Beef has the taste you crave while providing an excellent source of high-quality protein and containing 9 other essential nutrients.

On average, a 3-ounce serving of cooked beef gives your body more than 10 percent of the Daily Value* (DV) of these 10 essential nutrients in only 175 calories.1

**PROTEIN — 51% DV**
A key foundational nutrient for supporting strength, protein plays an important role in building muscle, maintaining a healthy body weight, fueling recovery after physical activity, helping feelings of fullness after meals, and supporting brain and immune system function.2

**IRON — 14% DV**
An essential nutrient for both the function and growth of your body,3 it is estimated that more than 5.5 percent of the U.S. population suffers from iron-deficiency anemia.4 Iron is responsible for taking oxygen from your lungs and shuttling it to every cell in your body.

**ZINC — 53% DV**
Zinc is an important mineral for strength.5 The brain has a significant concentration of zinc, making it a key nutrient for proper growth and to strengthen communications between neurons.6 Zinc also supports a healthy immune system.

**SELENIUM — 48% DV**
Selenium is an essential component of at least 25 unique compounds that have a big impact on proper immune, thyroid, cardiovascular and digestive function.7 Selenium plays an important role as a primary antioxidant in the liver, the main detoxification site in the body.8

**VITAMIN B₆ — 28% DV**
Vitamin B₆ supports the metabolism of amino acids and fatty acids. Vitamin B₆ influences cognitive development, immune function, and the activity of steroid hormones.9

**NIACIN B₃ — 31% DV**
To help the body produce energy from food, Niacin supports fat synthesis, tissue respiration and utilization of carbohydrate. Niacin promotes healthy skin, nerves and digestive tract; and fosters normal appetite.9

**RIBOFLAVIN — 19% DV**
Essential for the energy-producing machines in your cells, Riboflavin supports normal vision and healthy skin.3

**VITAMIN B₁₂ — 101% DV**
Vitamin B₁₂ is an essential component in the production of red blood cells and is one of the nutrients responsible for maintaining the protective coating on your nerves. It supports the developing brains of young children.10

**CHOLINE — 13% DV**
The brain and nervous system need choline to regulate memory, mood, muscle control, and other functions. Choline also preserves the structural integrity of all plant and animal cells by helping to form the membranes that surround the cells.11

**PHOSPHORUS — 16% DV**
Phosphorus is present in every cell of the body and makes up 1% of a person's total body weight. Its main function is the formation of bones and teeth. Phosphorus also helps the body make protein for the growth, maintenance and repair of cells.12

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* The Daily Value (DV) is 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.