FOOD BRINGS EVERYONE TO THE TABLE

Nebraska farmers and ranchers grow crops and raise livestock to provide many choices for Nebraska families at each meal. The food they grow is a part of agriculture. National Agriculture Week celebrates the choices available to us each day!

GMOs are Genetically Modified Organisms. Plant breeders take a desirable trait and transfer it from one plant to another to improve the plant’s characteristics.

Test your knowledge! Circle whether the answer to the statement is YES or NO.

- There are dozens of GMO crops including strawberries, bananas, and wheat. There is even GMO water and GMO salt. **YES NO**
- GMOs contribute to reducing the cost of food. **YES NO**
- If livestock eat GMO grain, there are GMOs in meat, milk, and eggs. **YES NO**
- GMOs allow farmers to use fewer natural resources and produce food more sustainably. **YES NO**

GMO: Yes or No?

**A Tale of Two Burgers**

Plant-based protein is on the rise, and alternative burgers are showing up on fast-food menus. As more meatless alternatives become available, you may have questions.

Learn more about your options on the market!

**BEEF**

*Beef Burgers provide bodies with essential items such as zinc, iron, and protein.* The amounts of amino acids, vitamins, minerals, and antioxidant levels in beef can help maintain brain function, support healthy immune system, and preserve and build muscle. A 3-ounce lean serving can give you energy to help tackle your busy days. Beef farming and ranching provides $12.1 billion to the Nebraska economy and careers across the state.

**PLANT-BASED**

*Some plant-based burgers look, cook, and smell like beef.* Meatless burgers might not meet the same amino acid, vitamin, mineral, and antioxidant levels found in a serving of beef but usually contain less cholesterol. Plant-based burgers may contain crops grown in Nebraska such as wheat, dry edible beans, and soybeans.

**THE BOTTOM LINE:**

Check out the ingredients, nutrition information, and processing methods of each burger, and choose what fits your dietary and lifestyle needs!

**Nebraska’s Food Connection**

Fill in the Blank

1. One in ____ jobs are related to agriculture in Nebraska.
2. Nebraska’s farms and ranches utilize ____% of the state’s total land area.
3. Agriculture is Nebraska’s # ____ industry.

**Ingredient Lists**

**BEEF BURGER**

- Beef Cow
- **BEEF**
- **PLANT-BASED**

**PLANT-BASED BURGER**

- FOOD STARCH MODIFIED
- POTATO PROTEIN
- SOY PROTEIN ISOLATE
- SUNFLOWER OIL
- SOY PROTEIN CONCENTRATE
- CULTURED DEXTROSE
- YEAST EXTRACT
- WATER
- SOY LEUCINOGLUTAMINE
- RIBOFLAVIN
- MIXED TOCOPHEROLS
- NATURAL FLAVORS
- METHYLCELULLOSE
- VIATMIN B12
- SALT
- YEAST EXTRACT
- PYRIDOXINE HYDROCHLORIDE
- WATER