



# PROTEIN FOR PERFORMANCE

**FUEL YOUR TRAINING  
WITH LEAN BEEF**



**WEIGHT MANAGEMENT - MUSCLE DEVELOPMENT - IMMUNITY**

## RETHINK YOUR REGIMEN WITH HEALTHY LEAN BEEF

Athletes everywhere are turning to lean beef as an invaluable component in their diet regimens. Lean beef delivers a variety of nutritional benefits that fuel better performance and healthier living.



### WEIGHT MANAGEMENT

Lean beef contains just 154 calories per 3-oz. serving.<sup>1</sup>



### MUSCLE DEVELOPMENT

25g of protein per 3-oz. serving for muscular growth and repair.<sup>1</sup>



### IMMUNITY

41% Daily Value of selenium assists in antioxidant production.<sup>1</sup>



### MEAL FLEXIBILITY

Beef offers 29 lean cuts that on average have about one more gram of saturated fat than a skinless chicken breast.<sup>1</sup>



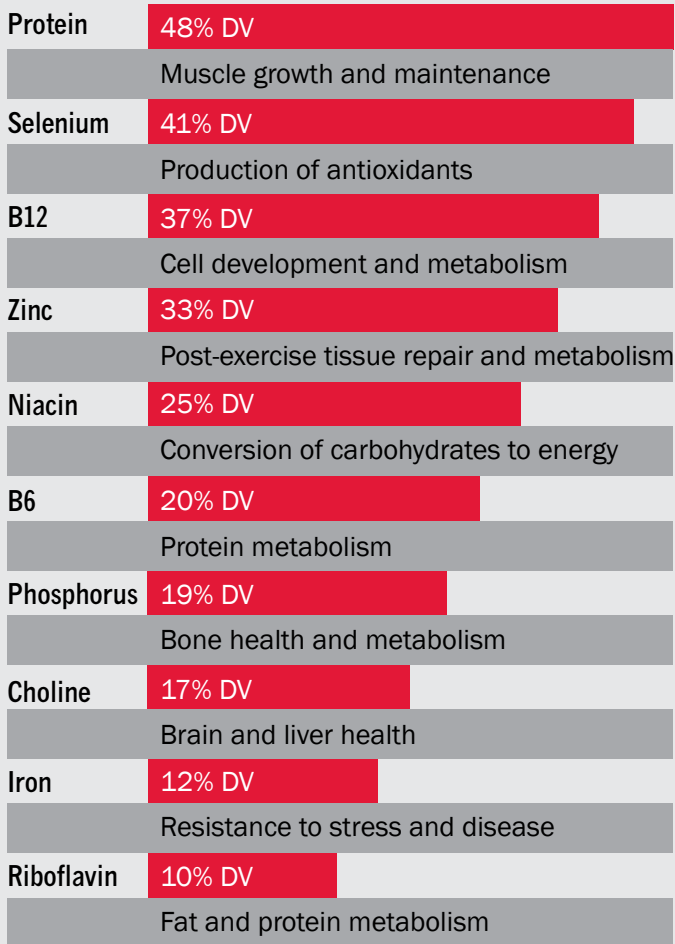
### HEART HEALTHY

Lean beef as part of a heart-healthy diet can lower heart disease risk by reducing levels of total and LDL "bad" cholesterol.<sup>2</sup>

Source: (1) Daily Value percentage based on a 3-oz. serving of lean beef as part of a 2000 calorie reference diet. U.S. Department of Agriculture, Agricultural Research Service, 2011. USDA National Nutrient Database for Standard Reference, Release 24. (2) Rousell MA, Hill AM, Gaugler TL, West SG, Vanden Heuvel JP, Alaupovic P, Gillies PJ, Kris-Etherton PM. Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. Am J Clin Nutr 2012; 95.

# NUTRIENTS FOR TRAINING, RACING AND RECOVERY

Every 3-oz. serving of lean beef has on average just 154 calories, yet supplies a variety of nutrients:



Source: Daily Value percentage based on a 3-oz. serving of lean beef as part of a 2000 calorie reference diet. U.S. Department of Agriculture, Agricultural Research Service, 2011. USDA National Nutrient Database for Standard Reference, Release 24.

# PACK ON PROTEIN WITHOUT THE POUNDS

A 3-oz. serving of lean beef provides the same amount of protein (25g) as all of these foods, but with a fraction of the calories:

<b>154 CAL</b>	3-oz. lean beef
<b>236 CAL</b>	1.25 cups raw soy tofu cubes
<b>374 CAL</b>	1.5 cups black beans
<b>670 CAL</b>	7 tablespoons peanut butter



# BETTER MEALS MAKE FOR BETTER MILES

Visit us at [TxBeef.org](http://TxBeef.org) for healthy recipes and meal ideas like these:

## GAZPACHO STEAK SALAD

244 calories

26g protein / 16g carbohydrate / 9g fat

## STEAK KABOBS & WILD RICE WITH MUSHROOMS

359 calories

31g protein / 36g carbohydrate / 10g fat

## PITA BURGER WITH CUCUMBER-YOGURT SAUCE

212 calories

26g protein / 12g carbohydrate / 6.5g fat