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.

**PROTEIN** helps preserve and build muscle.

**SELENIUM** helps protect cells from damage.

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

**NIACIN** supports energy production and metabolism.

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

**RIBOFLAVIN** helps convert food into fuel.

**PHOSPHORUS** helps build bones and teeth.

**CHOLINE** supports nervous system development.

**IRON** helps your body use oxygen.

**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.**

**BEEF GIVES YOUR BODY MORE**

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

- **Protein**: 51% DV
- **B12**: 41% DV
- **Zinc**: 39% DV
- **Selenium**: 38% DV
- **Niacin**: 25% DV
- **B6**: 24% DV
- **Phosphorous**: 20% DV
- **Riboflavin**: 14% DV
- **Iron**: 14% DV
- **Choline**: 13% DV

**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, which is one of the most satisfying nutrients.
- Get your work in! Exercise is more effective when paired with a higher-protein diet.

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

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