

# BEEF'S BIG 10

Do more than just get through the day – be your best every day. Here's how beef's essential nutrients can help.

All lean beef cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3 ½-oz. cooked serving. **Surprise! Some cuts of beef are as lean as a 3-oz. skinless chicken thigh.**



**IRON** helps your body use oxygen.



**CHOLINE** supports nervous system development.



**PROTEIN** helps preserve and build muscle.



**SELENIUM** helps protect cells from damage.



**VITAMINS B<sub>6</sub> and B<sub>12</sub>** help maintain brain function.

B-vitamins in beef help give you the **energy** to tackle busy days.



**ZINC** helps maintain a healthy immune system.



**PHOSPHORUS** helps build bones and teeth.



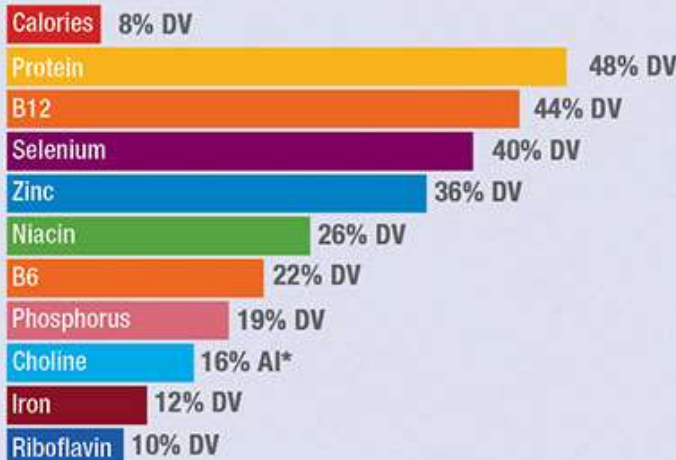
**NIACIN** supports energy production and metabolism.



**RIBOFLAVIN** helps convert food into fuel.

## BEEF GIVES YOUR BODY MORE

of the nutrients you need. A 3-oz. serving of lean beef provides the following nutrients in about 150 calories:



The "daily value" percentage (aka DV) 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.)

## DID YOU KNOW?

- 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.



Funded by the Beef Checkoff.

For **recipes** and more visit [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)