title 21, Part 101.9, Nutrition labeling of food. The Office of the Federal Register, Washington DC. U.S. Government Printing Office, 1996.

⁴Nutrition Labeling and Education Act (NLEA). Pub.L. No. 101-535, 104 Stat. 2353, 1990.

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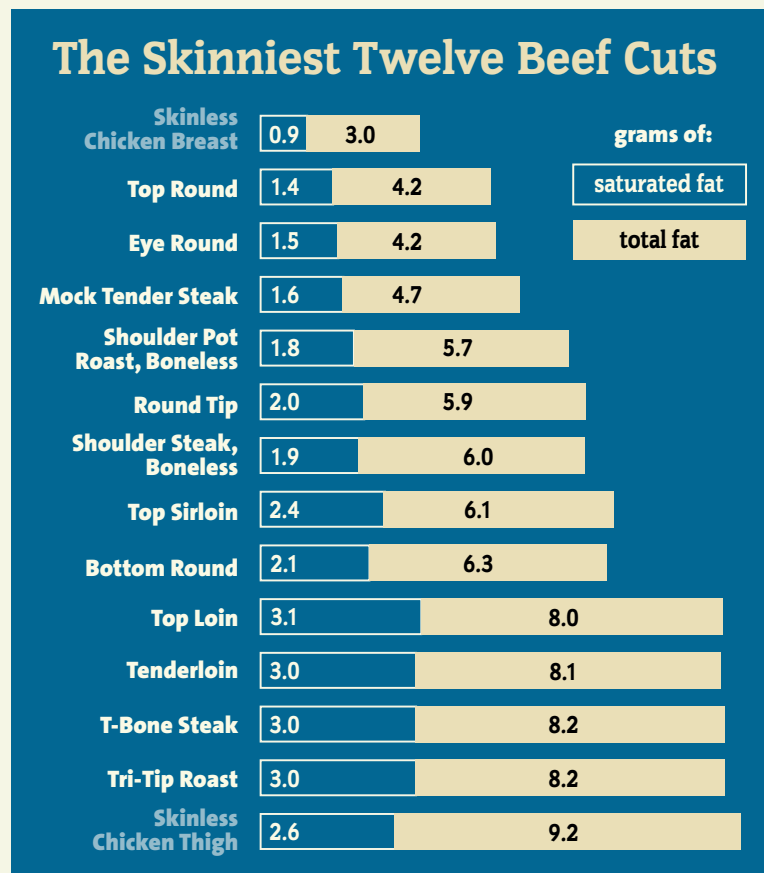


To get the same amount of key nutrients found in a 3-ounce serving of beef, you need to eat:



Source: U.S. Department of Agriculture, Agricultural Research Service, 2002. USDA Nutrient Database for Standard Reference, Release 15.

- Not only does beef provide an excellent amount of nutrients, but did you know that there are at least **12 cuts of beef** that are leaner than a skinless chicken thigh and meet the USDA Labeling Guidelines for lean or extra lean?



All cuts are based on 3-ounce cooked servings, all grades, 1/4" trim, separable lean only. All chicken cuts are based on 3-ounce cooked servings, skinless. Source: U.S. Department of Agriculture, Agricultural Research Service, 2002. USDA Nutrient Database for Standard Reference, Release 15. Nutrient Data Laboratory homepage www.nal.usda.gov/fnic/foodcomp

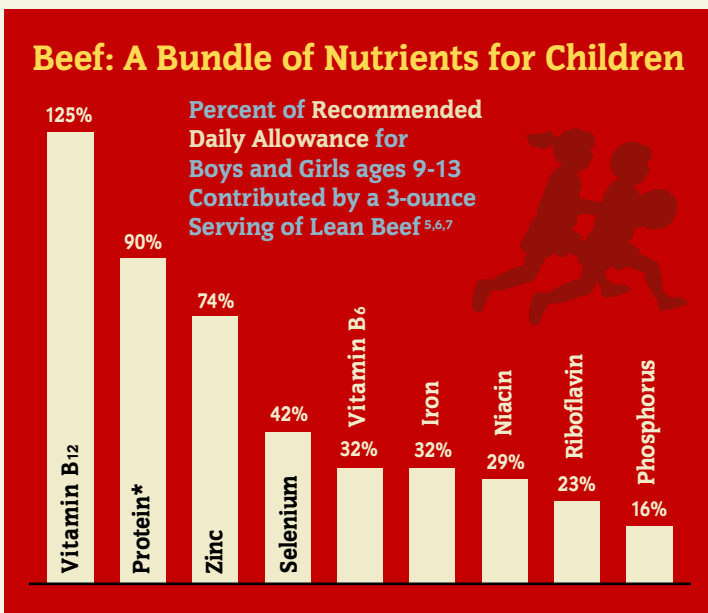
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Benefit of Beef's Nutrients for Children

- Beef supplies an abundant amount of key nutrients to help children and tweens grow to be strong and healthy. Nutrients that are found in beef—protein, zinc, phosphorus and iron—contribute to optimal growth, cognitive function, red blood cell development and preventing iron deficiency during the adolescent years.

Here are some nutritious tips for enjoying beef!



*90% for boys and girls ages 7-10, 56% for boys ages 11-14, 55% for girls ages 11-14

PLUS, beef may play a positive role in cancer prevention:

- Conjugated Linoleic Acid—or CLA—is a fatty acid found naturally in beef. Recent research indicates CLA may play a role in cancer prevention by inhibiting tumor growth and development,⁸ and can affect body composition by decreasing body fat and increasing lean muscle mass.⁹

LEAN BEEF TIPS

- Choose the leanest cuts by looking for **LOIN** or **ROUND** in the name.
- Buy ground beef that's 90% lean or higher.
- Trim away any visible outside fat before cooking.
- Use low-fat cooking methods such as broiling, roasting, or grilling.
- Eat reasonable portion sizes. One 3-oz. serving of beef is the size of a deck of cards or a computer mouse.

⁵ U.S. Department of Agriculture, Agricultural Research Service, 2002. USDA Nutrient Database for Standard Reference, Release 15. Nutrient Data Laboratory Home Page www.nal.usda.gov/fnic/foodcomp. Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled.

⁶ Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes. National Academy Press; 1998-2001

⁷ National Research Council, Food and Nutrition Board, Recommended Dietary Allowance, 10th ed. National Academy Press; 1989

⁸ Cancer. 74:1050-1054; 1994 ⁹ Am. J. Physiol. 44:R667-R672;1998