

Beef's Competitive Advantage

ZINC 3-ounce lean beef



154 calories

=

13½ (3-ounce) servings of salmon



2,363 calories

Vitamin B₁₂ 3-ounce lean beef



154 calories

=

7½ (3-ounce) skinless chicken breasts



1,050 calories

IRON 3-ounce lean beef



154 calories

=

2¾ cups of raw spinach



19 calories

RIBOFLAVIN 3-ounce lean beef



154 calories

=

4½ (3-ounce) servings of white tuna meat



491 calories

Vitamin B₆ 3-ounce lean beef



154 calories

=

6½ cups of raw spinach



46 calories

Source: US Department of Agriculture, Agricultural Research Service, 2005. USDA Nutrient Database for Standard Reference, Release 18. Based on a cooked serving of beef, visible fat trimmed.