



Beef's 10 Essential Nutrients Help Strengthen School Meals' Success

High-Quality Protein. 100% Creditable

IRON
helps your body use oxygen.

CHOLINE
supports nervous system development.

PROTEIN
helps preserve and build muscle.

ZINC
helps maintain a healthy immune system.

SELENIUM
helps protect cells from damage.

VITAMINS B₆ and B₁₂
help maintain brain function and give you energy.

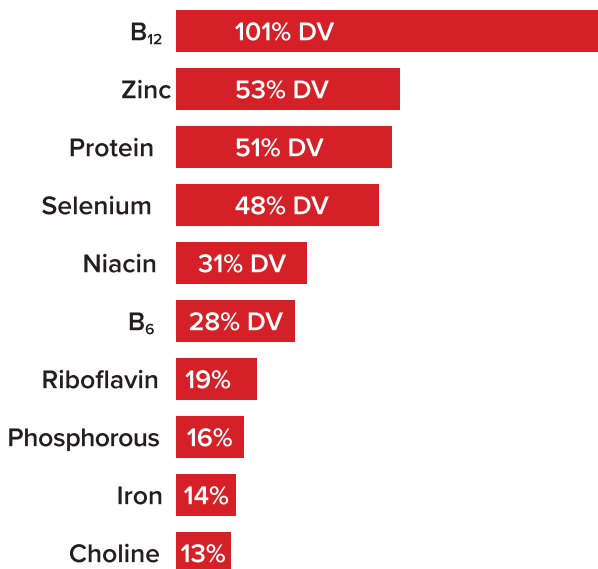
PHOSPHORUS
helps build bones and teeth.

NIACIN
supports energy production and metabolism.

RIBOFLAVIN
helps convert food into fuel.

BEEF DELIVERS KEY NUTRIENTS

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



DV refers to Daily Value, the amount of a nutrient needed each day in an average 2,000-calorie diet. The %DV is the percentage of the daily amount of a nutrient provided in a standard serving of food.

1. USDA Food Data Central, NDB#13364.

BEEF HELPS FILL CRITICAL NUTRIENT GAPS

One serving of cooked beef provides high-quality protein and nine other essential vitamins and minerals supporting optimal growth and cognitive development which help fuel good health and student success.

