

nutrients

lean

protein

Beef: A Nutrient Powerhouse for School-Age Children

Lean beef is a perfect partner for fruits, vegetables and whole grains, to help you create balanced, delicious family meals!

Good nutrition is essential to fuel healthy growth and development in children of all ages. And, family meals can be a solution to help children who aren't getting enough nutrition from their calories each day.

Lean beef provides a simple and delicious way to help children meet the daily recommendations for several key nutrients in fewer calories, including many nutrients most children don't get enough of each day. A 3-oz serving of lean beef (about the size of an iPhone) contains about 150 calories yet provides more than 10 percent of the Daily Value for 10 essential nutrients kids need for healthy growth and development: protein,

iron, zinc, vitamin B₆, vitamin B₁₂, niacin, riboflavin, choline, selenium and phosphorus.¹

Plus, beef is a delicious protein choice that enhances nutritious plates, making it easier to help kids enjoy nutrient-rich meals featuring lean meat, fruits, vegetables and whole grains to meet MyPlate recommendations. And, beef is versatile enough to incorporate into many easy recipes that fit kids' taste buds!

Protein Boosts Growing Bodies

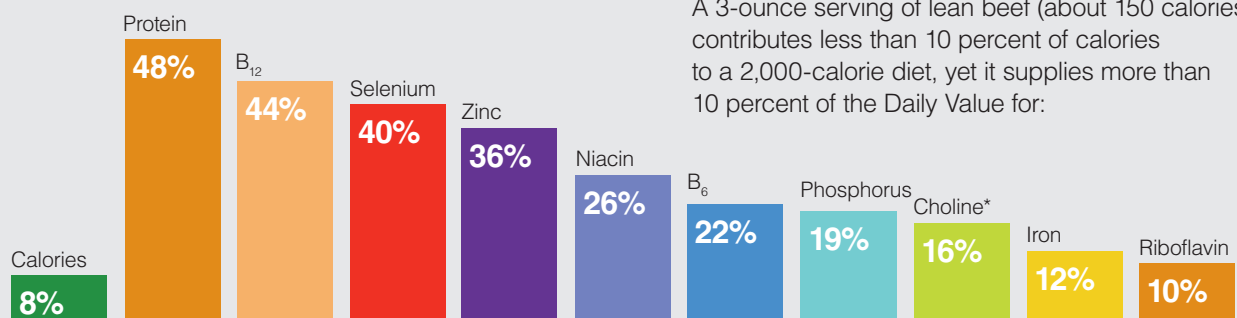
Beef is a source of high-quality protein, which is especially important for children because it supports the growth, repair and maintenance of body tissues, and supports the production of red blood cells.² Protein also helps maintain a healthy weight and improves physical performance to fuel activity in kids.

High-quality protein plays an important role in overall health, including weight control, by increasing satiety and helping to build and maintain muscle mass.³ Because protein is one of the most satiating nutrients, eating a protein-rich meal or snack can help kids feel full longer, to help reduce snacking on empty calories.⁴⁻⁵ In addition, research shows physical activity is much more effective when coupled with a protein-rich diet.⁶⁻⁷

Beef Nutrients Fuel Healthy Cognitive Development

Beef provides essential nutrients critical to healthy brain development and function. Research shows the iron, zinc and B vitamins found in beef play an essential role in developing and maintaining cognitive ability in children and across the lifecycle.⁸⁻¹¹

Choose Your Calories by the Company they Keep



A 3-ounce serving of lean beef (about 150 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:

U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 25. 2012. Available at: <http://ndb.nal.usda.gov/>. Accessed January 4, 2013.

*A 3-ounce serving of lean beef provides approximately 16% of the highest adequate intake for choline (550mg).

Otten JJ, et al. Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Institute of Medicine of the National Academies. Washington, DC: The National Academies Press, 2006.

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Recipe: Rock and Roll Beef Wrap

This nutrient-rich recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc, and a good source of choline, in only 418 calories per serving. For more nutrient-rich, family-friendly recipes, visit BeefItsWhatsForDinner.com.

Total Recipe Time: 35 to 45 minutes

Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1 cup water
- 1/3 cup uncooked quinoa
- 2 tablespoons dry ranch dressing mix
- 1/4 teaspoon black pepper
- 2 cups packaged broccoli or coleslaw mix
- 4 medium whole wheat or spinach tortillas (7-8 inch diameter)

Toppings (optional):

Apple slices, red bell pepper strips, cucumber slices, carrot slices, sliced almonds or chow mein noodles

Directions:

- Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove drippings.
- Stir in water, quinoa, ranch dressing mix and pepper; bring to a boil. Reduce heat; cover and simmer 10 to 15 minutes or until quinoa is tender. Stir in slaw; cook, uncovered, 3 to 5 minutes or until slaw is crisp-tender, stirring occasionally.



- Divide beef mixture evenly among tortillas, folding over sides of tortillas and rolling up to enclose filling. Garnish with toppings, as desired.

Cook's Tips:

- Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.
- Romaine or iceberg lettuce leaves can be substituted for tortillas.

Nutrition Information per Serving:

418 calories;
12 g fat (3 g saturated fat;
3 g monounsaturated fat);
76 mg cholesterol; 695 mg sodium;
41 g carbohydrate; 6.8 g fiber;
31 g protein; 6.4 mg niacin;
0.5 mg vitamin B₆;
2.3 mcg vitamin B₁₂; 5.6 mg iron;
19.6 mcg selenium; 6.6 mg zinc;
84.2 mg choline.

1. U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory, 2012. USDA National Nutrient Database for Standard Reference, Release 25. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>.

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