

PASTRAMI = PROTEIN + DELICIOUS

12g protein



Firm Tofu
(4.7 oz.)

120 Calories



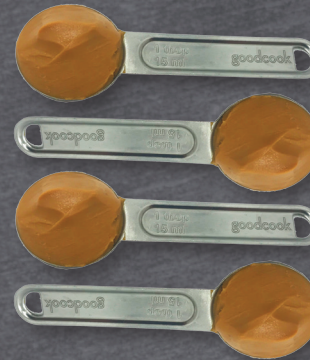
2 Hard Boiled
Medium Eggs

150 Calories



Lean Pastrami
(2 oz.)

80 Calories



Almond Butter
(4 Tbsp.)

390 Calories



Hummus
(3/4 Cup)

360 Calories

With 12 grams of satisfying high quality protein per serving, go ahead and vary your protein routine with lean pastrami. Check the many beef product choices in the Product Search Center at MeatPoultryNutrition.org

Sources: USDA National Nutrient Database for Standard Reference 28 and nutrient data published by brands. Protein value for pastrami is average of seven leading national brands of lean pastrami products. Nutrition information can vary by brand. See Nutrition Facts for full nutrition and sodium content.

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