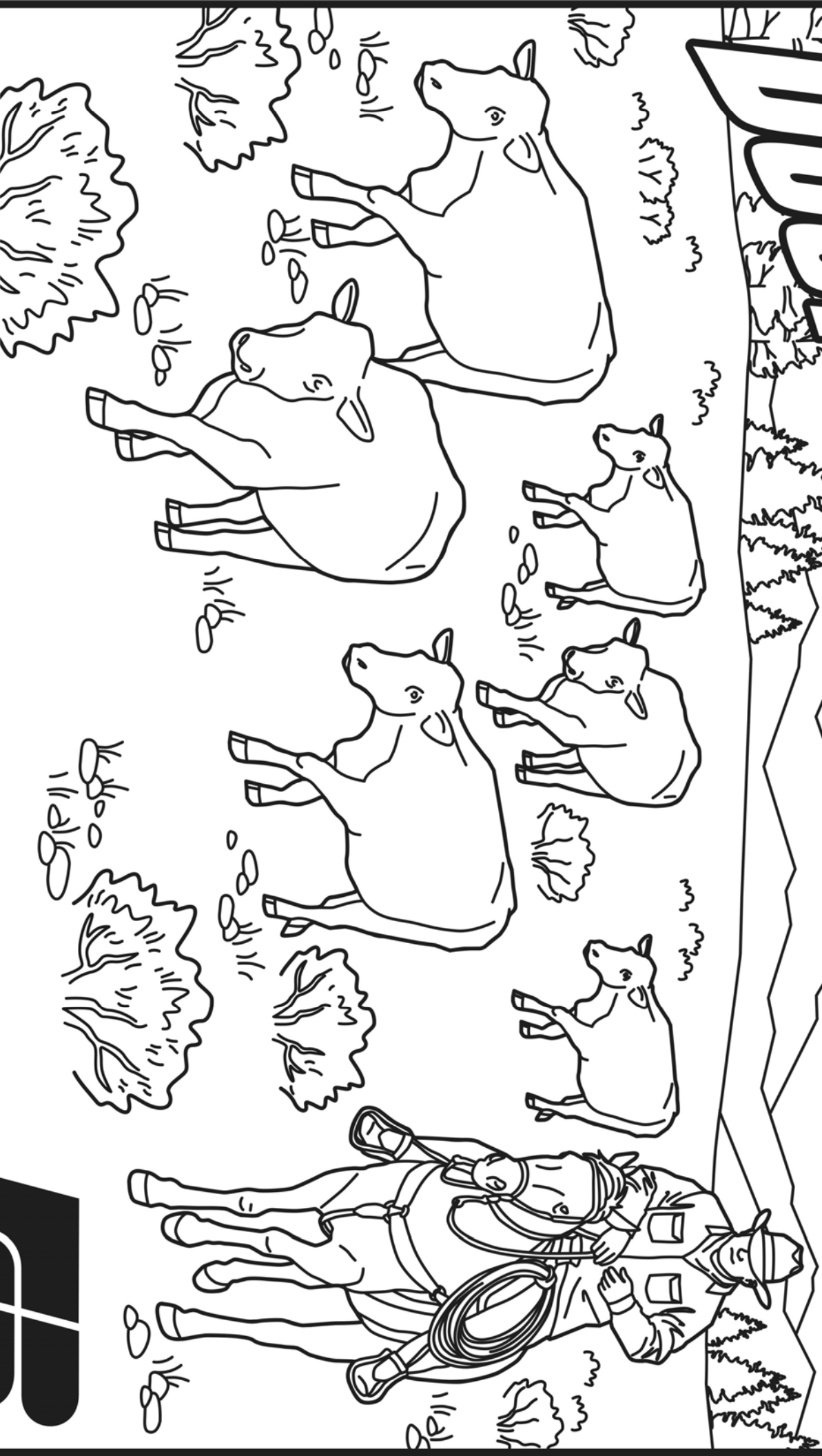


# Beef Has Zr!

**Did You Know?**  
Zip stands for Zinc, Iron and Protein.  
Three important nutrients for growing girls and boys.  
Protein keeps your body healthy.  
Protein from beef provides nine essential amino acids  
that your body can't make on its own.



Wyoming Farm Bureau YF&R "Ag Books for Kids" 2010



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