



# Meats/Meat Alternates

## Health Benefits

Bone Growth and Development

Energy Production

Heart Disease Risk Reduction

## Nutrients

B Vitamins

Choline

Copper

Iron

Magnesium

Phosphorus

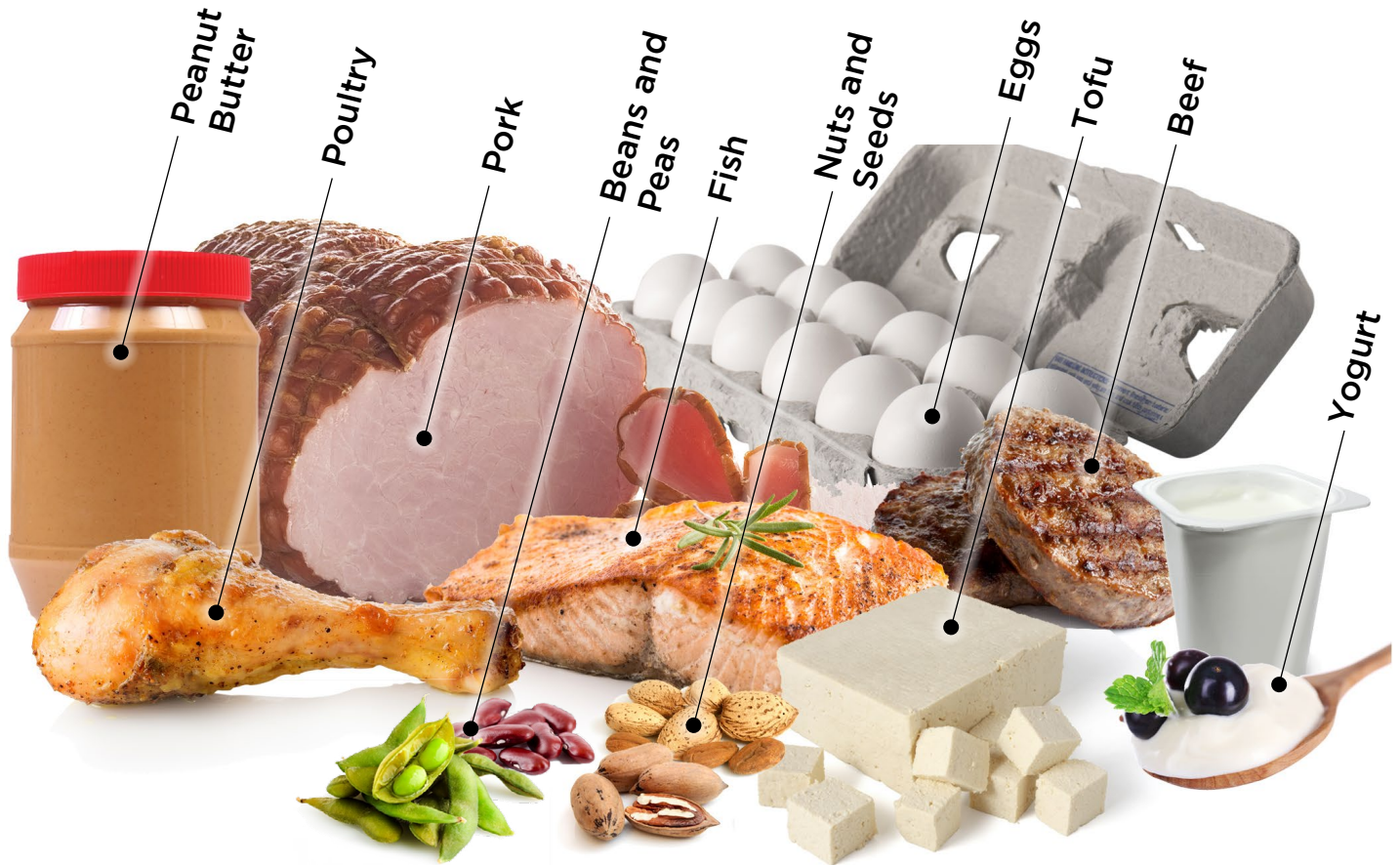
Protein

Unsaturated fats

Vitamin D

Vitamin E

Zinc



# Food Sources

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