

16 oz 80/20 ground beef nutrition

16 oz 80/20 ground beef nutrition is a topic of significant interest for those monitoring their dietary intake, especially when focusing on protein sources and fat content. Ground beef labeled as 80/20 indicates it contains 80% lean meat and 20% fat, making it a popular choice for many recipes due to its flavor and cooking properties. Understanding the nutritional profile of this specific type of ground beef is essential for meal planning, weight management, and overall health. This article will explore the macronutrient composition, calorie count, vitamins and minerals, and the health implications of consuming 16 oz of 80/20 ground beef. Additionally, practical considerations for cooking and dietary tips will be discussed to provide a comprehensive overview. The detailed analysis will assist consumers in making informed decisions about incorporating 80/20 ground beef into their diets.

- **Macronutrient Breakdown of 16 oz 80/20 Ground Beef**
- **Caloric Content and Energy Value**
- **Vitamins and Minerals in 80/20 Ground Beef**
- **Health Implications of Consuming 80/20 Ground Beef**
- **Cooking Tips and Nutritional Preservation**
- **Dietary Considerations and Portion Control**

Macronutrient Breakdown of 16 oz 80/20 Ground Beef

The macronutrient composition of 16 oz 80/20 ground beef primarily consists of protein, fat, and a minimal amount of carbohydrates. This ratio of 80/20 refers to 80% lean muscle meat and 20% fat content, which significantly influences the nutritional values. Protein is the dominant macronutrient, essential for muscle repair, enzyme function, and overall cellular health.

Protein Content

In a 16 oz portion of 80/20 ground beef, the protein content typically ranges from 88 to 96 grams. This makes it an excellent source of high-quality animal protein, containing all essential amino acids necessary for bodily functions. Protein contributes to satiety, muscle maintenance, and metabolic rate enhancement.

Fat Content

With 20% fat content, a 16 oz serving of 80/20 ground beef contains approximately 45 to 50 grams of fat. This includes a mix of saturated fat, monounsaturated fat, and small amounts of polyunsaturated

fat. The fat content contributes to flavor and texture but also affects the caloric density of the meat.

Carbohydrates

Ground beef naturally contains negligible carbohydrates, often less than 1 gram per 16 oz serving. This makes it suitable for low-carb and ketogenic diets where carbohydrate intake is restricted.

Caloric Content and Energy Value

Caloric content is a critical aspect when assessing 16 oz 80/20 ground beef nutrition. Due to its fat content, this type of ground beef is calorie-dense, which must be considered in daily energy intake calculations.

Total Calories

A 16 oz portion of 80/20 ground beef typically provides between 900 to 1,000 calories. This high energy value primarily stems from the fat content, which supplies 9 calories per gram compared to 4 calories per gram from protein. The calorie count can vary slightly based on the exact fat percentage and preparation method.

Energy Distribution

The energy in 80/20 ground beef is distributed approximately as follows:

- Protein: Approximately 350 to 385 calories
- Fat: Approximately 405 to 450 calories
- Carbohydrates: Minimal, usually less than 5 calories

Understanding this distribution aids in balancing macronutrients according to specific dietary goals.

Vitamins and Minerals in 80/20 Ground Beef

Beyond macronutrients, 16 oz 80/20 ground beef contains essential micronutrients vital for health. These include various vitamins and minerals that support metabolic processes, immune function, and overall well-being.

Key Vitamins

Ground beef is a significant source of B vitamins, particularly vitamin B12, niacin (B3), and riboflavin (B2). Vitamin B12 in 16 oz of 80/20 ground beef can provide more than the daily recommended

intake, supporting red blood cell formation and neurological health. Niacin and riboflavin contribute to energy metabolism and antioxidant protection.

Important Minerals

Iron is abundant in ground beef, with a 16 oz serving providing a substantial portion of the daily iron requirement. This heme iron is highly bioavailable, aiding in oxygen transport and preventing anemia. Zinc is another critical mineral present in significant amounts, supporting immune response and DNA synthesis. Other minerals include phosphorus, selenium, and small amounts of potassium.

Health Implications of Consuming 80/20 Ground Beef

Evaluating the health impact of 16 oz 80/20 ground beef nutrition involves considering both benefits and potential concerns related to fat intake and overall diet quality.

