

Beef's Top 10

On average, a 3-ounce serving of cooked beef provides 173 calories and:¹

BEEF
IT'S WHAT'S FOR DINNER.®



B ₁₂	101% DV
Zinc	53% DV
Protein	51% DV
Selenium	48% DV
Niacin	31% DV
B ₆	28% DV
Riboflavin	19% DV
Phosphorous	16% DV
Iron	14% DV
Choline	13% DV

*Percentage of daily value



Funded by Beef Farmers and Ranchers
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Beef gives you the **nutrients** your body needs and the **taste** you love! Discover how these nutrients work together to keep your body **strong**, energized, and resilient.

- **Vitamins B6 & B12** help your body turn food into the energy it needs to perform at its best.
- **Choline** supports mood, memory and overall brain health.
- **Iron** helps get oxygen to your muscles and is essential for energy production.
- **Niacin** helps your body turn food into the energy it needs to keep going.
- **Phosphorus** supports bone health.
- **Protein** helps your body build and maintain muscle.
- **Riboflavin** is vital to helping your body turn food into fuel.
- **Zinc & Selenium** help support a robust immune system.

Visit beefitswhatsfordinner.com/nutrition for more information

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.

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/jäger R, et al. International Society of Sports Nutrition Position Stand: protein and exercise. Int Soc Sports Nutr. 2017;14:20.>