

BEEF

Power Up School Lunch

Beef is an important part of a healthy, balanced diet and no other protein source offers the same mix of **essential nutrients!**

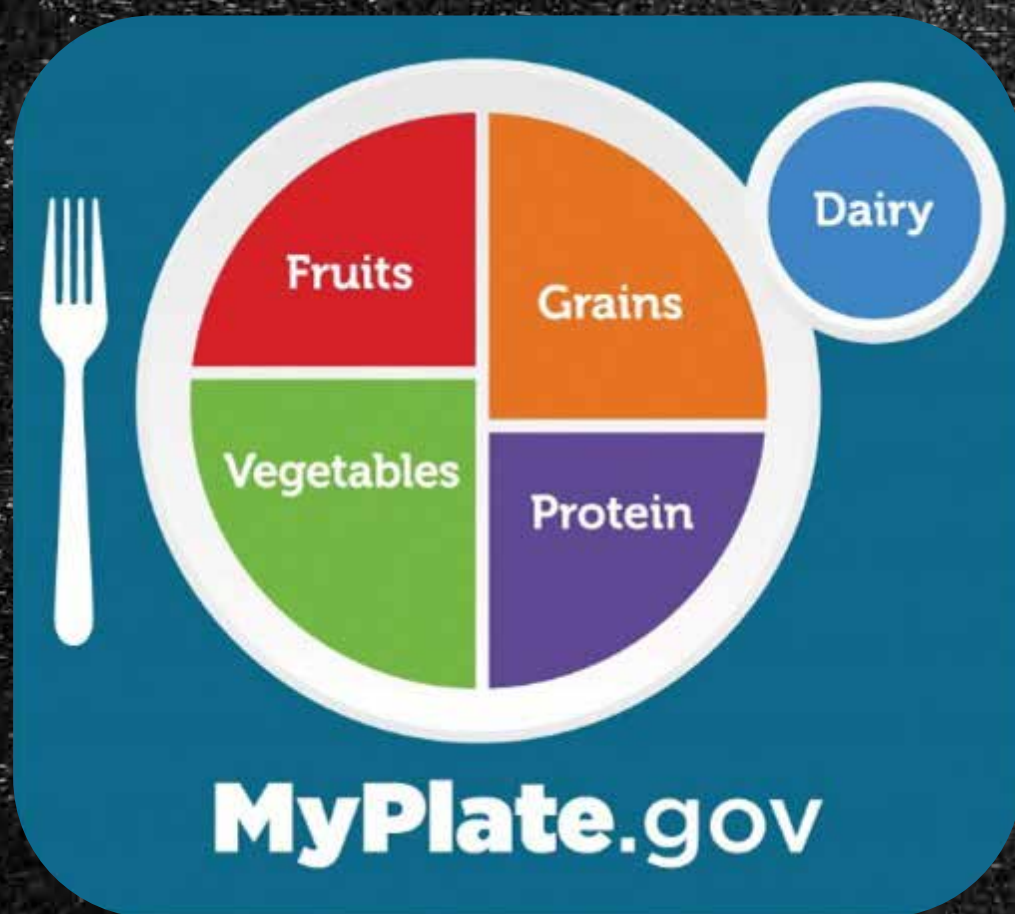


Beef delivers key nutrients like high quality protein, iron, zinc, choline and B-vitamins to fuel healthy growth and development as well as improved academic performance in school-age children and teens.



FUEL YOUR FUN!

School age years, through adolescence, are a pivotal time for proper nutrition to support healthy growth and development - yet nutrient deficiencies are alarmingly common during this life stage. Beef helps close nutrient gaps with 10 essential nutrients.



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Pairing lean meats, like beef, with whole grains, colorful fruits & vegetables and getting at least an hour of exercise every day helps your body stay healthy and strong. Use MyPlate to help you eat from a variety of food groups.



BEEF.
IT'S WHAT'S FOR DINNER.
Funded by Beef Farmers and Ranchers

For some delicious school food service recipes with beef:



For preparation tips for beef in school food service recipes:



U.S. Department of Agriculture and U.S. Department of Health and Human Services, Dietary Guidelines for Americans, 2020-2025, 2020.
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American Academy of Pediatrics Committee on Nutrition, Pediatric Nutrition, 8th Ed, ed. Kleinman RE & Greer FR. 2019.
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Benton D. The influence of dietary status on the cognitive performance of children. *Mol Nutr Food Res* 2010;54:457-70.