

Power for Your Plate

Recipes and Tips for a Healthy You

BEEF

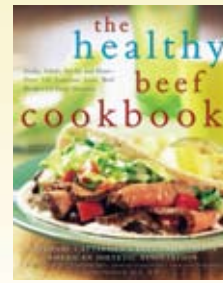
IT'S WHAT'S FOR DINNER.®

DISCOVER
THE POWER OF
PROTEIN
IN THE LAND OF
LEAN BEEF



This booklet is part of the beef industry’s ongoing commitment, which includes protein research and education efforts, to help people understand the powerful benefits of protein and other nutrients in beef. This booklet also takes a new look at the long-standing principle of nutrient density. By focusing on naturally nutrient-rich foods first, you will learn how to make your calories count by obtaining more nutrient power in fewer calories. In addition to being a naturally nutrient rich source of nine essential nutrients, beef is an excellent source of protein, which research has proven, strengthens and sustains our bodies.

This booklet explores the mounting body of evidence indicating sufficient lean muscle mass not only builds strength, but also promotes active daily lives and may ultimately improve overall health. Now, more than ever, it’s important to look at different approaches in dietary guidance to help you find realistic ways to achieve a healthful diet.



Healthy Beef Cookbook

The Healthy Beef Cookbook shows health-conscious cooks exciting new ways to use lean beef in everything from quick and easy suppers to special occasion entrées. From great grilling recipes and sensational salads to hearty sandwiches, soups, stews, and one-dish meals, you’ll discover more than 130 delicious, nutritious recipes that feature the cuts of beef that meet current government guidelines for lean labeling.

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Inside this great new cookbook...

More than 130 recipes, 47 full-color pictures, nutritional profile for each recipe, fiber, whole grains, fruits and vegetable emphasis in each recipe!

Color-coded Tips throughout the cookbook...

- Chef’s Tips
- Cook’s Tips
- Healthy Living Tips
- Beef Tips

7 Chapters

- Great Grilling with Beef
- Sensational Main Dish Beef Salads
- Hearty Beef Sandwiches
- Busy Family Favorites (30 minutes or less)
- One Dish Meals
- Beef Soups, Stews & Chili
- Easy Entertaining with Beef

97 percent of the recipes include vegetables
 40 percent include fruits
 75 percent have less than 400 calories
 66 percent are a good or excellent source of fiber

To order The Healthy Beef Cookbook, simply log onto
<http://www.beefitswhatsfordinner.com/thehealthybeefcookbook.aspx>

Injury



If you've been sidelined by an injury, or you're considering taking a break from exercise, you might wonder if you'll lose your hard-earned strength and endurance. Some loss of fitness is inevitable, but there are ways to help minimize it.

The degree to which cardiovascular fitness declines during a period of de-training depends upon what kind of shape you were in to begin with. Individuals who are extremely fit, such as highly trained athletes, experience a rapid drop in fitness during the first three weeks of detraining, after which the rate of loss tapers off. A significant level of fitness—higher than that of an untrained person—is retained for about 12 weeks. Individuals with low-to-moderate fitness levels show little change in cardiovascular fitness within the first few weeks, but their abilities rapidly decline in the weeks immediately following that period.

Website Resources

www.beefnutrition.org

www.beefitswhatsfordinner.com

www.acefitness.org



MyPyramid - The Picture of Good Health

USDA's MyPyramid is your personal guide to healthy eating and physical activity.

Following *MyPyramid* gives you the complete picture of a delicious, nutrient-rich daily eating plan that includes.*

- Brightly colored fruits and 100% fruit juices - 2 cups
- Vibrant-colored vegetables - 2 1/2 cups
- Whole, fortified and fiber-rich grain foods - 6 ounces; make half whole grain
- Fat-free and lowfat milk, cheese and yogurt - 3 cups (2 cups for ages 2-8)
- Lean meats, poultry, fish, eggs, beans and nuts - 5 1/2 ounces

To get your personal pyramid based on your calorie needs, go to MyPyramid.gov.

*Based on a 2,000-calorie diet.

Beef As Part of a Heart-Healthy Diet

Beef is 20 percent leaner than it was just 14 years ago. At least 29 cuts of beef meet government guidelines for lean, which means each cut has less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 3-ounce serving. (See chart on page 5.)

Lean beef can easily fit into a heart-healthy diet. Here are some tips for creating heart-healthy meals that include lean beef:

- As a general rule, look for words “round” or “loin,” such as sirloin and round tip, in the name of the cut.
- Choose lean ground beef. Ninety-one percent lean or leaner ground beef meets government guidelines for lean or extra lean and can have as few as 5 grams of total fat per 3-ounce serving.
- Use low-fat cooking methods, such as grilling, broiling, roasting, pan-broiling, stir-frying (using a minimal amount of oil), and braising. Less tender cuts of lean beef should be marinated in a tenderizing marinade, such as Italian dressing or salsa, before cooking.
- Trim visible fat away from beef prior to cooking.
- Cook with fresh ingredients that add flavor but do not contribute extra fat. Some examples include lemon juice, hot and sweet peppers, onion, garlic, tomatoes, and ginger.

Battling Boredom

Challenge Yourself

Many exercisers work out simply to stay in shape, and most of the time that’s just fine. But setting a goal, such as finishing a 10K race or completing a rough-water swim, will give your daily workouts more meaning. Start by incorporating bursts of speed into your workouts. After a gentle warm-up, alternate a fast pace with a slower one for recovery. This can be as simple as sprinting to the next tree, or as structured as running

New Toys

Small exercise gadgets aren’t necessary, but they can make your workouts more fun and challenging. Pedometers, heart-rate monitors, iPods, aquatic toys and safety equipment are just a few items to consider. Find out which new training gadgets are available for your favorite activity.

Take a Break

Sometimes you really do need time off. In that case, cut back on your usual routine and substitute other activities. You might even find an activity that you enjoy more than your old favorites.



Once you’ve fought your first battle with boredom, you’ll know the tricks to keep exercise from becoming too routine. Trying new sports, new classes and new activities—and learning how to throw a little variety into your old standbys—can help you overcome the nagging inclination to devise those creative excuses for not working out.

Battling Boredom

Are you finding it difficult to get out of bed in the morning for your daily exercise? Are you making up excuses to skip the gym on the way home? Even the most dedicated exercisers occasionally get bored with their routines. Waning motivation, cutting workouts short and not having your old enthusiasm all are signs of a stale exercise routine.

Quick Fix

First, evaluate your current routine to determine what really bores you. A new variation on your favorite activity—such as cardio-funk or kickboxing instead of step aerobics, or hoisting free weights instead of working on machines—may be enough to reinvigorate a stale routine. If you’ve always worked out indoors, move your workout outside for a welcome change of scenery. Run, hike or bike on trails; swim in a lake or ocean.

