A 3 ounce COOKED serving of veal has **27 GRAMS OF PROTEIN** and **only 170 calories**

to get that much protein it takes about...

**4 1/2 servings** (9 tablespoons) of almond butter (880 calories)

**4 1/2 medium** hard cooked eggs (330 calories)

**1 2/3 cups** hummus (900 calories)

Veal provides **key nutrients for a healthy diet**. The leanest cuts of veal are the leg cutlet, arm steak, sirloin, rib chop, loin chop, and top round.

Not only does the protein provide nutrients for consumers, **veal calves also receive key nutrients through a milk and grain fed diet**. You can be confident that veal is raised humanely.

American Veal Farmers are guided by **the internationally recognized Five Freedoms of Animal Wellbeing** in raising veal today. These principles ensure animals have appropriate space, lighting, air quality, food and water.

**Learn more about the farm and veal nutrition at Veal.org!**

---

**DID YOU KNOW?**

**Veal provides key nutrients for a healthy diet.** The leanest cuts of veal are the leg cutlet, arm steak, sirloin, rib chop, loin chop, and top round.

Not only does the protein provide nutrients for consumers, **veal calves also receive key nutrients through a milk and grain fed diet.** You can be confident that veal is raised humanely.

American Veal Farmers are guided by **the internationally recognized Five Freedoms of Animal Wellbeing** in raising veal today. These principles ensure animals have appropriate space, lighting, air quality, food and water.

**Learn more about the farm and veal nutrition at Veal.org!**

---

**Source:** USDA National Nutrient Database for Standard Reference 28 and nutrient data published by brands.

**Funded by Beef Farmers and Ranchers**