

Inspiring Healthy Lifestyles

As a food and nutrition expert, you play a role in empowering people to make healthy choices. Pairing credible nutrition information with culinary demonstration is an engaging way to do so. You can capitalize on an increased interest in health-inspired cooking and provide balanced meal solutions to help individuals and families thrive.

FOOD FOR THOUGHT

Pairing produce and whole grains with a favorite food like beef in simple and delicious recipes can help people meet dietary recommendations.

This toolkit serves as a practical guide to help you prepare for and present cooking demonstrations that will inspire your audiences to create delicious and nourishing meals.



THIS TOOLKIT IS COMPLETE WITH:

- **Preparation Form**
- **Master Supply List**
- **How to Design an Effective Message**
- **Packing Tips**
- **Set-up List**
- **Presentation Ideas**
- **Recipes**

Complementary Online Resources:

- Additional Recipes
- Recipe Card Handouts
- Facilitator Guides
- Videos

TEN ESSENTIAL NUTRIENTS

Get Your Strength from Beef

Beef gives you more of the nutrients you need. A 3 oz. serving of cooked lean beef provides the following nutrients for about 150 calories.



48% DV
PROTEIN

Helps preserve and build muscle.



44% DV
VITAMIN B₁₂

Helps maintain brain function.



40% DV
SELENIUM

Helps protect cells from damage.



36% DV
ZINC

Helps maintain a healthy immune system.



26% DV
NIACIN

Supports energy production and metabolism.



22% DV
VITAMIN B₆

Helps maintain brain function.



19% DV
PHOSPHORUS

Helps build bones and teeth.



16% AI*
CHOLINE

Supports nervous system development.



12% DV
IRON

Helps your body use oxygen.



10% DV
RIBOFLAVIN

Helps convert food into fuel.

Each nutrient is based on 100% of the daily requirements for that nutrient (for a 2,000 calorie diet). *AI stands for Adequate Intake. The highest AI for Choline is 550mg. 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/>.