



# Make Every Bite Count with Beef

The American Academy of Pediatrics recognizes key nutrients found in beef are essential to support growth and cognitive development during the early years – yet less than 10% of infants eat beef in the first twelve months of life.<sup>1-3</sup> The 2020-2025 Dietary Guidelines for Americans encourage parents to choose nutrient-dense foods, like beef, to make the most of every bite for their infants and toddlers.<sup>4</sup>

## Essential Nutrients in Every Beef Bite

**PROTEIN**

Essential for physical growth and development

**ZINC**

Essential for growth, cognitive development, appetite regulation, and immune function

**VITAMIN B6**

Vital for development of brain and nervous system

**VITAMIN B12**

Supports brain development and producing healthy red blood cells

**CHOLINE**

Essential for physical growth and development

**HEME IRON**

Essential for various metabolic processes for growth, neurologic development and immune function

Beyond its nutrient benefits, every bite of beef delivers new flavors and textures to support:<sup>1, 4</sup>



Oral and motor development



Discovery learning



Acceptance of new and healthy foods

**Experts Recommend 1-2 Ounce/Day of Animal-Based Foods Such as Beef.**<sup>1, 5, 6</sup>

Preparation depends on the child's age and development stage.<sup>1, 5</sup>



6-8 months

Pureed Cooked Beef



8-10 months

Tender, Moist Shredded Cooked Beef



10-12 months

Tender, Moist Chopped Cooked Beef

Parents and caregivers are encouraged to consult a physician or health care provider with questions about starting solid foods.

Beef. It's What's for Dinner. is proud to partner with MyPlate to help Americans achieve better health by making every bite count. Visit [MyPlate.gov](https://www.MyPlate.gov) to learn more.

1. American Academy of Pediatrics Committee on Nutrition. Pediatric Nutrition. 7th ed. Elk Grove, IL: American Academy of Pediatrics, 2014.
2. Roess AA, et al. Food Consumption Patterns of Infants and Toddlers: Findings from the Feeding Infants and Toddlers Study (FITS) 2016. J Nutr 2018;148(suppl\_3):1525S-35S.
3. Schwarzenberg SJ, et al. Advocacy for improving nutrition in the first 1000 days to support childhood development and adult health. Pediatrics 2018;141(2).
4. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.DietaryGuidelines.gov).
5. USDA, Food and Nutrition Service. Infant Nutrition and Feeding Guide: A Guide for Use in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) [FNS-826]. 2019.
6. Committee DGA. Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services. U.S. Department of Agriculture, Washington, DC, 2020.



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