

Wondering About Nutrition and Beef?



Beef's Role in a Healthy Diet

Beef is cost effective, nutrient-dense food, containing important nutrients, vitamins and minerals like **protein, iron, vitamin B12** and **zinc**.

For about 22 g of protein from

- pan-fried lean ground beef
- tofu
- black beans
- almonds



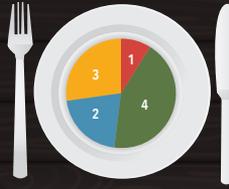
SERVINGS



WEIGHT (g)

For about 2.1 mg of iron from

- pan-fried lean ground beef
- raw spinach
- pan-fried lean ground pork
- cooked lean ground chicken



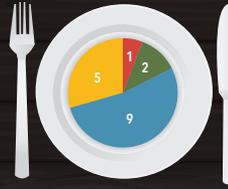
SERVINGS



WEIGHT (g)

For about 2.4 µg of B12 from

- cooked top sirloin steak
- shrimp
- chicken breast
- pork loin



SERVINGS



WEIGHT (g)



Protein

- Needed to build and repair muscle
- Necessary for immune and circulatory systems
- Animal sources of protein include all necessary essential amino acids



Iron

- Carries oxygen in the blood
- "Heme" iron in animal foods is more easily digested than iron contained in plants
- Low iron can lead to anemia, fatigue, weakness, pregnancy complications and more



Vitamin B12

- Helps regulate the nervous system
- Important for growth and red blood cell formation
- Only found in meat, dairy or fortified foods like breakfast cereals
- Deficiency can lead to neurological effects and dementia, paranoia and depression in the long-term



Zinc

- Used by the body to fight infections and produce new cells
- Used for the production of testosterone and healthy fetal development
- Deficiency can lead to wounds that won't heal, loss of appetite, undesired weight loss and delayed growth in children

16-19%

of Canadian adult women between ages 19-50 consume inadequate amounts of iron.

Beef and Your Health

Beef and Cancer Risk

In 2015, The International Agency for Research on Cancer (IARC) classified fresh red meat as probably carcinogenic to humans. Out of over 1,000 items classified, only one has been classified as "probably not carcinogenic to humans."



How can that be? Well, the IARC evaluates hazard, not risk. Compare it to how the sun's UV rays can be hazardous in large amounts, but good for you in smaller doses. The IARC does not quantify how your overall dietary patterns, lifestyle and genetics may affect your risk for developing cancer.

What's Lean Beef?



According to the Canadian Food Inspection Agency, "lean" is defined as a maximum of 17% fat. This means that the fat content of lean ground beef, poultry and pork are all the same.



75 g of trimmed sirloin steak has almost the same amount of fat as a 172 g boneless, skinless chicken breast – only 1 gram more.

For references and more information about the beef industry, visit www.allforthebeef.com

