BEEF   A   NUTRITIONAL   POWERHOUSE  
  
5-16-16  
  
Lean Beef is a powerhouse in many ways.  A 3-ounce serving of lean beef provides more than ten essential nutrients but just 150 calories per serving.  It is a "naturally nutrient rich food."  Meeting the new 2015-2020 Dietary Guidelines, lean beef is an excellent addition to a plate of vegetables, fruits, whole grains and dairy products.  
  
A few of these powerhouse nutrients provided in lean beef and their benefits per 3-ounce serving are:    
  
PROTEIN: 48% of your daily value. Protein is important for muscle building, maintenance and repair to all parts of our bodies, plus providing energy.  
  
B 12:  44% of daily requirements and is only available from animal foods.  B12 is essential for proper brain and nervous system functions.  
  
SELENIUM:  40% of daily needs and provides antioxidants benefits and helps protect body cells from damage ( infections ).  
  
ZINC:  36% of daily vvalue and helps maintain a healthy immune system.  Also, important for memory and proper growth and health.  
  
NIACIN:  26% of daily needs while supporting energy production and metabolism.  
  
B 6:  22%of daily requirements.  Also, important for brain and nervous  system functions.   
  
PHOSPHORUS:  19% of daily value, that aids in building strong bones and teeth and maintaining their health.     
  
CHOLINE:  166% of daily intake, being important for memory and nervous system development.  
  
IRON:  12% of daily value, helping carry oxygen in our blood system to all body cells and muscles to reduce fatigue thus helping us to do our best.  
  
RIBOFLAVIN:  10% of daily value, aids to convert food to energy.   
  
Besides tasting good, you can feel good about loving your lean beef.  These body-building nutrients are in your favorite foods, like burgers and steaks.   
  
Lean beef improves your power to feel full longer, stay active at school, play and work.  Isn't that Lean Beef a real ZIP.   
  
Related articles   
1- [Love That Lean Beef](http://weebly-file/1/8/9/9/18991133/love_that_lean_beef.docx)  
2- [Healthy Protein For The Heart](http://weebly-file/1/8/9/9/18991133/heart_healthy_beef.docx)  
3- [Beef It's Whats For School Lunches](http://weebly-file/1/8/9/9/18991133/beef_its_what_school_lunch.docx)  
4- [30 Day Protein Challenge](http://weebly-file/1/8/9/9/18991133/june_12_thoughts_views_30_day_protein_challenge.docx)  
5- [Heart Month](http://weebly-file/1/8/9/9/18991133/heart_month_to_know_2-5-15.docx)