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NEWS



30TH ANNIVERSARY

Executive Office

206 Riffel Rd.

Wooster, OH

44691-8588

Phone: 330/345-2333

Fax: 330/345-0808

Manhattan Office

1107 Hylton Heights Rd.

Manhattan, KS

66502-2822

Phone: 785/539-0123

Fax: 785/539-2883

Japan Office

Japan Business Center

WBG Marive East 14F

Nakase 2-6 Mihama-ku

iba-shi, Chiba 261-7114

Japan

Ph: 011/81-43-297-3363

Fax: 011/81-43-297-3374

www.

certifiedangusbeef

.com

Beef: A wholesome, nutritious option

Part of a healthy, balanced diet

High-quality beef such as the *Certified Angus Beef*[®] brand delivers superior flavor. But beyond that craveable taste and singular eating experience, consumers want nutrition, too. Serving for serving, there aren't many foods that can match everything beef has to offer.

Beef can fit easily into any healthy and balanced meal plan. Select lean cuts such as those that have "loin" or "round" in the name – and, as with all foods, enjoy it in moderation.

Packed with nutrition

Beef is an excellent source of many essential nutrients, including:

- **Zinc** – needed for many of the body's essential functions
- **Iron** – helps carry oxygen to cells and aids in brain development
- **Protein** – helps keep you energized and regulate body processes

In addition to the ZIP – that's zinc, iron and protein – beef provides, it's a great source of **B-vitamins**, including riboflavin and thiamin. These promote growth and maintain health.

Scientists are also learning about other important nutrients found in beef, such as **conjugated linoleic acid (CLA)**, a fatty acid that may play a role in cancer prevention, help normalize blood glucose levels and contribute to heart health. **Selenium**, a trace mineral, is an antioxidant that helps prevent damage to body cells. **Choline** is an essential nutrient that plays a vital role in cognition and memory.

Did you know? The iron found in beef – known as heme iron – is more readily absorbed than the non-heme iron found in fruits, vegetables, grains, eggs or supplements. In fact, meals that include both meat and plant sources of iron have been shown to at least double the amount of iron absorbed by the body.

Source: National Cattlemen's Beef Association