

Weekly Ag Report

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Spring has arrived and the weather is awesome so it's only natural to be thinking about throwing something on the BBQ. One of my favorites is a nice, juicy T-bone steak. Why? Well, because it tastes good, and beef is nutritious. Just one 3 ounce serving of lean beef is an excellent source of 10 essential vitamins and nutrients, one of which is Protein.

Protein supplies our bodies with energy. Not all proteins are created equal. Animal proteins like beef, lamb, and pork, skinless poultry, low-fat dairy products and eggs are complete high quality proteins that contain all the essential amino acids the body needs to build and maintain muscle mass. Furthermore, lean beef provides an excellent source of protein in a caloric package where vegetable sources of protein just can't compare. Let's take a look. You would have to eat 670 calories of peanut butter (approximately 7 tablespoons), or 374 calories of black beans (3 half cup servings) or 236 calories of raw soy tofu cubes (1 ¼ cups) to get the same amount of protein found in a 3 oz. serving of lean beef which only has around 150 calories. And, believe it or not, that 3 oz. serving of beef provides 50% of the protein recommended daily.

Along with protein, beef provides 39% of the zinc most people need in a day. This potent nutrient helps power your brain and boosts your immune system. Beef is also an excellent source of iron which helps carry oxygen to your blood.

Overall, beef strengthens and sustains your body, builds muscle and fuels activity, helps you feel full longer and satisfies cravings faster. When you look at the big beef nutrition picture, it's easy to see how much value is packed into this tasty package. So the next time you visit your local meat counter to pick-up something for the BBQ, remember "Beef, it's what's for dinner"!