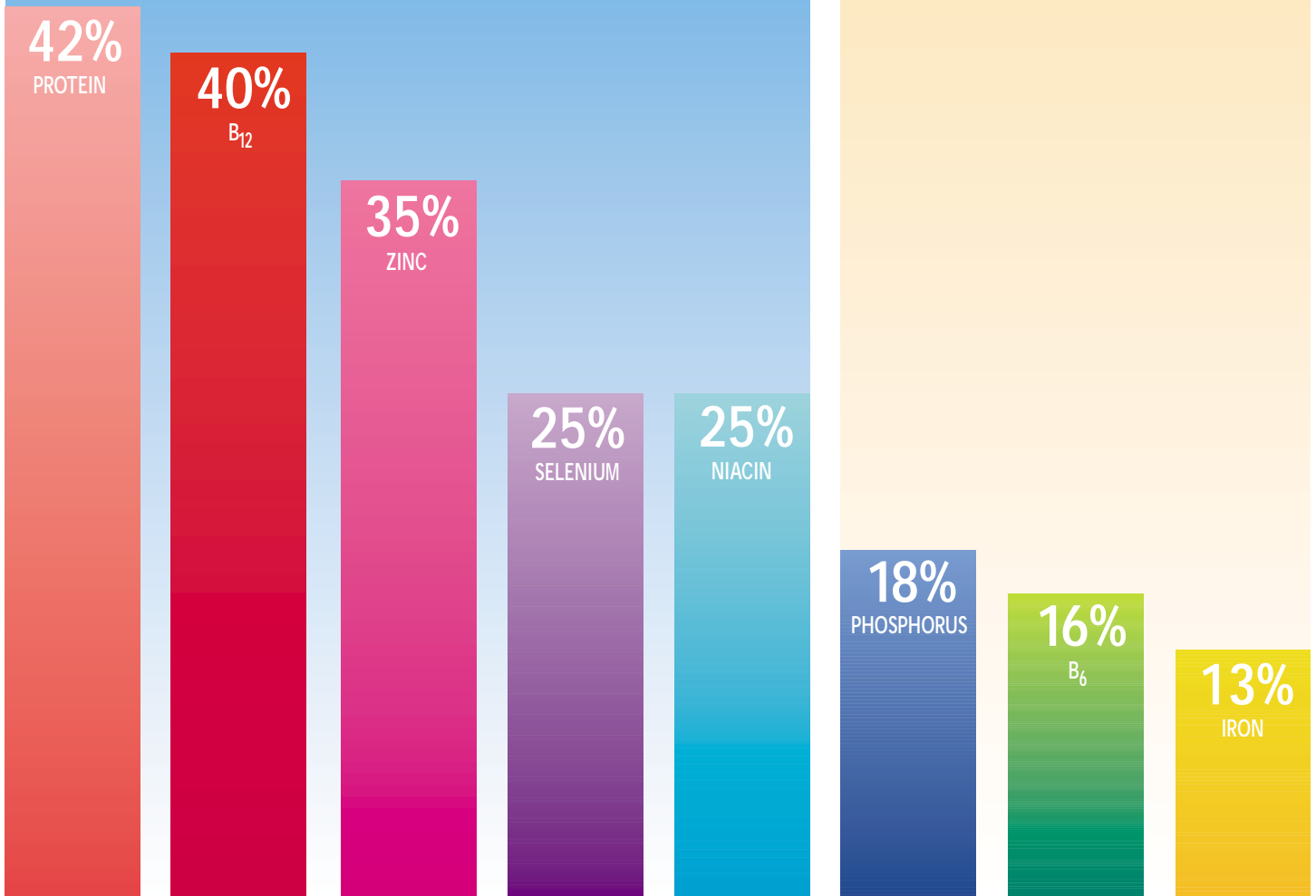


CHOOSE YOUR CALORIES BY THE COMPANY THEY KEEP

A 3-ounce serving of ground beef contributes less than 10 percent of calories to a 2,000-calorie diet, yet it supplies more than 10 percent of the Daily Value for:

Ground Beef is an
Excellent Source of
these nutrients



Ground Beef is
a Good Source
of these nutrients

Based on 3-ounce cooked serving, average composition, 75-95% lean.

Sources: • U.S. Department of Agriculture, Agricultural Research Service, 2002. USDA Nutrient Database for Standard Reference, Release 15 (In Press).

Nutrient Data Laboratory homepage www.nal.usda.gov/fnic/foodcomp

• Code of Federal Regulations, Title 21, Volume 2, April 1, 2002. 21 CFR101.9 and 21CFR101.54