

# BEEF

- **Beef cattle produce steaks, roasts and ground beef for hamburger.**
- **Eat lean beef for ZIP – zinc, iron and protein + B vitamins. A serving of lean beef has only 154 calories.**
- **69% of beef cuts found in grocery stores are lean.**
- **Animals raised for food are also invaluable in human medical treatments and provide products for everyday living. Medical products include insulin, epinephrine, thrombin, plus others. Some products using cattle by-products are tires, buttons, antifreeze, china, leather, glue, soaps, cosmetics, chewing gum, sports equipment and more.**