

What is your beef IQ?

Beef is a nutrient dense and rich food product that is an essential part of the American diet. It provides consumers with a protein dense diet choice. Including beef in the diet is an easy way to ensure you receive the many nutrients your body needs throughout your day.

The recommended serving size for beef is 3 ounces. These 3 ounces contain significant portions of the daily value of protein, B12, selenium, and zinc you need. Check out the protein comparison guide below. Each food below (in listed quantities) contain 25 grams of protein.

6 tablespoons of peanut butter = 564 calories

1 $\frac{3}{4}$ cups of black beans = 382 calories

3 cups of quinoa = 666 calories

1 $\frac{1}{2}$ cups of Edmame = 284 calories

3 ounces of beef = 154 calories

The USDA recommends that you eat different foods to provide all of the nutrients necessary for a nutrient rich diet. Beef provides a heme iron that is more absorbable than a plant-based iron. Incorporating beef can help add moderation and variety to your diet.

Your body needs essential amino acids every day because the body cannot synthesize these amino acids by itself. Beef helps provide these essential amino acids. The difference between plant protein and meat protein is significant. The combination and amount of plant protein needed is significantly higher than in a beef diet.

When compared to other foods, lean beef is relatively low in fat. Beef fits well within the American Heart Association's guidelines for a healthy amount of fat.

Food safety is one main concern of every segment within the beef industry. A Beef Quality Assurance program has been put in place to help train cattle producers on how to care for their cattle to ensure food safety as well as animal welfare.

There are multiple programs and steps utilized by the industry to ensure the safety of beef for consumers. Programs such as Beef Quality Assurance is focused on preventing food safety concerns at the producer level. By utilizing the HACCP principles (Hazard Analysis Critical Control Points), processors as well as producers, implement procedures that eliminate potential risks in food safety.

Even with all the safety steps put into place on the production side of beef, if consumers don't follow directions and safe food handling rules, any perishable food becomes unsafe. By ensuring that the food product is cooked at the proper temperature and in sanitary conditions, consumers can reduce potential risks.

Please do not hesitate to contact me if you have any questions about the information provided and visit pathtotheplate.tamu.edu for more information.

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