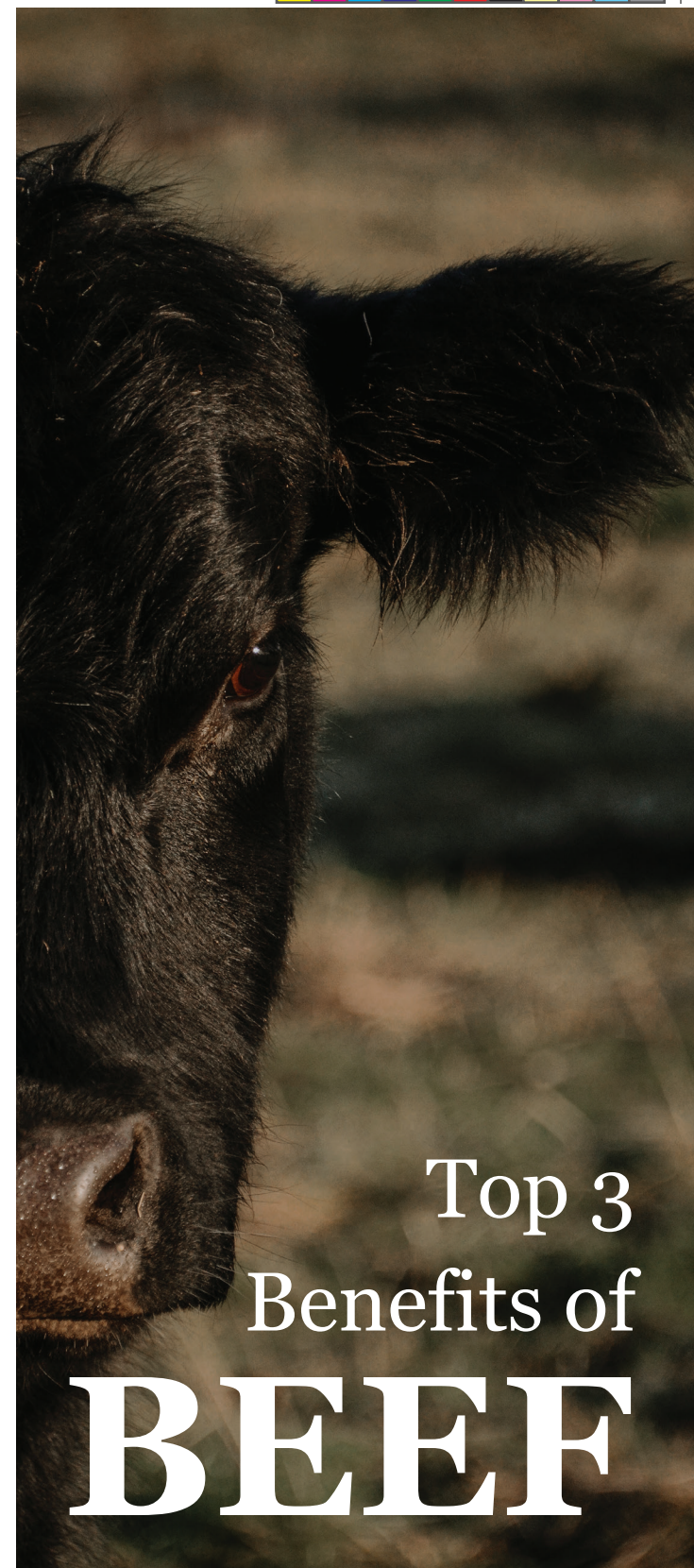




Neuschwander
30640 Green Valley Rd
Shedd, OR 97377



Top 3 Benefits of **BEEF**



Health Benefits of Beef

Just 3 ounces of beef provides half of the Daily Value of protein, vitamins and minerals in less calories than quinoa, peanut butter, black beans and other protein sources.

Beef provides 10 essential nutrients; Iron, Choline, Protein, Vitamins B6 and B12, Phosphorus, Zinc, Niacin, Riboflavin, and Selenium.

Environmental Benefits of Beef

Grazing cattle helps utilize land where crops cannot be grown, promotes plant growth, increases biodiversity and soil health. When cattle graze on land that is unfit for growing crops they help maintain plants, encourage growth, reduce fire hazard and increase photosynthesis in plant life. Cattle also play an important role in the natural carbon cycle.

A greater majority of the land that is grazed isn't suitable for growing plants or crops for food, but is suitable for growing grasses and roughages that livestock turn into high quality, nutrient dense protein, and many other by-products.

Economical Benefits of Beef

Beef benefits the economy there are more than 767,294 jobs in the U.S. beef industry specifically, cattle production accounts for \$66.2 billion in cash receipts and accounts for about 18% of the \$374 billion in total cash receipts forecast for agricultural commodities in 2019.

There are more than 700,000 cattle farms, ranches and feed yards in the U.S. and beef cattle are raised in all 50 states.

