

Eating Beef the Healthy "Weigh"

Looking for a nutrient boost? Tired of expensive vitamin-mineral supplements? Bored with bland low-fat meals? Love to eat beef - but think that it is too high in fat? Think again. Today's beef is leaner than ever - and every bite offers a power pack of nutrients.

1. Eating beef for HEALTH

When it comes to nutrition, today's beef is full of good news. Beef's "skinny seven" cuts (from the round and loin) offer great taste - with minimal fat. For delicious, heart-smart meals, choose lean beef cuts like sirloin, tenderloin, top round and round tip.

2. Eating beef for ZINC

Beef is the number one source of zinc for Americans. One 3-ounce serving of lean beef provides nearly 40% of the zinc most people need in a day - for normal growth and development, as well as healthy immune systems, wound healing and appetite control.

3. Eating beef for IRON

Even a short-term lack of iron can affect physical and mental functioning. Longer-term deficiencies may affect brain development and IQ levels in children. The iron in beef (heme iron) is readily absorbed. Heme iron also helps you absorb iron from other foods.

4. Eating beef for PROTEIN

Three ounces of lean beef contains 50% of the recommended amount of daily protein - for maintaining muscle mass, supporting immune systems and providing long-lasting energy. That's how beef can add Z.I.P. (zinc, iron and protein) to your meals and snacks.

5. Eating beef for B VITAMINS

Beef offers a delicious bundle of several B vitamins - all vital to help your body unleash energy from other foods. Calorie for calorie, lean beef is one the richest sources of many essential B vitamins - like riboflavin, thiamin and B₁₂ - that your body needs every day.

6. Eating beef for SELENIUM

Selenium is an anti-aging antioxidant nutrient that may help to prevent heart disease and certain types of cancers. Just one 3-ounce serving of beef - about the size of a deck of cards - provides 31% of the recommended daily intake of selenium.

