

You may be wondering...

How much should I eat?

Eating Well with Canada's Food Guide recommends 1 to 3 servings of Meat and Alternatives each day as follows...

Young children (2-8 years)	1 serving
Girls and Boys (9-13 years)	1-2 servings
Females (teens 14+ and adults)	2 servings
Males (teens 14+ and adults)	3 servings

Menu planning tip:

A Food Guide serving is equal to 75 g (2 ½ oz.) or 125 mL (½ cup) cooked meat. Plan to use 100 g of raw beef to give you each 75 g Food Guide serving of cooked beef.

What if I'm watching my weight?

Eating protein-rich foods, like beef, may help curb hunger between meals. Including protein-rich foods, as part of a healthy balanced diet may help you manage your appetite and weight.

How does beef compare?

Lean beef compares favourably to other proteins. For example, compared to an equal serving of chicken breast*, beef has...

- 4 times more iron
- 5 times more vitamin B₁₂
- 5½ times more zinc

*Per 100 gram raw skinless chicken breast: 112 Calories, iron 2% DV, vitamin B₁₂ 20% DV, zinc 8% DV

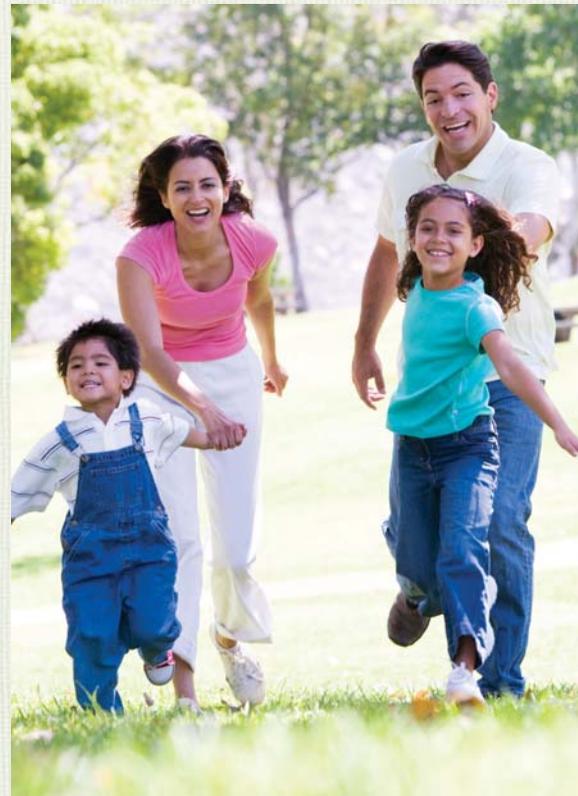
Healthy meals made easy

You can feel good about enjoying beef. Any way you slice it—lean beef is a wholesome and delicious addition to any meal! The possibilities are endless:

- Add sliced grilled steak to dark greens such as baby spinach, arugula leaves or romaine lettuce topped with antioxidant-rich berries for a hearty salad.
- Stir cooked extra lean ground beef into soups or casseroles for a simple protein boost.
- Tuck slivers of leftover roast beef into whole grain wraps. Top with crunchy coleslaw, crispy greens or roasted veggies.
- Stir-fry lean strips of beef with minced garlic, slivered onion and sweet pepper chunks to serve over brown rice or whole wheat pasta.

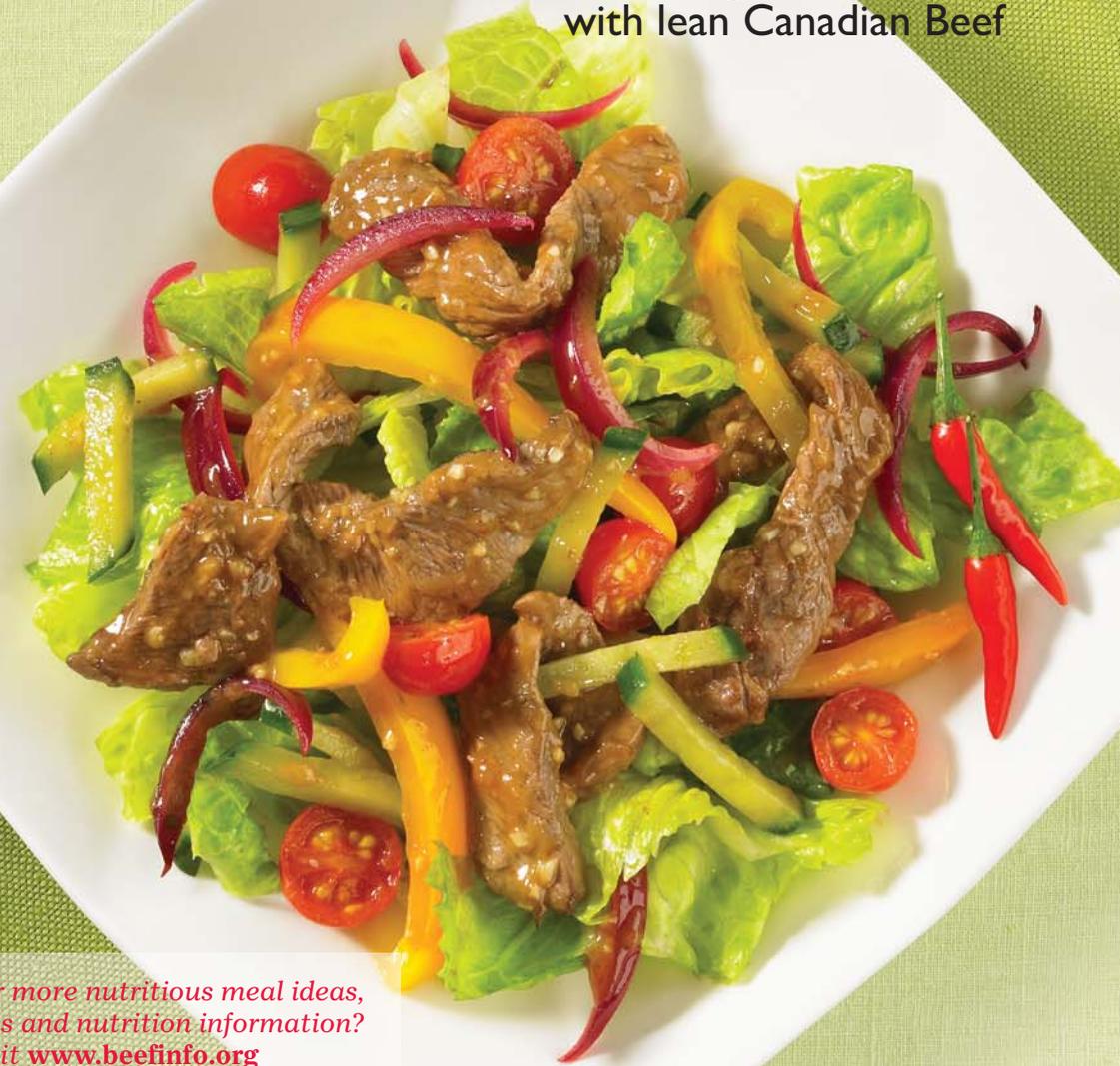
Cooking tips:

