



# BEEF

## FOR STRENGTH

*word search*

P X R S W V P C U E  
I N H T R L R O B X  
Z U A R U A O W E E  
Z T M E N C T I E R  
A R B N F T E R F C  
T I U G A I I O F I  
A T R T R V N N I S  
C I G H M E S J T E  
O O E P E J Z I N C  
S N R T R G J U M P

hamburger

farmer

beef

tacos

nutrition

exercise

zinc

iron

strength

active

jump

fit

protein

pizza

run

cow

### DID YOU KNOW?

Don't be left unsatisfied. A 3-oz serving of lean beef provides 25g (about half) of the daily value for protein, which is one of the most satisfying nutrients. Protein also helps you get your workout in! Exercise is more effective when paired with a higher-protein diet.