

# Fun Facts about

## BEEF

- Beef is an excellent source of Protein, Vitamin B12, and Zinc. It is also a good source of Niacin, Vitamin B6 and Iron.
- Cattle are ruminants, meaning their stomachs have four chambers, which allow them to digest grasses.
- The first beef cattle arrived in the United States via Mexico in the 1500s.
- There are 10,000 beef producers raising 1.1 million cattle in Washington State.

