

Put a Little ZIP in Your Step With Beef

Article Submitted by Jordan Bonham, Fayette County Beef Queen

Ever feel lethargic and tired, maybe you just aren't eating enough beef. Calorie for calorie, beef is one of the most naturally nutrient-rich foods out there. A serving of beef contributes less than 10% of calories in a 2,000 calorie diet, yet it supplies more than 10% of the Daily Value for ten essential nutrients including zinc, iron and protein ("ZIP").

Beef is the number one source of ZINC which is required for many functions such as growth and development, maintaining your immune system, healing of wounds and appetite control. It is important to your sense of smell and taste. A 3 ounce serving of beef provides 39% of the daily requirement of zinc.

IRON is also an important mineral provided by beef. It helps carry oxygen to the body and assists in making new red blood cells, aids in brain development and supports the immune system. Iron deficiency, or anemia, is the most common nutritional deficiency in the United States. If someone is iron deficient, they might feel tired, score lower on problem solving tests or run out of energy sooner on the playing field.

According to the American Dietetic Association, beef is the number one source of PROTEIN. Protein works with a body's immune system to provide protection from disease and serves as an excellent source of energy. A 3 ounce serving of lean beef is an excellent source of protein, supplying more than 50% of the protein most people need each day. Studies show that the protein in beef may help prevent many chronic diseases such as Type 2 diabetes and osteoporosis. Research published in the American Journal of Clinical Nutrition indicates that increasing daily high-quality protein intake may improve muscle strength and metabolism and ultimately improve overall health.

So, next time you are feeling a little tired and need a healthy, pick-me-up meal, consider serving beef it's what's for dinner.