

Packing in Flavor

Have fun expanding your taste buds and exploring new flavors. Make healthy habits last by creating tasty meals that fuel your body.

FLAVOR-BURSTING TIPS:

■ SPICE IT UP

Find ways to use spices and herbs.

- Add cinnamon to your oatmeal.
- Top a whole grain pasta dish with basil.
- Season roasted veggies with rosemary.
- Sprinkle turmeric on top of freshly popped popcorn.

■ PAIR PRODUCE AND PROTEINS

Use the flavor of lean proteins as a vehicle for more fruit and vegetables.

- Throw diced bell pepper and carrots in with lean ground beef for a flavorful meatloaf dish.
- Top a taco with tomato and bell pepper.
- Top a strawberry spinach salad with leftover lean beef for a simple lunch.

■ COLOR YOUR PLATE

Dress-up plain foods. Get creative and add a variety of deep colors to your dish.

- Add spinach leaves and sliced cucumber to a roast beef sandwich.
- Top Greek yogurt with berries.
- Toss spring mix salad greens and grape tomatoes for a quick side salad.



FOR RECIPES, TIPS AND MORE VISIT:
BeefLovingTexans.com



Confetti Beef Taco Salad

INGREDIENTS

- 1 lb. Ground Beef (96% lean)
- $\frac{2}{3}$ cup salsa
- $\frac{1}{2}$ cup low-fat shredded cheddar cheese
- 1 medium tomato, chopped
- 8 cups spring mix lettuce & spinach blend
- $\frac{1}{2}$ cup diced bell pepper
- $\frac{1}{4}$ cup thinly sliced red onion
- Optional: sliced black olives, additional salsa



30
MINUTES



4
SERVINGS



8
INGREDIENTS

PREPARATION

- 1 Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into $\frac{3}{4}$ -inch crumbles and stirring occasionally. Pour off drippings. Stir in salsa; cook 2 minutes. Remove skillet from heat; keep warm.
- 2 Line 4 plates with salad greens. Divide beef mixture among 4 plates. Top beef with cheese, tomato, pepper and onion. Garnish with olives and additional salsa, as desired.

Nutrition information per serving: 239 Calories; 82 Calories from fat; 9.1 g Total Fat (4.3 g Saturated Fat; 2.4 g Monounsaturated Fat); 78.6 mg Cholesterol; 494.3 mg Sodium; 10.4 g Total Carbohydrate; 2.7 g Dietary Fiber; 28.8 g Protein; 3.5 mg Iron; 840.5 mg Potassium; 8.9 mg Niacin; 0.5 mg Vitamin B₆; 2.2 mcg Vitamin B₁₂; 5.7 mg Zinc; 17.3 mcg Selenium; 82.4 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium. It is a good source of Iron, Potassium, and Choline.



YOUR EVERYDAY GUIDE TO

Weight Management



Set SMART Goals

- S**pecific. What exactly will you accomplish? Write down what actions you will take.
- M**easurable. Create short-term milestones so you can keep track of your progress.
- A**chievable. Is the goal realistic? What resources will you need?
- R**elavant. How is this important for your future vision or larger goal?
- T**ime-bound. When will you complete the short-term milestones? The larger goal?

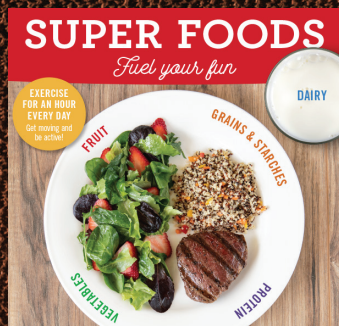
SMALL STEPS TO HEALTH

Weight loss is achievable, and even small changes can have a big payoff. Start with one or two realistic changes and be encouraged by the fact that healthy weight loss may help:¹⁻²

- Improve lab results
- Reduce medication
- Increase energy
- Lessen depression and anxiety
- Improve mood
- Manage stress

Success with MyPlate

Try to include lean protein, vegetables and fruit, whole grains and dairy at each meal. Take a look below for an example of how to create a balanced plate.



References: 1) Centers for Disease Control and Prevention. (2016). Retrieved from <https://www.cdc.gov/nchs/fastats/obesity-overweight.html>. Accessed May 10, 2017. 2) Centers for Disease Control and Prevention. (2015). Retrieved from <https://www.cdc.gov/healthyweight/effects/>. Accessed May 10, 2017.

Satiety

Some foods leave you feeling more satisfied than others. Eating foods that trigger fullness is important for weight management.

Ways to curb your appetite:

■ EAT HIGH FIBER FOODS

Fiber is found in whole grains, fruits and vegetables. Look at the nutrition label for products with 3 or more grams of fiber per serving.

■ EAT PROTEIN AT EVERY MEAL

Aim for 25–30g of protein per meal. Having enough protein can help you snack less and naturally make healthier choices.

■ LISTEN TO YOUR BODY

It takes about 20 minutes from the time you start eating for your body to recognize it's been fed.

- **Eat at the table** to reduce distractions.
- **Slow down** by putting your fork down between bites.
- **Stop when your hunger is gone.** Full means the feeling of hunger is gone.

TRY IT!

Track Your Hunger-Fullness using the scale below to learn your body's cues. Knowing your hunger or fullness level will help you to avoid feeling starving or uncomfortably full.

Basic Hunger/Satiety Scale

0	1	2	3	4	5	6	7	8	9	10
Starving and beyond.	You are so hungry you want to order everything on the menu.	Everything on the menu begins to look good. You may be very preoccupied with your hunger.	You are hungry and the urge to eat is strong.	A little hungry. You can wait to eat, but you know you will be getting hungrier soon.	Neutral. Not hungry not full.	No longer hungry. You sense food in your belly, but you could definitely eat more.	Hunger is definitely gone. Stop here, and you may not feel hungry again for 3–4 hours.	Not uncomfortable, but definitely have eaten a belly full.	Moving into uncomfortable.	"Thanksgiving full" Very uncomfortable, maybe even painful.

***Note:** The closer you get to starving the more likely you are to overeat. Try to stay between 3 and 7.

TOP 5 TIPS FOR Weight Management



Follow the MyPlate model.

- Eat at least five servings of fruits and vegetables a day.
- Include lean protein at every meal (3–4oz meat=25–30g protein).
- Make at least half your grains whole grains by looking for the word "whole" on the food label.



Choose low-calorie drinks.

- Drink water, including flavored or sparkling options.
- Drink enough water to avoid mistaking hunger for thirst.
- Beware, high calorie beverages can sabotage healthy goals.



Get moving.

- Schedule time each day to be active, beyond normal activities.
- Pick an activity you enjoy so it will become part of your routine.



Eat at home.

- Enjoy family meals together to promote healthy weight for the whole house.
- Make a goal to limit eating out to once or twice per week.



Plan your meals.

- Cook it once, eat it twice.
- Prepare food in larger quantities to pack lunches, freeze dinners and save time.
- Check out the BeefLovingTexans.com blog for batch cooked meals.