

Packed with Protein *and Full of Flavor*

DID YOU KNOW?

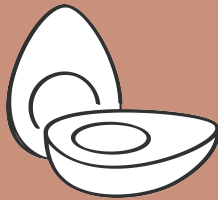
A **3 ounce COOKED** serving of veal has **27 GRAMS OF PROTEIN** and **only 170 calories**

to get that much protein it takes about...

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



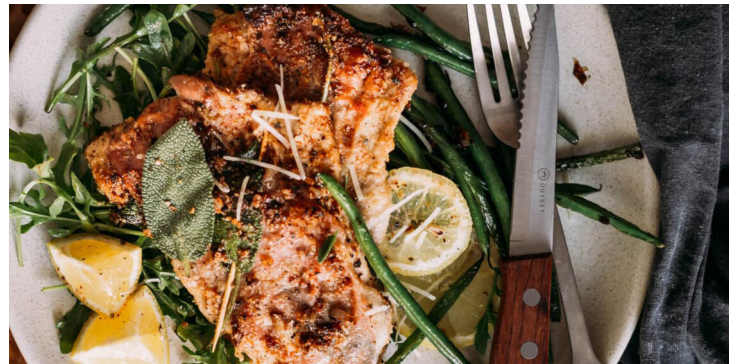
4 1/2 medium hard cooked eggs (330 calories)



1 2/3 cups hummus (900 calories)



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



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!



Funded by Beef Farmers and Ranchers