



## The new MyPlate icon reinforces the important role good nutrition plays in building healthy lives. What does MyPlate mean for choosing beef?

America's favorite protein, lean beef, is an essential building block for consumers to enjoy a healthful plate. Recognized by the 2010 Dietary Guidelines Advisory Committee as a nutrient-dense food, lean meats – including lean beef – make it easier to “enjoy our food, but eat less” as the 2010 Dietary Guidelines for Americans encourage.

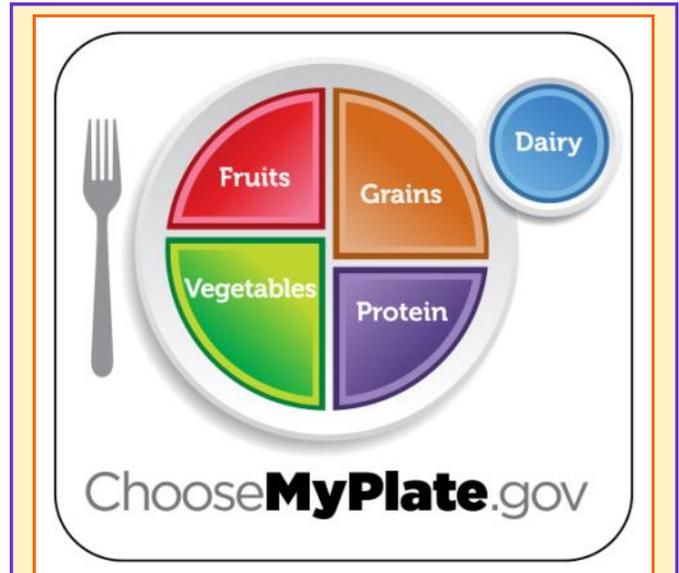
You may be surprised to hear that a 3 oz serving of lean beef (about the size of a deck of cards), has an average of about 150 calories and is a good or excellent source of 10 essential nutrients.<sup>1</sup>

Perhaps most importantly, a single serving of beef provides nearly 50 percent of the Daily Value for protein<sup>1</sup> and studies suggest that protein satisfies cravings faster and helps you feel full longer.<sup>2</sup> Lean beef is also the perfect partner for your favorite fruits, vegetables and whole grains, making it even easier to build a colorful and balanced meal.

Interestingly, Americans are not over-consuming beef. The surprising fact is that Americans, on average, eat less than 2 oz (1.7 oz) of beef every day, so most folks are well within the Dietary Guidelines protein recommendation. Specifically, the Dietary Guidelines recommend adults eat 3.7 oz of meat, poultry or eggs per day from the Protein Foods Group.<sup>3</sup>

Research shows beef's high-quality protein and essential nutrients make good diets better, improving overall nutrient intake and diet quality, and contributing to positive health outcomes like weight management.<sup>4-10</sup>

Many popular beef cuts meet government guidelines for lean, including favorites such as Sirloin, Flank steak, Tenderloin, T-Bone steak and 95 percent lean Ground Beef.<sup>11</sup> With more than 29 lean beef cuts, it's easy to build great-tasting and healthful meals that include America's favorite protein – beef – with vegetables, fruits and whole grains. Start with a 3 oz serving of lean beef and round it out with brightly colored vegetables, fruits and whole grains.



To create a balanced and delicious meal, start with a 3 oz portion of lean beef (approximately the size of a deck of cards). Add a serving of whole grains and fill the rest of your plate with colorful fruits and vegetables to create a meal that satisfies taste buds as well as nutritional needs.