Bigger Changes

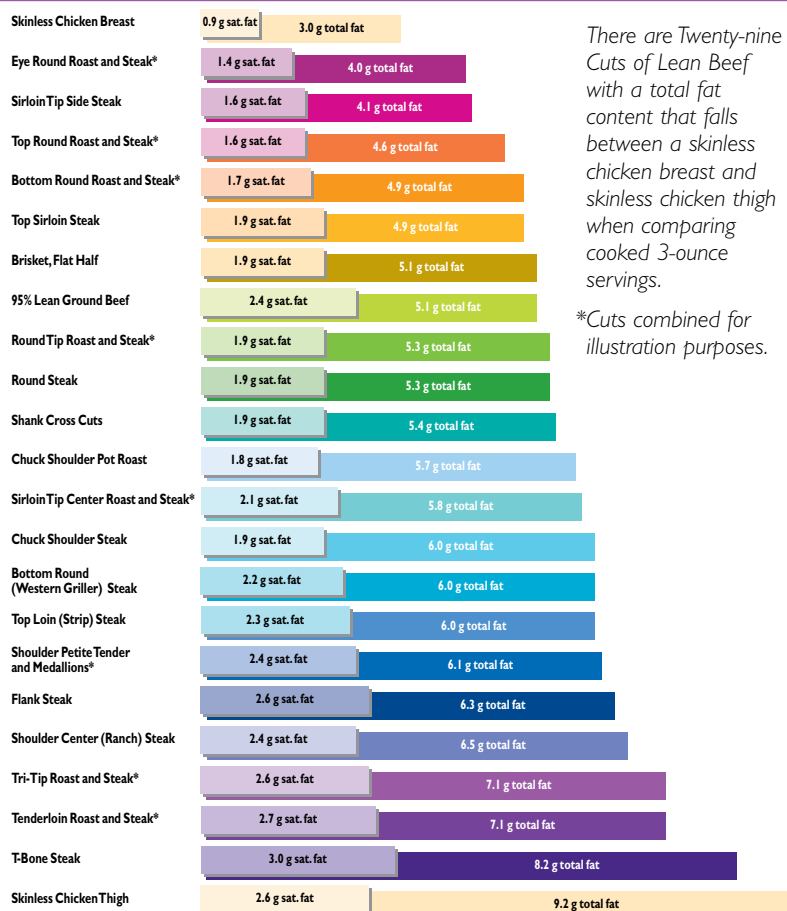
When tweaking your routine isn’t enough, make bigger changes. Take up an entirely new activity—especially something you never thought you’d do. If you’ve always stuck to solitary pursuits, sign up for a team sport, such as volleyball, basketball or even doubles tennis. Or tackle something you’ve always shied away from—indulge your thirst for adventure with a rock-climbing class (starting on an indoor wall, then moving to the real thing as your skills improve).

Good Company

Working out alone often is an oasis of solitude in a busy day, but maybe you need some company. Exercise companions add a social element to any routine. Ask a friend to be your workout partner—you’re much less likely to skip a workout if someone is waiting for you.

29 Ways to Love Lean Beef

Twenty-nine Ways to Love Lean Beef



There are Twenty-nine Cuts of Lean Beef with a total fat content that falls between a skinless chicken breast and skinless chicken thigh when comparing cooked 3-ounce servings.

*Cuts combined for illustration purposes.

Lean: less than 10g of total fat, 4.5g or less of saturated fat, and less than 95mg of cholesterol per serving and per 100 grams. Source: US Department of Agriculture, Agricultural Research Service, 2005. USDA Nutrient Database for Standard Reference, Release 18. Based on cooked servings, visible fat trimmed.

Appetizers



Beef Crostini with Balsamic Drizzle & Parmesan Crisps

Total recipe time: 45 to 50 minutes

2 boneless beef top loin (strip) steaks (about 1-1/4 pounds)
1/2 cup freshly grated Parmesan cheese
1-1/2 teaspoons all-purpose flour
12 slices thin white sandwich bread, crusts removed
1-1/2 teaspoons coarse grind black pepper
Salt
4 ounces garlic-herb cheese spread, slightly softened
Prepared balsamic syrup
24 small arugula leaves

1. Heat oven to 350°F. Combine Parmesan cheese and flour in small bowl; toss to mix well. Spray baking sheet with nonstick cooking spray. Sprinkle Parmesan mixture evenly into 8-inch circle on baking sheet. Bake in center of 350°F oven 6-8 minutes or until melted and light brown. Cool 2 minutes on baking sheet, then remove to wire rack to cool completely. Break into 24 irregular-shaped pieces. Set aside.
2. Cut each bread slice diagonally in half. Place in single layer on baking sheet. Bake in 350°F oven about 6 minutes or until lightly toasted but not brown. Set aside.
3. Press pepper evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook top loin steaks 12-15 minutes (tenderloin steaks 10-13 minutes) for medium rare to medium doneness, turning occasionally. Carve steaks into thin slices; season with salt.
4. Meanwhile, spread 1 teaspoon cheese onto each bread piece; top with 2-3 steak slices. Drizzle balsamic syrup over beef; top with Parmesan crisp and arugula leaf.

Makes 24 appetizers

Nutrition information per serving, using top loin steaks: 74 calories; 3 g fat (2 g saturated fat; 1 g monounsaturated fat); 17 mg cholesterol; 101 mg sodium; 4 g carbohydrate; 0.2 g fiber; 7 g protein; 1.7 mg niacin; 0.1 mg vitamin B6; 0.3 mcg vitamin B12; 0.6 mg iron; 7.3 mcg selenium; 1.1 mg zinc.

Strength Training

The Machine Advantage

- Machines are generally safer and easier to use, an advantage for beginners learning a specific movement.
- Some machines are more efficient than free weights at isolating a specific muscle or muscle group. This is important when you're strengthening a specific body part or rehabilitating an injury.
- Machines ensure correct movements for a lift, which helps prevent cheating when muscle fatigue sets in.
- Machine workouts can take less time because you can move easily from machine to machine. Changing the resistance is easy; you just insert a pin or enter a code.

The Machine Disadvantage

- Most machines involve moving a weight along a predetermined path, making it difficult to strengthen the stabilizer muscles.
- Machines are much more limited, with most devices allowing only one exercise.
- Most machines are geared to the average-sized person, so if you're shorter or taller than average, you may find it difficult to use some machines. However, some companies have developed equipment that is scaled down to suit many smaller men and women.
- Generally speaking, if you are beginning a strength-training program for the first time, or have been away from your program for months or even years, then it's a good idea to use the resistance-training machines for the first 10 to 12 weeks of your program.
- Doing so will give your body the time it requires to adjust without putting undue stress on your muscles and joints. Using machines may also be easier and less discouraging if you're a novice, because free weights require some coordination to use.
- Experienced exercisers may want to use free weights because of the additional training benefits they offer. That said, the combination of free weights and machines can add variety to your workout.

