

Lean Beef's Competitive Advantage

ZINC 3-ounce lean beef



155 calories

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7 1/2 (3-ounce) servings of salmon

1,156 calories

Vitamin B₁₂ 3-ounce lean beef



155 calories

=



9 (3-ounce) servings of skinless chicken breasts

1,265 calories

IRON 3-ounce lean beef



155 calories

=



2 3/4 cups of raw spinach

19 calories

RIBOFLAVIN 3-ounce lean beef



155 calories

=



5 (3-ounce) servings of white tuna meat

557 calories

Vitamin B₆ 3-ounce lean beef



155 calories

=



11 cups of raw kale

89 calories

US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015. Internet: <http://www.ars.usda.gov/nea/bhnrc/ndl>.