1. U.S. Department of Agriculture, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/nutrientdata>
2. Layman DK, Evans E, Baum JJ, et al. Dietary protein and exercise have additive effects on body composition during weight loss in adult women. *J Nutr.* 2005;135:1903–10.
3. Zanovec M, O'Neil CE, Keast DR, Fulgoni VL, Nicklas TA. Lean beef contributes significant amounts of key nutrients to the diets of US adults: National Health and Nutrition Examination Survey 1999-2004. *Nutrition Research.* 2010; 30 (6):375-81.
4. Roussell, MA, et al. The dose response effects of lean beef on LDL-C change: Results from the BOLD (Beef in an Optimal Lean Diet) Study. *FASEB J.* April 2010 24 (Meeting Abstract Supplement) 938.
5. Scott L, Ellison K, Wittels E, et al. Effects of a lean beef diet and of a chicken and fish diet on lipoprotein profiles. *Nutr Metab Cardiovasc Dis.* 1991;1:25-30.
6. Beauchesne-Rondeau E, Gascon A, Bergeron J, et al. Plasma lipids and lipoproteins in hypercholesterolemic men fed a lipid-lowering diet containing lean beef, lean fish or poultry. *Am J Clin Nutr.* 2003;77:587-593.
7. Yamashita T, Sashara T, Pomeroy S, et al. Arterial compliance, blood pressure, plasma leptin, and plasma lipids in women are improved with weight reduction equally with a meat-based diet and a plant-based diet. *Metabolism.* 1998;47:1308-1314.
8. Melanson K, Gootman J, Myrdal, et al. Weight loss and total lipid profile changes in overweight women consuming beef or chicken as the primary protein source. *Nutrition* 2003; 19:409-414.
9. Matvienko O, Levis D, Swanson M, et al. A single daily dose of soybean phytonutrients in ground beef decreases serum total cholesterol and LDL cholesterol in young, mildly hypercholesterolemic men. *Am J Clin Nutr.* 2002; 76:57-64.
10. Snetselaar L, Stumbo, Chenard C, et al. Adolescents eating diets rich in either lean beef or lean poultry and fish reduced fat and saturated fat intake and those eating beef maintained serum ferritin status. *J Am Diet Assoc.* 2004;104:424-428.

# Building a Healthy Plate with Beef

Here are some tips to help you create healthful meals with lean beef whether you are dining at home or on the road.

## THE HEALTHY DISH ON DINING OUT

That beef entrée you've been eyeing may be among the healthiest on the menu. From a lean roast beef sandwich at a casual restaurant to a Petite Filet for a special evening out, there are a variety of lean beef choices available at your favorite restaurants. Check out these easy tips for leaning on beef when away from home to bring out the best in your meal, wherever you go.

### Going Lean at Lunch

- Lean roast beef is a great base for a healthy sandwich. Ask your deli to use whole-wheat bread and layer it with brightly colored peppers, lettuce and tomato. Throw in some hot peppers to kick up the flavor without extra fat.
- Be a kid again. Child size can be "right size." Build out a nutrient-rich meal at your favorite fast food establishment by starting with lean roast beef or a small burger and having apple slices or a salad on the side.
- Pack the protein to keep you satisfied. Skip the burger with the special sauce and order two plain small hamburgers and ditch one of the buns to satisfy your appetite without all the calories.
- Build a power plate at the salad counter. Pair lean roast beef with quinoa, tomato and mozzarella.



### Successful at Supper

- Many of your steakhouse favorites, including T-Bone, Filet Mignon, Sirloin and Flank steak are lean. Just skip the cheese and cream sauces that can add a significant amount of calories and fat. Instead, top that steak with some grilled mushrooms to get the biggest bang for your calorie buck while sneaking in extra nutrients.
- Toss lean beef into the mix. Beef up the flavor and nutrition by adding 3 oz of Tenderloin to a crisp and colorful blend of romaine lettuce and mixed veggies. Your taste buds and your appetite will be sure to thank you.
- Pair your steak with nutrient-rich sides such as steamed veggies, whole grain rice or a fruit salsa.
- Order once, enjoy twice. Eat half your steak in the restaurant. Take the rest home to savor tomorrow in a steak salad with juicy, ripe tomatoes or a beef and broccoli stir-fry.

## BUILDING A BETTER BURGER

It's easy to lighten up that burger you love. Burgers made with lean Ground Beef are not only an excellent source of protein but also contain nine other essential nutrients. Try these tips to build a better-for-you burger.

- **Start with your serving.** A 3 oz cooked portion of beef is about the size of a deck of cards or a computer mouse.
- **Best your bun.** Venture beyond the traditional white bun and bring out the best of your burger. Choose a whole grain bun to boost the flavor and nutrition.
- **Treat your taste buds to umami.** Pair umami-rich ingredients such as tomatoes or mushrooms with beef burgers to create eight times more flavor.
- **Swap out the usual suspects.** Skip the bacon, mayo and special sauce and choose better-for-you toppings like hummus, lettuce and cucumber to supersize the flavor without the calories.
- **Add flair to your plate.** Make your plate a nutrient powerhouse by pairing your burger with sweet potato wedges, fruit kabobs or a side salad of vibrant vegetables.

Visit [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com) for lean beef ideas to fit your needs and preferences, including Dijon-Wine Steak Kabobs with Mushroom Wild Rice and Farmer's Market Vegetable, Beef & Brown Rice Salad.