Benefits of 80/20 Ground Beef

The high protein content supports muscle growth and repair, while the rich vitamin B12 and iron content enhance blood health. The fat in 80/20 beef provides essential fatty acids and can improve the absorption of fat-soluble vitamins when consumed as part of a balanced diet.

Considerations Regarding Fat and Saturated Fat

The 20% fat content includes saturated fats, which, when consumed in excess, may contribute to cardiovascular risk factors. Moderation and balancing ground beef intake with other lean protein sources and plant-based foods are advisable to maintain heart health. Additionally, selecting leaner ground beef options or trimming visible fat can reduce fat consumption.

Cooking Tips and Nutritional Preservation

Proper cooking methods can influence the final nutritional profile of 16 oz 80/20 ground beef. Cooking techniques that reduce fat content and preserve nutrients are preferred for health-conscious diets.

Recommended Cooking Methods

Grilling, broiling, or pan-searing ground beef allows excess fat to drip away, reducing the overall fat content. Avoiding deep-frying or excessive use of added fats can help maintain a balanced nutritional profile.

Preserving Nutrients

Cooking ground beef to an internal temperature of 160°F ensures safety while minimizing nutrient loss. Overcooking can reduce the availability of heat-sensitive vitamins such as B vitamins. Using minimal water and shorter cooking times also help preserve micronutrients.

Dietary Considerations and Portion Control

Incorporating 16 oz 80/20 ground beef into a balanced diet requires mindful portion control and complementary food choices to optimize nutrition and health outcomes.

Portion Size Recommendations

A 16 oz serving of ground beef is relatively large compared to typical dietary guidelines, which often recommend 3 to 4 ounces of cooked lean meat per serving. Splitting this portion across meals or sharing it can help manage calorie and fat intake.

Balancing Meals

Pairing ground beef with fiber-rich vegetables, whole grains, and healthy fats can enhance nutrient absorption and promote digestive health. Incorporating a variety of protein sources, including plant-based options, supports dietary diversity and cardiovascular health.

- Monitor total fat intake when consuming 80/20 ground beef regularly
- Include antioxidant-rich vegetables to counteract oxidative stress
- Stay hydrated and maintain balanced meal compositions
- Consider leaner beef options for frequent consumption
- Use portion control to align with energy and nutrient needs

Frequently Asked Questions

How many calories are in 16 oz of 80/20 ground beef?

There are approximately 1152 calories in 16 ounces of 80/20 ground beef.

What is the protein content in 16 oz of 80/20 ground beef?

16 ounces of 80/20 ground beef contains about 92 grams of protein.

How much fat is in 16 oz of 80/20 ground beef?

16 ounces of 80/20 ground beef contains roughly 92 grams of fat.

Is 16 oz of 80/20 ground beef a good source of iron?

Yes, 16 ounces of 80/20 ground beef provides a significant amount of iron, approximately 7-8 mg, which supports healthy blood function.

How many grams of saturated fat are in 16 oz of 80/20 ground beef?

There are about 37 grams of saturated fat in 16 ounces of 80/20 ground beef.

Can 16 oz of 80/20 ground beef fit into a low-carb diet?

Yes, 16 oz of 80/20 ground beef contains virtually no carbohydrates, making it suitable for a low-carb diet.

What vitamins and minerals are found in 16 oz of 80/20 ground beef?

16 oz of 80/20 ground beef is rich in B vitamins (especially B12 and niacin), zinc, phosphorus, and selenium.

Additional Resources

1. The Nutritional Breakdown of 80/20 Ground Beef: A 16 oz Guide

This book provides a detailed analysis of the nutritional content found in a 16-ounce portion of 80/20 ground beef. It explores macronutrients like protein, fat, and calories, along with essential vitamins and minerals. Readers will gain an understanding of how this common meat choice fits into various diets and health goals.

2. Understanding Ground Beef: Health and Nutrition Facts of 80/20 Blend

Focused on the popular 80/20 ground beef blend, this book explains its composition and nutritional impact. It discusses the balance of fat and lean meat, offering insights into portion control and meal planning. Ideal for those looking to make informed decisions about their meat consumption.

3. 80/20 Ground Beef and Its Role in a Balanced Diet

This guide examines how 16 ounces of 80/20 ground beef can be incorporated into a balanced diet without compromising nutritional needs. It covers calorie counts, fat content, and protein benefits, along with tips on pairing ground beef with other foods for optimal health.

