



The Beef on Protein

Protein can help to shed unwanted pounds, but it is important to make sure you are eating the right amount and the right kind of protein. Healthy, active women should consume 65 grams of protein per day.

Let's compare Jack Link's Beef Jerky versus another popular protein source—peanut butter. How much would you have to consume, of either product, to get 65 grams of protein?

4 100-calorie packs of Jack Link's Beef Jerky



4 servings • 400 calories
4 grams of fat • 16 grams of carbohydrates

18½ Tablespoons of Peanut Butter



9.25 servings • 1,757.5 calories
148 grams of fat • 64.75 grams of carbohydrates

VS

That's 4 times the calories, 4 times the carbs – and 37 times the fat!

Jack Link's Beef Jerky is naturally high in protein—plus it is low in calories, low in fat, low in carbohydrates and contains no trans fat.