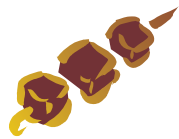


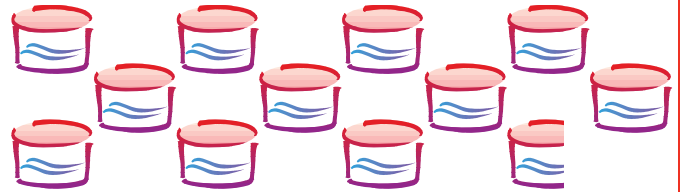
When it Comes to Nutrition, Beef has a Competitive Advantage.

ZINC 3-ounce beef

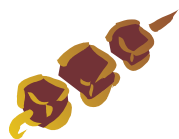


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1 1/3 (3-ounce) servings of tuna meat

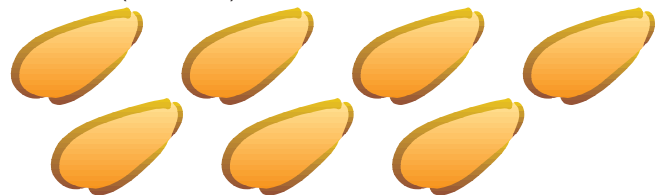


B₁₂ 3-ounce beef

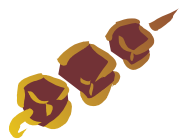


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7 (3-ounce) skinless chicken breasts



IRON 3-ounce beef

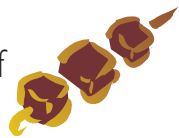


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3 cups of raw spinach



RIBOFLAVIN 3-ounce beef

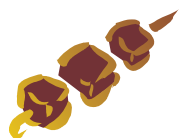


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2 1/3 (3-ounce) skinless chicken breasts



THIAMIN 3-ounce beef



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1 3/4 (3-ounce) skinless chicken breasts



U.S. Department of Agriculture, Agricultural Research Service, 2002.
USDA Nutrient Database for Standard Reference, Release 15.
Nutrient Data Laboratory homepage www.nal.usda.gov/fnic/foodcomp