

# 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<sub>12</sub>**

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<sub>6</sub>**

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**  
**TE★ANS**

TEXAS BEEF COUNCIL

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