Strength Training

Free Weights vs. Strength-training Equipment

Have you wondered which method of strength training is better, free weights or strength-training equipment? The truth is, each has its advantages and disadvantages. The choice depends on your level of experience, your exercise goals and, to some extent, your personal preference. An understanding of these factors will help you decide if free weights or machines—or a combination of both—will help you reach your goals.

The Free-weight Advantage

- Free weights incorporate the stabilizing muscles that enable you to perform the movements you choose to make and may be more effective in producing overall muscular strength and power gains.
- Free-weight exercises tend to more closely match the movement patterns you're likely to need for specific sports.
- Free weights are more versatile; you can do a wide variety of exercises with a simple set of dumbbells. When doing a bicep curl you can, for example, hold the weights with palms facing forward, facing your body, or facing the wall behind you. In doing so, you can do three different exercises that will work your muscles in different ways.
- Free weights tend to be inexpensive, are portable and take up little space.

The Free-weight Disadvantage

- You must learn to balance the weight while exerting force. This can be difficult—and potentially dangerous—if you are lifting weights overhead.
- The isolation of specific muscles can be difficult. To target the muscle you want, you must use very precise technique.
- Free weights can be swung for momentum, which increases risk for injury. When free weights are lifted slowly and steadily, muscles are worked more effectively and safely.
- Training alone can lead to injury if you don't use proper technique.



Ginger-Maple Steak with Napa Cabbage & Grilled Onions

Marinade time: 15 minutes to 2 hours
Total recipe time: 40 to 45 minutes

- 2 boneless beef top loin (strip) steaks, cut 1 inch thick (about 10 oz. each)
- 1/4 teaspoon pepper
- 1 large red onion, cut into 1/2-inch thick slices
- 4 cups thinly sliced Napa cabbage

Ginger-Maple Marinade & Dressing:

- 1/2 cup reduced sodium soy sauce
- 1/3 cup pure maple syrup
- 1/4 cup lemon juice
- 2 tablespoons minced fresh ginger
- 1 tablespoon sesame oil
- 1-1/2 teaspoons minced fresh garlic
- 1-1/2 teaspoons chile-garlic paste

1. Whisk marinade ingredients in medium bowl. Place beef steaks and 1/2 cup marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours. Cover and refrigerate remaining marinade for dressing.
2. Remove steaks from marinade; discard marinade. Sprinkle steaks with pepper. Place steaks in center of grid over medium, ash-covered coals; arrange onion around steaks. Grill steaks, uncovered, 15-18 minutes for medium rare to medium doneness, turning occasionally. Grill onions 15-20 minutes or until tender, turning occasionally.
3. Carve steaks into slices. Cut onion slices into quarters. Toss cabbage, onion and 2 tablespoons reserved dressing in large bowl. Arrange beef on cabbage mixture. Drizzle with some of remaining dressing. Pass remaining dressing.

Makes 8 servings

Nutrition information per serving: 166 calories; 5 g fat (2 g saturated fat; 2 g monounsaturated fat); 35 mg cholesterol; 501 mg sodium; 11 g carbohydrate; 0.8 g fiber; 17 g protein; 4.5 mg niacin; 0.4 mg vitamin B6; 0.9 mcg vitamin B12; 1.2 mg iron; 18.2 mcg selenium; 3.3 mg zinc.

Salads



Gazpacho Steak Salad

Prep time: 30 minutes
Total recipe time: 6-1/2
hours or overnight

- 1 pound beef shoulder steak
- 1 can (5-1/2 oz.) spicy 100% vegetable juice
- 8 cups mixed greens or 1 package (10 oz.) romaine and leaf lettuce mixture
- 1 cup baby pear tomatoes, halved
- 1 cup cucumber, cut in half lengthwise, then into thin slices
- 1 cup chopped green bell pepper
- Salt and pepper
- Crunchy Tortilla Strips

Gazpacho Dressing:

- 1 can (5-1/2 oz.) spicy 100% vegetable juice
- 1/4 cup finely chopped green bell pepper
- 1 tablespoon chopped cilantro
- 1 clove garlic, minced
- 1/2 cup chopped tomato
- 1 tablespoon red wine vinegar
- 2 teaspoons olive oil

- Place beef steak and 1 can vegetable juice in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight.
- Combine dressing ingredients; refrigerate. Combine lettuce, teardrop tomatoes, cucumber and 1 cup green bell pepper; refrigerate.
- Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill shoulder steaks, uncovered, 16-20 minutes for medium rare to medium doneness (top round steak 16-18 minutes for medium rare doneness; do not overcook), turning occasionally. Carve steak across the grain into thin slices. Season with salt and pepper, as desired.
- Meanwhile prepare Crunchy Tortilla Strips. Add steak to salad mixture. Drizzle with dressing and top with tortilla strips.

Makes 4 servings

Nutrition information per serving, using beef shoulder steak: 255 calories; 9 g fat (2 g saturated fat; 5 g monounsaturated fat); 80 mg cholesterol; 218 mg sodium; 16 g carbohydrate; 4.4 g fiber; 28 g protein; 4.6 mg niacin; 0.5 mcg vitamin B6; 2.5 mcg vitamin B12; 4.7 mg iron; 26.7 mcg selenium; 7.2 mg zinc.

Interval Basics

Lack of time is the number one reason people give for not exercising. A second excuse for not exercising is often the lack of results seen from an inefficient workout routine. Interval training is a great solution for both of these common problems.

Interval training involves alternating short bursts of intense activity with what is called active recovery, which is typically a less-intense form of the original activity.

Interval training allows you to enjoy the benefits of anaerobic activities without having to endure those burning muscles. In its most basic form, interval or Fartlek training might involve walking for two minutes, running for two, and alternating this pattern throughout the duration of a workout. The intensity (or lack thereof) of each interval is up to how you feel and what you are trying to achieve. The same is true for the length of each interval. For example, if it is your habit to walk two miles per day in 30 minutes, you can easily increase the intensity of your walk (as well as up its calorie burning potential) by picking up the pace every few minutes and then returning to your usual speed.

A great trick is to tell yourself that you'll run a particular distance, from the blue car to the green house on the corner, for exam walk from the green house to the next telephone pole.

