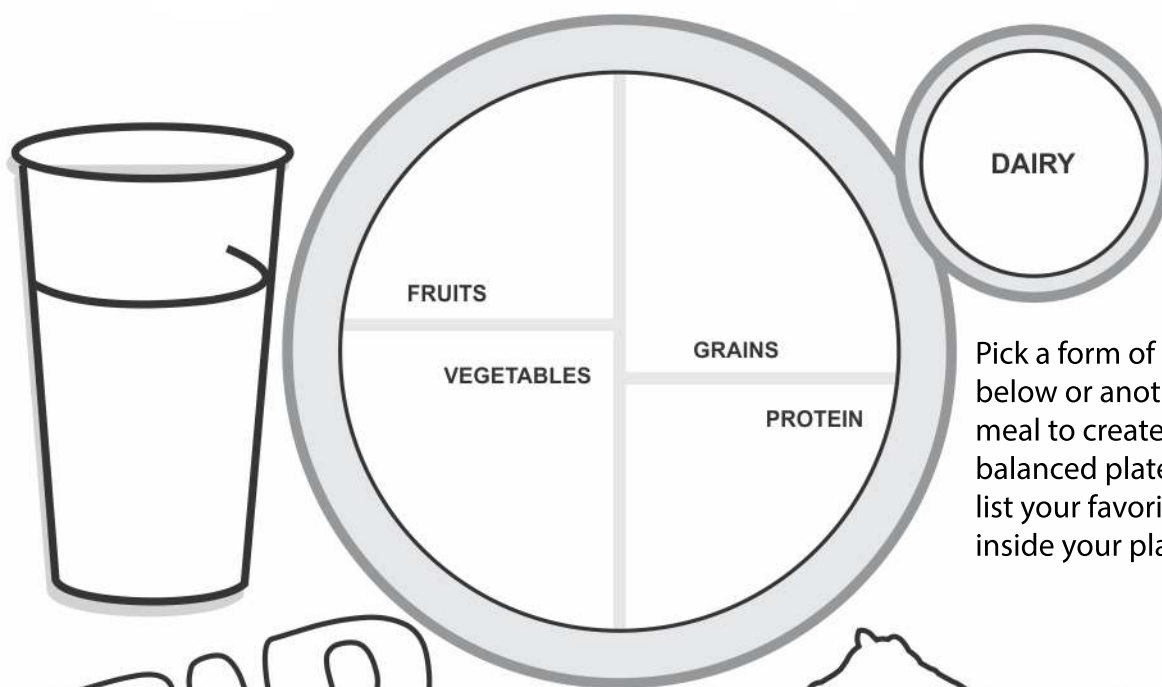


# BEEF UP YOUR PLATE

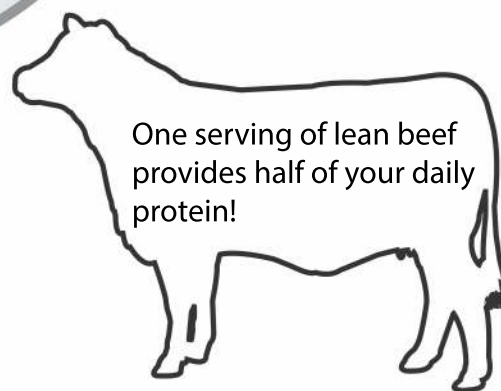


Beef provides ten essential nutrients that help support a healthy and active lifestyle! Pair beef with your favorite fruit, vegetable, grain and dairy to create a balanced plate with beef!

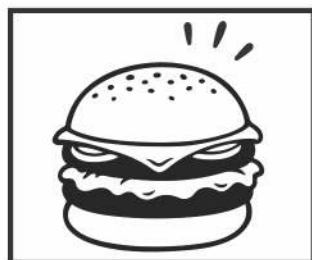


Pick a form of beef below or another beef meal to create a balanced plate. Draw or list your favorite foods inside your plate!

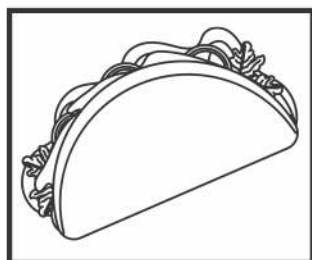
**ZIP**  
Zinc Iron Protein



One serving of lean beef provides half of your daily protein!



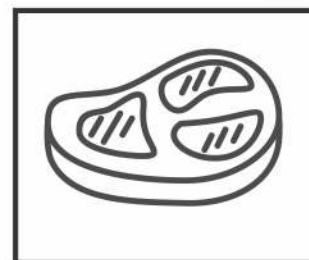
Burger



Taco



Spaghetti



Steak