

# BEEF BENEFITS

## beef FACTS that will surprise you

Packed with nutrients like iron, zinc, protein and B vitamins, beef is one powerful protein!

Calorie for calorie, beef is a delicious way to meet your family's nutrition needs. And since it pairs up perfectly with traditional sides like vegetables and whole grains, beef makes it easy to feed your family a healthy, balanced diet, in line with Canada's Food Guide.

Beef comes out

**ON TOP**



Compared to chicken breast, beef has:

**200%** more Iron    **600%** more Vitamin B<sub>12</sub>    **700%** more Zinc

### THE FACTS ON FAT:

About half the fat in beef is monounsaturated, the same fat found in olive oil!

## Beef's BIG on protein

One serving of beef (75 g at 184 calories) has the same amount of protein as about 3.5 servings of almonds (104 almonds at 728 calories).



A serving of beef provides 184 calories. In a typical 2000 calorie diet, that's only 9% of your daily calorie "budget".

Beef is very high in protein, a nutrient that is essential at every stage of life.

Did you know? Protein:

- helps build and repair body tissues
- helps build antibodies
- helps build strong muscles

Eating Well with Canada's Food Guide recommends eating a variety of Meat and Alternatives, including lean meat

Per 75 grams cooked beef: 184 calories, 26 g protein, 7.6 g fat (3.9 g monounsaturated), 2.5 mg iron (20% DV), 6.5 mg zinc (70% DV), 1.83 µg vitamin B<sub>12</sub> (90% DV)  
Per 75 grams cooked chicken breast: 0.78 mg iron, 0.75 mg zinc, 0.26 µg vitamin B<sub>12</sub>  
Per ¼ cup almonds: 208 calories, 7.6 g protein  
Source of nutrient values: Health Canada, Canadian Nutrient File, 2015. Food codes: Beef 6172, Chicken 842, Almonds 2534  
PRINTED IN CANADA

THINKBEEF 