Four Training Variables

- Intensity (speed) of the work interval
- Duration (distance or time) of the work interval
- Duration of the rest or recovery interval
- Number of repetitions in each interval



The Nuts & Bolts of Cross-training

Tired of the same old workout? Looking for a level of fitness that your current exercise routine can't offer? Are you experiencing nagging injuries that just don't seem to heal? If you answered yes to any of these questions, you are a likely candidate for cross-training.

Cross-training is simply a way of adding variety to your exercise program. You can vary your aerobic routine and incorporate some muscular strength and flexibility training as well.

What's the point?

The benefits of cross-training are numerous. It reduces the risk of injury because the same muscles, bones and joints are not continuously subjected to the stresses of the same activity. Cross-training also adds variety to your workouts, making your routine more interesting and easier to stick with. For the athlete, it provides a break from the rigors and stresses of single-sport training.

Whether you are new to exercise or a competitive athlete, the essentials of cross-training are the same. You can choose to vary your routine from workout to workout, or simply add a new component to your existing exercise program. One of the easiest ways to start cross-training is to alternate between activities—walking one day and swimming or bicycling the next. Or, you can alternate these activities within a single workout, spending five minutes on a treadmill, five minutes on a stationary cycle, and so on for a total of 30 minutes. More experienced exercisers might begin an hour-long workout with a 15-minute jog to a nearby pool. After a 20-minute swim and perhaps a few minutes of calisthenics, they can finish off their workout with a 15-minute jog back home and several minutes of flexibility exercises.



Tapas-Style Pepper- Steak “Parfaits”

Prep time: 30 minutes
Cook time: 15 minutes
Marinade time: 15 minutes to 2 hours
Total recipe time: 40 to 45 minutes

- 2 beef shoulder center steaks (ranch), cut 3/4 inch thick (about 8 ounces each)
- 2 medium red bell peppers, cut in half lengthwise
- 6 slices (1/4 inch thick) baguette bread, cut diagonally about 5 inches long
- 1 clove garlic
- Salt and ground black pepper
- 2 cups loosely packed baby spinach leaves
- 1/4 cup chopped Spanish olives
- 2 tablespoons finely chopped fresh cilantro
- 2 tablespoon shaved Manchego cheese
- Cilantro sprigs (optional)

Marinade & Dressing:

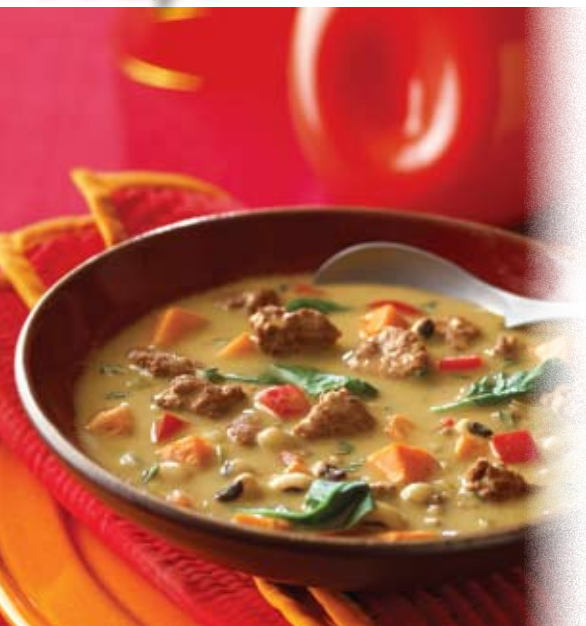
- 2 cloves garlic, minced
- 2 teaspoons finely chopped cilantro
- 1/2 teaspoon smoked paprika
- 1/8 teaspoon ground black pepper
- 1/2 cup reduced fat prepared olive oil vinaigrette

1. Combine marinade and dressing ingredients in small bowl. Place beef steaks and 1/4 cup marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours, turning occasionally. Cover and refrigerate remaining marinade for dressing.
2. Remove steaks from marinade; discard marinade. Place steaks and bell peppers on grid over medium, ash-covered coals. Grill steaks, uncovered, 9-11 minutes for medium rare to medium doneness, turning occasionally. Grill peppers, covered, 7-10 minutes or until tender, turning occasionally. A few minutes before steaks are done, place bread slices on grid. Grill until lightly toasted, turning once. Cut 1 end off garlic clove; rub cut end evenly over both sides of toasted bread.
3. Carve steak into thin slices; season with salt and black pepper, as desired. Dice bell peppers. Place 1 bread slice upright in each of 6 (1-cup) martini glasses or straight-sided glasses. Layer with equal amounts of spinach, peppers, steak, olives, chopped cilantro and reserved dressing. Top with cheese shavings. Garnish with cilantro sprigs, if desired.

Makes 6 servings

Nutrition information per serving: 184 calories; 8 g fat (2 g saturated fat; 2 g monounsaturated fat); 46 mg cholesterol; 413 mg sodium; 10 g carbohydrate; 1.5 g fiber; 17 g protein; 3.4 mg niacin; 0.5 mg vitamin B6; 2.8 mcg vitamin B12; 2.5 mg iron; 23.8 mcg selenium; 4.2 mg zinc.

Soups



Calypso Beef Soup

Total recipe time: 45 to 50 minutes

- 1-1/2 pounds ground beef
- 1 cup diced peeled sweet potato
- 1/2 cup chopped onion
- 1/2 cup chopped red bell pepper
- 1 teaspoon curry powder
- 2 tablespoons all-purpose flour
- 2 cups water or ready-to-serve beef broth
- 1 can (15-1/2 oz.) black-eyed peas, rinsed, drained
- 1 can (13-1/2 oz.) light unsweetened coconut milk
- 2 cups packed fresh baby spinach leaves
- 3 tablespoons chopped fresh thyme
- Salt and ground black pepper

1. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8-10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon. Pour off drippings in pan; add sweet potato, onion, bell pepper and curry powder. Cook 4-5 minutes or until onion and pepper are crisp-tender, stirring occasionally. Stir in flour; cook and stir 1 minute.
2. Stir in water, black-eyed peas and coconut milk; bring to a boil. Reduce heat; cover and simmer 5-8 minutes or until sweet potato is tender. Stir in spinach and thyme. Cook 1 minute or until spinach wilts. Season with salt and black pepper, as desired.

Makes 6 servings

Nutrition information per serving, using 95% lean ground beef: 308 calories; 11 g fat (6 g saturated fat; 3 g monounsaturated fat); 76 mg cholesterol; 327 mg sodium; 22 g carbohydrate; 4.1 g fiber; 30 g protein; 7.0 mg niacin; 0.5 mg vitamin B6; 2.3 mcg vitamin B12; 4.7 mg iron; 21.2 mcg selenium; 6.7 mg zinc.

