

**Nicely done, beef.**

**You raise the steaks  
on nutrition and taste.**



**BEEF**

IT'S WHAT'S FOR DINNER.®

# Frequently Asked Questions about Beef

We all know beef tastes great – but did you know that beef is also an important part of a healthy diet? Check out these facts about how beef can support your health.

**Q: Can I enjoy beef regularly as part of a healthy, balanced diet?**

A: Absolutely! On average, a 3-ounce cooked serving of beef—about the size of a deck of cards—provides more than 10 essential nutrients and half of the Daily Value\* for protein in about 175 calories.<sup>1</sup>

**Q: How much protein should I eat to meet my daily protein requirements? How does beef fit into my protein requirements?**

A: The *Dietary Guidelines for Americans*, published every five years by the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA), recommends eating 5.5 ounce-equivalents of protein foods each day to ensure a healthful diet. Americans, on average, consume 1.5 ounces of beef daily, or only about a quarter of the recommended intake.<sup>2,3</sup>

**Q: What unique nutritional benefits does beef offer me?**

A: Beef gives you the strength to be your best self by providing a nutrition powerhouse in a smaller package than some other proteins. For example, it takes at least 8 ounces of cooked chicken breast to get the same amount of iron as in 3 ounces of cooked beef, and nearly 7 times (20 ounces) more chicken to get the amount of zinc in a single serving of beef.<sup>1</sup>

**Q: Is grass-finished beef more nutritious than grain-finished beef?**

A: All beef choices provide similar nutritional benefits. All cattle, whether grass- or grain-finished, spend the majority of their lives eating grass. While grass-finished beef tends to be a little leaner, about half the fatty acids found in all beef are monounsaturated, the same kind found in olive oil and avocados, and can be part of a heart-healthy diet.<sup>4,5</sup> In today's marketplace, consumers can select from a variety of delicious and nutritious beef options, including grain-finished and grass-finished, to meet their own preferences.

\* Daily Value (DV) refers to the amount of a nutrient needed for a healthy adult on a 2,000-calorie diet.



## Beef Tenderloin, Cranberry & Pear Salad

Total Recipe Time: 25 minutes | Makes: 4 servings

- 4 beef Tenderloin Steaks, cut  $\frac{3}{4}$  inch thick (4 ounces each)
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- 1 package (5 ounces) mixed baby salad greens
- 1 medium red or green ripe pear, cored, cut into 16 wedges
- $\frac{1}{4}$  cup dried cranberries
- $\frac{1}{4}$  cup coarsely chopped pecans, toasted
- $\frac{1}{4}$  cup crumbled goat cheese (optional)

### Honey Mustard Dressing

- $\frac{1}{2}$  cup prepared honey mustard
- 2 to 3 tablespoons water
- $1\frac{1}{2}$  teaspoons olive oil
- 1 teaspoon white wine vinegar
- $\frac{1}{4}$  teaspoon freshly ground black pepper
- $\frac{1}{8}$  teaspoon salt

1. Season beef Tenderloin Steaks with  $\frac{1}{2}$  teaspoon pepper. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 7 to 10 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
2. Meanwhile whisk Honey Mustard Dressing ingredients in small bowl until well blended. Set aside. Divide greens evenly among 4 plates. Top evenly with pear wedges and dried cranberries.
3. Carve steaks into thin slices; season with salt, as desired. Divide steak slices evenly over salads. Top each salad evenly with dressing, pecans and goat cheese, if desired.

*Cook's Tip: To toast pecans, spread in single layer on metal baking sheet. Bake in 350°F oven 3 to 5 minutes or until lightly browned, stirring occasionally. (Watch carefully to prevent burning.) Set aside to cool.*

Recipe adapted from *The Healthy Beef Cookbook*, published by Houghton Mifflin Harcourt

Nutrition information per 3-oz serving: 332 Calories; 12g Total Fat; 3g Saturated Fat; 6g Monounsaturated Fat; 79mg Cholesterol; 256mg Sodium; 22g Total Carbohydrate; 27g Protein; 3.7mg Iron; 5.5mg Niacin; 0.7mg Vitamin B<sub>6</sub>; 75.4mg Choline; 3.9mcg Vitamin B<sub>12</sub>; 4.4mg Zinc; 24.2mcg Selenium; 3.4g Fiber.



# The Beef Cuts You Love

Research shows that a heart-healthy diet that includes lean beef, even daily, can improve cholesterol levels and help reduce the risk of heart disease.<sup>6</sup> In fact, several beef cuts and recipes featured on BeefItsWhatsforDinner.com have been heart-check certified by the American Heart Association®.