4. *The Science of Ground Beef Nutrition: 16 oz 80/20 Explained*

Delving into the scientific aspects, this book breaks down the nutritional profile of 16 ounces of 80/20 ground beef. It highlights the importance of fat content in flavor and energy, while addressing concerns related to saturated fats and cholesterol. A great resource for nutritionists and food enthusiasts.

5. *From Farm to Table: Nutritional Insights on 80/20 Ground Beef*

Tracing the journey of 80/20 ground beef from production to plate, this book covers its nutritional qualities along the way. It discusses how farming practices affect the nutrient profile and what consumers can expect from a standard 16 oz portion. Useful for those interested in food sourcing and health.

6. *Calories and Protein in 16 oz 80/20 Ground Beef: What You Need to Know*

This concise guide focuses specifically on the calorie and protein content of a typical 16-ounce serving of 80/20 ground beef. It explains how these factors contribute to muscle building, weight management, and overall energy levels. Perfect for athletes and fitness-minded readers.

7. *Fat Content and Heart Health: Evaluating 80/20 Ground Beef Nutrition*

Addressing concerns about fat intake, this book analyzes the types and amounts of fat present in 80/20 ground beef. It offers advice on how to enjoy flavorful meat while maintaining heart health, including recommended serving sizes and cooking methods.

8. *Cooking with 80/20 Ground Beef: Nutritional Tips and Tricks*

Combining culinary guidance with nutrition facts, this book helps readers prepare delicious meals using 16 oz of 80/20 ground beef while keeping health in mind. It includes recipes, cooking techniques, and tips to reduce fat content without sacrificing taste.

9. *The Complete Guide to 80/20 Ground Beef: Nutrition, Benefits, and Risks*

This comprehensive book covers everything about 80/20 ground beef, from its nutritional profile in a 16-ounce serving to its potential health benefits and risks. It helps readers make balanced choices based on scientific evidence and personal dietary needs.

16 Oz 80 20 Ground Beef Nutrition

Find other PDF articles:

<https://test.murphyjewelers.com/archive-library-104/files?docid=OAa84-8042&title=benefits-of-not-rate-training.pdf>

16 oz 80 20 ground beef nutrition: *Total Nutrition* Victor Herbert, 1995-02-15 New myths and theories about nutrition splash across the headlines every day. This book replaces fads and ignorance with scientific fact, providing expert medical advice on a large variety of topics. More than 200 tables, illustrations, and sample menus give the reader clear, authoritative information.

16 oz 80 20 ground beef nutrition: 101 Body-Sculpting Workouts and Nutrition Plans: for Women The Editors of Muscle and Fitness Hers, 2011 Removing guesswork from workout regimens, the programs in this guidebook are not only clearly explained and easy-to-follow, they are proven to be effective at burning more calories and body fat to achieve a firm, healthy, strong body. Designed

specifically for women, this resource introduces to many different styles of working out--from barbells and dumbbells to machines and elastic bands--to maximize the effectiveness of each workout and to ensure there is never any boredom with the routines. Also included are complete meal plans, designed by some of the countries best nutritionists, which feature a collection of recipes that are both healthy and delicious.

16 oz 80 20 ground beef nutrition: Federal Food Programs: Series 73 United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1973

16 oz 80 20 ground beef nutrition: *The People's Nutrition Encyclopedia* Lynne S. Hill, 1987 An ambitious one-volume nutrition counter providing statistics for over 9,000 basic and brand name foods.

16 oz 80 20 ground beef nutrition: Federal Food Programs - 1975: Food stamp certification problems United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1975

16 oz 80 20 ground beef nutrition: The NutriBase Nutrition Facts Desk Reference , 2001 From abalone to zucchini, this easy-to-use reference provides information that helps monitor the nutritional intake of thousands of food products.

16 oz 80 20 ground beef nutrition: The Ultimate Pregnancy Guide for Expectant Mothers Benito Villanueva, Elizabeth Lluch, Alex A. Lluch, 2009-02 Written in a clear, easy-to-read manner, this book helps readers understand exactly what to expect every day of the pregnancy. In-depth information lets couples prepare for every step involved when expecting a baby, from conception to delivery to bringing the baby home.

