

Make Every Bite Count With Beef

The American Academy of Pediatrics recognizes key nutrients found in beef are essential to support growth and cognitive development during the early years.¹

Why Nutrients Matter

PROTEIN

Promotes strong muscles and healthy bodies

ZINC

Supports a healthy brain and helps fight off sickness

VITAMIN B6

Enhances energy and mood

VITAMIN B12

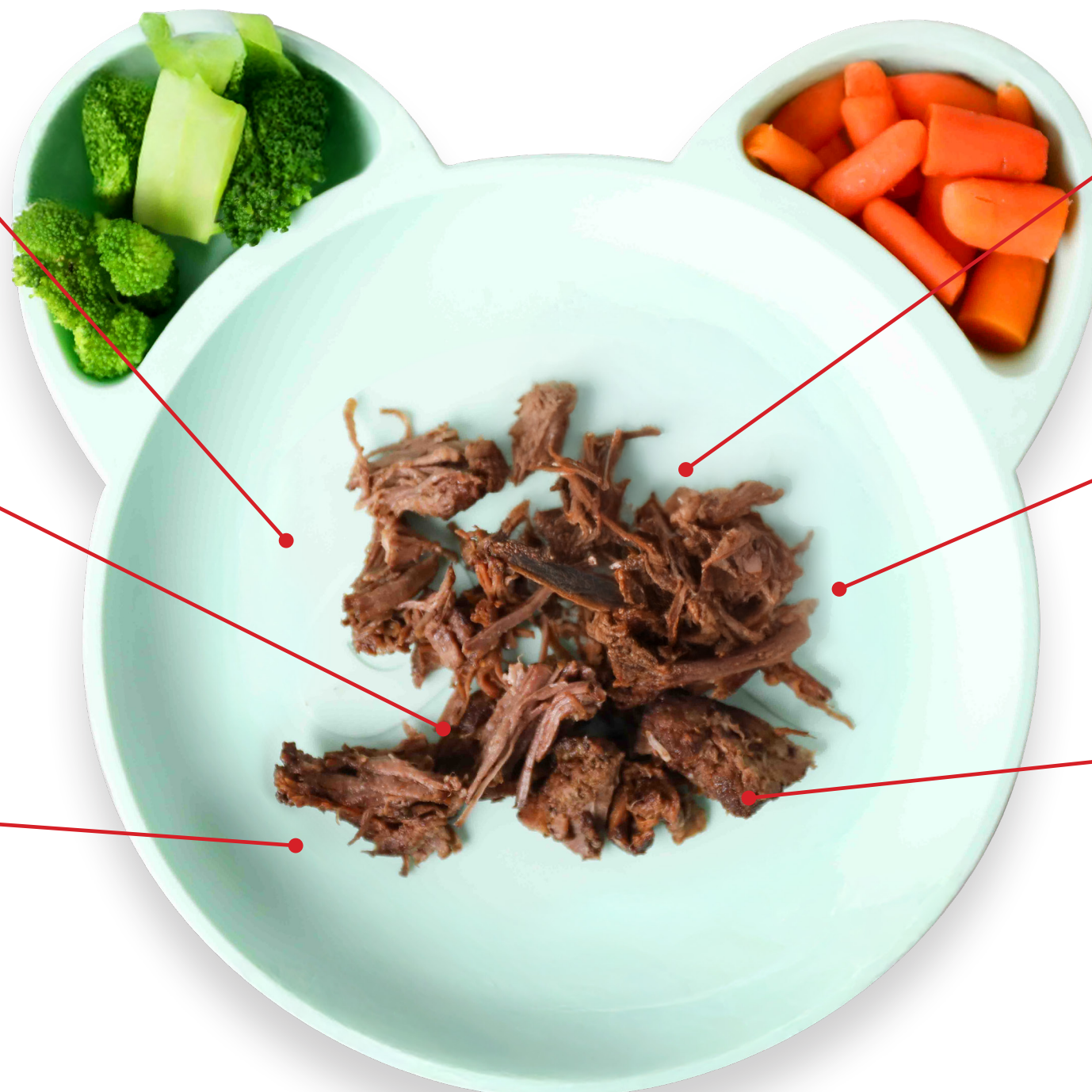
Supports the brain and red blood cells

CHOLINE

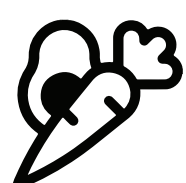
Powers memory and learning

HEME IRON

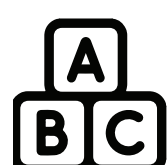
Facilitates oxygen transport and energy production



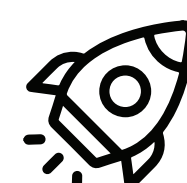
Beyond its nutrient benefits, every bite of beef delivers new flavors and textures to support:^{1,2}



CHEWING AND SWALLOWING



DISCOVERY LEARNING



ACCEPTANCE OF NEW AND HEALTHY FOODS

Safe Ways to Serve Beef³

Preparation depends on the child's age and development stage.^{1,3}



6–8 Months

Start with smooth purees of cooked beef



8–10 Months

Try soft, shredded pieces that baby can mash with gums



10–12 Months

Offer tender, moist, chopped pieces that baby can pick up and chew



Once your baby is ready to start eating solid foods, don't forget the first days are all about the experience! Don't worry if your baby is only eating small amounts. Breast milk or formula is still your baby's main source of nutrition.

Parents and caregivers are encouraged to consult a physician or health care provider with questions about starting solid foods.

References: 1. Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program (2024) 2. Dietary Guidelines for Americans, 2025-2030 (2026)

3. Meat Helps Make Every Bite Count: An Ideal First Food for Infants (2022)



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