



IT'S WHAT'S FOR DINNER.®

TEST YOUR BEEF I.Q.!!

A 3 ounce serving of lean beef contributes less than 10% of the calories in a 2000 calorie diet. At the same time, it supplies more than 10% of the Daily Value for protein, zinc, Vitamin B12, selenium, phosphorus, niacin, Vitamin B6, iron and riboflavin.

1. To get as much zinc as a 3 ounce serving of lean beef, you'd need to eat how much salmon?

- a. 5 oz. b. 9.5 oz. c. 24.2 oz. d. 40.5 oz

2. To get as much vitamin B12 as a 3 ounce serving of lean beef, you'd need to eat how much skinless chicken breast?

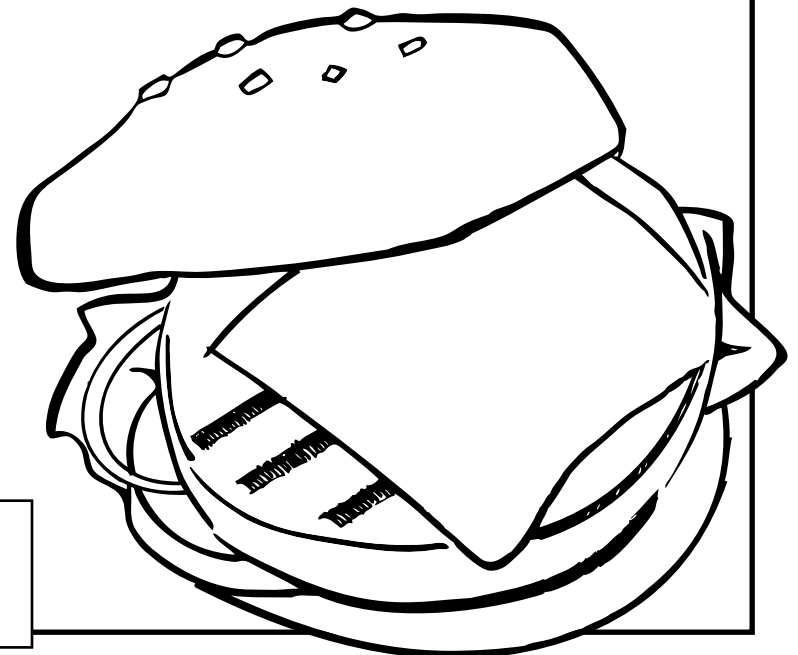
- a. 3 oz. b. 15 oz. c. 8 oz. d. 24 oz

3. To get as much iron as a 3 ounce serving of lean beef, you'd need to eat how much raw spinach?

- a. 1/2 cup b. 1 cup c. 2 cups d. 3 cups

4. To get as much riboflavin as a 3 ounce serving of lean beef, you'd need to eat how much white tuna meat?

- a. 2 oz. b. 6.5 oz. c. 10.7 oz. d. 13.5 oz



Answers: 1. 40.5 oz 2. 24 oz 3. 3 cups 4. 13.5 oz