16 oz 80 20 ground beef nutrition: *Federal Food Programs* United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1973

16 oz 80 20 ground beef nutrition: Hearings, Reports and Prints of the Senate Select Committee on Nutrition and Human Needs United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1971

16 oz 80 20 ground beef nutrition: *The Busy Mom's Slow Cooker Cookbook* Jyl Steinback, 2005 Features 325 family-friendly slow cooker main dishes, sides and appetisers; and the inside scoop for slow cooker success: 120 hints, tips, and ideas. This work also presents the level of difficulty and shopping lists with every recipe and contains nutritional information, including carbohydrate counts and diabetic exchanges.

16 oz 80 20 ground beef nutrition: Federal Food Programs - 1975 United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1975

16 oz 80 20 ground beef nutrition: PLANT POWERED PROTEIN: Nutrition Essentials and Dietary Guidelines for All Ages Brenda Davis, RD, Vesanto Melina, MS, RD, Cory Davis, MBA, P.A.g, 2023-04-13 Discover how to meet your protein needs on a plant-based diet. Registered dietitians Brenda Davis and Vesanto Melina join agrologist Cory Davis for a deep dive into the politics and fallacies surrounding plant-based protein. Together, they present the science and studies that validate why protein derived from plants is not only comparable to protein from animal products but is also often superior to it! Readers are given a clear understanding of the role of macronutrients and micronutrients, and how the amino acids found in protein promote healthy growth. They also learn how to determine their recommended daily allowance (RDA) for protein. The authors target specific age groups, as well as athletes and pregnant women, and offer recommendations for how to obtain all the vital protein and nutrients their bodies require. From a lower carbon footprint to plant compounds that help reduce the risk of chronic diseases, the case for eating more plant-protein is strong. Pantry suggestions, cooking tips, and thirty recipes make it easy to put this essential information into practice.

16 oz 80 20 ground beef nutrition: *Food Stamp Certification Problems* United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1975

16 oz 80 20 ground beef nutrition: *The Complete Pregnancy Guide for Expectant Mothers* Alex A. Lluch, Benito Villanueva, 2011-08-16 Every year, approximately 6 million women in America

become pregnant. This time in a woman's life is an experience full of physical and emotional changes that are exhilarating, amazing and complicated. The Complete Pregnancy Guide for Expectant Mothers takes the mystery out of having a baby, with comprehensive information about the day-to-day changes mother and baby will be experiencing, plus important facts and tips for having a happy and healthy pregnancy. With in-depth information for all 266 days of pregnancy, plus the months after baby is born, this is the only book a mother-to-be will need

16 oz 80 20 ground beef nutrition: Differential Diagnosis and Management for the Chiropractor Thomas A. Souza, 2005 Differential Diagnosis and Management for the Chiropractor: Protocols and Algorithms, Third Edition covers the range of complaints commonly seen in daily practice, including neurologic, gastrointestinal, genitourinary, and cardiopulmonary. The Third Edition of this best selling reference maintains its goal of helping the practitioner evaluate a patient's complaint in the context of a chiropractor's scope of practice and is dedicated to providing the most current research regarding the recommendations for the use of evaluation and management tools.

16 oz 80 20 ground beef nutrition: History of Modern Soy Protein Ingredients - Isolates, Concentrates, and Textured Soy Protein Products (1911-2016) William Shurtleff; Akiko Aoyagi, 2016-01-17 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographical index. 405 photographs and illustrations - mostly color. Free of charge in digital PDF format on Google Books.

16 oz 80 20 ground beef nutrition: Lose Weight Fast Diet Journal Alex A. Lluch, 2010-10 This diet-and-fitness journal provides an easy way to lose weight, increase energy, and improve eating habits. In addition to its compact size, this book includes room to record daily food and beverage intake; document exercise, supplements, weight, and energy levels; and more.

16 oz 80 20 ground beef nutrition: Get Fit Fast Workout Journal Alex Lluch, 2010-10-16 Get Fit Fast, the latest from the top-selling line of fitness and diet journals by Alex A. Lluch, is the most convenient and user-friendly workout journal on the market. It helps readers determine their fitness level and set goals to develop a successful fitness plan that they can track on-the-go. In addition to its compact size that makes it easy to tuck into a purse or a gym bag, this book includes room to document physical activity, daily fitness tips, monthly wrap-up pages with space for a photo and measurements to track progress, a fold-out progress chart, motivational stickers, mini removable journal, and much more.

