**Love That Lean Beef**  
Is there any doubt that American family consumers love their beef; breakfast, lunch or dinner? It's   
easier than you can imagine to build a healthy diet including lean beef. Lean beef is a perfect partner for those favorite fruits and vegetables.  
  
Beef, calorie for calorie, is one of the most naturally nutrient rich foods. Beef is a excellent source of zip's and B's; zinc, iron, protein and B-vitamins plus other important nutrients that help family consumers sustain a healthy active lifestyle.  
  
There are 29 cuts of beef that meet guidelines for "lean" including family consumer’s favorites; T-bone, tenderloin, top sirloin and 95% lean ground beef. Lean being defined as: less than 10 grams of total fat; 4.5 grams or less saturated fat and less than 95 milligrams of cholesterol per 3 ounce cooked   
serving. A 3 ounce serving of beef (about the size of a deck of cards) contributes less than 10% of the calories (average 150) to a 2000 calorie diet yet supplies more than 10% of our daily value for: protein 48%, selenium 41%, vitamin B12 37%, zinc 33%, niacin 25%, vitamin B6 20%, phosphorus 19%, choline 17%, iron 12%, riboflavin 10%, and calories 8%.  
  
The cut of lean beef having the lowest calorie count (144) is eye of round steak or roast per 3 ounce serving.  