



# It's a Matter of **Nutrition**

It's time to revisit your prejudices on prepared meats. Prepare yourself for the permission to enjoy them again!

Meat processing began out of necessity before refrigeration by salting and drying as a means of preserving products and preventing spoilage. Today, consumers' love of these products is imprinted on their palates.



## Prepared Beef Products are Nutrient Dense

Because most prepared meats are pre-cooked, they offer consumers easy, on-the-go access to the nutrient density in meat. Prepared beef products provide a convenient source of protein, vitamins and minerals. The iron and zinc in meats, including processed beef products, are also more bioavailable to the body than when derived from vegetarian sources.<sup>1</sup>

### ABOUT PREPARED BEEF

Prepared Beef is defined as meat that has been prepared in some way to cook, preserve or flavor it, such as:

- Salting
- Curing
- Drying
- Fermenting
- Smoking

## Prepared Beef's Nutrition Assets

### VITAMIN B12

Vitamin B12 is essential in brain development in children and in maintaining a healthy nervous system and red blood cells. Animal products, including meat, fish, dairy and eggs, are the only natural sources of B12.



### IRON

Iron is essential to every cell in the body because it builds red blood cells and carries oxygen from the lungs to every cell. It helps cells and the brain work at their best.



### PROTEIN

Protein is essential for building and repairing muscles.



### ZINC

Zinc assists the body in using carbohydrates, proteins and fats and helps with cell reproduction, tissue growth and repair. It promotes wound healing, strengthens immune systems and maintains taste acuity.



**BEEF**

1. Hunt JR. Bioavailability of iron, zinc, and other trace minerals from vegetarian diets. Am J Clin Nutr. 2003; 78, Issue 3: 633S-639S. <https://academic.oup.com/ajcn/article/78/3/633S/4690005> Accessed March 29, 2018.

## Endless Choices for a Variety of Tastes

The prepared meats category is diverse and offers choices to meet nutrition needs, tastes, budgets and personal preferences. In fact, thousands of products are available in the meat case and include low- and reduced-sodium products, low- and reduced-fat products, American Heart Association certified, organic and grass-fed options, Kosher and more.



PRODUCT	SERVING SIZE (oz)	PROTEIN (g)	CALORIES	FAT (G)	EXCELLENT SOURCE	GOOD SOURCE
ROAST BEEF	2	13	70	2	Protein Niacin Vitamin B-12	Vitamin B-6 Selenium Zinc
PASTRAMI	2	12	80	3	Protein Vitamin B-12 Zinc	Niacin Selenium
CORNERD BEEF	2	13	120	7	Protein Vitamin B-12 Selenium	Zinc
HOT DOG	2	7	160	14	Vitamin B-12	Protein Selenium Zinc
BEEF JERKY	1	12	80	1.5	Protein Zinc	Vitamin B-12
BEEF BACON	1	9	130	10	Vitamin B-12	Protein Niacin Selenium Zinc
SALAMI	2	9	160	13	Vitamin B-12	Protein Niacin Selenium
BOLOGNA	2	7	170	15	Vitamin B-12	Protein Selenium Zinc
BEEF SAUSAGE	2	7	170	15	Vitamin B-12	Protein Selenium Zinc
PEPPERONI	1	6	130	12		Protein Vitamin B-12 Selenium

## Hungry for More?

A range of AHA certified prepared products can be found in our on-line, searchable [Product Center](#) at [BeBeefPrepared.com](#).

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Funded by Beef Farmers and Ranchers