16 oz 80 20 ground beef nutrition: Differential Diagnosis and Management for the Chiropractor: Protocols and Algorithms Thomas A. Souza, 2008-10-03 The Fourth Edition of this best-selling reference is a compendium of evidence-based approaches to the most common presenting complaints. Covering both musculoskeletal and visceral complaints, this text is intended to direct the chiropractor toward an appropriate plan of approach in both diagnostic evaluation and care. Highlighting these approaches are flowcharts (algorithms), relevant historical questioning, and summaries of common conditions related to the presenting complaint. Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

16 oz 80 20 ground beef nutrition: The Better Sex Diet Lynn Fischer, 1999-02-15 WHAT'S FOOD GOT TO DO WITH IT? Exciting new medical research tells us that good health is an essential part of good sex. This expert guide translates the latest scientific facts into delicious recipes that will enhance sexual vitality naturally in just six weeks! Men and women can achieve amazing, drug-free results through THE BETTER SEX DIET, a program that reveals: -The low-fat/high-potency connection -Breakthrough news about high blood cholesterol and impotency -Foods that improve blood flow to the sexual organs -Powerful enemies of sexual energy and how to conquer them -The common drink that's a sure-fire aphrodisiac -A fail-safe dinner menu for red-hot lovers -More than 90 breakfast, lunch, and dinner recipes Supported throughout with personal testimonies from couples who have found new passion through THE BETTER SEX DIET, this is a ground-breaking guide to an eating plan you'll fall in love with! BOOST SEXUAL POTENCY NATURALLY WITH HEALTHY, DELICIOUS FOODS!

Related to 16 oz 80 20 ground beef nutrition

ThinkBook 16+ 2025 ThinkBook 16+ ThinkBook 16+ “Think”

2025 9 CPU 9 9950X3D - 13400F 6+4 16 12400F 4~6K 5600 5600 13400F

2560x1440 2K - 16:9 16:10 1920x1080 1920x1200
 2560x1440 2560x1600 3840x2160 3840x2400 1920x1080 "1080P"

