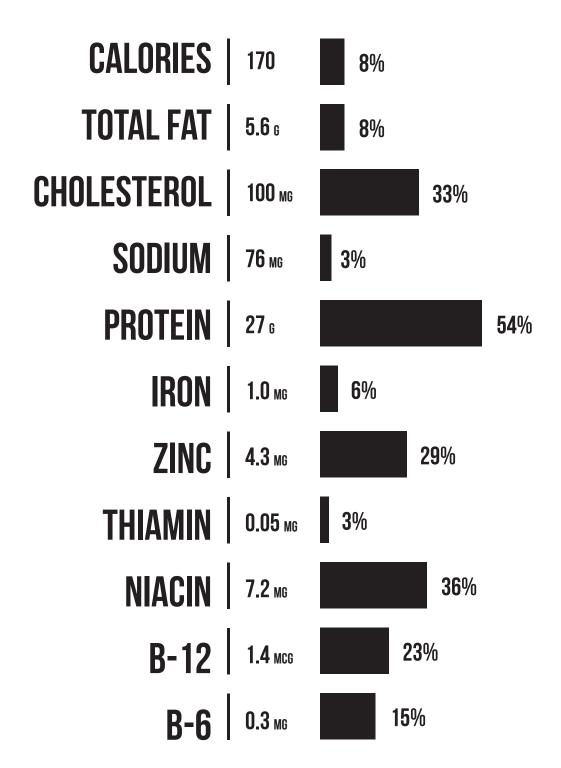


## VEAL **PROVIDES FUEL** \_\_\_\_FOR AN \_\_\_\_ LIFESTYLE



\*PERCENT OF THE DAILY VALUES FOR A 2,000 CALORIE DIET

## PUT SIMPLY, VEAL IS A NUTRITIONAL POWER SOURCE.

RECENT USDA DATA REVEALS THAT A 3 OZ. SERVING OF COOKED, TRIMMED **VEAL PROVIDES LESS THAN 10% OF THE CALORIES RECOMMENDED FOR A** 2,000 CALORIE DIET. AT THE SAME TIME, VEAL DELIVERS MORE THAN 10% OF THE DAILY VALUES FOR PROTEIN, ZINC, NIACIN, AS WELL AS VITAMIN B-12 AND B-6. PROTEIN AND B-VITAMINS HELP US INCREASE OUR ENERGY LEVELS. ZINC MAINTAINS IMMUNE FUNCTION AND PLAYS A KEY ROLE IN GROWTH AND COGNITIVE DEVELOPMENT. PERCENTAGE OF THE DAILY **VALUES BASED ON A 2,000 CALORIE DIET.** 



PACKED WITH PROTEIN AND FLAVOR

3 OUNCE COOKED SERVING OF VEAL HAS 27 GRAMS OF PROTEIN

## DID YOU KINOW?

**VEAL IS NOT ONLY NUTRITIOUS BUT A GREAT WAY TO CUT CALORIES** 

THE LEANEST CUTS OF VEAL ARE THE LEG **CUTLET, ARM STEAK,** SIRLOIN, RIB CHOP, LOIN **CHOP, AND TOP ROUND** 

ON AVERAGE, A TRIMMED, **COOKED THREE-OUNCE SERVING OF VEAL CONTAINS A SCANT 170 CALORIES** 

FOR MORE EASY, DELICIOUS RECIPES, VISIT VEALMADEEASY.COM











