

Louisiana

HARVEST *of the* MONTH



Beef

Fun Facts:

- A single beef cow can produce 600 pounds of edible beef, with half being ground beef.
- Most cattle in Louisiana are a hybrid of two breeds. These cattle thrive in our hot, humid climate and produce high-quality meat.
- Nearly all parts of a cow, not just the edible parts, are used to make a variety of products.
- Cattle are nature's great recyclers. They convert plants that we can't digest into a nutritious and delicious source of protein that we can eat.



Nutrition Facts:

- A 3-ounce serving of beef provides half the protein needed daily for good health.
- Rich in vitamin B12, zinc and selenium.
- Abundant in niacin and vitamin B6.



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