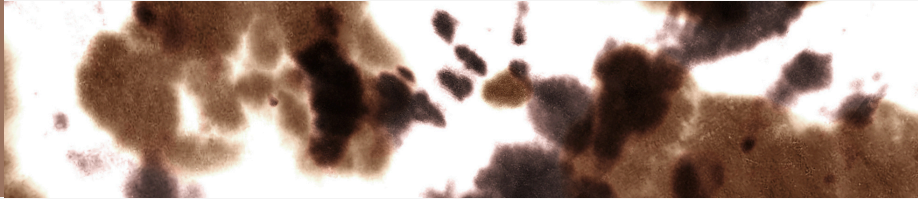
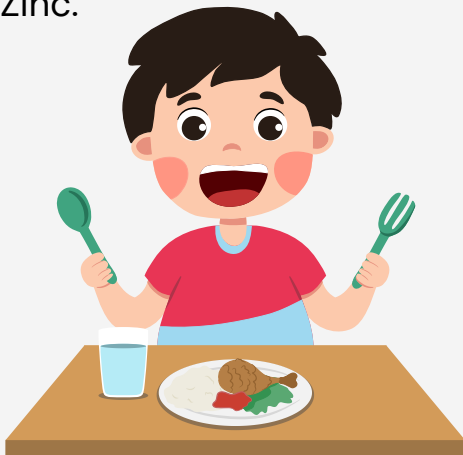


# ALL ABOUT BEEF



## HEALTH BENEFITS OF BEEF

Beef is a great source of protein. It also has iron, potassium, and vitamin B12. Beef contains the mineral Zinc.



Where do cows eat lunch?  
In the cafeteria.

## WHAT IS BEEF?

Beef is the meat that comes from cows. People around the world eat beef in different ways, like hamburgers, steaks, tacos, and meatballs!

## WHERE DOES BEEF COME FROM?

Beef comes from cattle, which are raised on farms and ranches. Some cows eat grass in open fields, while others eat grains like corn and wheat. The U.S., Brazil, and China are the top beef-producing countries!

yum!



Nutrition Facts	
Portion Size	113 g
Amount Per Portion	
<b>Calories</b>	<b>224</b>
% Daily Value *	
<b>Total Fat</b> 14g	18 %
Saturated Fat 6g	30 %
<b>Cholesterol</b> 70mg	23 %
<b>Sodium</b> 77mg	3 %
<b>Total Carbohydrate</b> 0g	0 %
Dietary Fiber 0g	0 %
Sugar 0g	
<b>Protein</b> 22g	44 %
Calcium 14mg	1 %
Iron 2.3mg	13 %
Potassium 327mg	7 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	



*delicious!*



## FUN FACTS

- There are over 1 billion cows in the world!
- Texas raises the most beef cattle in the U.S.
- The world's largest burger weighed over 3,000 pounds!
- Beef by-products allow us to use 99% of every steer!
- By-Products Include: Candles, crayons, cosmetics, detergent, insulation, plastics, soaps, pet food, piano keys, luggage, wallpaper, insulin for diabetes, car polishes, textiles for car upholstery, footballs, baseballs and basketballs.
- 11 basketballs or 144 baseballs can come from 1 cow hide. It takes 3,000 cow hides to supply the NFL footballs for an entire year!
- Cattle have panoramic vision and can see about 330 degrees around them. However, they don't have very good depth perception and they can't see the color red.
- Cattle are great swimmers however, they're not great sleepers. They only sleep about four hours a day.

## BEEF IN SOUTH DAKOTA

- South Dakota has more cows than people!
- With nearly 4 million cattle and about 900,000 people, cows outnumber humans by more than 4 to 1.
- The state is known for its ranching heritage, and beef production is a huge part of its economy.
- South Dakota is one of the top 10 beef-producing states in the U.S.
- As of January 2023, South Dakota had 3.6 million head of cattle and calves.
- South Dakota's beef industry is committed to raising cattle in a safe, humane, and environmentally sustainable way.
- Meade County has the most beef cows in South Dakota.
- South Dakota has seven counties in the top 33 beef cow counties in the United States.
- In the Black Hills, Highlands are raised to conserve and enhance native pasture.
- South Dakota is a leading producer of milk, more than 23,000 pounds of milk per cow annually.



**WOW!**