

4 great reasons to choose beef

Energy Boost

Fuel your body with a healthy helping of “energizing” nutrients. Beef is naturally rich in key nutrients your body needs to release and use energy from the foods you eat.

- Iron
- Protein
- Vitamin B₁₂
- Vitamin B₆
- Riboflavin
- Niacin
- Pantothenate

Brain Power

Make a smart choice with nutrients that help your brain work its best. Beef is naturally rich in nutrients that help you learn, concentrate and remember better.

- Iron
- Niacin
- Vitamin B₁₂
- Vitamin B₆
- Riboflavin
- Zinc

Healthy Bones and Teeth

Give your body a good reason to smile. Beef provides key nutrients that help build healthy bones and teeth, so they start strong in the early years and stay strong for life.

- Protein
- Potassium
- Magnesium
- Phosphorous
- Zinc

Healthy Immune System

Bundle up with nutrients that support a healthy immune system. Beef provides key nutrients that boost your body’s immune defences and ability to resist infection.

- Zinc
- Iron
- Selenium
- Protein
- Vitamin B₆