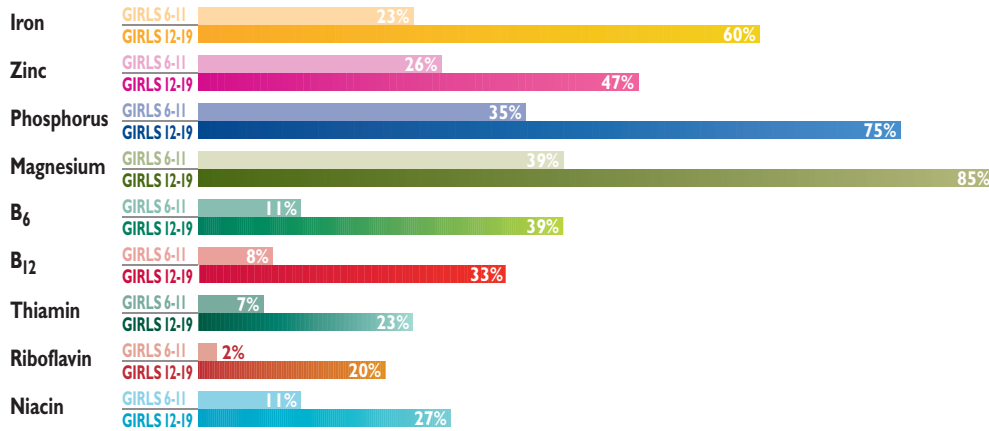
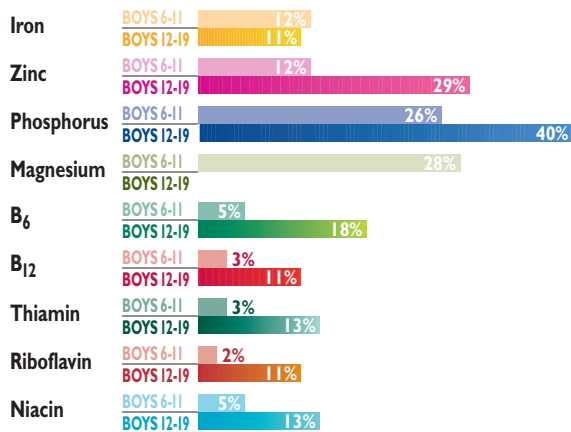


# Why BEEF is Important in the Diets of Growing Girls and Boys

## Percentages of Girls **NOT** Meeting Needs for Specific Nutrients



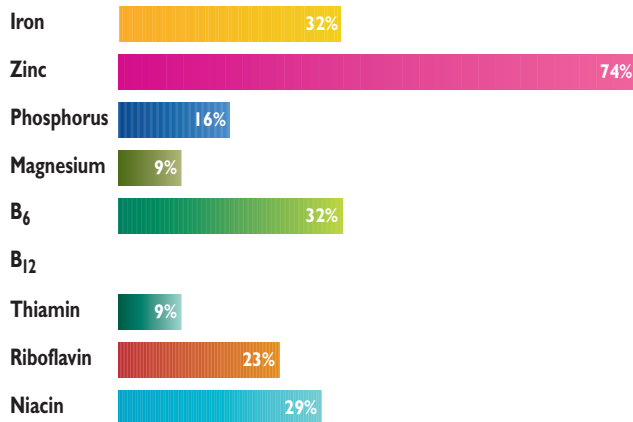
## Percentages of Boys **NOT** Meeting Needs for Specific Nutrients



Source: Updates analysis of the 1994-96, 1998 Consulting Survey of Food Intake by Individuals (CSFII). Final Report prepared by Bermudez Consultenos International, August 2002. Recommended Dietary Allowances (RDA) for Phosphorus, Magnesium (1997); RDA for Thiamin, Riboflavin, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub> (1998); RDA for Iron, Zinc (2001).

## Percentage of RDA\* for Girls and Boys 9-13

*Contributed by a 3-ounce Serving of Lean Beef (184 calories)*



\*Recommended Dietary Allowances

Source: USDA, Agricultural Research Service, 2002. USDA Nutrient Database for Standard Reference, Release 15 (NDB 13012). Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes. National Academy Press, 1998-2001.