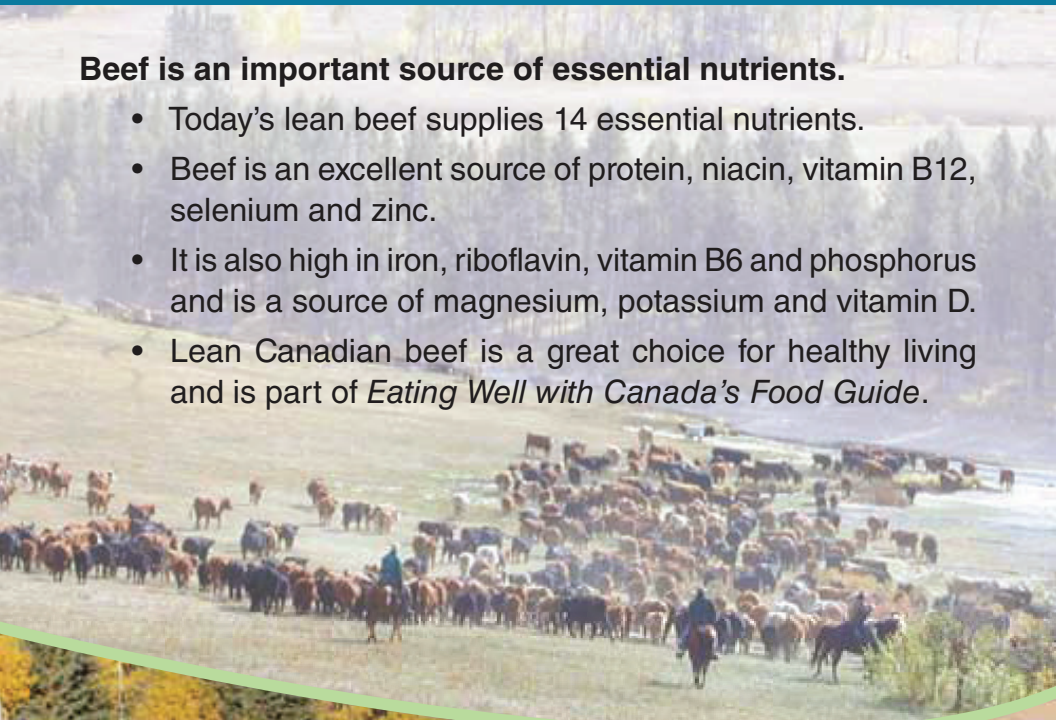


BEEF AND NUTRITION

Beef is an important source of essential nutrients.

- Today's lean beef supplies 14 essential nutrients.
- Beef is an excellent source of protein, niacin, vitamin B12, selenium and zinc.
- It is also high in iron, riboflavin, vitamin B6 and phosphorus and is a source of magnesium, potassium and vitamin D.
- Lean Canadian beef is a great choice for healthy living and is part of *Eating Well with Canada's Food Guide*.



Per 100 grams raw lean beef, trimmed of external fat (composite of 26 cuts):
162 Calories, 21 g protein, 7.8 g fat, 0 g carbohydrate . % Daily Value: potassium
9% DV, iron 15% DV, vitamin D 10% DV, thiamine 10% DV, riboflavin 15% DV,
niacin 45% DV, vitamin B6 15% DV, vitamin B12 110% DV, pantothenate 10% DV,
phosphorus 15% DV, magnesium 10% DV, zinc 60% DV, selenium 40% DV



Photos courtesy of: Liz Twan, Wayne Ray, Canadian Beef

Some other interesting facts you might want to consider:

- Not all of the fat in beef is saturated - about half the fat in beef is actually healthy unsaturated fat.

(Health Canada. Calculations based on data from the Canadian Nutrient File, 2010 average for steaks (#6174) and roasts (#6168).)

- On average, most Canadians eat about half a cup of beef per day; that equals one serving according to Canada's Food Guide.

(Garriguet D. Overview of Canadians Eating Habits 2004. Nutrition: Findings from the Canadian Community Health Survey. Statistics Canada, 2006, Catalogue no. 82-620-MIE — No. 2. Available at: <http://dsp-psd.pwgsc.gc.ca/Collection/Statcan/82-620-M/82-620-MIE2006002.pdf> (Accessed April 13, 2011).)

- Lean beef is a nutrient rich food; providing a high nutritional value per calorie consumed.