# Building a Healthy Plate with Beef

## Farmer's Market Vegetable, Beef & Brown Rice Salad

**Total Recipe Time:** 50 minutes

**Marinade Time:** 6 hours or overnight

1 beef Top Round steak, cut 3/4 inch thick (about 1 pound)  
1 teaspoon olive oil  
2 cups asparagus pieces (2-inch pieces)  
1 medium yellow squash, cut lengthwise in half, then crosswise into 1/4-inch thick slices  
3 cups hot cooked brown rice  
1 cup diced, seeded tomatoes  
1 cup canned garbanzo beans, rinsed, drained  
1/4 cup fresh basil, thinly sliced  
1/2 teaspoon salt

**Marinade:**

1/4 cup olive oil  
2 tablespoons fresh lemon juice  
1 tablespoon minced garlic  
1 tablespoon honey  
2 teaspoons fresh thyme, chopped  
1/4 teaspoon salt  
1/8 teaspoon black pepper



1. Combine marinade ingredients in small bowl. Place beef steak and 1/4 cup marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Reserve remaining marinade in refrigerator for dressing.
2. Remove steak from marinade; discard marinade. Place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13 minutes for medium rare (145°F) doneness, turning once. Remove; keep warm.
3. Heat oil in large nonstick skillet over medium-high heat until hot. Add asparagus and squash; cook and stir 7 to 8 minutes or until tender. Toss with rice, tomatoes, beans, basil, salt and reserved marinade in large bowl.
4. Carve steak into thin slices. Serve over rice salad.

**Makes 4 servings**

**Nutrition information per serving:** 514 calories; 15 g fat (3 g saturated fat; 8 g monounsaturated fat); 61 mg cholesterol; 593 mg sodium; 60 g carbohydrate; 7.3 g fiber; 36 g protein; 8.6 mg niacin; 1.1 mg vitamin B<sub>6</sub>; 1.5 mcg vitamin B<sub>12</sub>; 5.9 mg iron; 50.8 mcg selenium; 7.0 mg zinc.

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

**Recipe and photo as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons.**

# Building a Healthy Plate with Beef

## Dijon-Wine Steak Kabobs with Mushroom Wild Rice

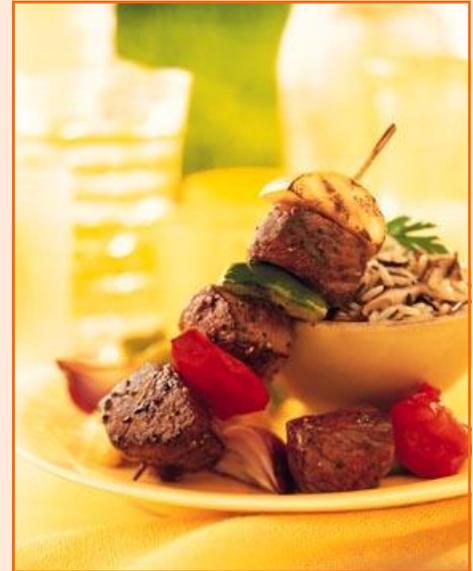
**Total Recipe Time:** 30 minutes

**Marinade Time:** 6 hours or overnight

1 pound boneless beef Round Tip steak, cut 1 inch thick  
1/2 small red onion, cut into 3/4-inch wedges  
1 small yellow summer squash, cut lengthwise in half then crosswise into 1 inch slices  
1 small red or green bell pepper, cut into 1-inch pieces  
Mushroom Wild Rice (recipe follows)

**Marinade:**

2 tablespoons water  
2 tablespoons red wine vinegar  
2 tablespoons coarse-grain Dijon-style mustard  
2 cloves garlic, minced  
2 teaspoons vegetable oil  
1/2 teaspoon coarse grind black pepper



1. Cut beef steak into 1-1/4-inch pieces. Combine marinade ingredients in small bowl. Place beef and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight
2. Soak eight 9-inch bamboo skewers in water 10 minutes; drain. Remove beef from marinade; discard marinade. Alternately thread beef
3. Serve kabobs over Mushroom Wild Rice.

**Mushroom Wild Rice:** Heat 2 teaspoons oil in large nonstick skillet over medium heat until hot. Add 2 cups thinly sliced assorted wild mushrooms (oyster, cremini and shiitake); cook and stir until tender. Remove and keep warm. Meanwhile, cook 1 package (6 oz) long grain and wild rice blend according to package directions, omitting salt and butter. When rice is done, stir in mushrooms.

**Makes 4 servings**

**Nutrition information per serving:** 350 calories; 9 g fat (2 g saturated fat; 4 g monounsaturated fat); 69 mg cholesterol; 737 mg sodium; 36 g carbohydrate; 1.7 g fiber; 31 g protein; 4.7 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 2.5 mcg vitamin B<sub>12</sub>; 4.1 mg iron; 26.8 mcg selenium; 6.3 mg zinc.

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

Recipe and photo as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons.