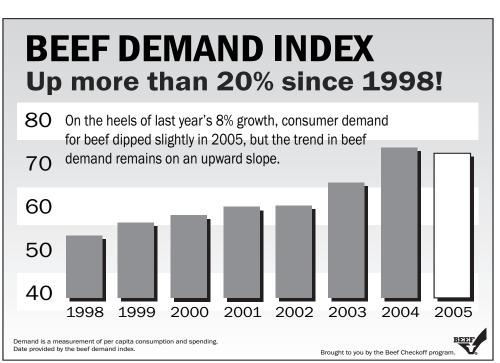
### Bully for our Beef producers

# MAY IS BEEF MONTH



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### **Beef facts:**

The U.S. government has classified 29 cuts of beef as "lean," with a total fat content that falls between a skinless chicken breast and skinless chicken thigh when comparing cooked 3-ounce servings. This means the cuts have less than 10 grams of fat, and less than 4.5 grams of saturated fat per cooked and trimmed 3-ounce serving.

Between 1998 and the end of 2005, demand for beef increased by more than 20 percent, according to the Cattleman's beef Promotion and Research Board.

Beef is the No. 1 food source of protein, zinc and vitamin B12 in American diets. it's also the No. 2 source of vitamin B6 and the number three source of niacin and iron, behind fortified cereal and bread that contains yeast.

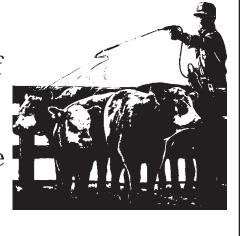


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