



Nutrition & Information Materials

(Free to Colorado Residents)

Feb 2011



Meat Nutrient Comparisons

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

Quantity _____



Heart-Healthy Diet with Lean Beef

Consumer tips on healthy cuts of beef, exercise, protein and one recipe.

Quantity _____



The Tween Scene

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

Quantity _____



Fatty Acid Comparison

Graph of fatty acid profile of several foods.

Quantity _____



Today's Beef Choices

Description of grain-finished, grass-finished, natural and organic production practices and nutrition comparison.

Quantity _____



Relax, Recover, Renew

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

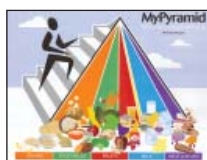
Quantity _____



Proteins Are Not Created Equal

Comparison of plant and animal proteins

Quantity _____



MyPyramid

USDA graphic in a tear pad (100 sheets/tear pad) and poster 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)



Fitness Connection

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

Quantity _____



High-Quality Protein Promotes Optimal Health

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

Quantity _____



Everyday Solutions

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

Quantity _____



Beef Up with Lean Protein

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

Quantity _____



Eating for 2?

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

Quantity _____



Beef Nutrients

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

Quantity _____



Lean Protein Can Help People Live Well and Age Vibrantly

Information on protein and avoiding sarcopenia.

Quantity _____



Childhood Nutrition

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

Quantity _____



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.