

Beef Nutrition Facts

Today's lean beef supplies 14 essential nutrients and is an excellent source of protein, niacin, vitamin B12, selenium, zinc, iron, riboflavin, vitamin B6, phosphorus, magnesium, potassium and vitamin D

On average, today's Canadian beef has **less than 8g of fat** (per 100 g), when trimmed of external fat, and **only 82 mg of cholesterol**.



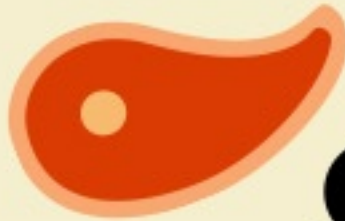
Lean Canadian beef is a great choice for healthy living and is part of Eating Well with **Canada's Food Guide which recommends 2-3 servings** of meat and alternatives **each day** for adults. A serving of beef is 75 grams, or approximately the size of a deck of cards.

Facts to Consider

About half the fat in beef is actually healthy unsaturated fat, most of it the same type we find in olive oil

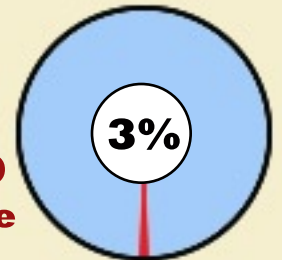
An equal-sized serving of beef sirloin tip and sockeye salmon have the same amount of saturated fat, 1.4 grams per food guide serving

On average, Canadians only eat about half a cup a day (74g / day) - and that's just one Food Guide serving of Meat and Alternatives



On average, 100g of raw beef contain only 64mg of sodium

Less than 3% of recommended daily value



The iron in beef is in a form that is more readily absorbed than the iron found in plant foods (e.g. spinach, cereals, legumes) or eggs.

According to the Canadian Community Health Survey (Nutrition Cycle 2.2, 2004), adults get almost a quarter of their fat from processed foods and sweetened baked goods, and 22 per cent of their total calories from "other foods," which offer little or no nutrient value. Beef in contrast, is a 'nutrient-rich' food. Bite for bite, nutrient rich foods provide the most vitamins, minerals and other important nutrients for the fewest calories.