

BEEF

A Power Protein

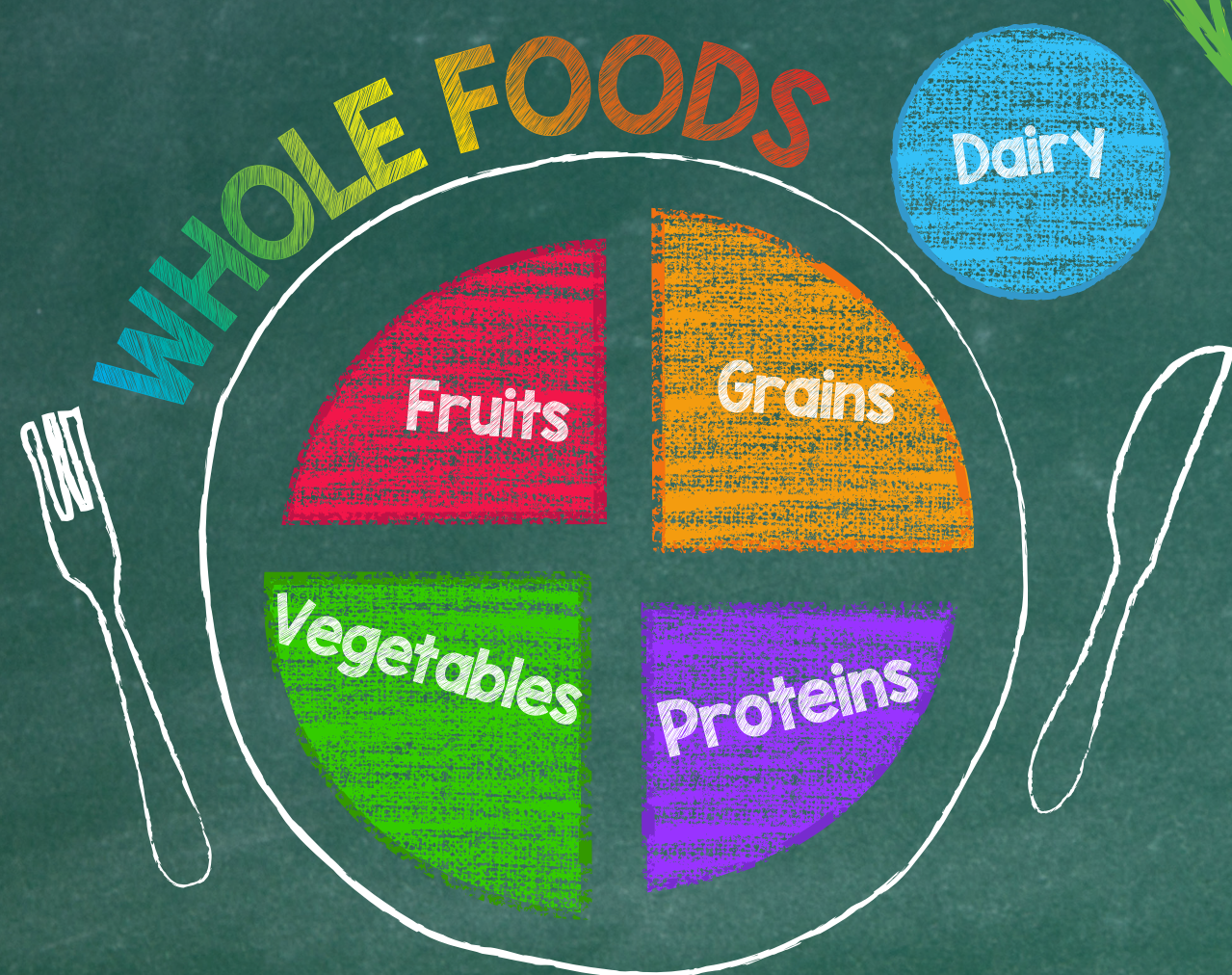
Beef is an important part of a healthy, balanced diet and no other protein source offers the same mix of **essential nutrients**.¹



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!

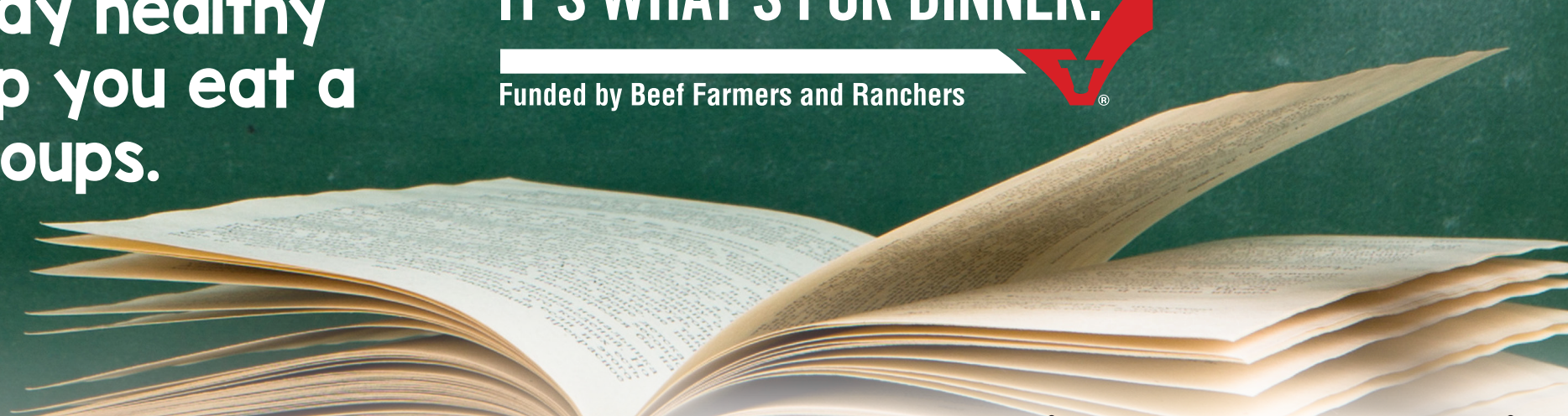
BEEF helps close nutrient gaps across every life stage by providing **10 essential nutrients** including high-quality protein, iron, zinc, and B vitamins!



Choose **MyPlate.gov**

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 a from variety of food groups.

BEEF.
IT'S WHAT'S FOR DINNER.[®]
Funded by Beef Farmers and Ranchers



For tasty recipes and more information visit www.BeefItsWhatsForDinner.com or scan the QR code.



1. U.S. Department of Agriculture, Agricultural Research Service, FoodData Central, 2019. fdc.nal.usda.gov.
2. U.S. Department of Agriculture, MyPlate.gov Website, Washington, DC. Protein Foods: Health Benefits <https://www.myplate.gov/eat-healthy/protein-foods>. Accessed April 20, 2021.