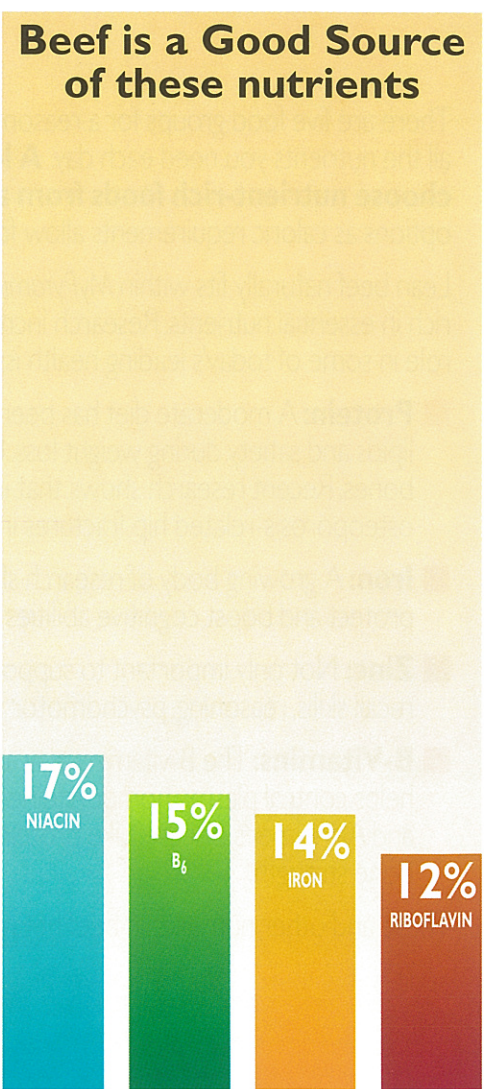
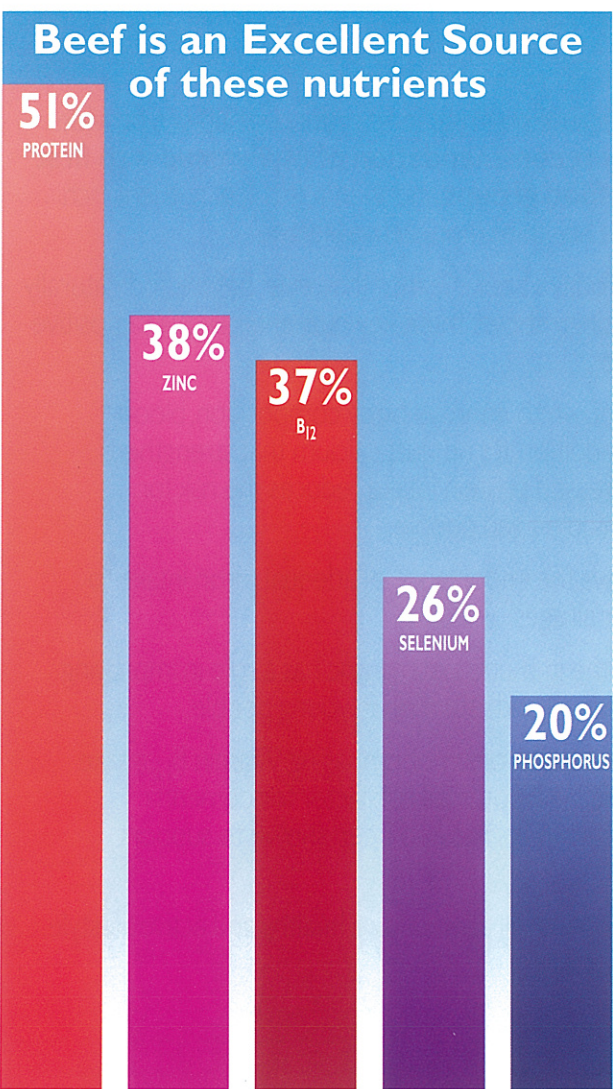


Choose Your Calories by the Company They Keep

If you're watching your calories, keep in mind that some protein sources contain more nutrients in fewer calories.

Consider that a 3-ounce serving of lean beef (179 calories) contains about the same amount of protein as 1-1/2 cups of legumes—but in half the calories. And, unlike plant proteins, lean beef is a high-quality protein and is the food supply's most easily absorbed source of iron and zinc.

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:



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