Activity/Calorie Chart

The numbers on this chart correspond to how many calories individuals of various weights burn per minute during different activities. Simply multiply this number by how many minutes you perform a given activity. For example, a 160-pound man jogging will burn about 12.4 calories per minute, or 372 calories during a 30-minute jog.

Activity Calories/min.	120 lb.	140 lb.	160 lb.	180 lb.
Basketball	7.5	8.8	10.0	11.3
Bowling	1.2	1.4	1.6	1.9
Cycling (10 MPH)	5.5	6.4	7.3	8.2
Dancing (aerobic)	7.4	8.6	9.8	11.1
Dancing (social)	2.9	3.3	3.7	4.2
Gardening	5.0	5.9	6.7	7.5
Golf (pull/carry clubs)	4.6	5.4	6.2	7.0
Golf (power cart)	2.1	2.5	2.8	3.2
Hiking	4.5	5.2	6.0	6.7
Jogging	9.3	10.8	12.4	13.9
Running	11.4	13.2	15.1	17.0
Sitting, quietly	1.2	1.3	1.5	1.7
Skating (ice and roller)	5.9	6.9	7.9	8.8
Skiing (cross country)	7.5	8.8	10.0	11.3
Skiing (water and downhill)	5.7	6.6	7.6	8.5
Swimming (crawl, moderate pace)	7.8	9.0	10.3	11.6
Tennis	6.0	6.9	7.9	8.9
Walking	6.5	7.6	8.7	9.7
Weight Training	6.6	7.6	8.7	9.8

Physical Activity

Physical activity is important at all life stages, and the benefits last a lifetime! Adults who are physically active maintain, and may even improve, their health, have a better sense of emotional well being and have more control over their weight.

By accelerating heart and respiratory rates, aerobic exercise helps develop your heart and lungs. Every U.S. adult should accumulate 30 minutes or more of moderate intensity physical activity on most, preferably all, days of the week. If you can't find 30 minutes in your busy schedule, simply break it down into three 'ten minute workouts' over the course of the day.

Strength training is another essential component of a fitness program. You can get your workout at a gym or at home. Aim for two thirty minute sessions per week. With the exception of a genetically blessed few, most of us have to work at building strength through formal or informal strength training workouts. Again, well-trained athletes have the edge, because the positive effects of training remain evident for weeks, sometimes even months, after training is stopped. Lesser-trained individuals can expect to see their muscle strength and conditioning levels decline at a slightly faster rate, though not at the levels seen in sedentary individuals.



French Country Beef Stew

Total recipe time: 2-1/4 to 2-3/4 hours

2-1/2 pounds beef for stew, cut into 1-inch pieces
2 cups water
1 package (.9 to 1.68 ounces) dry vegetable soup mix
1 pound asparagus, cut into 2-inch pieces
8 ounces mushrooms, cut in half
2 tablespoons cornstarch dissolved in 1/4 cup water
Salt and pepper

1. Combine beef, water and soup mix in stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2-1/4 hours or until beef is fork-tender.
2. Add asparagus and mushrooms to stockpot; bring to a boil. Reduce heat to medium and cook, uncovered, 4-5 minutes or until asparagus is crisp-tender, stirring occasionally. Stir in cornstarch mixture; bring to a boil. Cook 1 minute, stirring occasionally. Season with salt and pepper, as desired.

Makes 6 to 8 servings

Nutrition information per serving: 242 calories; 9 g fat (3 g saturated fat; 3 g monounsaturated fat); 76 mg cholesterol; 177 mg sodium; 11 g carbohydrate; 2.1 g fiber; 30 g protein; 5.7 mg niacin; 0.4 mg vitamin B6; 2.4 mcg vitamin B12; 4.5 mg iron; 23.9 mcg selenium; 6.6 mg zinc.



Hoisin BBQ Steak-on-a- Stick with Pineapple Salsa

Total recipe time: 25 to 30 minutes

1-1/4 pounds boneless beef top sirloin steak, cut 1 inch thick
1/3 cup ketchup
2 tablespoons hoisin sauce
1/2 teaspoon black pepper
Salt (optional)

Pineapple Salsa:

1 cup diced fresh pineapple
1/2 cup diced red bell pepper
1/2 cup diced hothouse cucumber
2 teaspoons rice vinegar (optional)

1. Combine Pineapple Salsa ingredients in small bowl. Set aside.
2. Combine ketchup and hoisin sauce in another small bowl; set aside. Cut beef steak into 1-inch pieces. Thread beef pieces evenly onto four 10 to 12-inch metal skewers. Season kabobs evenly with pepper.
3. Place kabobs on rack in broiler pan so surface of beef is 3-4 inches from heat. Brush beef generously with some of reserved sauce mixture. Broil 7-9 minutes for medium rare to medium doneness, turning once and brushing with remaining sauce mixture. Season beef with salt, if desired. Serve kabobs topped with Pineapple Salsa.

Makes 4 servings

Nutrition information per serving: 258 calories; 7 g fat (2 g saturated fat; 3 g monounsaturated fat); 62 mg cholesterol; 421 mg sodium; 15 g carbohydrate; 1.3 g fiber; 34 g protein; 10.1 mg niacin; 0.8 mg vitamin B6; 1.8 mcg vitamin B12; 2.5 mg iron; 38.4 mcg selenium; 6.3 mg zinc.

Power of Protein

Emerging research continues to suggest high-quality protein plays an increasingly important role in weight management, muscle development and maintenance and disease prevention, including sarcopenia and diabetes. Given these benefits, many researchers are rethinking current dietary protein recommendations. Dietary protein recommendations have traditionally been based on preventing deficiency (i.e., the Recommended Daily Allowance), as opposed to promoting optimal health, muscle development and maintenance and disease prevention. The RDA is defined as the amount of a particular nutrient that would satisfy the needs of almost all (98%) of the specified population. However, the RDA is not the requirement of an individual or even a mean for individuals, but rather the amount of the nutrient that is almost certain to be adequate for all individuals in a specified population. “Current Protein Intake in America: Analysis of the National Health and Nutrition Examination Survey, 2003-2004” used national health and nutrition data to study Americans’ current intake of protein. Despite popular perceptions, the government consumption data analyzed indicated most Americans are not over-consuming protein.

Future dietary guidance should go beyond simply meeting needs to prevent protein deficiency and should focus on realizing a level of protein intake to promote optimal health.

The RDA of protein, 0.8 g/kg/day, should be considered the minimal amount of protein intake needed to prevent deficiency and is most likely inadequate even as a minimal value for active adults or elderly individuals. Although the optimal level of protein intake is still uncertain, researchers concluded it is greater than the RDA, and in fact, intake can increase to double the current RDA without risk of adverse responses. When scientifically determining the optimal level of protein, parameters related to muscle mass, strength and metabolic function should be considered.



