

Eating BEEF the Healthy Weigh

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Looking for a nutrient boost? Tired of expensive vitamin-mineral supplements? Bored with bland low-fat meals? Love to eat beef – but think that it is too high in fat? Think again: Today’s beef is leaner than ever – and every bite offers a power pack of nutrients.

1. Eating beef for HEALTH.

When it comes to nutrition, today’s beef is full of good news. Beef’s “skinny seven” cuts (from the round and loin) offer great taste – with minimal fat. For delicious, heart-smart meals, choose lean beef cuts like sirloin, tenderloin, top round, and round tip.

2. Eating beef for ZINC.

Beef is the number one source of zinc for Americans. One 3-ounce serving of lean beef provides nearly 40% of the zinc most people need in a day – for normal growth and development, as well as healthy immune systems, wound healing, and appetite control.

3. Eating beef for IRON.

Even a short-term lack of iron can affect physical and mental functioning. Longer-term deficiencies may affect brain development and IQ levels in children. The iron in beef (heme iron) is readily absorbed. Heme iron also helps you absorb iron from other foods.

4. Eating beef for PROTEIN.

Three-ounces of lean beef contains 50% of the recommended amount of daily protein – for maintaining muscle mass, supporting immune systems, and providing long-lasting energy. That’s how beef can add Z.I.P. (zinc, iron, and protein) to your meals and snacks.

5. Eating beef for B VITAMINS.

Beef offers a delicious bundle of several B vitamins; all vital to help your body unleash energy from other foods. Calorie for calorie, lean beef is one the richest sources of many essential B vitamins – like riboflavin, thiamin, and B₁₂ – that your body needs every day.

6. Eating beef for SELENIUM.

Selenium is an anti-aging, antioxidant nutrient that may help to prevent heart disease and certain types of cancers. Just one 3-ounce serving of beef – about the size of a deck of cards – provides 31% of the recommended daily intake of selenium.

Adapted from Eat Right Montana

Weeknight Beef Stew
By 1,001 Low-Fat Recipes

2 cups cooked pot roast, beef cubed
2 medium red potatoes, cut into ¼-inch thick slices
2/3 cup water
1 teaspoon dried oregano leaves
½ teaspoon salt
1 cup frozen peas
2 teaspoons cornstarch, dissolved in 1 tablespoon fresh lemon juice

In medium saucepan, combine beef, potatoes, water, oregano and salt. Bring to boil; reduce heat to low. Cover tightly and simmer 10 to 12 minutes or until potatoes are tender. Stir in peas; heat through. Add cornstarch mixture; cook and stir 1 minute or until sauce is thickened and bubbly.

Yield: 4 servings

Nutrition Information per Serving:

Calories: 227
Fat: 6 grams
Cholesterol: 57 milligrams
Protein: 22 grams
Carbohydrate: 20 grams
Sodium: 342 milligrams

