



Dairy



**MAKE PHYSICAL ACTIVITY
PART OF EVERY DAY**

Choose activities you enjoy and can do regularly. Take up swimming, try a yoga class, go to zumba with a friend, join a city league sports team, or play soccer in the yard with the kids. Encourage your family and friends to get moving with you. Keep it fun so you can keep it up!



My Plate, Healthy Plate

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 to move toward a healthier you. Fueling your body with the right fuel can keep your body strong and improve your energy!

Color Your Plate

Vegetables

- Eat the colors of the rainbow.
- Eat more red, orange, and dark-green vegetables.
- Eat edible seeds and skins for more nutrients.
- Try these: broccoli, asparagus, bell pepper, tomato, onions and carrots.
- Eat non-starchy vegetables at least twice a day.

Fruit

- Enjoy fruit to satisfy a sweet tooth.
- Eat a variety of colors throughout the week.
- Eat edible seeds and skins for more nutrients.
- Buy fruit that is fresh, frozen, dried (without sugar added) or canned in 100% juice.
- Try something new to increase variety.

Grains & Starches

- Choose a variety of starches and whole grains.
- Choose whole grains over refined, such as brown vs. white rice.
- Include starchy vegetables like beans, corn and potatoes here.
- Look for the words "100% whole grain" or "100% whole wheat" on the food label.

Protein

- Go lean with protein.
- Eat a variety of protein-rich foods such as beef, skinless poultry, eggs, fish, beans, nuts and soy.
- Include protein foods at each meal - aim for 25-30g.
- Try a cut with the words "round" or "loin" in the name. (½ of beef in the meat case is already lean!)

Dairy

- Switch to low-fat or fat-free milk, yogurt, and other milk products.
- Include dairy and fortified milk alternatives to increase the rich sources of calcium and other vital nutrients in your diet.
- Try lactose-free milk, kefir or fortified, unsweetened milk alternatives if you are lactose intolerant.
- Choose products with ≥ 8 g protein.



Grilled Steak and Vegetable Salad

6 ingredients ★ Makes 4 servings ★ 30-35 minutes

Ingredients

- 2 **Beef Strip Steaks** boneless, cut ¾-inch thick (about 8 oz. each)
- 1 **medium sweet potato**, cut into ½-inch thick slices
- 3 **different vegetables** such as zucchini, yellow squash, asparagus, eggplant, red onion, red and yellow bell pepper or Romaine lettuce, cut lengthwise into quarters
- ½ cup **reduced-fat dressing** or vinaigrette, such as Italian, noncreamy Caesar, or red wine vinegar, divided
- 2 cloves **garlic**, minced
- ¼ tsp. **ground black pepper**

Preparation

- 1 Toss potato and vegetables with ¼ cup dressing; set aside. Rub beef steaks with garlic and pepper.

- 2 Place steaks on grid over medium, ash-covered coals. Arrange vegetables around steaks. Grill steaks, covered, 7-10 minutes over medium heat on preheated gas grill to desired doneness (medium rare, 145°F, to medium, 160°F). Turn occasionally. Grill lettuce and asparagus 2-4 minutes; grill other vegetables 11-15 minutes or until crisp-tender, turning occasionally.
- 3 Carve steaks and vegetables into bite-sized pieces. Combine beef, vegetables and remaining ¼ cup dressing in large bowl; toss to coat. Season with salt and pepper, as desired.

Nutrition information :

Nutrition information per serving: **Calories 310**; **Total fat** 16g (Sat. fat 4.5g; Trans fat 0g); **Cholest.** 85mg; **Sodium** 550mg; **Total Carb.** 16g; Fiber 3g; Total Sugars 7g; **Protein** 25g; VitD (0% DV); Calcium (6% DV); Iron (15% DV); Potas. (20% DV)

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