

BEEF.
IT'S WHAT'S FOR DINNER.®

Beef's Top 10

Beef gives you the nutrients your body needs and the taste you love! See how beef's essential nutrients work to keep your body going.



IRON
helps your body use oxygen.



CHOLINE
supports nervous system development.



PROTEIN
helps preserve and build muscle.



VITAMINS B₆ and B₁₂
help maintain brain function and give you energy.



PHOSPHORUS
helps build bones and teeth.



ZINC
helps maintain a healthy immune system.



NIACIN
supports energy production and metabolism.



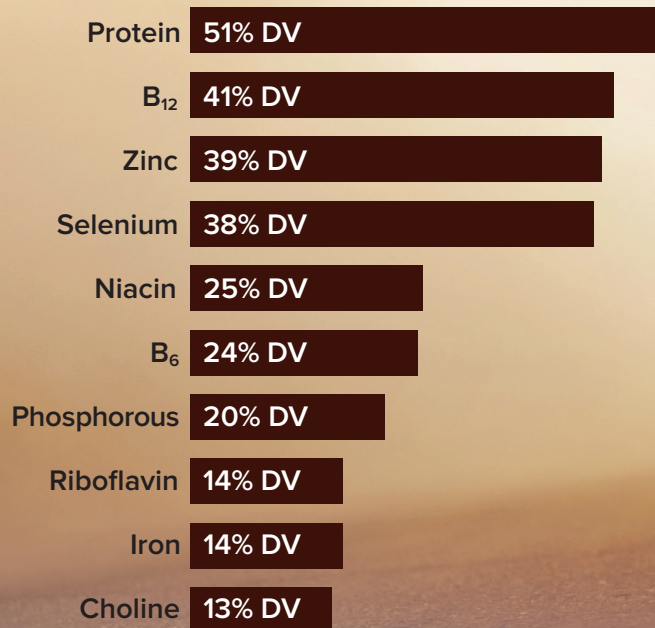
RIBOFLAVIN
helps convert food into fuel.



SELENIUM
helps protect cells from damage.

BEEF GIVES YOUR BODY MORE

On average, a 3-ounce serving of cooked beef provides 175 calories and:¹



DV refers to Daily Value, the amount of a nutrient needed for a healthy adult on a 2,000-calorie diet. The %DV is the percent of a nutrient's Daily Value provided by a serving of food. For example, if a food has 50% of the DV for protein, then it provides 50% of the protein an adult needs each day. Even if your diet is higher or lower in calories, you can still use the DV as a guide to whether a food is high or low in a specific nutrient.

DID YOU KNOW?

- Don't be left unsatisfied. On average a 3-oz serving of beef provides half (25 g) of the Daily Value for protein,¹ which is one of the most satisfying nutrients.
- Get your workout in! Exercise is more effective when paired with a higher-protein diet.²



Funded by Beef Farmers and Ranchers

For recipes and more, visit
[BeefItsWhatsForDinner.com](https://www.beefitswhatsfordinner.com)

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¹ US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Legacy, NDB #13364. Version Current: April 2018. Internet: <https://ndb.nal.usda.gov/ndb/>
² Jäger R, et al. International Society of Sports Nutrition Position Stand: protein and exercise. Int Soc Sports Nutr. 2017;14:20.