

Beef's Competitive Advantage

ZINC 3-ounce lean beef



=

13½ (3-ounce) servings of salmon



2,363 calories

Vitamin B₁₂ 3-ounce lean beef



=

7½ (3-ounce) skinless chicken breasts



1,050 calories

IRON 3-ounce lean beef



=

2¾ cups of raw spinach



19 calories

RIBOFLAVIN 3-ounce lean beef



=

4½ (3-ounce) servings of white tuna meat



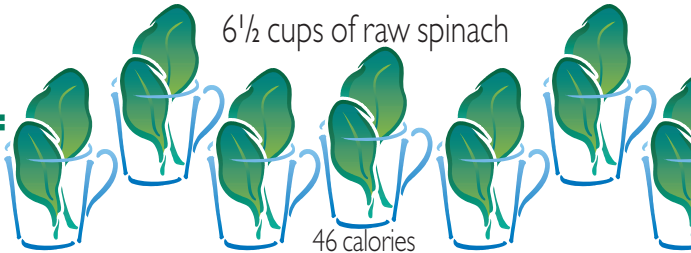
491 calories

Vitamin B₆ 3-ounce lean beef



=

6½ cups of raw spinach



46 calories

Source: U.S. Department of Agriculture, Agricultural Research Service, 2006. USDA Nutrient Database for Standard Reference, Release 19. Based on a cooked serving of beef, visible fat trimmed, the average of the 29 cuts of beef which meet government guidelines for "lean."