

INCREDIBLE EDIBLE IDAHO

BEEF



IDAHO BEEF FACTS:

If Idahoans had to eat all the beef produced in our state, every man, woman and child would have to eat an eight oz. steak or two quarter pound hamburgers every day of the year.

At over 2.1 million head, cattle outnumber people in Idaho!

Idaho ranks in the top 15 nationally for the total number of cattle produced.

BEEF NUTRITION FACTS:

Beef is high in protein, which helps build muscle.

Beef also provides zinc, which is needed for wound healing and physical and mental development.

A 3 oz. piece of beef has as much iron as 2³/₄ cups of spinach.

Beef contains a significant amount of several B vitamins, including B12 and B6, niacin and riboflavin.

There are 29 lean cuts of beef.



Top counties where beef is raised:
Bingham, Twin Falls, Lemhi, Cassia,
Owyhee and Elmore

