

PROTEIN BENEFITS

Beef gives your body more of the high-quality protein you need to achieve and maintain a healthy weight and preserve and build muscle.

WHY FOCUS ON PROTEIN?

Heart healthy diets with high quality lean protein helps lower cholesterol (the bad kind!), **reduce the risk of chronic disease and reduce high blood pressure.**

Protein **helps support strong, lean bodies.**

Get more from your workout! Studies show **exercise is more effective** when paired with a higher-protein diet, and beef provides the amino acids necessary for **building and replenishing muscles.**

Feeling hungry? People who eat a higher-protein diet (about 30% of daily calories from protein) feel **more satisfied, which may help prevent overeating.**

50% of your recommended Daily Value of protein

a 3-oz serving of beef provides 25 grams of protein and 10 essential nutrients in one tasty package.

A single serving of beef is about the size of a smart phone.

THE BENEFITS OF BALANCED PROTEIN THROUGHOUT THE DAY

New research shows spreading protein intake evenly throughout the day may be the most beneficial for overall health and wellness.

Breakfast 30g

Lunch 30g

Dinner 30g

25-30 grams

aim for this amount of protein at each meal, plus snacks for ultimate body benefits.

WHAT DOES 25 GRAMS OF PROTEIN LOOK LIKE?

Take a look at what 25 grams of protein looks like and the caloric cost of plant protein

| Food | Quantity | Calories | Protein |
|---------------|---------------|--------------|---------|
| Quinoa | 3 cups | 666 calories | 25g |
| Peanut Butter | 6 tablespoons | 564 calories | 25g |
| Black Beans | 1 3/4 cups | 382 calories | 25g |
| Edamame | 1 1/2 cups | 284 calories | 25g |
| Lean Beef | 3 oz | 154 calories | 25g |



Animal proteins, such as lean beef, provide complete high-quality protein that contains all the essential amino acids the body needs for optimal health.

USDA/NRHS. Dietary Guidelines for Americans, 2010. 7th Edition. Washington, DC: U.S. Government Printing Office, December 2010.

USDA, Agricultural Research Service. Energy intake: percentages of energy from protein, carbohydrate, fat, and alcohol, by gender and age, what we eat in America, NHANES 2009-2010. Available at: www.ars.usda.gov/beef/briefing

Manorew M, et al. Dietary protein distribution positively influences 24-h muscle protein synthesis in healthy adults. J Nutr. 2014;144:676-80.

Raddon-Jones D, et al. Protein, weight management and safety. Ann Clin Nutr. 2008;20:155-65.

Ledy H, et al. Beneficial effects of a higher protein breakfast on the appetite, hormonal, and neural signals controlling energy intake regulation overnight in obese. Breakfast skipping late adolescents girls. Ann Clin Nutr. 2013;27:67-75.

Ledy H, et al. Increased dietary protein consumption at breakfast leads to an initial and sustained feeling of fullness during energy restriction compared to isocaloric dinner. Br J Nutr. 2009;101:795-803.

Johanson C, et al. High-protein, low-fat diets are effective for weight loss and favorably alter biomarkers in healthy adults. J Nutr. 2004;134:566-91.

Layman D, et al. Dietary protein and exercise have additive effects on body composition during weight loss in adult women. J Nutr. 2006;136:1905-10.

Layman D, Walker D. Potential importance of exercise in treatment of obesity and the metabolic syndrome. J Nutr. 2006;136:1919-25.

Hosoda M, et al. Effect of an energy-restricted high-protein, low-fat diet relative to a conventional high-carbohydrate, low-fat diet on weight loss, body composition, insulin resistance, and markers of cardiovascular health in obese women. Am J Clin Nutr. 2005;81:1593-1596.

Merchani A, et al. Protein intake is inversely associated with abdominal obesity in a multi-ethnic population. J Nutr. 2005;135:106-10.

Symons T, et al. A moderate serving of high-quality protein maximally stimulates skeletal muscle protein synthesis in young and elderly subjects. J Nutr. 2006;136:1520-6.

Rodriguez H, et al. Dietary protein, endurance exercise, and human skeletal muscle protein turnover. Curr Opin Clin Nutr Metab Care. 2007;10:40-45.

Layman D, et al. Protein in optimal healthy heart disease and type 2 diabetes. Am J Clin Nutr. 2009;89:1570-5.

Raddon-Jones D, Ledy H. Dietary protein and muscle in older persons. Curr Opin Clin Nutr Metab Care. 2014;17:5-11.

Westerterp-Kortbeek MS, et al. Dietary protein, metabolism and body weight regulation: dose response effects. Int J Obes. 2005;29:156-162.

Roussel M, et al. Beef in an Optimal Lean Diet and its effect on lipid, lipoproteins, and apolipoproteins. Am J Clin Nutr. 2012;95:7-16.

Wycherley T, et al. Effect of energy-restricted high-protein, low-fat compared with low-protein, low-fat diets: a meta-analysis of randomized controlled trials. Am J Clin Nutr. 2012;95:128-35.

MOVE ALL ELSE



IT'S WHAT'S FOR DINNER.

Beef: The Ultimate Dinner

Powered by the Beef Checkoff.