

# MyPlate, My Health

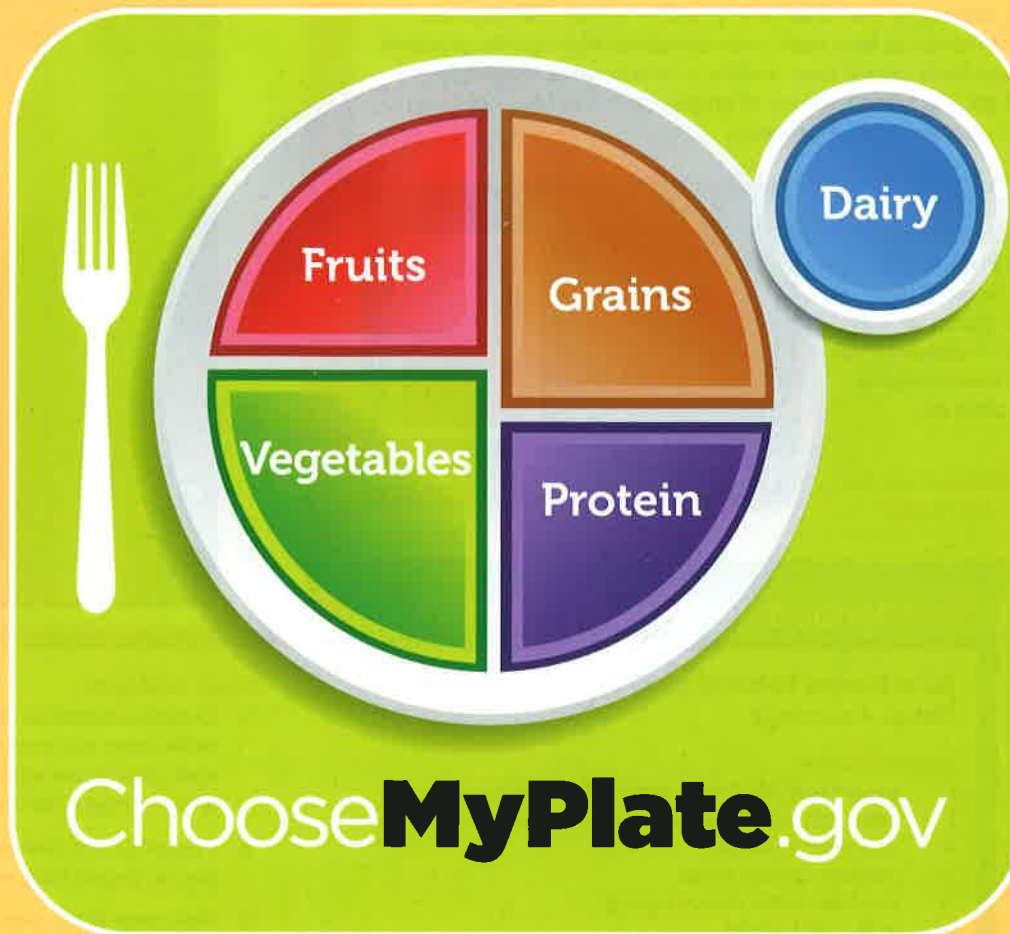
Your food and physical activity choices each day affect your health—how you feel today, tomorrow and in the future. These tips and ideas are a starting point. Choose a change that you can make today, and move toward a healthier you.

- Find your balance between food and physical activity

- Focus on fruit

- Vary your veggies

- Keep food safe to eat



- Get your calcium-rich foods

- Make at least half your grains whole grains

- Go lean with protein

## Make physical activity a regular part of your day.

Choose activities you enjoy and can do regularly, whether it's swimming, yoga, dancing or soccer. And, encourage your family and friends to move with you. Every little bit adds up and doing something is better than doing nothing.



## MyPlate, My Health

As you consider lean protein options, you can count on lean beef. Together with physical activity, lean beef can help you manage your weight, build lean muscle and improve heart health—all while being a great tasting food.

Few foods offer so many nutrients in so few calories. An important source of 10 essential nutrients, including iron, zinc, B vitamins and protein, a 3 oz. serving of lean beef only provides about 150 calories. Animal proteins—such as lean beef—are complete, high-quality proteins that contain all of the essential amino acids your body needs. Lean beef is a calorie saver, especially compared to other protein choices. In fact, to get the same amount of protein found in lean beef, you'd have to consume two to three times more calories from plant proteins.

