


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 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.

- 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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- 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.
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