

Beef's Competitive Advantage

ZINC 3-ounce lean beef



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13½ (3-ounce) servings of salmon



Vitamin B₁₂ 3-ounce lean beef



=

7½ (3-ounce) skinless chicken breasts



IRON 3-ounce lean beef



=

2¾ cups of raw spinach



RIBOFLAVIN 3-ounce lean beef



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4½ (3-ounce) servings of white tuna meat

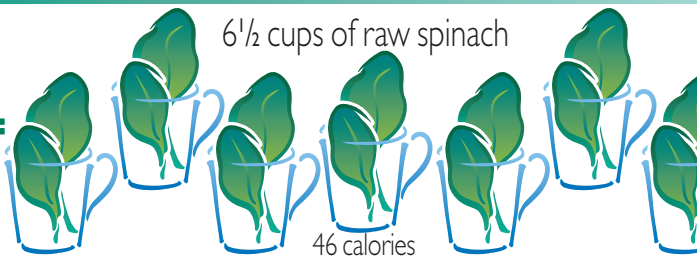


Vitamin B₆ 3-ounce lean beef



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6½ cups of raw spinach



Source: U.S. Department of Agriculture, Agricultural Research Service, 2007. USDA Nutrient Database for Standard Reference, Release 20. Based on a cooked serving of beef, visible fat trimmed, the average of the 29 cuts of beef which meet government guidelines for "lean."