

# When it Comes to Nutrition, Beef has a Competitive Advantage.

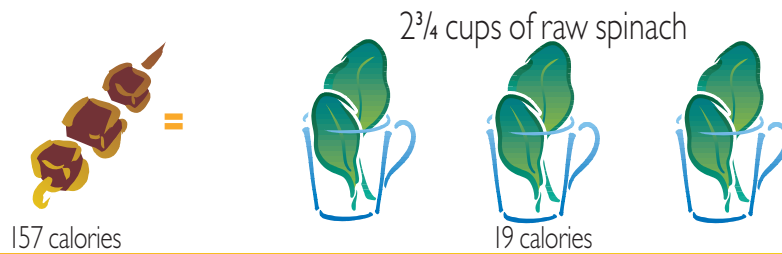
**ZINC** 3-ounce lean beef



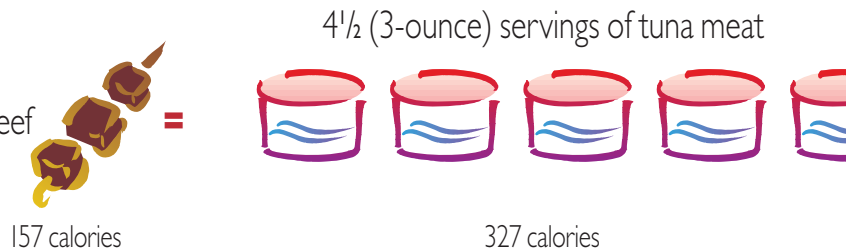
**Vitamin B<sub>12</sub>** 3-ounce lean beef



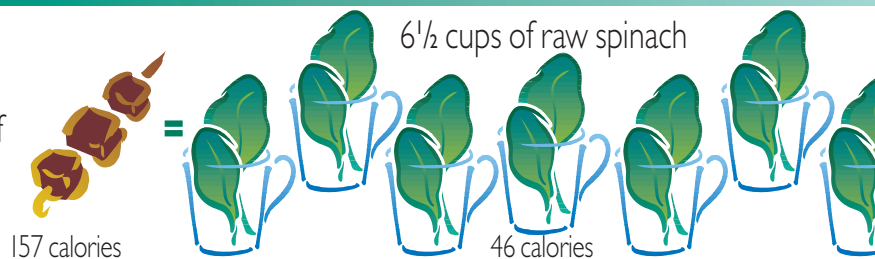
**IRON** 3-ounce lean beef



**RIBOFLAVIN** 3-ounce lean beef



**Vitamin B<sub>6</sub>** 3-ounce lean beef



Source: US Department of Agriculture, Agricultural Research Service, 2004, Nutrient Database for Standard Reference, Release 17, [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp). Based on cooked servings, average of arm pot roast, flank, round tip, tri-tip, top sirloin, ribeye (small end), rib (small end), mock tender steak, T-bone, chuck shoulder steak, chuck shoulder roast, shank crosscuts, brisket, eye round, top round, bottom round, top loin, tenderloin and 95% lean ground beef; Atlantic salmon farmed; chicken breast meat only; raw spinach; white tuna canned in water.