

**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.



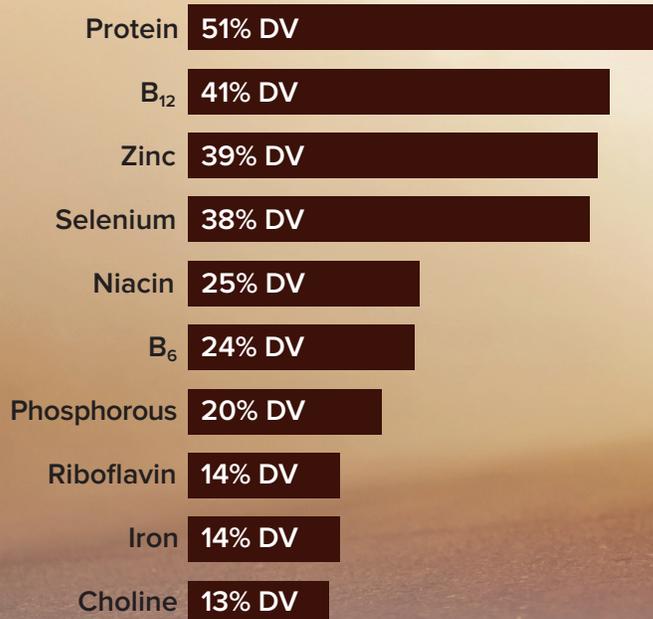
**RIBOFLAVIN**  
helps convert food into fuel.



**SELENIUM**  
helps protect cells from damage.

## BEEF GIVES YOUR BODY MORE

A 3-oz serving of cooked beef on average provides 173 calories and:



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?

– A 3-oz cooked serving of beef provides approximately half (25 g) of the Daily Value for protein, which is one of the most satisfying nutrients.<sup>1</sup>

– 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)

1. USDA, Agricultural Research Service, Nutrient Data Laboratory, USDA National Nutrient Database for Standard Reference, Legacy. Version Current: April 2018. Available at <http://www.ars.usda.gov/ba/bhnrc/ndl> NDB #13364  
2. Layman DK, et al. Dietary protein and exercise have additive effects on body composition during weight loss in adult women. J Nutr 2005;135:1903-10.