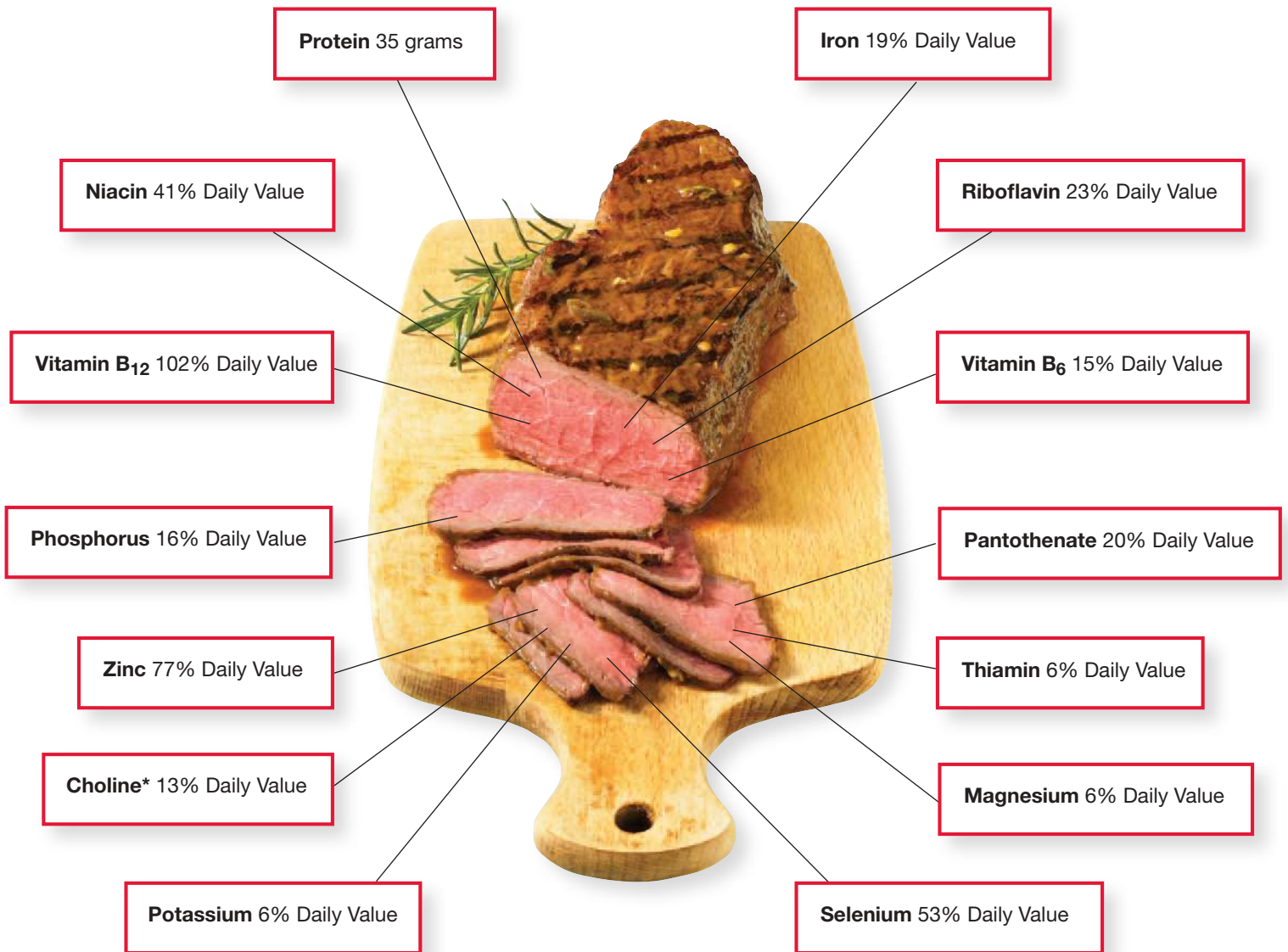


# Beef. All kinds of good.



Nutrients per 100 grams cooked beef

Nutrient values obtained from Health Canada, Canadian Nutrient File, 2015 version. Food Code 6172: beef, composite cuts, steak/roast, lean and fat, cooked.

Nutrient amounts rounded according to 2016 CFIA labelling rounding rules.

% Daily Values calculated based on Health Canada's 2016 Nutrition Labelling – Table of Daily Values.

\*Choline value obtained from U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov. Food Code 13361.

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# 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 B<sub>12</sub>
- Vitamin B<sub>6</sub>
- Riboflavin
- Niacin
- Pantothenate
- Thiamin

## 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 B<sub>12</sub>
- Vitamin B<sub>6</sub>
- Riboflavin
- Zinc
- Choline

## 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 B<sub>6</sub>

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