



GO LEAN WITH PROTEIN

beef

Lean beef is a great source of high-quality protein, meaning it supplies all essential amino acids the body needs to build and repair muscle tissue. Animal products, like beef, contain the heme form of iron, which is more easily absorbed by the body than nonheme iron.

DID YOU KNOW?



- A standard serving size of beef is 3 ounces, or about the size of a deck of cards.
- Nearly one-half of Florida's agricultural land is involved in cattle production.
- Cattle were first introduced to North America in Florida in 1521 by Spanish explorer Juan Ponce de Leon.
- There are 29 cuts of beef that meet government guidelines for lean including some of Americans' favorites like tenderloin, T-bone and flank steak.

WELLNESS TIP

- Start slow. When beginning a weight loss plan, start slowly and do not expect immediate results. Losing weight takes time; it's important to set realistic goals.

SHOPPING, PREPARING AND STORING



- Check the label for lean and extra-lean cuts of beef when grocery shopping and choose cuts with the least amount of visible fat (this is known as marbling).
- The best way to safely thaw beef is in the refrigerator.
- Keep raw beef in the refrigerator at 40°F or less until the time of preparation.

COOKING TIPS



- To reduce the fat content, drain the excess grease from the beef after browning the meat.
- Cook ground beef at a moderate temperature instead of at high heat to reduce the shrinkage and seal in the flavor.

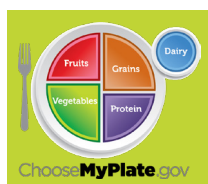
TWO-BITE BURGERS

SERVES 8

- 1 pound lean ground beef
 - 9 whole-wheat slider buns, split, divided
 - 1/4 cup onion, minced
 - 1 egg white
 - 2 cloves garlic, minced
 - 1/2 teaspoon salt
 - 1/8 teaspoon pepper
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- Tear one hamburger bun into pieces. Place in a food processor, then cover; pulse on and off, to form fine bread crumbs.
 - Combine beef, 1/2 cup bread crumbs, onion, egg white, garlic, salt and pepper in medium bowl, mixing lightly until well-combined.
 - Lightly shape into eight 1/2-inch thick mini patties.
 - Grill patties over medium heat, covered, for about 8 to 10 minutes, turning occasionally.
 - About 1 minute before burgers are done, place rolls, cut sides down, on grill. Grill until lightly toasted.
 - Serve burgers in buns with toppings of your choosing.

Recipe adapted from National Cattlemen's Beef Association, www.beefitswhatsfordinner.com

Calories: 178; Total Fat: 6 g; Saturated Fat: 1.5 g; Total Carbohydrates: 18 g; Protein: 18 g; Sodium: 264 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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