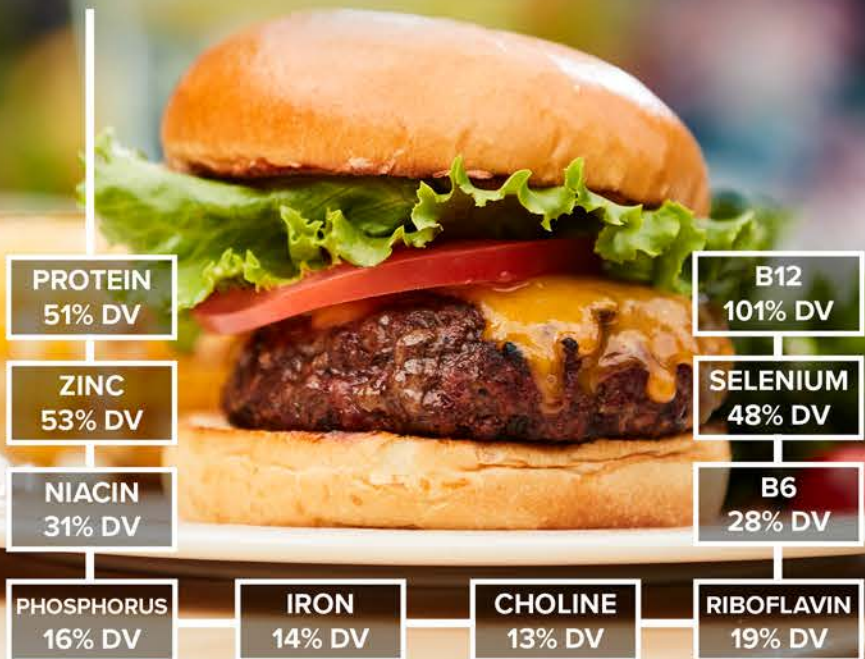


BEEF.
IT'S WHAT'S FOR DINNER.®

A FRESH LOOK AT BURGERS

BEEFING UP FLAVOR AND NUTRITION

Three ounces of cooked beef delivers 10 essential nutrients including high-quality protein, iron and zinc. ^{iii, iv}



We love real beef burgers -- nearly 20 million Americans enjoy a burger on any given day! From high- to low-percent lean, Chuck to Round, ground beef is the most versatile foundation for building delicious burgers that can also be part of a healthy lifestyle. Follow these tips for a fresh look at how you can beef up your burger and pack even more nutrition into every mouthwatering bite.

DID YOU KNOW?

In addition to being a top source of taste bud enjoyment, burgers and sandwiches are a top source of important nutrients: ⁱⁱ



#1 Source of protein, calcium, potassium, fiber;



#2 Source of whole grains, dairy, vitamin D;



#3 Source of vegetables.

GET CREATIVE

Beef up your burger with even more nutrition *and* great flavor. Creative toppings and sauces can add fiber, vitamin C, potassium and calcium.



Share these tips and tag **@BeefItsWhatsForDinner**
#BeefUpYourBurger

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Funded by Beef Farmers and Ranchers

^{i.} WWIEA, NHANES 2013-2016, Day 1, Exponent, Beef Checkoff Analysis, unpublished
^{ii.} Dietary Guidelines Advisory Committee. 2020. Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.
^{iii.} U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. (NDB # 13364).
^{iv.} National Institutes of Health Dietary Supplement Label Database. Labeling Daily Values. Available at <https://www.dslid.nlm.nih.gov/dslid/dailyvalue.jsp>

Beef. It's What's for Dinner. is proud to partner with MyPlate to help Americans achieve better health by making every bite count. Visit MyPlate.gov to learn more.