

WHAT'S YOUR NUTRITION IQ?

Perceptions

A recent survey asked consumers which foods are the best sources of Zinc, Iron, Protein and B-Vitamins.

Zinc?



34% of people said carrots...

While 4% said beef.

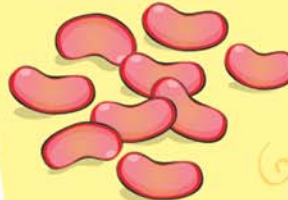
Iron?



63% of people said spinach...

While 19% said beef.

Protein?



34% of people said kidney beans...

While 31% said beef.

B-Vitamins?

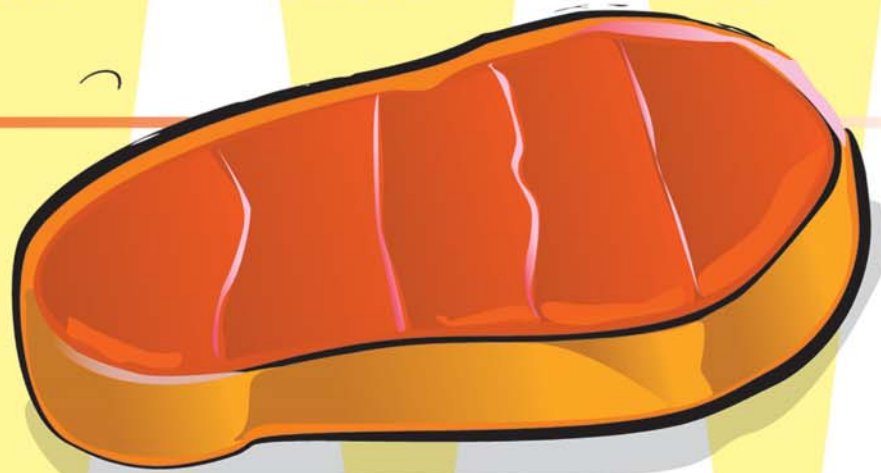


71% of people said broccoli...

While 9% said beef.

Reality

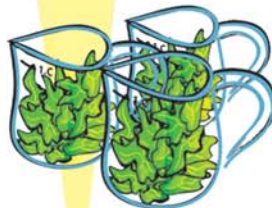
One **3-oz.** serving of **Lean BEEF**



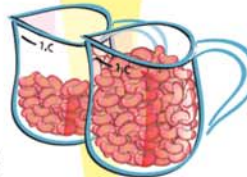
has the same amount of...



Zinc as 10 cups of sliced cooked carrots



Iron as 3 cups of spinach



Protein as 1-1/2 cups of cooked kidney beans



While broccoli is a good source of folate, it contains virtually no other B vitamins. Beef is an excellent source of vitamin B₁₂, vitamin B₆ and niacin, and a good source of riboflavin.