

Each Protein Food is Unique

And not always interchangeable.

Here's What Beef Delivers

vitamin B₁₂ 2.45 µg
iron 3.5 mg
zinc 8.5 mg
magnesium 25 mg
potassium 300 mg



1 serving = 100 g cooked beef

Here's how other nourishing foods stack up to get these same key nutrients.

vitamin B₁₂
2.45 µg



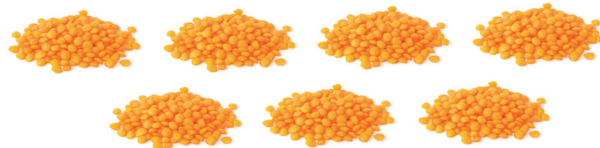
7 servings of chicken breast (100 g per serving)

iron
3.5 mg



12 servings of Atlantic salmon (100 g per serving)

zinc
8.5 mg



7 servings of cooked lentils (1/2 cup per serving)

magnesium
25 mg



5 large eggs (50 g each)

potassium
300 mg



2.5 servings of firm tofu (85 g per serving)



Sources: Health Canada, Canadian Nutrient File, 2015, Nutrient data for Beef 6172, Chicken 842, Salmon 3183, Lentils 3393, Eggs 130, Tofu 3404. Nutrient amounts rounded as per 2016 CFIA labelling rounding rules. Serving sizes based on Table of Reference Amounts for Food: <https://www.canada.ca/en/health-canada/services/technical-documents-labelling-requirements/table-reference-amounts-food.html>

Learn more about these nutrients. Visit <https://thinkbeef.ca/nutrition/other-beef-benefits>