

BEEF NUTRITION FACTS

People can feel good about loving beef because the protein in beef is a powerful nutrient that helps strengthen and sustain their bodies.

A Nutrient-Rich Protein

- Lean beef provides nine essential nutrients. It is an excellent source of protein, zinc, vitamin B₁₂, selenium and phosphorus; and a good source of niacin, vitamin B₆, iron and riboflavin.
- Lean beef has seven times more vitamin B₁₂, six times more zinc and three times more iron than the same size serving of skinless chicken breast.
- When it comes to choosing proteins, all proteins are not created equal. Animal protein in particular, such as lean beef, is a complete high-quality protein that contains all the essential amino acids your body needs for optimal health.
- Unlike plant proteins, lean beef is a high-quality protein and is the food supply's most easily absorbed source of iron and zinc.

Good for your Health

- According to USDA guidelines, 29 cuts of beef are considered lean with less than 10 grams of fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 3-ounce serving.
- The 29 cuts include some of Americans' traditional favorites like flank steak, tenderloin, 95 percent lean ground beef and T-bone steak, as well as newer cuts of beef, such as the Western Griller steak and Ranch steak.
- Studies show that lean red meat, trimmed of visible fat, does not raise total or LDL (bad) cholesterol.
- Lean meat has been shown to have protective factors against cancer, and as a naturally nutrient-rich food, beef plays an important role in the diet.
 - Conjugated linoleic acid (CLA) is a natural *trans* fatty acid that is abundant in beef. While research on CLA is still evolving, a body of evidence suggests this compound may have cancer-fighting properties, as well as positive effects on cardiovascular disease, body composition, insulin resistance, immune function and bone health.
- Protein is a powerful nutrient at all life stages. Protein:
 - Builds muscle
 - Fuels healthy and active lifestyles
 - Provides energy
 - Prevents diabetes and obesity
 - Manages weight
 - Adds satiety/fullness
 - Provides strength for a healthy life!

Helps Build Muscle

- According to research published in the *American Journal of Clinical Nutrition*, eating more high-quality protein, like lean beef, can optimize muscle strength, metabolism and improve overall health. In fact, eating four ounces of lean beef every day can help increase muscle growth by 50%.
- A 3-ounce serving of lean beef provides 25.4 grams of protein (51% of the Daily Value).

Aids in Weight Maintenance

- According to research published in the *Journal of Nutrition*, eating protein keeps you satisfied longer than carbohydrates and fat. In fact, men who don't meet their daily protein needs have increased hunger and desire to eat.
- Regular physical activity or light exercise is much more effective when coupled with a protein-rich diet. This research explains for the first time how a protein-rich diet, which falls within the Institute of Medicine's recommendation for protein intake, coupled with a moderate exercise program, increased weight loss by helping women become more toned by losing significantly more fat and maintaining more muscle mass.
- Lean protein, such as lean beef, provides essential nutrients to fuel activity and also help people consume more essential nutrients in fewer calories, while balancing their food intake with physical activity.

###



Funded in part by The Beef Checkoff

For more information contact Katie Trotsky at 312-228-6846 or send an e-mail to Katie.trotsky@ketchum.com

Visit the National Beef Cook-Off Web site at www.beefcookoff.org