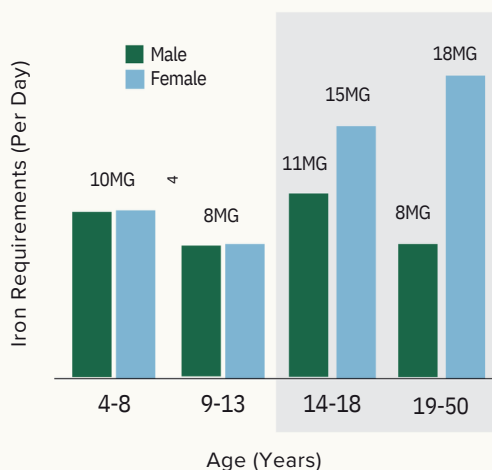


Beef's nutrients support adolescent girls' and women's health.

Iron-deficiency anemia is on the rise in the United States, disproportionately affecting adolescent girls and adult females.¹



Female iron requirements increase starting in adolescence



The Dietary Guidelines for Americans (DGA) recognize that **lean meats, including beef, help nourish at every life stage.**²

Research suggests that as U.S. consumption of iron-rich food declines, especially beef, the prevalence of iron-deficiency anemia increases.¹

As part of a healthy diet, **beef helps close nutrient gaps** in vulnerable populations by providing iron, protein, zinc, vitamins B12 and B6, and choline.^{2,3}



Funded by Beef Farmers and Ranchers

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2. U.S. Department of Agriculture and U.S. Department of Health and Human Services, Dietary Guidelines for Americans, 2020-2025. 2020.
3. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov. (NDB for beef #13364, NDB for egg #01332, NDB for chicken breast #05064, NDB for pork #10093)
4. Institute of Medicine. Food and Nutrition Board. Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc : a Report of the Panel on Micronutrients. Washington, DC: National Academy Press; 2001.