The American Society for Clinical Nutrition

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The American Society for Clinical Nutrition is pleased to acknowledge the generous support of these organizations to selected activities of the Society.
Hold it...beef is a better way to get iron!

While it doesn’t make sense to chew up a sword to remedy an iron deficiency in the diet, nutritionists are pretty well agreed that iron is the most difficult diet requirement to meet.

Fortunately beef not only tastes better to most people than the average sword, but it’s much easier to swallow and one of the best sources of iron available.

It also helps the body absorb more iron from other foods.

Add to this the fact that beef supplies high quality protein with all the essential amino acids and is a good source of niacin, riboflavin, and Vitamin B-12 and you have a number of excellent reasons for liking America’s best-liked meat.

For more information about beef and good nutrition, write on your professional letterhead to Iron, Nutrition Department of the Meat Board, 444 North Michigan Avenue, Chicago, Illinois 60611.

Beef...the food you’re right to like