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“Beef’s Nutritional Benefits”

May is National Beef Month, making it an ideal time to take a closer look at the nutritional benefits this popular protein source offers. When it comes to building a healthy, balanced diet, understanding what fuels our bodies is key. A single 3-ounce serving of cooked beef provides an impressive 10 essential nutrients that support everything from muscle growth to brain function. Essential nutrients are substances our bodies cannot produce on their own, meaning they must come from the foods we eat to maintain overall health and well-being. Beef is a nutrient-dense option that provides:

- Protein: helps preserve and build muscles
- Iron: helps your body use oxygen
- Zinc: supports a healthy immune system
- Vitamin B12: essential for brain and nerve health
- Niacin (Vitamin B3): which aids in energy production and metabolism
- Selenium: helps protect cells from damage
- Vitamin B6: helps the body use protein effectively
- Riboflavin (Vitamin B2): converts food into fuel
- Phosphorus: important for building strong bones and teeth
- Choline: supports nervous system development

Among beef's nutrients, protein stands out as one of the most impactful. A 3-ounce serving of cooked beef provides about 25 grams of protein, roughly 50% of the recommended daily value. Research continues to highlight the role protein plays in supporting a healthy lifestyle, including maintaining a healthy weight, building and preserving muscle, and increasing overall meal satisfaction. People who consume higher-protein diets, around 30% of their daily calories, often feel more satisfied and are less likely to overeat. Protein also supports strong, lean bodies by providing the energy needed to stay active and maintain muscle mass. Additionally, when paired with regular exercise, a higher-protein diet can improve weight management outcomes by providing the building blocks for muscle repair and growth.

National Beef Month is a great opportunity to explore new recipes, support local producers, and learn more about how beef can fit into a balanced diet. With its combination of essential vitamins, minerals, and high-quality protein, beef offers a simple and effective way to support overall health.

Information for this article was compiled from a variety of reputable research sources.