



Nutrition & Information Materials

(Free to Colorado Residents)

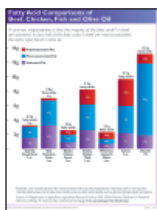
February 2010



Meat Nutrient Comparisons

Sheet comparing nutrients in beef, pork, poultry & fish.

Quantity _____
(100 sheets/pack)



Fatty Acid Comparison

Graph of fatty acid profile of several foods.

Quantity _____
(100 sheets/pack)



Power Up with Protein!

Ideas for consumers on adding lean protein to their diets. Includes 3 recipes.

Quantity _____ (100 sheets/pack)



High-Quality Protein Promotes Optimal Health

Summary of emerging research and science on high-quality protein.

Quantity _____ (100 sheets/pack)



Beef Up with Lean Protein

Consumer tip sheet on the importance of protein in a healthy diet.

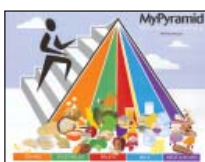
Quantity _____
(100 sheets/pack)



Lean Protein Can Help People Live Well and Age Vibrantly

Information on protein and avoiding sarcopenia.

Quantity _____ (100 sheets/pack)



MyPyramid

USDA graphic in a tear pad (100 sheets/tear pad) and poster formats for different age groups.

Quantity _____ (Adult tear pad)
Quantity _____ (Kids tear pad)
Quantity _____ (English poster)
Quantity _____ (Spanish poster)
Quantity _____ (Kids poster)
Quantity _____ (Preschoolers poster)
Quantity _____ (For Moms poster)

Eating for 2?

Pregnancy nutrition

Consumer written sheet with pregnancy nutrition facts & information with a beef recipe. (also in Spanish)

Quantity _____
(100 sheets/tear pad)
Check one: English Spanish



Childhood Nutrition

Consumer written sheet for child nutrition from birth to 5 years with a beef recipe. (also in Spanish)

Quantity _____
(100 sheets/tear pad)

Check one: English Spanish



The Tween Scene

Consumer written sheet with information on nutrition for the "tween" years with a beef recipe. (also in Spanish)

Quantity _____
(100 sheets/tear pad)

Check one: English Spanish



Relax, Recover, Renew

Consumer written sheet focusing on nutrition, physical activity and prioritizing when under stress with a beef recipe.

Quantity _____ (100 sheets/tear pad)



Fitness Connection

Consumer written sheet with physical activity facts and information with a beef recipe. (also in Spanish)

Quantity _____
(100 sheets/tear pad)

Check one: English Spanish



Everyday Solutions

Consumer written sheet with nutrition, activity and time saving tips with a beef recipe.

Quantity _____
(100 sheets/tear pad)



Beef Nutrients

Consumer written sheet about beef nutrients with a beef recipe. (also in Spanish)

Quantity _____
(100 sheets/tear pad)

Check one: English Spanish



Enriching Family Mealtimes Kit

Kit providing tools needed to promote family mealtimes including how-to tips and recipes

Quantity _____



To order these FREE materials contact the Colorado Beef Council at 303/830-7892 or julie@cobeeff.com.