

# Think you know beef?

Here's how beef stacks up<sup>1</sup>



1 serving = 75 g **Cooked Beef** <sup>2</sup>  
26 g protein, 2.5 mg iron, 1.83 µg B<sub>12</sub>, 6.5 mg zinc & 184 calories per serving

26 g Protein



**Almonds**  
Approx 3.5 servings  
1 serving = 1/4 cup  
8 g protein/serving

2.5 mg Iron



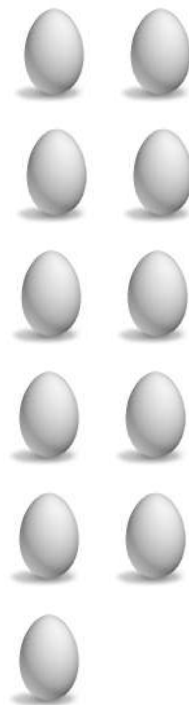
**Salmon**  
Approx 6.5 servings  
1 serving = 75 g, cooked  
0.38 mg iron/serving

1.83 µg Vitamin B<sub>12</sub>



**Boneless Chicken Breast**  
Approx 7 servings  
1 serving = 75 g, cooked  
0.26 µg B<sub>12</sub>/serving

6.5 mg Zinc



**Eggs**  
Approx 5.5 servings  
1 serving = 2 eggs  
1.16 mg zinc/serving

<sup>1</sup>See [www.thinkbeef.ca](http://www.thinkbeef.ca) for nutrition information.

<sup>2</sup>Beef, composite cuts, steak/roast, lean and fat, cooked.

***Eating Well with Canada's Food Guide* recommends Canadians enjoy a variety of foods from the four food groups, including a variety of foods from the Meat and Alternatives food group.**

Source of nutrient values: Health Canada, Canadian Nutrient File, 2015, food codes: Beef 6172, Almonds 2534, Salmon 3053, Chicken 842, Eggs 130.

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