Along with supporting heart health, a 3-ounce serving of lean beef, on average, contributes 156 calories to a 2,000-calorie diet, yet provides more than 10% of the Daily Value for 10 essential nutrients – protein, iron, zinc, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, niacin, riboflavin, choline, selenium and phosphorus.<sup>1,7</sup> And the best part is that it's easy to incorporate lean beef into a balanced, heart-healthy diet.

Here are just a few lean cuts,<sup>1,8</sup> with recommended cooking methods and nutrition facts\* to add to your grocery list!

## STRIP STEAK

*Pan-broil, Pan-fry, Stir-fry, Grill or Broil*

- Calories: 172
- Total Fat: 7.2 g
- Saturated Fat: 2.9 g
- Protein: 25 g
- Cholesterol: 77 mg



## TOP SIRLOIN STEAK

*Pan-broil, Pan-fry, Stir-fry, Grill or Broil*

- Calories: 156
- Total Fat: 4.9 g
- Saturated Fat: 1.9 g
- Protein: 26 g
- Cholesterol: 70 mg



## TENDERLOIN STEAK

*Pan-broil, Pan-fry, Stir-fry, Grill or Broil*

- Calories: 168
- Total Fat: 7.1 g
- Saturated Fat: 2.8 g
- Protein: 26 g
- Cholesterol: 79 mg



## TOP ROUND STEAK

*Stir-fry, Marinate to tenderize to Pan-broil, Pan-fry, Grill or Broil*

- Calories: 138
- Total Fat: 3.2 g
- Saturated Fat: 1.3 g
- Protein: 26 g
- Cholesterol: 73 mg



## FLANK STEAK

*Stir-fry, Braise, Marinate to tenderize to Grill or Broil*

- Calories: 158
- Total Fat: 6.3 g
- Saturated Fat: 2.6 g
- Protein: 24 g
- Cholesterol: 66 mg



## BRISKET, FLAT HALF

*Braise or Stew*

- Calories: 167
- Total Fat: 5.1 g
- Saturated Fat: 1.9
- Protein: 28 g
- Cholesterol: 82 mg



## BOTTOM ROUND ROAST

*Roast or Braise*

- Calories: 139
- Total Fat: 4.9 g
- Saturated Fat: 1.7 g
- Protein: 24 g
- Cholesterol: 65 mg



## 93% LEAN GROUND BEEF

- Calories: 155
- Total Fat: 6.8 g
- Saturated Fat: 2.8 g
- Protein: 22 g
- Cholesterol: 71 mg



\* Nutrition facts based on a 3-ounce cooked serving.

To find more of your favorite cuts or to explore new cuts, visit

**[BeefItsWhatsForDinner.com/cuts](https://www.beefitswhatsfordinner.com/cuts)**

# Beef's Top 10

Beef gives you the nutrients your body needs and the taste you love! See how beef's essential nutrients work to keep your body going.



## IRON

helps your body use oxygen.



## CHOLINE

supports nervous system development.



## PROTEIN

helps preserve and build muscle.



## SELENIUM

helps protect cells from damage.



## VITAMINS B<sub>6</sub> and B<sub>12</sub>

help maintain brain function and give you energy.



## PHOSPHORUS

helps build bones and teeth.



## ZINC

helps maintain a healthy immune system.



## NIACIN

supports energy production and metabolism.

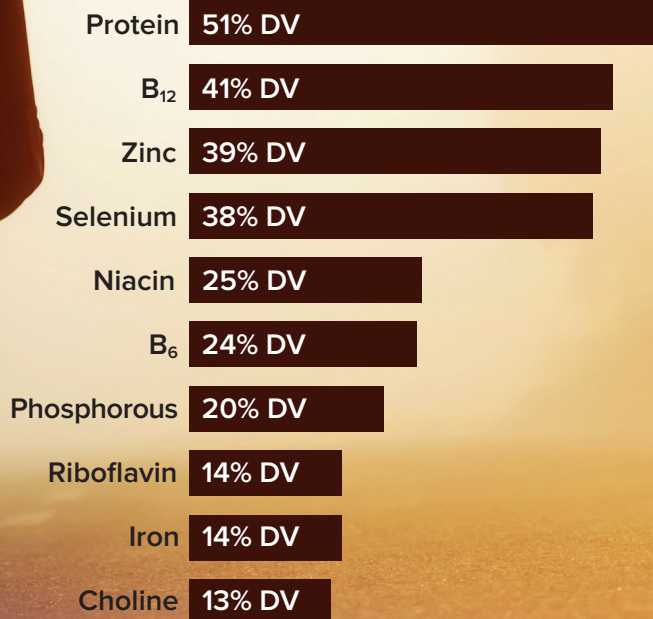


## RIBOFLAVIN

helps convert food into fuel.