Power of Protein

Your body needs essential amino acids from high-quality protein to help your body grow, maintain muscle and function properly. When it comes to choosing proteins, it's important to realize that proteins are not created equal. Animal protein in particular, such as lean beef, is a complete high-quality protein that contains all the essential amino acids your body needs to build and maintain muscle mass. With 29 lean beef cuts to choose from, including traditional favorites like tenderloin, flank steak, 95 percent lean ground beef and T-bone steak, people can easily “go lean with protein” and enjoy the benefits of a high-quality, nutrient-rich protein - as the USDA recommends within the 2005 Dietary Guidelines for Americans and MyPyramid.



Grilled Peppery Top Round Steak with Parmesan Asparagus

*Marinate time: 6 hours or overnight
Total recipe time: 30 to 40 minutes*

- 1 beef top round steak, cut 3/4 inch thick (about 1 pound)
- 1 pound asparagus, trimmed
- 1 teaspoon olive oil
- 3 tablespoons shredded Parmesan cheese
- Salt

Marinade:

- 1/4 cup red wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon fresh thyme
- 2 large cloves garlic, minced
- 2 teaspoons steak seasoning blend
- 1 teaspoon crushed red pepper

1. Combine marinade ingredients in medium bowl. Place beef steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Remove steak from marinade; discard marinade. Toss asparagus with oil. Place steak in center of grid over medium, ash-covered coals; arrange asparagus around steak. Grill steak, uncovered, 8 to 9 minutes (over medium heat on preheated gas grill, covered, 10 to 11 minutes) for medium rare (145°F) doneness, turning occasionally. Grill asparagus 6 to 10 minutes (over medium heat on preheated gas grill, covered, 8 to 12 minutes) or until crisp-tender, turning occasionally.
3. Immediately sprinkle cheese over asparagus. Carve steak into thin slices. Season with salt, as desired. Serve with asparagus.

Makes 4 servings

Nutrition information per serving: 238 calories; 10 g fat(3 g saturated fat; 6 g monounsaturated fat); 64 mg cholesterol; 272 mg sodium; 5 g carbohydrate; 2.5 g fiber; 31 g protein; 6.0 mg niacin; 0.5 mg vitamin B6; 1.5 mcg vitamin B12; 4.9 mg iron; 34.6 mcg selenium; 5.5 mg zinc.

Sandwiches & Wraps



Lean Mean Cheeseburger

Total recipe time: 20 minutes

- 1 pound ground beef (95% lean)
- 2 tablespoons quick-cooking oats
- 1/2 teaspoon steak seasoning blend
- 4 seeded or whole wheat hamburger buns,
- 4 slices lowfat cheese, such as Cheddar or American

Toppings:

Lettuce leaves, tomato slices (optional)

1. Place oats in foodsafe plastic bag. Seal bag securely, squeezing out excess air. Roll over bag with rolling pin to crush oats to a fine consistency.
2. Combine ground beef, oats, and steak seasoning blend in large bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch patties.
3. Place patties on grid over medium, ash-covered coals. Grill, covered, 11-13 minutes (over medium heat on preheated gas grill, covered, 7-8 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.
4. Line bottom of each bun with lettuce and tomato, if desired; top with burger and cheese slice. Close sandwiches.

Makes 4 servings

Nutrition information per serving: 318 calories; 10 g fat (4 g saturated fat; 3 g monounsaturated fat); 71 mg cholesterol; 519 mg sodium; 24 g carbohydrate; 3.5 g fiber; 33 g protein; 6.7 mg niacin; 0.5 mg vitamin B6; 2.2 mcg vitamin B12; 3.7 mg iron; 44.7 mcg selenium; 6.9 mg zinc.

Protein-Rich Diet Boosts Benefit of Exercise

A study in the August 2005 Journal of Nutrition found that a diet rich in high-quality protein, coupled with a moderate exercise program, helped people improve body composition by losing significantly more fat and maintaining more muscle mass.

TIPS TO GO LEAN WITH PROTEIN

Building Block Breakfasts

■ Make that coffee a latte. The lowfat milk will give you a high-quality protein boost.



■ Power up your pita. Fill a whole grain pita with scrambled eggs for a portable breakfast.

Maximized Mid-Day Munchies

■ Pack a snack. Carry beef jerky for a handy, lowfat protein-powered treat.

■ Mix 'n' match. Add some lowfat cheese to apple slices for a savory snack.



Lean Lunches

■ Add some flavor. Grilled sirloin or tuna steak adds a sizzle to any salad.

■ Take it with you. Hard-boiled eggs are easy ways to add protein to any meal.

■ It's in the middle. An open-face lean deli meat sandwich is a delicious lunch full of lean protein.



Satisfying Suppers

■ Keep it warm. Chili con carne with 95% lean ground beef or ground skinless poultry is a satisfying way to get lean and stay warm.

■ Mix things up. Sliced flank steak or boneless pork loin will give a protein boost to any stir-fry.

■ Make it a power meal. Pair lean beef tenderloin with colorful veggies for a great-tasting nutrient burst.



What is High-Quality Protein?

High-quality proteins, like lean beef, lowfat dairy products and eggs, provide the right amounts of all the amino acids, or "building blocks," your body needs in order to grow and function properly.

Pack a Protein Punch

There are so many ways you can incorporate essential amino acids and lean protein in your diet. Some easy and delicious ways to get the protein you need to maintain muscle mass and achieve better overall health include:

- Add lean ground beef to scrambled eggs, along with sliced fresh peppers and onions, to create a delicious omelet.
- Enjoy a lean protein lunch by adding sliced grilled beef sirloin, skinless chicken breast or a hard boiled egg to your salad.
- For a satisfying afternoon snack, make a fruit smoothie with your favorite flavor of lowfat yogurt and fresh or frozen fruit.
- Looking for a kid-friendly snack? Serve meatballs on a stick with a side of marinara for dipping. These meatball pops are sure to please even the pickiest of eaters!
- Here is a healthier alternative to hitting the convenience store for soda and chips during your next road trip: pack a bag with string cheese, trail mix, and flavored milk for a protein-fueled pick-me-up.
- Want to spice up your mac 'n' cheese? Add 95 percent lean ground beef to macaroni and cheese to power up the protein during dinner.
- Keep a stock of lean protein snacks in your office desk drawer. Nuts, jerky, tuna packed in water, peanut butter and whole grain crackers help to calm the afternoon munchies.



Mediterranean Beef Pitas

Total recipe time: 20 to 25 minutes

- 1 pound beef round tip steaks, cut 1/8 to 1/4 inch thick
- 1 tablespoon lemon pepper
- 4 pita breads, cut crosswise in half
- 3/4 cup plain or seasoned hummus

Toppings:

Sliced cucumber, tomatoes, red onions

1. Stack beef steaks; cut lengthwise in half, then crosswise into 1-inch wide strips. Combine beef and lemon pepper in medium bowl.
2. Heat large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef. Season with salt, as desired.
3. Fill pita pockets with equal amounts of steak, hummus and toppings, as desired.

