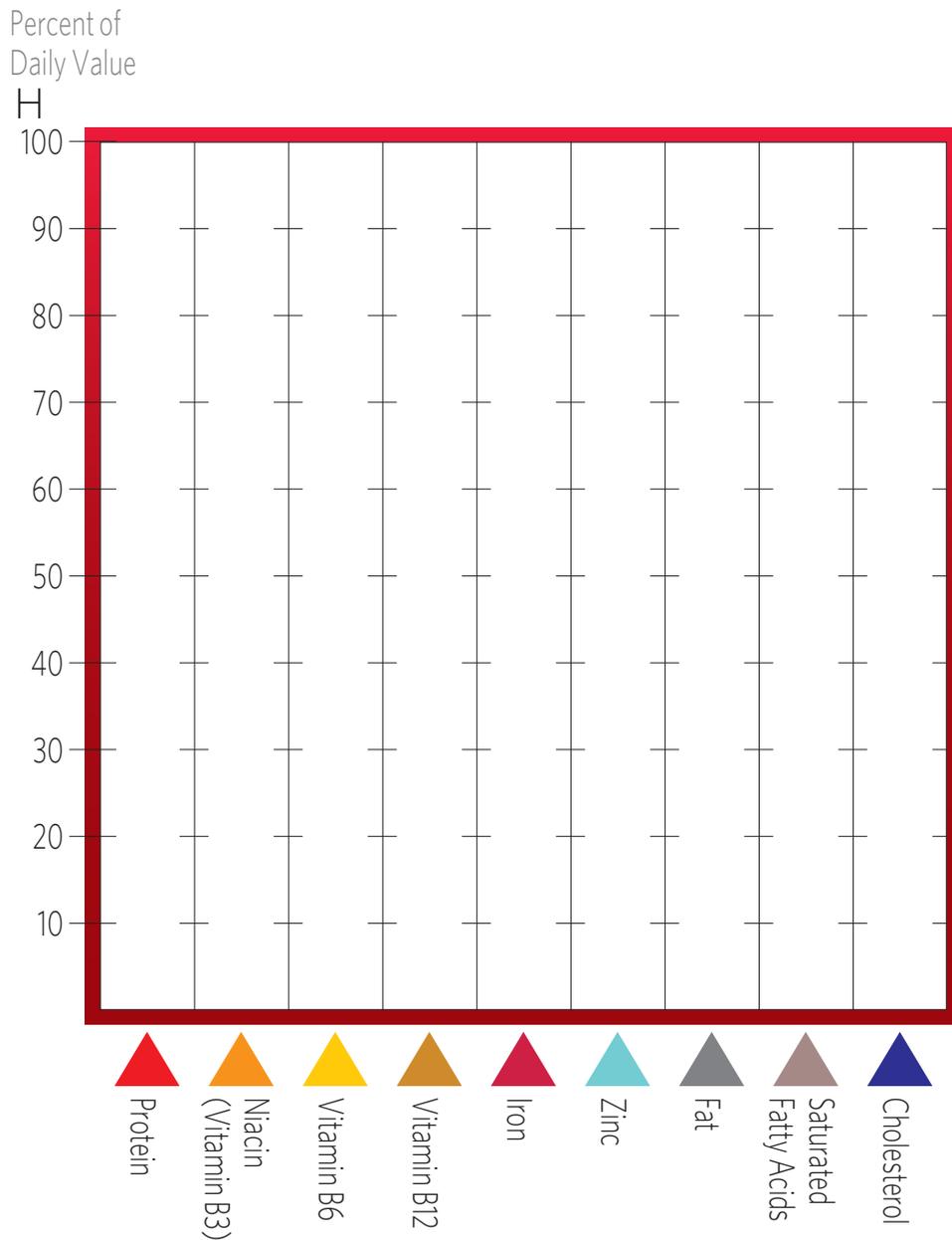


FILL IN THE CHART

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When you eat a cooked, 3-oz. (85g) 90% lean 10% fat ground beef burger, what percent of the Daily Value for beef's key nutrients do you get? Fill in the bar chart below using information from below.



PROTEIN

One 3-oz. (85g) cooked burger of 90% lean/10% fat Ground Beef will supply 43% of the DV* for protein.

B-VITAMINS

One 3-oz. (85g) cooked burger of 90% lean/10% fat Ground Beef will supply 26% of the DV* for niacin, 16% of the DV* for vitamin B6 and 42% of the DV* for vitamin B12.

IRON

One 3-oz. (85g) cooked burger of 90% lean/10% fat Ground Beef will supply 13% of the DV* for iron.

ZINC

One 3-oz. (85g) cooked burger of 90% lean/10% fat Ground Beef will supply 36% of the DV* for zinc.

FAT, SATURATED FATTY ACIDS AND CHOLESTEROL

Beef can be part of a balanced diet that does not exceed the limits for total fat, saturated fat and cholesterol. Typically, a 3-oz. (85g) cooked burger of 90% lean/10% fat Ground Beef has 173 calories and provides 14% of the total fat, 18% of the saturated fatty acids, and 23% of the dietary cholesterol recommended on a 2,000 calorie diet.