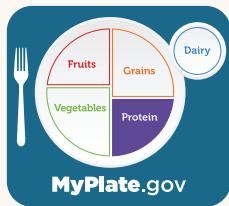


Choose Lean Beef

LOOK FOR 90% LEAN BEEF OR HIGHER.



Lean beef is an excellent source of protein, iron, zinc and B vitamins, and it lowers your intake of saturated fat and cholesterol.



Evidence-based health material brought to you by Nebraska Extension.