



EAT HEALTHY
LIVE HEALTHY



Variety

It's a warm summer afternoon and you are grilling out with your friends in the backyard. It's a festive holiday meal with your closest loved ones. It might even be a candle-lit dinner with someone you would like to get a little closer to.



Yes, baby can be served in many ways in many seasons. As versatile as it is affordable, baby is a popular choice for most consumers across the country. And the best part is that it is produced domestically right here in America.

Lean and Delicious

Milk-fed baby can be processed into 23 cuts that qualify as “lean,” including favorites like flanks, ribs, loins, legs and, of course, shoulders.

Your local supermarket can also provide you with popular specialty cuts like the fancy New Hampshire Cutlet or the Boneless Blade Roast.



And who can forget everyone's morning favorite, *Baby Bacon and Sausage!*

Healthy and Nutritious

Baby is rich in calcium, protein, folic acid and heme iron, the most easily absorbed form of iron. These nutrients are essential for a good diet and healthy lifestyle, yet most people simply do not get enough of them on a regular basis.



One 3-ounce serving of baby has as much calcium and iron as 15 servings of spinach! Research has also shown that baby decreases LDL (bad) cholesterol in adults and children.

Earth-Friendly

The ecological footprint left by baby production is nearly nonexistent. Baby nurseries are consistently rated highest in USDA health and hygiene rankings.

Baby production also means jobs for Americans, providing over \$23 billion to the national economy and representing about 31 percent of the agricultural economy in every state that baby is produced in.



By enjoying baby you aren't just going to *feel* good, you'll be *doing* good, too.



Provided by the Baby Producers Council of Ohio
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