

Beef's Competitive Advantage

ZINC 3-ounce lean beef



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13½ (3-ounce) servings of salmon



2,363 calories

Vitamin B₁₂ 3-ounce lean beef



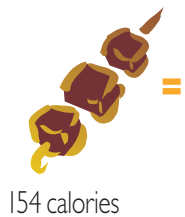
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7½ (3-ounce) skinless chicken breasts



1,050 calories

IRON 3-ounce lean beef



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2¾ cups of raw spinach



19 calories

RIBOFLAVIN 3-ounce lean beef



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4½ (3-ounce) servings of white tuna meat



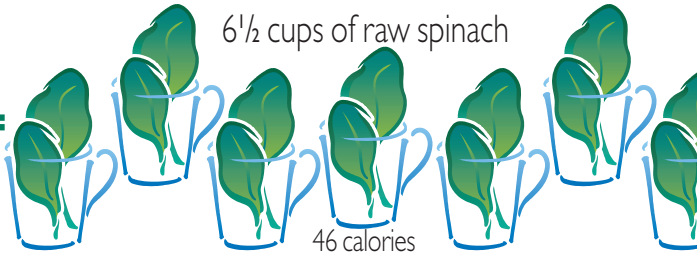
491 calories

Vitamin B₆ 3-ounce lean beef



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6½ cups of raw spinach



46 calories

Source: U.S. Department of Agriculture, Agricultural Research Service, 2008. USDA Nutrient Database for Standard Reference, Release 21. Based on a cooked servings, visible fat trimmed.