



# Nutrition & Information Materials

(Free to Colorado Residents)

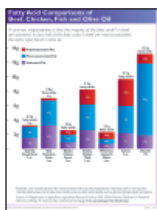
June 2010



## 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)



## Proteins Are Not Created Equal

Comparison of plant and animal proteins

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.

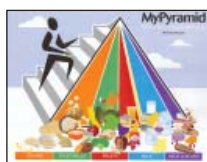
Quantity \_\_\_\_\_  
(100 sheets/pack)



## 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 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.