Makes 4 servings

Nutrition information per serving: 368 calories; 10 g fat (2 g saturated fat; 4 g monounsaturated fat); 54 mg cholesterol; 649 mg sodium; 42 g carbohydrate; 4.8 g fiber; 27 g protein; 6.2 mg niacin; 0.4 mg vitamin B6; 0.9 mcg vitamin B12; 4.4 mg iron; 36.9 mcg selenium; 4.5 mg zinc.

One Dish Meals



Beefy Shepherd's Pie

Total recipe time: 50 to 1 hour

- 1 pound ground beef (90% to 95% lean)
- 1 medium onion, chopped
- 1 jar (12 oz) mushroom or beef gravy
- 1-1/2 cups frozen peas
- 1/4 teaspoon pepper
- 2-1/2 to 3 cups prepared mashed potatoes, warmed
- 2 tablespoons shredded Parmesan cheese (optional)

1. Heat oven to 450°F. Brown ground beef with onion in large nonstick skillet over medium heat 8-10 minutes or until beef is not pink, breaking beef up into 3/4-inch crumbles. Pour off drippings. Stir in gravy and peas; season with pepper.
2. Spoon beef mixture into 2-quart baking dish. Top with potatoes, spreading evenly; sprinkle with cheese, if desired. Bake in 450°F oven 25-30 minutes or until bubbly and cheese begins to brown.

Makes 4 servings

Nutrition information per serving: 389 calories; 10 g fat (4 g saturated fat; 4 g monounsaturated fat); 85 mg cholesterol; 1054 mg sodium; 40 g carbohydrate; 2.7 g fiber; 35 g protein; 8.9 mg niacin; 0.8 mg vitamin B6; 2.4 mcg vitamin B12; 4.4 mg iron; 20.4 mcg selenium; 7.1 mg zinc.

MEAL

Traditional Beef Kabob

- Top sirloin
- Onion
- Cherry tomatoes
- White rice
- Iced tea

Nutrition information per serving: 430 calories; 9 g fat (4 g saturated fat; 4 g monounsaturated fat); 67 mg cholesterol; 53 mg sodium; 59 g carbohydrate; 2.3 g fiber; 28 g protein; 34 mg calcium; 80.6 mcg folate; 39 mg magnesium; 11.8 mg niacin; 280.6 mg phosphorus; 551 mg potassium; 34 mcg selenium; .26 mg thiamin; 425.9 IU vitamin A; .67 mg vitamin B6; 1.62 mcg vitamin B12; 10 mg vitamin C; 0IU vitamin D; 4.98 mg zinc; 3.27 mg iron; .15 mg riboflavin; .01IU vitamin E; 5.52 mcg vitamin K.

MEAL MAKEOVER

Zesty Kabob with Fruit Salsa

- Top sirloin
- Red Peppers
- Red onion
- Pineapple
- Cherry



- Brown rice
- Fat-free milk

Fruit Salsa

- Mango
- Strawberries
- Cilantro
- Green onions
- Lime juice



Nutritional information per serving: 343 calories; 10g fat (4g saturated fat; 4g monounsaturated fat); 63mg cholesterol; 197mg sodium; 77g carbohydrate; 8.7g fiber; 39g protein; 337mg calcium; 28.1mcg folate; 107mg magnesium; 13.9mg niacin; 346.0mg phosphorus; 1089mg potassium; 15.0mcg selenium; 9.36mg thiamin; 431.9IU vitamin A; 1.22mg vitamin B6; 1.47mg vitamin B12; 234mg vitamin C; 100IU vitamin D; 5.47mg zinc; 3.17mg iron; 0.3mg riboflavin; 5IU vitamin E; 15.58mcg vitamin K.

GAIN: 9 nutrients and recipe becomes an excellent source of potassium, thiamin and vitamin C.

This recipe is an excellent source of calcium, copper, fiber, folate, magnesium, niacin, phosphorus, potassium, protein, selenium, thiamin, vitamins A, B6, B12, C, D and zinc; and a good source of iron, riboflavin and vitamins E and K.

Make Over Your Meals with More Fruits and Veggies

Try these ideas to transform traditional meals into tasty, nutrient-rich meals packed with fruits and vegetables.

MEAL

Traditional Taco

- 85% lean ground beef
- Cheddar cheese
- Iceberg lettuce
- Flour tortillas

Nachos

- Chips
- Cheddar Cheese

Soda

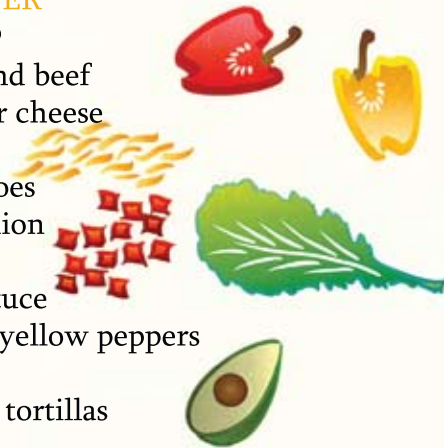
Nutritional information per serving: 1030 calories; 53 g fat (24 g saturated fat; 14 g monounsaturated fat); 166 mg cholesterol; 1059 mg sodium; 87 g carbohydrate; 1.7 g fiber; 53 g protein; 46 mg magnesium; 0.07 mg thiamin; 694 mg calcium; 27.8 mcg folate; 3.85 mg iron; 11.7 mg niacin; 696 mg phosphorus; 449 mg potassium; 0.48 mg riboflavin; 30 mcg selenium; 921 IU vitamin A; 0.43 mg vitamin B₆; 3.08 mcg vitamin B₁₂; 0.39 mg vitamin C; 10.2 IU vitamin D; 6.8 mcg vitamin K; 8.3 mg zinc.

This recipe is an excellent source of calcium, iron, niacin, phosphorus, protein, riboflavin, selenium, vitamins B₆, B₁₂, and zinc; and a good source of magnesium, potassium and vitamin A.

