The American Academy of Pediatrics recognizes key nutrients found in beef are essential to support growth and cognitive development during the early years – yet less than 10% of infants eat beef in the first twelve months of life. The 2020-2025 Dietary Guidelines for Americans encourage parents to choose nutrient-dense foods, like beef, to make the most of every bite for their infants and toddlers.

Beyond its nutrient benefits, every bite of beef delivers new flavors and textures to support a growing infant’s growth and development.

Experts Recommend 1-2 Ounce/Day of Animal-Based Foods Such as Beef

Preparation depends on the child’s age and development stage.

Parents and caregivers are encouraged to consult a physician or health care provider with questions about starting solid foods.

Iron intake continues to drop – despite the critical role iron plays in brain development. By 6 months of age, a baby’s iron stores are depleting while their iron requirements are increasing substantially. Adding beef, a good source of iron, as a first food can help fill the gap.

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**Essential Nutrients in Every Beef Bite**

**PROTEIN**
- Essential for physical growth and development

**ZINC**
- Essential for growth, cognitive development, appetite regulation, and immune function

**VITAMIN B6**
- Vital for development of brain and nervous system

**VITAMIN B12**
- Supports brain development and producing healthy red blood cells

**CHOLINE**
- Essential for physical growth and development

**HEME IRON**
- Essential for various metabolic processes for growth, neurologic development and immune function

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**DIID YOU KNOW?**

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