

10 TRUTHS ABOUT BEEF

Beef is tasty anyway you fix it: sizzled on the grill, roasted in the oven or dried for jerky. Here are some facts about our favorite protein and the industry that produces it.

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The journey of bringing beef to the table represents the most unique and complex life cycle of any food. The process takes about two to three years.

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There were **93.5 MILLION CATTLE IN THE U.S.** as of Jan. 1, 2017.

About a third of them were beef cows. The rest include calves, beef bulls and dairy cattle.



The average number of cows in a herd is 40.

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To be considered lean, a 3-ounce cooked serving of beef must have less than 10 grams of total fat, 4.5 grams of saturated fat and 95 milligrams of cholesterol. This qualifies more than 60 percent of beef cuts (when cooked with visible fat trimmed) found in the supermarket.

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An estimated 30 to 40 percent of all food in the U.S. is wasted each year. That's about \$2,500 down the drain for the average American family. But meat, including beef, is one of the least-wasted food categories, according to the U.S. Department of Agriculture.

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Nearly 160 cattle producers in 33 different states have been recognized through the Environmental Stewardship Award Program since 1991. Winners are selected by a group of university, conservation organization, and federal and state agency representatives, who consider management of water, wildlife, vegetation, air, and soil along with leadership abilities and overall business sustainability.



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Rangelands cover about 30 percent of the U.S. and are found in all 50 states. Rangelands across the Great Plains were developed under grazing pressure, which is why grazing cattle is important for the health of this ecosystem.

Texas, Nebraska, Kansas, California and Oklahoma

RAISE THE MOST CATTLE IN THE U.S.

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Beef provides 10 essential nutrients including protein, vitamins B6 and B12, selenium, zinc, niacin, phosphorus, choline, iron, and riboflavin.

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A cooked 3-ounce lean beef burger patty averages around 154 calories while providing nearly half the recommended daily value of protein (about 25 grams). Expect to consume more calories for the same amount of protein with options like peanut butter (6 tablespoons for 564 calories) or quinoa (3 cups for 665 calories).