## BEEF GIVES YOUR BODY MORE

A 3-oz serving of cooked beef on average provides 173 calories and:



## DID YOU KNOW?

- A 3-oz cooked serving of beef provides approximately half (25 g) of the Daily Value for protein, which is one of the most satisfying nutrients.<sup>1</sup>
- Exercise is more effective when paired with a higher-protein diet.<sup>9</sup>

*DV refers to Daily Value, the amount of a nutrient needed for a healthy adult on a 2,000-calorie diet. The %DV is the percent of a nutrient's Daily Value provided by a serving of food. For example, if a food has 50% of the DV for protein, then it provides 50% of the protein an adult needs each day. Even if your diet is higher or lower in calories, you can still use the DV as a guide to whether a food is high or low in a specific nutrient.*





Enjoying lean beef in a heart-healthy lifestyle is easier than you think with recipes certified by the American Heart Association® on [BeefItsWhatsForDinner.com/recipes](https://BeefItsWhatsForDinner.com/recipes).

## Beefy Sweet Potato Hash

Total Recipe Time: 35 minutes | Makes: 4 servings



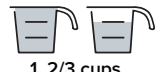
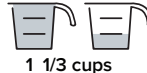

- 1 pound Ground Beef (96% lean)
- ½ cup water, divided
- 4 teaspoons taco seasoning mix, divided
- 1 large sweet potato, cut into ½-inch cubes (about 2½ cups)
- 1½ cups diced yellow onions
- 1 tablespoon vegetable oil
- ¼ cup plain nonfat Greek-style yogurt
- ½ teaspoon hot pepper sauce
- 2 tablespoons chopped fresh cilantro leaves
- 8 small corn tortillas (6 to 7 inch-diameter), warmed (optional)

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into ½-inch crumbles and stirring occasionally. Remove drippings. Stir in ¼ cup water and 2 teaspoons taco seasoning; cook 3 minutes. Remove from skillet; keep warm.  
*Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.*
2. Combine sweet potatoes, onions, remaining ¼ cup water and remaining 2 teaspoons taco seasoning in same skillet. Bring water to a boil. Reduce heat; cover and simmer 10 minutes, stirring once. Remove lid; stir in oil; continue cooking, uncovered, 4 to 6 minutes or until potatoes are tender and begin to brown, stirring frequently. Return beef mixture to skillet; continue to cook 2 to 4 minutes or until heated through, stirring occasionally.
3. Meanwhile, combine yogurt and hot sauce, as desired, in small bowl.
4. Evenly divide beef mixture into tortillas. Garnish with cilantro and serve with yogurt mixture, as desired.

Nutrition information per 3-oz serving: 377 Calories; 10.5g Total Fat; 3.3g Saturated Fat; 3.3g Monounsaturated Fat; 76mg Cholesterol; 174mg Sodium; 40.2g Total Carbohydrate; 30.9g Protein; 4mg Iron; 7.8mg Niacin; 0.7mg Vitamin B<sub>6</sub>; 91.2mg Choline; 2.5mcg Vitamin B<sub>12</sub>; 6.9mg Zinc; 20.1mcg Selenium; 5.4g Fiber.

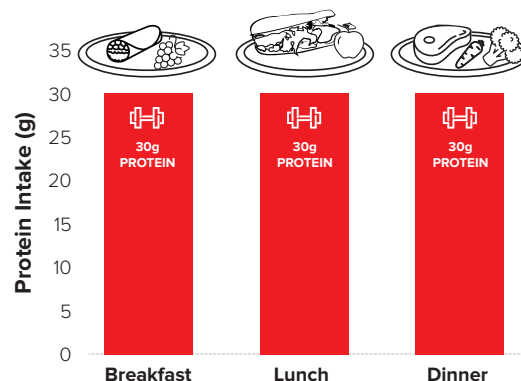
## Not All Proteins Are Created Equal

When it comes to choosing high-quality proteins, beef is a nutritious choice with unbeatable taste. Including high-quality protein, like beef, in the diet can make it easy to get so many of the essential nutrients you need for strength throughout the day in relatively few calories. When compared to sources of plant protein, a 3-ounce cooked serving of beef offers the most protein with the fewest calories.<sup>1</sup>

	AMOUNT	CALORIES	PROTEIN
Quinoa	 3 cups	666	25g
Peanut Butter	 6.5 tbsp	613	25g
Black Beans	 1 2/3 cups	365	25g
Edamame	 1 1/3 cups	249	25g
Beef	 3 ounces	173	25g

