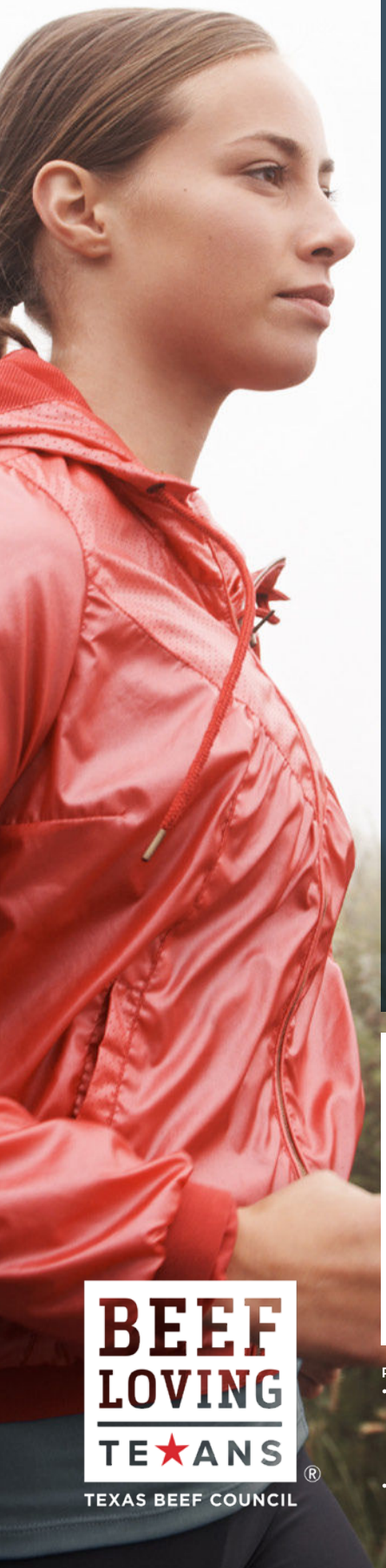
## THE ESSENTIAL NUTRIENTS

# 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 $B_{12}$**
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 metabolism and energy production.

**22% DV**
**VITAMIN $B_6$**
helps maintain brain function.

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

**16% DV**
**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 550 mg.

## DON'T BE LEFT UNSATISFIED.

A 3 oz. serving of lean beef provides 25 g 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, improves cholesterol levels.

BEEF LOVING TEXANS®
TEXAS BEEF COUNCIL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