

Today's beef simply is not your father's steak. The beef Americans love is leaner than ever before and good for you too.

Twenty-nine cuts of beef meet government guidelines for lean, including consumer favorites like tenderloin, sirloin and 95% lean ground beef. These 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-ounce serving. Additionally, 20 of the 29 lean beef cuts have, on average, only 1 more gram of saturated fat than a skinless chicken breast per 3-ounce serving.

Beef is a premier naturally nutrient-rich food, helping you get more nutrition from your calories. Beef has eight times more vitamin B12, six times more zinc and two and a half times more iron than a skinless chicken breast.

If you are looking for ways to follow the 2005 Dietary Guidelines for Americans and MyPyramid, "The Healthy Beef Cookbook" can help. The book compiles more than 130 delicious recipes, nutrition information and cooking techniques to create tender, moist, flavorful beef dishes every time. The cookbook's recipes were created to help you get more essential nutrients in every meal — while enjoying your favorite protein, beef.

More information

BeefNutrition.org

BeefItsWhatsForDinner.com

America's beef farmers and ranchers are committed to protecting the environment. Cattlemen and women incorporate a variety of best management practices to ensure the beef industry is in compliance with environmental requirements.

For America's cattle farmers, the land is their livelihood and their legacy. They carefully follow science-based best management practices to protect our country's natural resources for future generations. In fact, ranchers have led conservation efforts proving that raising cattle and environmental stewardship go hand-in-hand.

The beef industry honors leaders in conservation efforts with an annual award. The **Environmental Stewardship Award** not only recognizes farmers and ranchers who have successfully combined natural resource conservation efforts with good business practices, but it also encourages application of new environmental best practices across the entire industry. Beef cattle farmers and ranchers practice natural resource management activities including soil tests, brush and weed control programs, grazing management plans, minimum or conservation tillage systems and range quality and grass utilization monitoring.

Clean, plentiful water is critical for the economic survival of the industry. Beef farmers protect this valuable resource because it's vital to the success of their business, and it's a government requirement. The Environmental Protection Agency's Clean Water Act sets forth requirements for protecting our nation's water resources, especially for confined animal feeding operations (CAFOs). Sometimes referred to as "factory farms" by anti-industry activists, larger feedlot operations actually are subject to strict regulations and constant government scrutiny. Most large feedlot owners have a dedicated environmental engineer either on staff or on contract to ensure their operation is in compliance.

Good management of natural resources on farms and ranches across the country isn't a choice; farmers and ranchers know that protecting the environment now protects the business for future generations.