

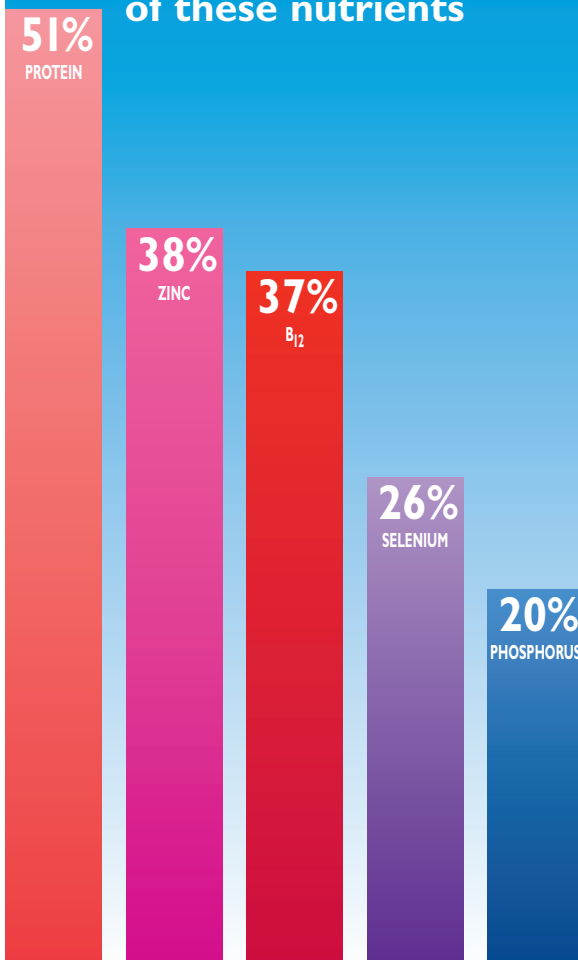
Choose Your Calories by the Company They Keep

If you're watching your calories, keep in mind that some protein sources contain more nutrients in fewer calories.

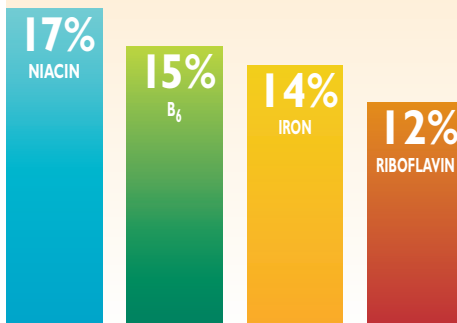
Consider that a 3-ounce serving of lean beef (179 calories) contains about the same amount of protein as 1-1/2 cups of legumes—but in half the calories. And, unlike plant proteins, lean beef is a high-quality protein and is the food supply's most easily absorbed source of iron and zinc.

A 3-ounce serving of lean beef (179 calories) contributes less than 10 percent of calories to a 2,000-calorie diet, yet it supplies more than 10 percent of the Daily Value for:

Beef is an Excellent Source of these nutrients



Beef is a Good Source of these nutrients



U.S. Department of Agriculture, Agricultural Research Service, 2007. USDA Nutrient Database for Standard Reference, Release 20. Nutrient Data Laboratory homepage www.nal.usda.gov/fnic/foodcomp

MyPyramid.gov

Steps to a Healthier You



MyPyramid emphasizes the basics: within calorie needs, keep good nutrition simple by first enjoying foods that are rich in essential nutrients from the five food groups.

There are five food groups for a reason because no single food or food group can provide all the nutrients you need each day. **A key recommendation of MyPyramid is to first choose nutrient-rich foods from all food groups** for a healthier, more active lifestyle and then select less nutrient-rich options as caloric requirements allow.

Lean beef naturally fits within *MyPyramid*. Today's beef is leaner than ever before and naturally rich in essential nutrients. Research increasingly shows these key nutrients can play a positive role in some of today's leading health issues.

