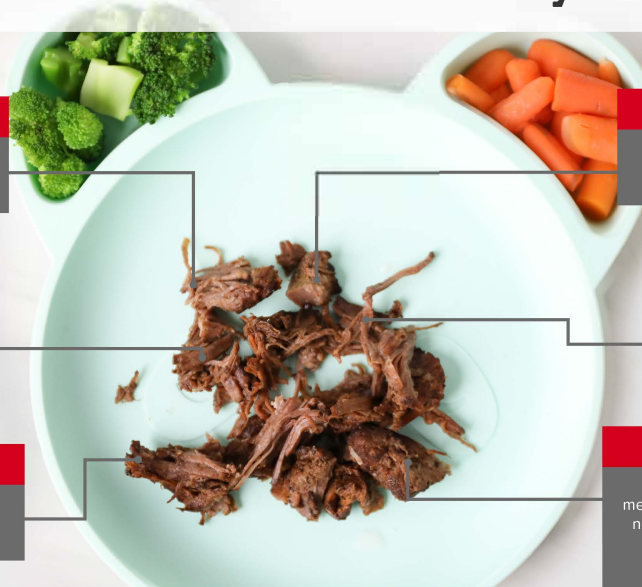


The American Academy of Pediatrics recognizes key nutrients found in beef are essential to support growth and cognitive development during the early years – yet less than 10% of infants eat beef in the first twelve months of life.^{1,3} The 2020-2025 Dietary Guidelines for Americans encourage parents to choose nutrient-dense foods, like beef, to make the most of every bite for their infants and toddlers.⁴

Essential Nutrients in Every Beef Bite



PROTEIN

Essential for physical growth and development

VITAMIN B12

Supports brain development and producing healthy red blood cells

ZINC

Essential for growth, cognitive development and immune function

CHOLINE

Supports infant brain development and activity

VITAMIN B6

Vital for development of brain and nervous system

HEME IRON

Essential for various metabolic processes for growth, neurologic development, and immune function

DID YOU KNOW?

Beyond its nutrient benefits, every bite of beef delivers new flavors and textures to support a growing infant's:^{1,4}

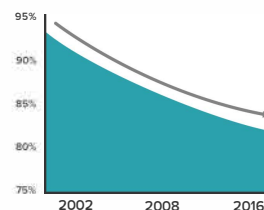
Iron intake continues to drop - despite the critical role iron plays in brain development.⁷⁻¹¹ By 6 months of age, a baby's iron stores are depleting while their iron requirements are increasing substantially. Adding beef, a good source of iron, as a first food can help fill the gap.^{12,13}

Oral and motor development

Discovery learning

Acceptance of new and healthy foods

Percent of 6-12 month olds meeting recommended iron intake⁷⁻⁹



Experts Recommend 1-2 Ounce/Day of Animal-Based Foods Such as Beef.^{1, 5, 6}

Preparation depends on the child's age and development stage.¹⁵

Around 6 months



Pureed Beef

6-8 months



Ground Beef

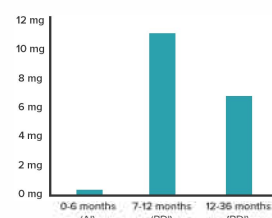
8-10 months



Stewed Beef

If you have questions about starting solid foods, consult your physician or health care provider.

Infant Iron Requirements¹⁴



Share these tips and tag @BeefItsWhatsForDinner #StrongStartsWithBeef



Scan here for more on infant and toddler nutrition, including recipes, quick tips and educational videos.



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Beef. It's What's for Dinner. is proud to partner with MyPlate to help Americans achieve better health by making every bite count. Visit MyPlate.gov to learn more.

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