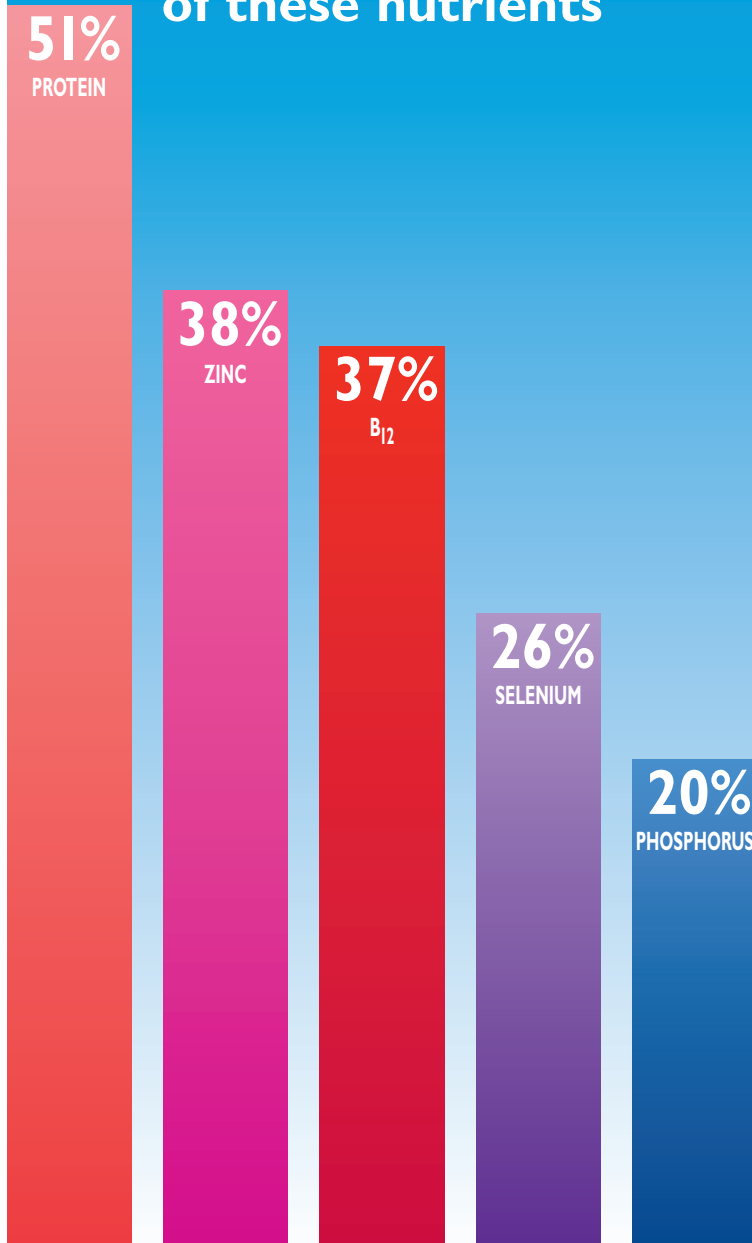


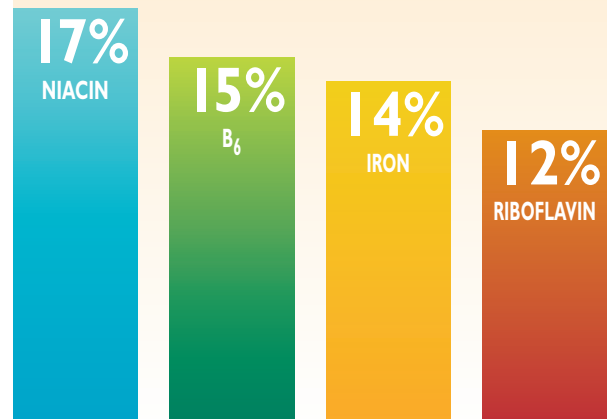
# Choose Your Calories by the Company They Keep

**A 3-ounce serving of lean beef (179 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:**

## Beef is an Excellent Source of these nutrients



## Beef is a Good Source of these nutrients



U.S. Department of Agriculture, Agricultural Research Service, 2006.  
USDA Nutrient Database for Standard Reference, Release 19.  
Nutrient Data Laboratory homepage [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp)