

# BEEF

## A Power Protein

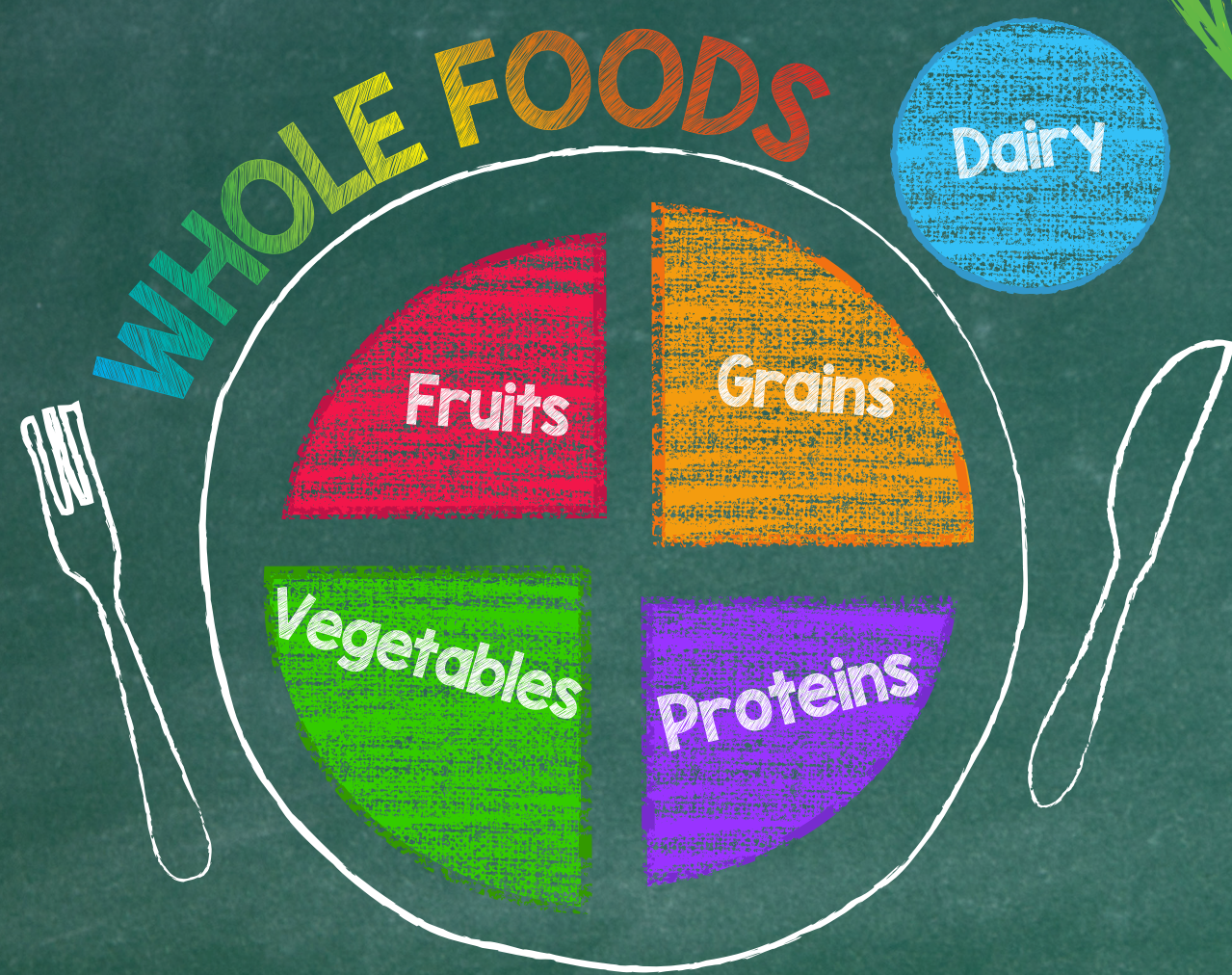
**Beef** is an important part of a healthy, balanced diet and no other protein source offers the same mix of **essential nutrients**.<sup>1</sup>



High-quality proteins, like **lean BEEF**, act as **building blocks** for growth, repair and maintenance of all body tissues and support the **immune system**.<sup>2</sup>

**FUEL YOUR FUN!**

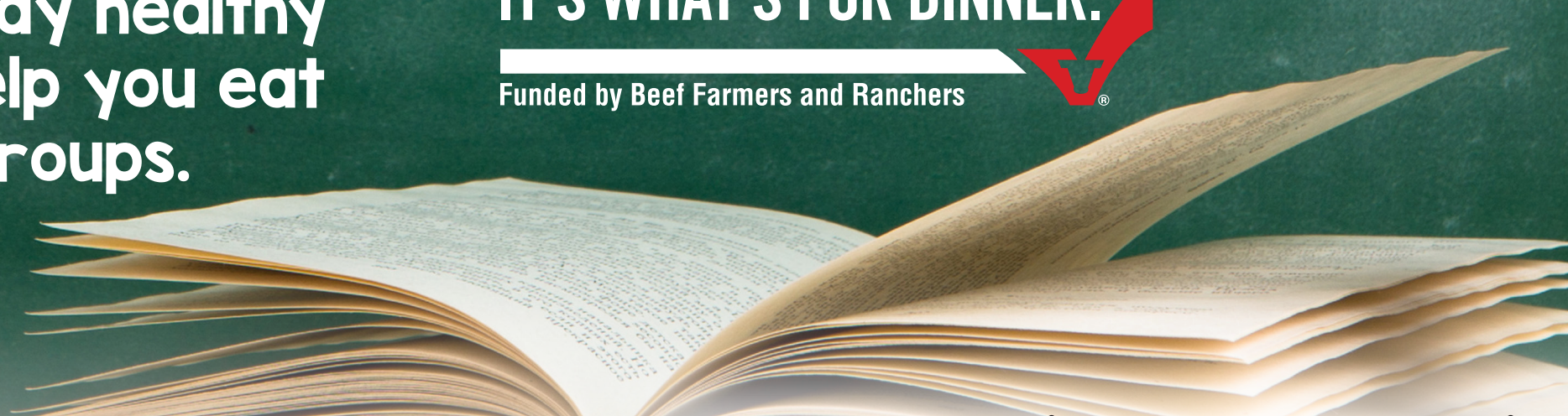
**BEEF** helps close nutrient gaps across every life stage by providing **10 essential nutrients** including high-quality protein, iron, zinc, and B vitamins!



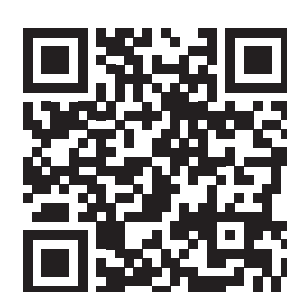
Choose **MyPlate.gov**

Pairing lean meats, like beef, with whole grains, colorful fruits & vegetables and getting at least an hour of exercise every day helps your body stay healthy and strong. Use MyPlate to help you eat from a variety of food groups.

**BEEF.**  
IT'S WHAT'S FOR DINNER.<sup>®</sup>  
Funded by Beef Farmers and Ranchers



For tasty recipes and more information visit [www.BeefItsWhatsForDinner.com](http://www.BeefItsWhatsForDinner.com) or scan the QR code.



1. U.S. Department of Agriculture, Agricultural Research Service, FoodData Central, 2019. [fdc.nal.usda.gov](http://fdc.nal.usda.gov).  
2. U.S. Department of Agriculture, MyPlate.gov Website, Washington, DC. Protein Foods: Health Benefits <https://www.myplate.gov/eat-healthy/protein-foods>. Accessed April 20, 2021.