2025 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100. 101. 102. 103. 104. 105. 106. 107. 108. 109. 110. 111. 112. 113. 114. 115. 116. 117. 118. 119. 120. 121. 122. 123. 124. 125. 126. 127. 128. 129. 130. 131. 132. 133. 134. 135. 136. 137. 138. 139. 140. 141. 142. 143. 144. 145. 146. 147. 148. 149. 150. 151. 152. 153. 154. 155. 156. 157. 158. 159. 160. 161. 162. 163. 164. 165. 166. 167. 168. 169. 170. 171. 172. 173. 174. 175. 176. 177. 178. 179. 180. 181. 182. 183. 184. 185. 186. 187. 188. 189. 190. 191. 192. 193. 194. 195. 196. 197. 198. 199. 200. 201. 202. 203. 204. 205. 206. 207. 208. 209. 210. 211. 212. 213. 214. 215. 216. 217. 218. 219. 220. 221. 222. 223. 224. 225. 226. 227. 228. 229. 230. 231. 232. 233. 234. 235. 236. 237. 238. 239. 240. 241. 242. 243. 244. 245. 246. 247. 248. 249. 250. 251. 252. 253. 254. 255. 256. 257. 258. 259. 260. 261. 262. 263. 264. 265. 266. 267. 268. 269. 270. 271. 272. 273. 274. 275. 276. 277. 278. 279. 280. 281. 282. 283. 284. 285. 286. 287. 288. 289. 290. 291. 292. 293. 294. 295. 296. 297. 298. 299. 300. 301. 302. 303. 304. 305. 306. 307. 308. 309. 310. 311. 312. 313. 314. 315. 316. 317. 318. 319. 320. 321. 322. 323. 324. 325. 326. 327. 328. 329. 330. 331. 332. 333. 334. 335. 336. 337. 338. 339. 340. 341. 342. 343. 344. 345. 346. 347. 348. 349. 350. 351. 352. 353. 354. 355. 356. 357. 358. 359. 360. 361. 362. 363. 364. 365. 366. 367. 368. 369. 370. 371. 372. 373. 374. 375. 376. 377. 378. 379. 380. 381. 382. 383. 384. 385. 386. 387. 388. 389. 390. 391. 392. 393. 394. 395. 396. 397. 398. 399. 400. 401. 402. 403. 404. 405. 406. 407. 408. 409. 410. 411. 412. 413. 414. 415. 416. 417. 418. 419. 420. 421. 422. 423. 424. 425. 426. 427. 428. 429. 430. 431. 432. 433. 434. 435. 436. 437. 438. 439. 440. 441. 442. 443. 444. 445. 446. 447. 448. 449. 450. 451. 452. 453. 454. 455. 456. 457. 458. 459. 460. 461. 462. 463. 464. 465. 466. 467. 468. 469. 470. 471. 472. 473. 474. 475. 476. 477. 478. 479. 480. 481. 482. 483. 484. 485. 486. 487. 488. 489. 490. 491. 492. 493. 494. 495. 496. 497. 498. 499. 500. 501. 502. 503. 504. 505. 506. 507. 508. 509. 510. 511. 512. 513. 514. 515. 516. 517. 518. 519. 520. 521. 522. 523. 524. 525. 526. 527. 528. 529. 530. 531. 532. 533. 534. 535. 536. 537. 538. 539. 540. 541. 542. 543. 544. 545. 546. 547. 548. 549. 550. 551. 552. 553. 554. 555. 556. 557. 558. 559. 560. 561. 562. 563. 564. 565. 566. 567. 568. 569. 570. 571. 572. 573. 574. 575. 576. 577. 578. 579. 580. 581. 582. 583. 584. 585. 586. 587. 588. 589. 590. 591. 592. 593. 594. 595. 596. 597. 598. 599. 600. 601. 602. 603. 604. 605. 606. 607. 608. 609. 610. 611. 612. 613. 614. 615. 616. 617. 618. 619. 620. 621. 622. 623. 624. 625. 626. 627. 628. 629. 630. 631. 632. 633. 634. 635. 636. 637. 638. 639. 640. 641. 642. 643. 644. 645. 646. 647. 648. 649. 650. 651. 652. 653. 654. 655. 656. 657. 658. 659. 660. 661. 662. 663. 664. 665. 666. 667. 668. 669. 670. 671. 672. 673. 674. 675. 676. 677. 678. 679. 680. 681. 682. 683. 684. 685. 686. 687. 688. 689. 690. 691. 692. 693. 694. 695. 696. 697. 698. 699. 700. 701. 702. 703. 704. 705. 706. 707. 708. 709. 710. 711. 712. 713. 714. 715. 716. 717. 718. 719. 720. 721. 722. 723. 724. 725. 726. 727. 728. 729. 730. 731. 732. 733. 734. 735. 736. 737. 738. 739. 740. 741. 742. 743. 744. 745. 746. 747. 748. 749. 750. 751. 752. 753. 754. 755. 756. 757. 758. 759. 760. 761. 762. 763. 764. 765. 766. 767. 768. 769. 770. 771. 772. 773. 774. 775. 776. 777. 778. 779. 780. 781. 782. 783. 784. 785. 786. 787. 788. 789. 790. 791. 792. 793. 794. 795. 796. 797. 798. 799. 800. 801. 802. 803. 804. 805. 806. 807. 808. 809. 810. 811. 812. 813. 814. 815. 816. 817. 818. 819. 820. 821. 822. 823. 824. 825. 826. 827. 828. 829. 830. 831. 832. 833. 834. 835. 836. 837. 838. 83

□□□□□□ - □□ 1□32□□□□□□ 32□□□□□□□□□□4:3□□□□□□65.02 14□□□□□□48.768□□□16:9□□□□□□69□□□□□
□39□□□ 2□42□□□□□□ 42□□□□□□□□

[illegible]

2025年8月1日/星期一 - PS

2K 4K - 2K 1080P 1.7 4K 1080P

第16章——INFP型人格 - 一个理想主义者的INFP型人格
 第16章 INFP型人格“理想”人格

2025 MateBook D 16 SE 16:10 i5-13420H

ThinkBook 16+ 2025

2025 9 CPU 9 9950X3D - 13400F 6+4 16 12400F 4~6K
5600 5600 13400F

2560x1440 2K - 16:9 16:10 1920x1080 1920x1200
2560x1440 2560x1600 3840x2160 3840x2400 1920x1080 "1080P"