## Did You Know?

A growing body of evidence indicates that many people may benefit from eating more protein foods at every meal. Consuming 20-30g of protein at each meal (rather than consuming the majority at one meal, like dinner), may help you meet your protein needs, improve satiety and preserve lean muscle mass.<sup>10,11</sup>





# Stir-Fried Beef Gyros in Pita Pockets

Total Recipe Time: 30 minutess | Makes: 4 servings

- 1 pound beef Round Tip Steaks, cut 1/8 to 1/4 inch thick
- 2 teaspoons minced garlic
- 1 teaspoon dried oregano
- 3 teaspoons olive oil, divided
- 1 medium onion, halved, thinly sliced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 4 pita breads, cut in half, warmed
- 2 small tomatoes, thinly sliced
- 1/2 small cucumber, cut into 1/8-inch half moons
- 1/2 cup prepared cucumber ranch dressing

1. Stack beef steaks; cut lengthwise in half, then crosswise into 1-inch wide strips. Toss with garlic and oregano.
2. Heat 2 teaspoons oil in large nonstick skillet over medium-high heat until hot. Add onion; stir-fry 3 to 4 minutes. Remove.
3. Heat 1 teaspoon oil in same skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 minute or until outside surface of beef is no longer pink. (Do not overcook.) Remove. Repeat with remaining beef.
4. Return beef and onion to skillet; heat through. Season with salt and pepper. Serve in pita pockets with tomatoes, cucumbers and dressing.

Nutrition information per 3-oz serving: 483 Calories; 21g Total Fat; 4.3g Saturated Fat; 1.1g Polyunsaturated Fat; 4.9g Monounsaturated Fat; 0.2g Trans Fat; 66mg Cholesterol; 756mg Sodium; 593mg Potassium; 42g Total Carbohydrate; 30g Protein; 4.1mg Iron; 7.7mg Niacin; 0.6mg Vitamin B<sub>6</sub>; 104.9mg Choline; 2.8mcg Vitamin B<sub>12</sub>; 6.6mg Zinc; 50.2mcg Selenium; 2.7g Fiber.

## BURGER BATTLE

### Ground Beef vs. Ground Turkey

Before you decide to swap Ground Turkey for Ground Beef, check the Nutrition Facts Label to make sure you're making the best substitution for your health. Ground Beef can be lower in calories, fat and cholesterol than Ground Turkey. Here are the facts when comparing USDA's data on 93%lean/7% fat pan-broiled 3-ounce patties.<sup>1</sup>

#### Ground Beef Nutrition



Calories:	155
Protein:	22
Total Fat:	6.8
Saturated Fat:	2.8
Cholesterol:	71

#### Ground Turkey Nutrition



Calories:	180
Protein:	23
Total Fat:	9.9
Saturated Fat:	2.5
Cholesterol:	88

1. USDA, Agricultural Research Service, Nutrient Data Laboratory. *USDA National Nutrient Database for Standard Reference, Legacy. Version Current: April 2018.* Available at <http://www.ars.usda.gov/ba/bhnrc/ndl>
2. HHS & USDA. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.
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7. IRI/Freshlook, Total US MULO ending 2/25/18; Categorized by VMMeat System.
8. Nutrient content claims for fat, fatty acids, and cholesterol content. 9 CFR § 317.362. 2018.
9. Layman DK, et al. Dietary protein and exercise have additive effects on body composition during weight loss in adult women. *J Nutr* 2005;135:1903-10.
10. Paddon-Jones D, Rasmussen BB. Dietary protein recommendations and the prevention of sarcopenia. *Curr Opin Clin Nutr Metab Care* 2009;12:86-90.
11. Mamerow MM, et al. Dietary protein distribution positively influences 24-h muscle protein synthesis in healthy adults. *J Nutr* 2014;144:876-80.

#### USDA NDB ID numbers:

Page 1 NDB #: 13364-composite beef, 05064-skinless chicken breast  
Page 4-5 NDB #: 13448-Strip, 13454-Top Sirloin, 13442Tenderloin, 13491-Top Round, 23654-Flank, 23595-Brisket, 23604-Bottom Round, 23474-93% lean Ground Beef  
Page 6-7 NDB#: 13364-composite beef  
Page 9 NDB #: 20137-quinoa, 16097-peanut butter, 16316-black beans, 11212-edamame, 13364-composite beef  
Page 10 NDB#: 23474-93% lean Ground Beef, 05666-93% lean Ground Turkey



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