MEAL MAKEOVER

Veggie Rich Taco

- 95% lean ground beef
- Lowfat cheddar cheese
- Pico de gallo
 - Diced tomatoes
 - Diced red onion
 - Cilantro
 - Romaine lettuce
 - Diced red & yellow peppers
 - Avocado
- Whole grain tortillas



Nachos

- Chips
- Guacamole



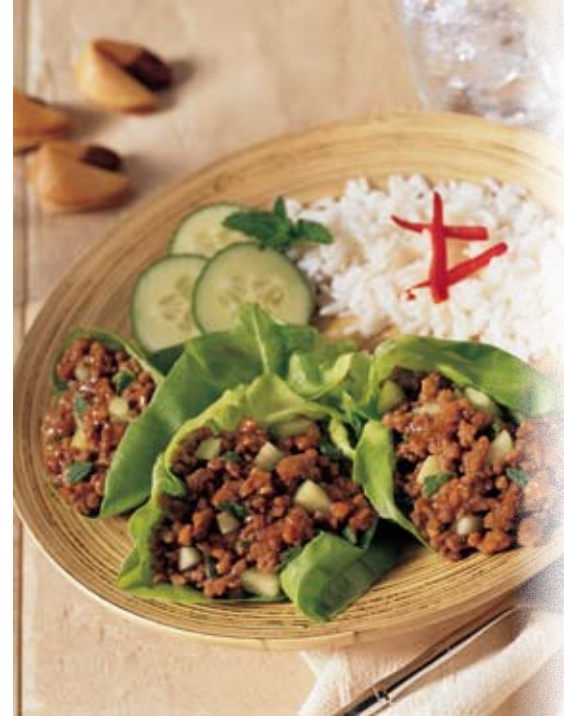
Fat-free milk

Nutritional information per serving: 968 calories; 35 g fat (9 g saturated fat; 9 g monounsaturated fat); 91 mg cholesterol; 1053 mg sodium; 97 g carbohydrate; 14.6 g fiber; 66 g protein; 79 mg magnesium; 0.19 mg thiamin; 544 mg calcium; 118.5 mcg folate; 6.56 mg iron; 14.6 mg niacin; 594 mg phosphorus; 1276 mg potassium; 0.45 mg riboflavin; 27 mcg selenium; 4060 IU vitamin A; 0.88 mg vitamin B₆; 2.52 mcg vitamin B₁₂; 172 mg vitamin C; 100 IU vitamin D; 41.2 mcg vitamin K; 29 mg zinc.

GAIN: 8 nutrients and recipe becomes an excellent source of potassium and vitamin A.

SAVE: 62 calories and 22 g fat.

This recipe is an excellent source of calcium, fiber, folate, iron, manganese, niacin, phosphorus, potassium, protein, riboflavin, selenium, vitamins A, B₆, B₁₂, C, D, K and zinc; and a good source of magnesium, thiamin and vitamin E.



Oriental Express Beef Lettuce Wraps

Total recipe time: 30 minutes

- 1-1/2 pounds ground beef (95% lean)
- 1/2 cup hoisin sauce
- 1/2 cup Asian peanut sauce
- 1 medium cucumber, seeded, chopped
- 1/2 cup shredded carrot
- 1/4 cup torn fresh mint leaves
- Salt and pepper
- 12 large Boston lettuce leaves (about 2 heads) or iceberg or romaine lettuce
- Fresh mint leaves

1. Brown ground beef in large nonstick skillet over medium heat 8-10 minutes or until beef is not pink, breaking up into small crumbles. Pour off drippings. Stir in hoisin sauce and peanut sauce; heat through.
2. Just before serving, add cucumber, carrots and torn mint; toss gently. Season with salt and pepper. Serve beef mixture in lettuce leaves. Garnish with mint.

Makes 4 servings

Nutrition information per serving (1/4 recipe): 360 calories; 35 g protein; 26 g carbohydrate; 13 g fat; 721 mg sodium; 97 mg cholesterol; 8.4 mg niacin; 0.6 mg vitamin B₆; 4.0 mcg vitamin B₁₂; 4.8 mg iron; 8.5 mg zinc.

Beef Up Your Fruits and Veggies!

Did you know...

...the USDA *MyPyramid* recommends eating 2 cups of fruit and 2 1/2 cups of vegetables daily, but many people fall short?

This means they're not reaping the bountiful health and nutrition benefits produce provides.

For instance...

...people who bypass produce miss out on potential protection against heart disease, type-2 diabetes and certain cancers.

Plus, fruits and vegetables are famed for offering fiber as well as a host of vitamins and minerals including folate, and vitamins A and C. But more than three-quarters (78%) of Americans don't meet dietary recommendations for folate and nearly half don't meet recommendations for vitamin A (48%) or vitamin C (46%).

Give the People What They Love... Beef up Fruits and Veggies!

Whether at home or dining out, taste is tops when people come to the table. In fact, more than eight out of 10 people say taste is the most important factor when deciding what's for dinner. And, most (88%) people love the taste of beef.

Pairing produce with a favorite food like beef can entice people to eat more fruits and vegetables and meet *MyPyramid* recommendations. Read on for taste-appealing tips and ideas to team up fruits, vegetables and beef.

Around-the-Clock Ideas to Pack More Produce into Your Day

Breakfast Alert

- **Smoothie sailing.** Whirl up a fruit smoothie with your favorite flavor of lowfat or fat-free yogurt and fresh or frozen fruit.
- **South-of-the-border wake up call.** Make a breakfast burrito by folding scrambled eggs, beans, shredded lowfat cheese, cooked lean ground beef, sautéed red, green and yellow peppers and onions into a whole-wheat tortilla.
- **Topping o' the morning.** Top pancakes and waffles with applesauce, berries or sliced peaches.

Let's Do Lunch

- **Two-for-one special.** Enjoy a salad with fruits and vegetables. Try *Farmer's Market Salad with Vegetables, Beef and Brown Rice*.
- **The layered look.** Pile lots of lettuce and spinach leaves, sliced tomato, cucumber and onions — or any favorite veggie — on your sandwich.
- **As a side.** Team your soup or sandwich with baked vegetable chips, carrot sticks or fruit salad.

Afternoon Break

- **Cool jerky.** Curb the mid-afternoon munchies with a protein-packed beef jerky stick and an apple, orange or pear.
- **A new wrinkle.** Carry dried blueberries, cranberries or cherries for a sweet and easy snack.
- **Surprise pops.** Serve kids mini-meatballs on a plastic straw with a side of marinara sauce for dipping.

Dinner Delights

- **New opening act.** Salads are great, but for a change of taste, start your meal with minestrone soup, gazpacho, crudité (raw veggies) or a juicy melon wedge.
- **On the stick.** Grill or broil kabobs of lean beef chunks, cherry tomatoes, onion wedges, pepper chunks and pineapple cubes.
- **Chop! Chop!** Add extra chopped carrots, celery, onions, peppers, tomatoes or mushrooms to soups, stews, casseroles, meatloaf, pasta sauce and chili.
- **Heavenly dessert.** Top angel food cake with blueberries, sliced strawberries, diced kiwi, sliced bananas — or a colorful mix.