

Beef's Top 10

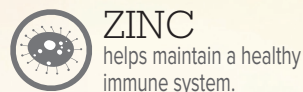
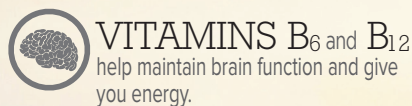
Beef gives you the nutrients your body needs and the taste you love! See how beef's essential nutrients work to keep your body going.



DID YOU KNOW?

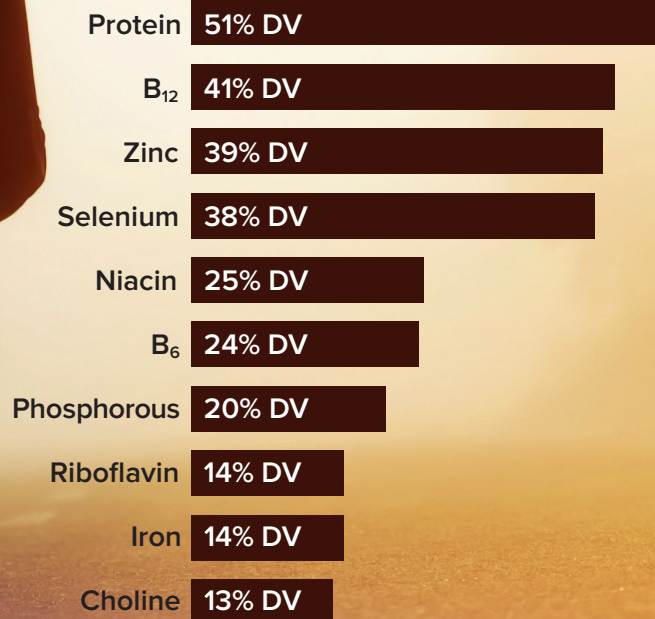
– A 3-oz cooked serving of beef provides approximately half (25 g) of the Daily Value for protein, which is one of the most satisfying nutrients.¹

– Exercise is more effective when paired with a higher-protein diet.⁹



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.