

Nutritional Benefits of Beef

Make Beef a Part of Your Healthy Diet



Get the Biggest “Nutrient Bang for Your Calorie Buck” with Beef

- ▶ Calorie for calorie, beef is one of the most naturally nutrient-rich foods there is. A 3-ounce serving of lean beef is an excellent source of: protein, zinc, vitamin B, selenium and phosphorus; and a good source of niacin, vitamin B, iron, choline and riboflavin.
- ▶ Twenty-nine cuts of beef meet government guidelines for lean, with less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 3-ounce serving
- ▶ Each lean beef cut is a nutrient powerhouse, with seven times more vitamin B12, six times more zinc and three times more iron than the same size serving of a skinless chicken breast; all with, on average, only one more gram of saturated fat, per average 3-ounce serving.

High Quality Protein Promotes Optimal Health:

Research suggests that high-quality protein like beef plays an increasingly important role in:

▶ **Weight management**

With the obesity epidemic growing and the baby-boomer generation aging, the benefits of high-quality protein like beef have never been more critical.

▶ **Muscle development and maintenance**

Moderately increasing daily protein intake beyond the Recommended Dietary Allowance of 0.8 g/kg/day enhances muscle development and maintenance and reduces progressive loss of muscle mass with age.

▶ **Disease prevention, including sarcopenia (loss of muscle mass) and diabetes**

Diets with increased protein and reduced carbohydrates have shown positive effects in treating type 2 diabetes and reducing risk factors for coronary heart disease.

Did you Know?

Many studies show a direct link between nutrient intake and academic performance.



Zinc deficiency during the early years adversely affects cognitive behavior, including attention, short-term memory and problem-solving.



Research shows that 12% of males ages 6-11, 29% of males ages 12-19, 26% of girls ages 6-11 and 47% of females ages 12-19 are not meeting the recommended dietary allowance for zinc.



As the number one food source for zinc, beef provides 25% of the total zinc in the American diet.

A significant percentage of adolescent and older females do not consume enough protein. In fact, very few Americans are consuming the protein recommendations from the government food guide, MyPyramid