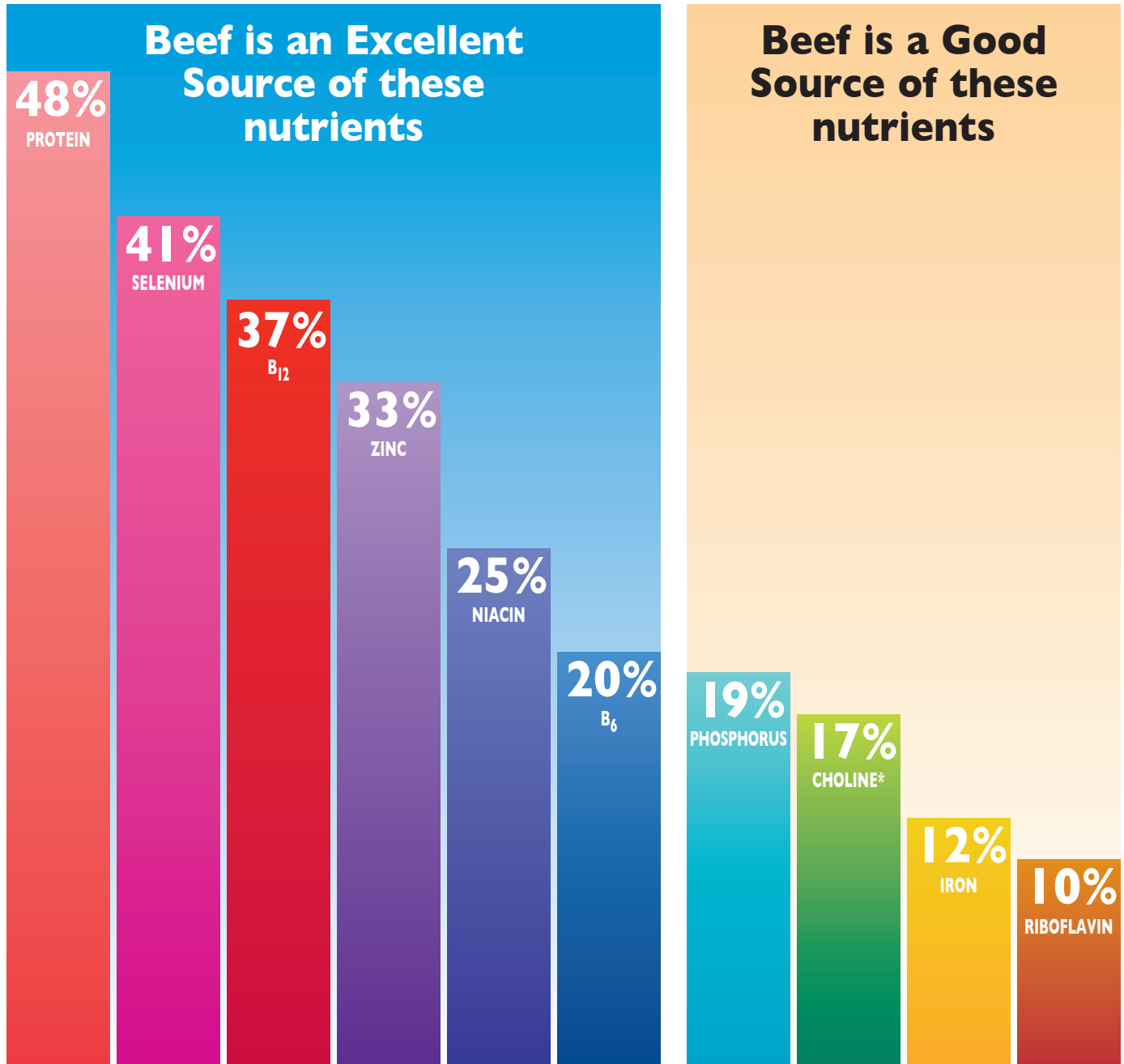


# Choose Your Calories by the Company They Keep

**A 3-ounce serving of lean beef (154 calories) contributes less than 10 percent of calories to a 2,000-calorie diet, yet it supplies more than 10 percent of the Daily Value for:**



U.S. Department of Agriculture, Agricultural Research Service, 2009. USDA Nutrient Database for Standard Reference, Release 22. Nutrient Data Laboratory homepage [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp)

\*A 3-ounce serving of lean beef provides approximately 17% of the highest adequate intake for choline (550 mg).

Dietary Reference Intakes, Institute of Medicine of the National Academies, National Academies Press, Washington, DC, 2006.

Guidance for Industry, A Food Labeling Guide. U.S. Department of Health and Human Services, Food and Drug Administration, Center for Food Safety and Applied Nutrition, April 2008. <http://www.cfsan.fda.gov/~dms/2lg-toc.html>

