

The beef Americans love is leaner than ever before and good for you too!

Beef provides three essential nutrients:

Protein – builds, maintains, and repairs body tissues.

Iron – helps red blood cells carry oxygen to body cells and tissues.

Zinc – for growth and maintaining the immune system.



Beef also provides **B-vitamins** which promotes healthy skin, a healthy nervous system, and is important for digestion and metabolism.

One 3-ounce serving of lean beef provides 50% of the daily value of our need for protein and just 6.4 grams of fat on average.

There are currently 29 cuts of beef that meet USDA criteria for lean.

