

Let's Build a Burger

Meat & Cheese

Beef

United States farmers and ranchers produce 18% of the world's beef with only 8% of the world's cattle. Beef is one of the most important dietary sources of iron. You'd have to eat 3 cups of raw spinach to get the same amount of iron in one 3-ounce serving of beef.



Ground Beef

Beef Cattle



One cowhide can make 18 soccer balls or 20 footballs. Cattle only have a bottom set of teeth, which helps them eat **grass.**



Cheese

About one-third of all milk produced in the United States each year is used to make cheese. The average American eats 23 pounds of cheese every year. That might sound like a lot, but it ends up being about 1 ounce of cheese each day, which falls within the recommended three daily servings of dairy.



Milking Barn

Dairy Cow

