

# Celebrate Summer during July Beef Month

**FRANKLIN, Tenn. (July 2009)** – Ah! Finally, the relaxing sounds of summer. Kids are playing in the backyard; neighbors greet one another on evening walks and the best sound of all – steaks sizzling on the grill, the mouth-watering aroma letting everyone know someone’s grilling beef tonight!

It’s always grilling time in Tennessee, but somehow the lazy days of summer just make it that much better. July is Beef Month in Tennessee and that is something to celebrate! Our state’s 48,000 beef farmers take great care with their animals to ensure healthy, quality products for their families and all consumers.

Beef is a savory tasting, lean and nutritious source of protein, zinc, iron and B-vitamins, all important nutrients your body requires. Calorie for calorie, lean beef is one of the most nutrient-rich foods: a 3 ounce serving of lean beef has only 179 calories and contributes less than 10% of the calories in a 2,000 calorie diet. That same serving supplies more than 10% of the USDA daily value for essential vitamins and minerals needed for optimal health and weight. It’s an extremely versatile protein source. With 29 lean beef cuts to choose from, including favorites such as tenderloin, sirloin, and flank steaks you can’t go wrong.

So join Tennessee beef farmers, and celebrate summer, especially in July, by grilling your family’s favorite beef meals.

You’ll be known as the “Hero of House” with your family and who knows, you may even earn the title, “Grill Master of the Neighborhood.”

For a list of the 29 lean cut of beef and great tasting healthy beef recipes visit [www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com)