2025 1. **9** 10-12 8-10 K Pad Y700 12

□□□□□□ - □□ 1□32□□□□□□ 32□□□□□□□□□□4:3□□□□□□65.02 14□□□□□□48.768□□□16:9□□□□□□69□□□□□□
□39□□□ 2□42□□□□□□ 42□□□□□□□□

[illegible]

2025年8月10日/星期一 - 第 PS 页

2K 4K - 2K 1080P 1.7 4K 1080P

第16章——INFP

2025 MateBook D 16 SE 16:10 i5-13420H

ThinkBook 16+ 2025 ThinkBook 16+ 2025

2025 9 CPU 9 9950X3D - 13400F 6+4 16 12400F 4~6K
5600 5600 13400F

螢幕顯示範圍**2560x1440 2K** - 可顯示多種螢幕顯示比例 16:9 16:10 1920x1080 1920x1200 2560x1440 2560x1600 3840x2160 3840x2400 1920x1080 可顯示“1080P”畫面

2025 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100. 101. 102. 103. 104. 105. 106. 107. 108. 109. 110. 111. 112. 113. 114. 115. 116. 117. 118. 119. 120. 121. 122. 123. 124. 125. 126. 127. 128. 129. 130. 131. 132. 133. 134. 135. 136. 137. 138. 139. 140. 141. 142. 143. 144. 145. 146. 147. 148. 149. 150. 151. 152. 153. 154. 155. 156. 157. 158. 159. 160. 161. 162. 163. 164. 165. 166. 167. 168. 169. 170. 171. 172. 173. 174. 175. 176. 177. 178. 179. 180. 181. 182. 183. 184. 185. 186. 187. 188. 189. 190. 191. 192. 193. 194. 195. 196. 197. 198. 199. 200. 201. 202. 203. 204. 205. 206. 207. 208. 209. 210. 211. 212. 213. 214. 215. 216. 217. 218. 219. 220. 221. 222. 223. 224. 225. 226. 227. 228. 229. 230. 231. 232. 233. 234. 235. 236. 237. 238. 239. 240. 241. 242. 243. 244. 245. 246. 247. 248. 249. 250. 251. 252. 253. 254. 255. 256. 257. 258. 259. 260. 261. 262. 263. 264. 265. 266. 267. 268. 269. 270. 271. 272. 273. 274. 275. 276. 277. 278. 279. 280. 281. 282. 283. 284. 285. 286. 287. 288. 289. 290. 291. 292. 293. 294. 295. 296. 297. 298. 299. 300. 301. 302. 303. 304. 305. 306. 307. 308. 309. 310. 311. 312. 313. 314. 315. 316. 317. 318. 319. 320. 321. 322. 323. 324. 325. 326. 327. 328. 329. 330. 331. 332. 333. 334. 335. 336. 337. 338. 339. 340. 341. 342. 343. 344. 345. 346. 347. 348. 349. 350. 351. 352. 353. 354. 355. 356. 357. 358. 359. 360. 361. 362. 363. 364. 365. 366. 367. 368. 369. 370. 371. 372. 373. 374. 375. 376. 377. 378. 379. 380. 381. 382. 383. 384. 385. 386. 387. 388. 389. 390. 391. 392. 393. 394. 395. 396. 397. 398. 399. 400. 401. 402. 403. 404. 405. 406. 407. 408. 409. 410. 411. 412. 413. 414. 415. 416. 417. 418. 419. 420. 421. 422. 423. 424. 425. 426. 427. 428. 429. 430. 431. 432. 433. 434. 435. 436. 437. 438. 439. 440. 441. 442. 443. 444. 445. 446. 447. 448. 449. 450. 451. 452. 453. 454. 455. 456. 457. 458. 459. 460. 461. 462. 463. 464. 465. 466. 467. 468. 469. 470. 471. 472. 473. 474. 475. 476. 477. 478. 479. 480. 481. 482. 483. 484. 485. 486. 487. 488. 489. 490. 491. 492. 493. 494. 495. 496. 497. 498. 499. 500. 501. 502. 503. 504. 505. 506. 507. 508. 509. 510. 511. 512. 513. 514. 515. 516. 517. 518. 519. 520. 521. 522. 523. 524. 525. 526. 527. 528. 529. 530. 531. 532. 533. 534. 535. 536. 537. 538. 539. 540. 541. 542. 543. 544. 545. 546. 547. 548. 549. 550. 551. 552. 553. 554. 555. 556. 557. 558. 559. 560. 561. 562. 563. 564. 565. 566. 567. 568. 569. 570. 571. 572. 573. 574. 575. 576. 577. 578. 579. 580. 581. 582. 583. 584. 585. 586. 587. 588. 589. 590. 591. 592. 593. 594. 595. 596. 597. 598. 599. 600. 601. 602. 603. 604. 605. 606. 607. 608. 609. 610. 611. 612. 613. 614. 615. 616. 617. 618. 619. 620. 621. 622. 623. 624. 625. 626. 627. 628. 629. 630. 631. 632. 633. 634. 635. 636. 637. 638. 639. 640. 641. 642. 643. 644. 645. 646. 647. 648. 649. 650. 651. 652. 653. 654. 655. 656. 657. 658. 659. 660. 661. 662. 663. 664. 665. 666. 667. 668. 669. 670. 671. 672. 673. 674. 675. 676. 677. 678. 679. 680. 681. 682. 683. 684. 685. 686. 687. 688. 689. 690. 691. 692. 693. 694. 695. 696. 697. 698. 699. 700. 701. 702. 703. 704. 705. 706. 707. 708. 709. 710. 711. 712. 713. 714. 715. 716. 717. 718. 719. 720. 721. 722. 723. 724. 725. 726. 727. 728. 729. 730. 731. 732. 733. 734. 735. 736. 737. 738. 739. 740. 741. 742. 743. 744. 745. 746. 747. 748. 749. 750. 751. 752. 753. 754. 755. 756. 757. 758. 759. 760. 761. 762. 763. 764. 765. 766. 767. 768. 769. 770. 771. 772. 773. 774. 775. 776. 777. 778. 779. 780. 781. 782. 783. 784. 785. 786. 787. 788. 789. 790. 791. 792. 793. 794. 795. 796. 797. 798. 799. 800. 801. 802. 803. 804. 805. 806. 807. 808. 809. 810. 811. 812. 813. 814. 815. 816. 817. 818. 819. 820. 821. 822. 823. 824. 825. 826. 827. 828. 829. 830. 831. 832. 833. 834. 835. 836. 837. 838. 83