- Use leaner cuts and trim the visible fat from meat
- Try marinating beef steaks or kabobs before grilling
- Use moderate to low heat when oven roasting



Naturally Nutrient Rich

Make a food guide serving count with lean Canadian Beef



Looking for more nutritious meal ideas, cooking tips and nutrition information? Visit www.beefinfo.org



Eating the nutrient-rich way

Bite for bite, nutrient-rich foods provide the most vitamins, minerals and other important nutrients for the fewest calories. *Eating Well with Canada's Food Guide* includes lean beef as part of a balanced diet.

Eating well is simple really. Focus on a healthy variety of nutrient-rich foods, including:

- Colourful vegetables and fruit
- Whole grain and enriched grain products
- Lean meats, poultry, fish, eggs, beans and nuts
- Lower fat milk products and alternatives

Beef. Goodness in every bite

With 14 essential nutrients, Canadian beef* is a great choice for healthy living. On average, beef trimmed of external fat provides:

- 160 calories and 8 grams of fat
- 21 grams of high quality protein, plus
- a bundle of essential vitamins and minerals

Nutrient	% Daily Value*
Potassium	9%
Iron	15%
Vitamin D	10%
Thiamine	10%
Riboflavin	15%
Niacin	45%
Vitamin B ₆	15%
Vitamin B ₁₂	110%
Pantothenate	10%
Phosphorus	15%
Magnesium	10%
Zinc	60%
Selenium	40%

*Per 100 gram raw lean beef, trimmed of external fat (composite of 26 cuts).

Four great reasons to choose beef

Energy boost

Fuel your body with a healthy helping of “energizing” nutrients. Beef is naturally rich in eight key nutrients your body needs to release and use energy from the foods you eat.

- Iron
- Protein
- Vitamin B₁₂
- Vitamin B₆
- Thiamine
- Riboflavin
- Niacin
- Pantothenate

Healthy bones and teeth

Give your body a good reason to smile. Beef provides six key nutrients that help build healthy bones and teeth, so they start strong in the early years and stay strong for life.

- Vitamin D
- Protein
- Potassium
- Magnesium
- Phosphorus
- Zinc

Brain power

Make a smart choice with nutrients that help your brain work its best. Beef is naturally rich in seven key nutrients that help you learn, concentrate and remember better:

- Iron
- Niacin
- Vitamin B₁₂
- Vitamin B₆
- Riboflavin
- Thiamine
- Zinc

Healthy immune system

Bundle up with nutrients that support a healthy immune system. Beef provides five key nutrients that boost your body's immune defences and ability to resist infection.

- Zinc
- Iron
- Selenium
- Protein
- Vitamin B₆



Easy Beef Fajitas

Curb your hunger by eating some protein-rich foods at each meal. Made with healthy everyday basics, these beef fajitas are sure to become a family favourite.

- 2 tbsp (30 mL) Worcestershire sauce
- 2 garlic cloves, minced
- 1 lb (500 g) Beef Marinating Steak (Sirloin Tip, Flank, Inside Round), 3/4 inch (2 cm) thick
- 1 each onion and sweet red pepper, cut into strips
- 1 tbsp (15 mL) olive oil
- 1 tsp (5 mL) chili powder
- 1/2 tsp (2 mL) ground cumin
- 2 whole-grain or whole-wheat pitas, cut in half
- 1 lime, cut into wedges

1. Combine Worcestershire sauce and half the garlic in a large, sealable freezer bag. Pierce beef all over with a fork and add to bag; refrigerate 8 to 12 hours.

2. Discard marinade; grill or cook steak in a non-stick skillet using medium-high heat, 3 to 4 minutes per side for medium-rare. Let stand for 5 minutes; slice thinly across grain.

3. Meanwhile, toss vegetables with oil, remaining garlic and seasonings; grill or cook in a skillet using medium-high heat for 5 minutes, stirring occasionally.

4. Tuck steak and vegetables into warm pitas; top off with a squeeze of lime juice. Serve along with salsa and a tossed salad or your favourite vegetable.

PER SERVING: 278 Calories, 28 g protein, 8.6 g total fat, 2.2 g saturated fat, 56 mg cholesterol, 22 g carbohydrates, 3.3 g fibre, 224 mg sodium, 403 mg potassium