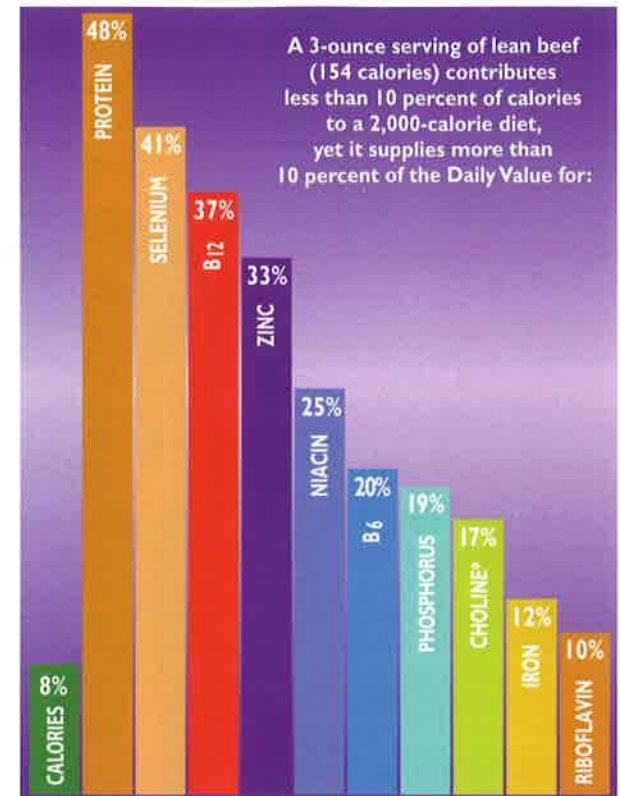
There are more than 29 cuts of beef that meet government guidelines for lean, so it's easy to “go lean with protein” and follow the 2010 Dietary Guidelines for Americans. These cuts include some of Americans' favorites like Flank steak, Tenderloin, T-Bone steak and 95 percent lean Ground Beef and all have less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per serving. Beef is also one of the top sources of heart-healthy monounsaturated fat, the kind of fat found in olive oil.

**Healthy Eating Tip:** To find lean beef choices, look for cuts that contain the words “Round” or “Loin.”



Just one 3 oz. serving of lean beef, about the size of a deck of cards, provides 25 grams of protein.

## Lean Beef: A Calorie Saver



A 3-ounce serving of lean beef (154 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:

## Sumptuous Steak Stir-Fry

**Total Recipe Time:** 20 to 30 minutes  
**Makes 4 servings**

### Ingredients:

- 1 pound beef Top Round steak, cut 1-inch thick
- 1 small yellow bell pepper, cut into thin strips
- 1 cup broccoli florets
- 2 medium carrots, sliced
- ½ cup fresh snow peas, trimmed
- 1 stalk celery, sliced
- ½ cup frozen shelled edamame, defrosted
- 2 cloves garlic, minced, divided
- ¼ cup water
- Salt
- ⅓ cup sesame-ginger stir-fry sauce
- ¼-½ teaspoon crushed red pepper
- 3 cups hot cooked brown or white rice, prepared without butter or salt

Nutrition information per serving: 233 calories; 6 g fat (2 g saturated fat; 2 g monounsaturated fat); 61 mg cholesterol; 779 mg sodium; 14 g carbohydrate; 3.0 g fiber; 32 g protein; 6.0 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 1.5 mcg vitamin B<sub>12</sub>; 3.4 mg iron; 32.0 mcg selenium; 5.2 mg zinc; 117.2 mg choline

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium, zinc and choline; and a good source of fiber and iron.

### Instructions:

1. Combine vegetables, half of garlic and water in large nonstick skillet, cover and cook over medium heat 3 to 5 minutes or until crisp-tender, adding additional water if pan becomes dry. Remove vegetables; keep warm.
2. Meanwhile, cut beef steak lengthwise in half, then crosswise into to ¼-inch thick strips. Combine with remaining half garlic.
3. Heat same skillet over medium-high heat until hot. Add half of beef mixture; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet; season with salt, as desired. Keep warm. Repeat with remaining mixture.
4. Return all beef and vegetables to skillet. Add stir-fry sauce and crushed red pepper, as desired; cook and stir 1 to 2 minutes or until heated through. Serve over rice.



© 2011, CATTLEMEN'S BEEF BOARD AND NATIONAL CATTLEMEN'S BEEF ASSOCIATION

