

BEEF
IT'S WHAT'S FOR DINNER.®



Beef's Top 10

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.⁹



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

* 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.

- ¹ US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Legacy. Version Current: April 2018. NDB#13364. Internet: <https://ndb.nal.usda.gov/ndb/>
- ² Jager, R et al. International Society of Sports Nutrition Position Stand: protein and exercise. *J Int Soc Sports Nutr.* 2017 Jun 20;14:20. doi: 10.1186/s12970-017-0177-8.
- ³ Supplements OoD. Iron: Fact Sheet for Professional. 2018; <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>. Accessed 10/2/18, 2018.
- ⁴ Le CHH. The Prevalence of Anemia and Moderate-Severe Anemia in the US Population (NHANES 2003-2012). *PLoS One.* 2016;11(11).
- ⁵ Lukaski HC. Magnesium, zinc, and chromium nutriture and physical activity. *Am J Clin Nutr.* 2000;72(2 Suppl):585s-593s.
- ⁶ Sandstead HH. Subclinical zinc deficiency impairs human brain function. *Journal of trace elements in medicine and biology: organ of the Society for Minerals and Trace Elements (GMS).* 2012;26(2-3):70-73.
- ⁷ Supplements OoD. Selenium: Fact Sheet for Health Professionals. 2018; <https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/>. Accessed 10/2/18.
- ⁸ Sunde RA. Selenium. In: Ross AC, Caballero B, Cousins RJ, Tucker KL, Ziegler TR, eds. *Modern Nutrition in Health and Disease.* 11th ed. Philadelphia, PA: Lippincott Williams & Wilkins; 2012:225-37.
- ⁹ Institute of Medicine, Food and Nutrition Board. Standing Committee on the Scientific Evaluation of Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline. Washington, DC: National Academy Press; 1998.
- ¹⁰ Health Nlo. Vitamin B12: Fact Sheet for Health Professionals. 2018; <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>. Accessed Aug 23, 2018.
- ¹¹ National Institutes of Health, Office of Dietary Supplements, Choline Fact Sheet for Consumers. 2019; <https://ods.od.nih.gov/factsheets/Choline-Consumer/>. Accessed June 7, 2019.
- ¹² National Institutes of Health, U.S. National Library of Medicine, Medline Plus, Phosphorus in Diet, <https://medlineplus.gov/ency/article/002424.htm>. Accessed June 2019.

