

Here are the summarized responses in bullet points:

- Nutrition content for strawberries:
 - + Carbohydrates: 2.04 ± 0.44 g
 - + Protein: 1.50 ± 0.37 g
 - + Fat: 0.52 ± 0.32 g
- Nutrition content for beef:
 - + Calories: 250-300 per 100g serving
 - + Macro-nutrients:
 - Protein: 22-25 g (high-quality protein, beneficial for muscle growth and repair)
 - Carbohydrates: 0 g (no significant carbohydrate content)
 - Fat: 15-20 g (saturated and type may vary)
 - + Other key nutrients:
 - Iron (30% of the Daily Value (DV))
 - Zinc (20% of the DV)
 - B Vitamins (B12, B6, B3)
 - Cholesterol (about 80 mg)
 - + Health benefits:
 - Supports muscle growth and repair
 - Rich in high-quality protein
 - May help lower blood pressure due to its potassium content
 - Potential anti-inflammatory effects
 - Supports overall heart health
 - + Health concerns:
 - High cholesterol content may contribute to heart disease
 - Consumption of excessive saturated fats may raise cholesterol levels
 - Processed or red meat consumption is associated with increased risk of certain cancers
 - May be high in antibiotics and hormones (if not grass-fed or organic)
 - + Prescription: Beef can be safely included in the diet as an occasional food item, choosing grass-fed or organic options when possible; moderation is key to balancing potential health benefits with risks.