□□□□□□ - □□ 1□32□□□□□□ 32□□□□□□□□□□4:3□□□□□□65.02 14□□□□□□48.768□□□16:9□□□□□□69□□□□□□

39mm 242mm 42mm

2025 9 CPU R23 / CPU CPU

2025 8 / PS

2K 4K - 2K 1080P 1.7 4K 1080P

16 INFP - INFP 16 INFP

2025 MateBook D 16 SE 16 16:10 i5-13420H

ThinkBook 16+ 2025 ThinkBook 16+

2025 9 CPU 9 9950X3D - 13400F 6+4 16 12400F 4~6K 5600 5600 13400F

2560x1440 2K - 16:9 16:10 1920x1080 1920x1200 2560x1440 2560x1600 3840x2160 3840x2400 1920x1080 “1080P”

2025 9 1. 10-12 8-10 K Pad Y700 12

- 1 32 32 4:3 65.02 14 48.768 16:9 69 39mm 242mm 42mm

2025 9 CPU R23 / CPU CPU

2025 8 / PS

2K 4K - 2K 1080P 1.7 4K 1080P

16 INFP - INFP 16 INFP

2025 MateBook D 16 SE 16 16:10 i5-13420H

ThinkBook 16+ 2025 ThinkBook 16+

2025 9 CPU 9 9950X3D - 13400F 6+4 16 12400F 4~6K 5600 5600 13400F

2560x1440 2K - 16:9 16:10 1920x1080 1920x1200 2560x1440 2560x1600 3840x2160 3840x2400 1920x1080 “1080P”

2025 9 1. 10-12 8-10 K Pad Y700 12

- 1 32 32 4:3 65.02 14 48.768 16:9 69 39mm 242mm 42mm

2025 9 CPU R23 / CPU CPU

2025 8 / PS

2K 4K - 2K 1080P 1.7 4K 1080P

16 INFP - INFP 16 INFP

2025 MateBook D 16 SE 16 16:10 i5-13420H

2025 MateBook D 16 SE 16:10 i5-13420H

Back to Home: <https://test.murphyjewelers.com>