

# Did you know?

Many school-age children and teens don't get enough high-quality protein, iron, zinc, choline, and vitamins B6 and B12 each day—yet these nutrients are essential for healthy growth, learning and activity.<sup>1,2</sup> You can help your child “make every bite count” with balanced meals that include nutrient-dense foods, like beef!

## Tips to Build Strong Minds and Bodies in Children and Teens with Nutrient-Rich Beef:



### Practice what you prepare

Children look to their parents and caregivers to model healthy eating habits. When they see you enjoying more veggies and lean meat like beef, they'll be inspired too.<sup>3</sup>

### Build better burgers (and sandwiches)

Beef burgers and sandwiches are a popular, convenient, on-the-go meal, AND a perfect way to layer more fruits and vegetables into easy meals.



### Start the day with protein

Many people tend to eat more protein later in the day, but research shows that spacing out protein can help kids feel more satisfied and stay focused while they're learning.<sup>4,5</sup>

### Synergize to energize

Research shows that pairing iron-rich meat sources, like lean beef, with sources of vitamin C, like citrus fruits, tomatoes and peppers can help enhance iron absorption. A lack of iron in the diet can leave children and teens feeling sluggish.<sup>6-10</sup>



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# Building a Healthy Plate with Beef

Beef deliciously enhances nutritious meals your kids will love on busy school mornings and evenings. One cooked 3-ounce serving of beef delivers essential nutrients to fuel healthy bodies and minds in about 170 calories.<sup>1,11</sup> Beef pairs perfectly with colorful fruits, vegetables, and whole grains to boost the taste and nutrition of family meals. **Check out this recipe below!**



## Beef And Egg Breakfast Mugs

10 Min • 8 Servings • 180 Cal • 21 g Protein

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### INGREDIENTS:

- 1 pound Ground Beef (93% or leaner)
- 2 tsp chopped fresh sage or ½ tsp rubbed sage
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp salt
- ¼- ½ tsp crush red pepper
- 1 cup chopped fresh vegetables such as tomato, baby spinach, bell pepper, zucchini or green onion
- ½ cup shredded reduced-fat cheese such as Cheddar, Monterey Jack or American
- 8 large eggs
- **Toppings (optional):** Dairy sour cream, salsa, sriracha, ketchup, salt and pepper to taste

### COOKING:

- 1 Prepare sausage\*. Remove skillet from heat; let cool 10 minutes, stirring occasionally. Evenly divide beef and vegetables into eight food-safe quart-size plastic bags. Close securely and refrigerate up to 4 days.

- 2 For each serving, spray one 6 to 12-ounce microwave-safe mug or bowl with non-stick cooking spray. Add 1 egg and 1 tablespoon water; whisk with fork. Stir in 1 bag refrigerated sausage-vegetable mixture.
- 3 Microwave, uncovered, on HIGH 30 seconds. Remove from oven; stir. Continue to microwave on HIGH 30 to 60 seconds or until egg is just set. Stir. Top with cheese. Let stand 30 seconds or until cheese is melted. Season with salt and pepper, if desired. Serve with Toppings, if desired.

*Note: Ground Beef should be cooked to an internal temperature of 160F*

#### \*Basic Country Beef Breakfast Sausage:

Combine 1 pound Ground Beef (93% or leaner), sage, garlic powder, onion powder, salt and crushed red pepper in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add sausage mixture, cook 8 to 10 minutes, breaking into ½-inch crumbles and stirring occasionally.