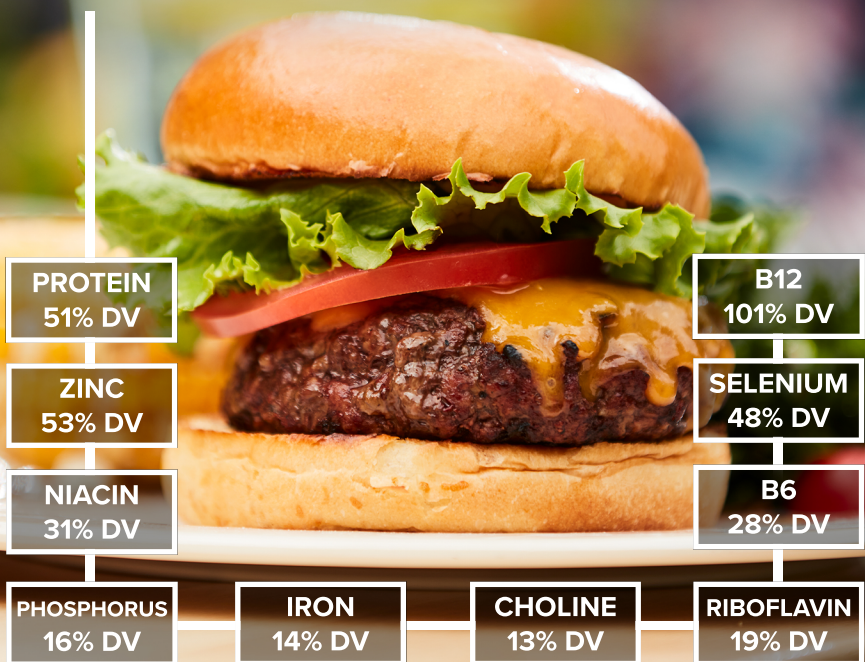


BEEF.
IT'S WHAT'S FOR DINNER.®

A FRESH LOOK AT BURGERS

BEEFING UP FLAVOR AND NUTRITION

Three ounces of cooked beef delivers 10 essential nutrients including high-quality protein, iron and zinc. ^{iii, iv}



We love real beef burgers -- nearly 20 million Americans enjoy a burger on any given day! From high- to low-percent lean, Chuck to Round, ground beef is the most versatile foundation for building delicious burgers that can also be part of a healthy lifestyle. Follow these tips for a fresh look at how you can beef up your burger and pack even more nutrition into every mouthwatering bite.

DID YOU KNOW?

In addition to being a top source of taste bud enjoyment, burgers and sandwiches are a top source of important nutrients: ⁱⁱ



#1 Source of protein, calcium, potassium, fiber;



#2 Source of whole grains, dairy, vitamin D;



#3 Source of vegetables.

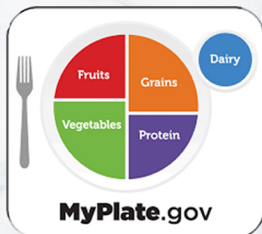
GET CREATIVE

Beef up your burger with even more nutrition *and* great flavor. Creative toppings and sauces can add fiber, vitamin C, potassium and calcium.



Share these tips and tag @BeefItsWhatsForDinner
#BeefUpYourBurger

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Funded by Beef Farmers and Ranchers

ⁱWWEIA, NHANES 2013-2016, Day 1, Exponent, Beef Checkoff Analysis, unpublished
ⁱⁱ Dietary Guidelines Advisory Committee. 2020. 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, Agricultural Research Service, Washington, DC.
ⁱⁱⁱ U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. (NDB # 13364).
^{iv} National Institutes of Health Dietary Supplement Label Database. Labeling Daily Values. Available at <https://www.dslid.nlm.nih.gov/dslid/dailyvalue.jsp>

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 to learn more.