

**BEEF.**  
IT'S WHAT'S FOR DINNER.®

# Beef's Top 10

Beef gives you the nutrients your body needs and the taste you love! See how beef's essential nutrients work to keep your body going.



**IRON**  
helps your body use oxygen.



**CHOLINE**  
supports nervous system development.



**PROTEIN**  
helps preserve and build muscle.



**VITAMINS B<sub>6</sub> and B<sub>12</sub>**  
help maintain brain function and give you energy.



**PHOSPHORUS**  
helps build bones and teeth.



**ZINC**  
helps maintain a healthy immune system.



**NIACIN**  
supports energy production and metabolism.



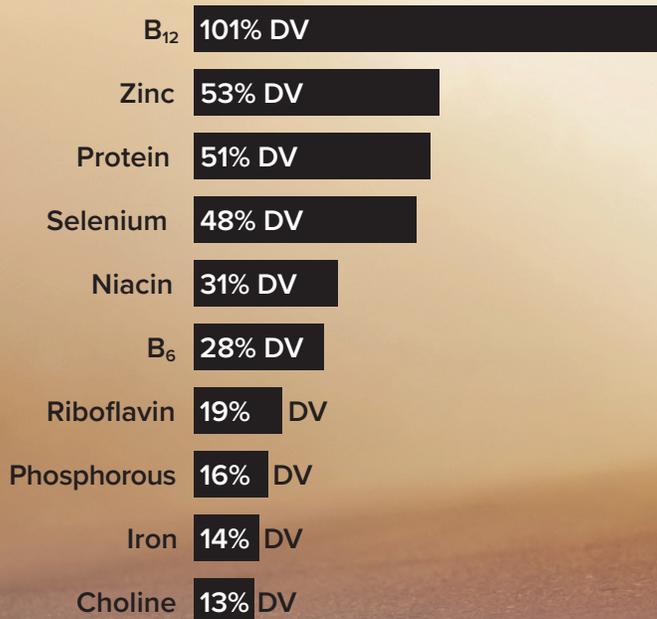
**RIBOFLAVIN**  
helps convert food into fuel.



**SELENIUM**  
helps protect cells from damage.

## BEEF GIVES YOUR BODY MORE

On average, a 3-ounce serving of cooked beef provides 175 calories and:<sup>1</sup>



DV refers to Daily Value, 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.

## DID YOU KNOW?

- Don't be left unsatisfied. On average a 3-oz serving of beef provides half (25 g) of the Daily Value for protein,<sup>1</sup> which is one of the most satisfying nutrients.
- Get your workout in! Exercise is more effective when paired with a higher-protein diet.<sup>2</sup>



Funded by Beef Farmers and Ranchers

For recipes and more, visit  
[BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)

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<sup>1</sup> US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Legacy, NDB #13364. Version Current: April 2018. Internet: <https://ndb.nal.usda.gov/ndb/>  
<sup>2</sup> Jäger R, et al. International Society of Sports Nutrition Position Stand: protein and exercise. Int Soc Sports Nutr. 2017;14:20.