

The American Academy of Pediatrics recognizes key nutrients found in beef are essential to support growth and cognitive development during the early years – yet less than 10% of infants eat beef in the first twelve months of life.^{1,3} The 2020-2025 Dietary Guidelines for Americans encourage parents to choose nutrient-dense foods, like beef, to make the most of every bite for their infants and toddlers.⁴

Essential Nutrients in Every Beef Bite

PROTEIN

Essential for physical growth and development

ZINC

Essential for growth, cognitive development, appetite regulation, and immune function

VITAMIN B6

Vital for development of brain and nervous system

VITAMIN B12

Supports brain development and producing healthy red blood cells

CHOLINE

Essential for physical growth and development

HEME IRON

Essential for various metabolic processes for growth, neurologic development and immune function

Beyond its nutrient benefits, every bite of beef delivers new flavors and textures to support a growing infant's:^{1,4}



Oral and motor development



Discovery learning



Acceptance of new and healthy foods

Experts Recommend 1-2 Ounce/Day of Animal-Based Foods Such as Beef.^{1,5,6}

Preparation depends on the child's age and development stage.^{1,5}



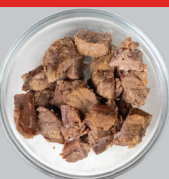
6-8 months

Pureed Cooked Beef



8-10 months

Tender, Moist Shredded Cooked Beef



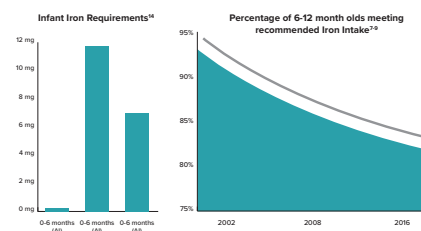
10-12 months

Tender, Moist Chopped Cooked Beef

Parents and caregivers are encouraged to consult a physician or health care provider with questions about starting solid foods

DID YOU KNOW?

Iron intake continues to drop - despite the critical role iron plays in brain development.⁷⁻¹¹ By 6 months of age, a baby's iron stores are depleting while their iron requirements are increasing substantially. Adding beef, a good source of iron, as a first food can help fill the gap.^{12,13}



Beef. It's What's for Dinner. is proud to partner with MyPlate to help Americans achieve better health by making every bite count. Visit MyPlate.gov to learn more.

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Funded by Beef Farmers and Ranchers