PROTEIN BENEFITS

Beef gives your body more of the high-quality protein you need to achieve and maintain a healthy weight and preserve and build muscle.

WHY FOCUS ON PROTEIN?

Heart healthy diets with high quality lean protein helps lower cholesterol (the bad kind!), reduce the risk of chronic disease and reduce high blood pressure.

Protein helps support strong, lean bodies.

Feeling hungry? People who eat a higher-protein diet (about 30% of daily calories from protein) feel more satisfied, which may help prevent overeating.

Get more from your workout! Studies show exercise is more effective when paired with a higher-protein diet, and beef provides the amino acids necessary for building and replenishing muscles.

50% of your recommended Daily Value of protein

a 3-oz serving of beef provides 25 grams of protein and 10 essential nutrients in one tasty package.

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New research shows spreading protein intake evenly throughout the day may be the most beneficial for overall health and wellness.

### WHAT DOES 25 GRAMS OF PROTEIN LOOK LIKE?

Take a look at what 25 grams of protein looks like and the caloric cost of plant protein

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quinoa</td>
<td>3 cups</td>
<td>666</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>6 tbsp</td>
<td>564</td>
</tr>
<tr>
<td>Black Beans</td>
<td>1 3/4 cups</td>
<td>382</td>
</tr>
<tr>
<td>Edamame</td>
<td>1 1/2 cups</td>
<td>284</td>
</tr>
<tr>
<td>Lean Beef</td>
<td>3 oz</td>
<td>154</td>
</tr>
</tbody>
</table>

Animal proteins, such as lean beef, provide complete high-quality protein that contains all the essential amino acids the body needs for optimal health.