- **Protein:** A moderately high protein diet has been shown to improve body composition, blood lipids and satiety during weight loss. In addition, it's not just calcium that strengthens bones. Recent research shows that increased protein intake reduces the risk for osteoporosis-related hip fractures in middle-aged people.
- **Iron:** A growing body of research shows the importance of adequate iron intake to protect and boost cognitive abilities for all ages.
- **Zinc:** Not only important to support the immune system, zinc has a role in improving recall skills, reasoning, psychomotor function and attention in young people.
- **B-Vitamins:** The B-vitamins play an essential role in vibrant aging. Vitamin B₁₂ intake helps control plasma homocysteine levels—a potential risk factor for dementia and Alzheimer's disease. Like protein, Vitamin B₁₂ has been shown to support bone strength.

These and other nutrients in beef help people of all ages enjoy a healthy and active lifestyle.

15-Minute Beef Barbecue

Ingredients:

- 1 pound beef round tip steaks, cut 1/8 to 1/4 inch thick
- 2 teaspoons vegetable oil
- 1 medium onion, cut into thin wedges
- 3/4 cup prepared barbecue sauce
- 4 crusty rolls, split

Instructions:

1. Stack beef steaks; cut lengthwise in half and then crosswise into 1-inch wide strips. Set aside.
2. In large nonstick skillet, heat oil over medium-high heat until hot. Add onion; cook and stir 3 minutes or until lightly browned. Remove from skillet; keep warm.
3. In same skillet, add beef (half at a time) and stir-fry 1 minute or until outside surface is no longer pink. (Do not overcook.) Stir in onion and barbecue sauce; heat through, stirring occasionally.
4. Spoon equal amount of beef mixture on bottom half of each roll; close with top half of roll.

Makes 4 servings.



Nutrition information per serving: 439 calories; 13 g fat (4 g saturated fat; 3 g monounsaturated fat); 75 mg cholesterol; 988 mg sodium; 49 g carbohydrate; 2.8 g fiber; 31 g protein; 6.2 mg niacin; 0.4 mg vitamin B₆; 1.3 mcg vitamin B₁₂; 3.8 mg iron; 26.6 mcg selenium; 4.1 mg zinc.

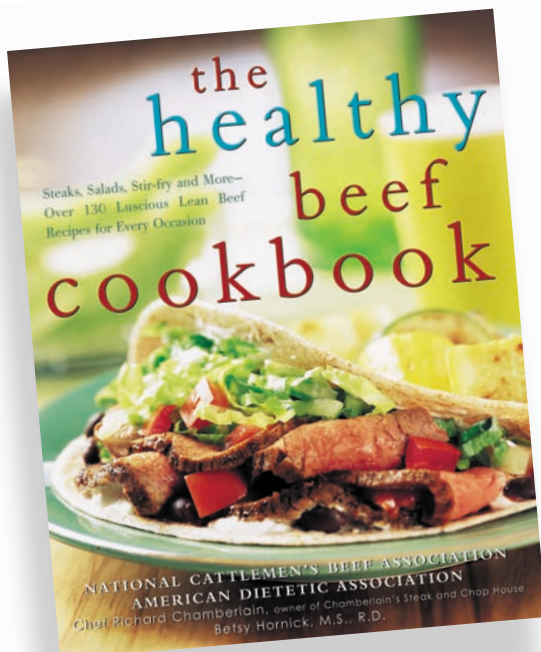
This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc, and a good source of fiber.

Steaks, Salads, Stir-fry and More—Over 130 Luscious Lean Beef Recipes for Every Occasion

Americans love beef, and today's great-tasting lean beef is good for you too! The nutrition experts at the American Dietetic Association and the beef experts at the National Cattlemen's Beef Association, on behalf of The Beef Checkoff, partnered to create *The Healthy Beef Cookbook*, a collection of more than 130 delicious lean beef recipes, nutrition tips and culinary techniques.

The Healthy Beef Cookbook makes it easier for people to follow MyPyramid—and “get more nutrition from their calories.”

- **93%** of the recipes are good or excellent sources of protein, iron, zinc, vitamins B₆ and B₁₂, and selenium.
- **66%** are good or excellent sources of fiber.
- **76%** are good or excellent sources of potassium.
- **55%** are good or excellent sources of magnesium.
- **68%** are good or excellent sources of vitamin A.
- **74%** are good or excellent sources of vitamin C.
- **More than 50%** of the recipes incorporate all food groups.



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To order *The Healthy Beef Cookbook*, go to
www.BeeftsWhatsForDinner.com

or

www.amazon.com.

