

PACKING IN FLAVOR

Have fun expanding your taste buds & exploring new flavors.

Make healthy habits last by creating tasty meals that fuel your body.

TIPS:

SPICE IT UP

Find ways to use spices and herbs.

- Add cinnamon to your oatmeal.
- Season roasted veggies with rosemary.
- Top a whole grain pasta dish with basil.
- 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.

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



FOR RECIPES, TIPS, AND MORE, VISIT:
BeefLovingTexans.com



TEXAS BEEF COUNCIL

BEEF TOP SIRLOIN STEAK WITH BROWN RICE & VEGETABLES



30
MINUTES



4
SERVINGS



8
INGREDIENTS

INGREDIENTS

- 1 Top Sirloin steak
- 1/3 cup Caesar dressing, non-creamy
- 2 tps. lemon pepper
- 1 cup brown rice
- 2 cups frozen vegetable blend
- 2 Tbsp. Parmesan cheese

PREPARATION

1. Cut steak crosswise into 4 equal pieces. Place steaks and 1/3 cup dressing in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator for 15 minutes. Remove steaks from marinade; discard marinade. Season steaks with lemon pepper.
2. Heat large nonstick skillet over MEDIUM heat. Place steak in skillet; cook 12-15 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Meanwhile, cook rice according to package directions, including salt but omitting butter. When adding rice to saucepan, stir in vegetables. When rice is done, stir in remaining 2 tablespoons dressing. Serve with steaks. Sprinkle with cheese, if desired.

Nutrition information per serving: 286 Calories; 81 Calories from fat; 9g Total Fat (2.4 g Saturated Fat; 1.6 g Monounsaturated Fat); 60 mg Cholesterol; 513 mg Sodium; 26 g Total Carbohydrate; 2.1 g Dietary Fiber; 23 g Protein; 1.5 mg Iron; 303 mg Potassium; 7 mg NE Niacin; 0.5 mg Vitamin B6; 1.2 mcg Vitamin B12; 4.5 mg Zinc; 24.4 mcg Selenium; 79.3 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

- SPECIFIC** - What goal will you accomplish? Write down what actions you will take.
- MEASURABLE** - Create short-term milestones to keep track of your progress.
- ACHIEVABLE** - Is your goal realistic? What resources will you need?
- RELEVANT** - How important is your goal for your future vision or larger goal?
- TIME-BOUND** - When will you complete your milestones? Your larger goal?

SMALL STEPS TO HEALTH

Weight loss is achievable, and even small changes can have a big payoff.

Begin with one or two realistic changes and be encouraged by the fact that healthy weight loss may help:¹⁻²

1. Improve lab results
2. Increase energy
3. Manage stress
4. Improve mood
5. Reduce medication
6. Lessen depression and anxiety

SUCCESS WITH MYPLATE

Try to include lean protein, fruit & vegetables, whole grains, and dairy at each meal. Take a look here 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.htm>. 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, vegetables, and fruit. Look at the nutrition label for products with three 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 has 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.

HUNGER AND SATIETY SCALE

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.

1	2	3	4	5	6	7	8	9	10
Starving, feeling weak/dizzy		Hungry, your urge to eat is strong		Neutral, neither hungry or full		Satisfied, comfortably full			Uncomfortably full, possibly feeling sick or in pain

***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

- Fill ½ of your plate with fruits and veggies, ¼ with protein, and ¼ with grains.
- Include lean protein at every meal (3-4 oz. meat = 25-30g protein).
- Make at least half of 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 **BeefLovingTexans.com** for batch cooked meals.