

Beef Fuels the Body

Ground Beef is a nutrient dense food that fuels many functions in our bodies.



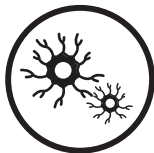
VITAMINS B₆ & B₁₂

Support energy release from foods and required for tissue formation.

Vitamin B₆ - 15% DV

Vitamin B₁₂ - 88% DV

Did you know that the only natural sources of vitamin B₁₂ are from animal foods such as meat? This vitamin keeps our nerves and red blood cells healthy.



CHOLINE

Supports the development of the body's nervous system.

13% DV



PROTEIN

Helps preserve and build muscle.

21g



PHOSPHORUS

Helps build bones and teeth.

14% DV

OTHER B VITAMINS

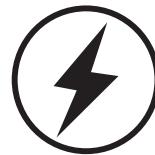
Help convert food into fuel for your body.

Niacin - 34% DV

Pantothenate - 18% DV

Riboflavin - 17% DV

Thiamin - 8% DV



POTASSIUM & MAGNESIUM

Required for normal cell and muscle function

Potassium - 6% DV

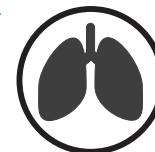
Magnesium - 5% DV



IRON

Helps your body use oxygen. Especially important for infant brain development.

11% DV



SELENIUM

Helps protect cells from damage.

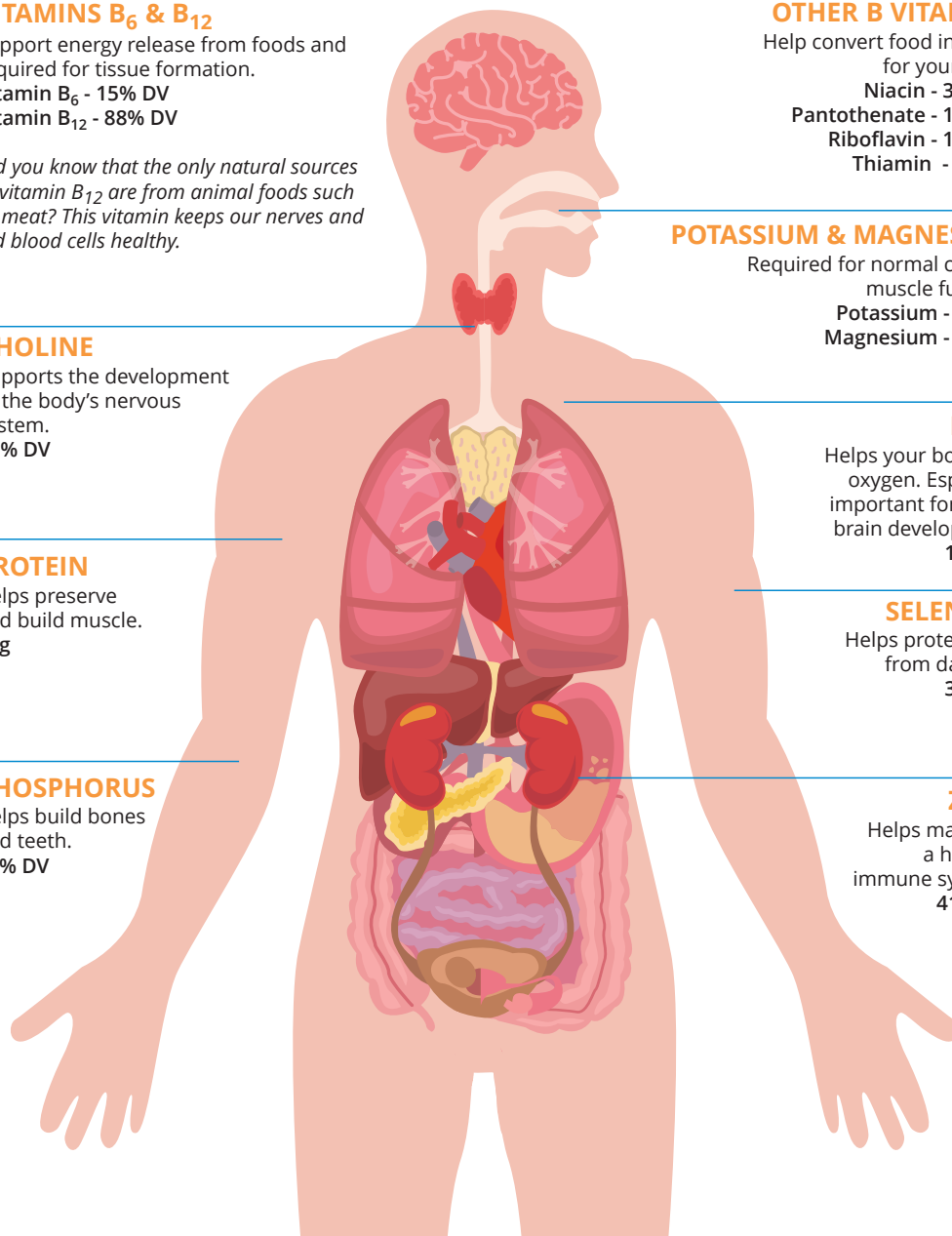
31% DV



ZINC

Helps maintain a healthy immune system.

41% DV



Per 100 g raw extra lean ground beef, CNF 4996,
Health Canada, Canadian Nutrient File 2015.
% Daily Values calculated based on Health Canada's 2016.
Nutrition Labelling – Table of Daily Values.