**A Power Protein**

Beef is an important part of a healthy, balanced diet and no other protein source offers the same mix of essential nutrients.¹

High-quality proteins, like lean BEEF, act as building blocks for growth, repair and maintenance of all body tissues and support the immune system.²

**FUEL YOUR FUN!**

BEEF helps close nutrient gaps across every life stage by providing 10 essential nutrients including high-quality protein, iron, zinc, and B vitamins.¹

Pairing lean meats, like beef, with whole grains, colorful fruits & vegetables and getting at least an hour of exercise every day helps your body stay healthy and strong. Use MyPlate to help you eat from a variety of food groups.