

Packing in Flavor

Healthy eating shouldn't be boring! Have fun expanding your taste buds and exploring new flavors. Make healthy habits last by creating meals that taste good and 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 fish taco with spinach and bell pepper.
- Add chopped tomatoes to your favorite chili dish.

■ 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 broccoli slaw for a quick side salad.



FOR RECIPES, TIPS AND MORE VISIT:
BeefLovingTexans.com



Four-Seasons Beef and Brussels Sprout Chopped Salad

12 ounces cooked (leftover) **Beef Steak or Roast**, thinly sliced

4 cups thinly sliced **Brussels sprouts** (about 10 ounces)

1 medium tart **red or green apple or pear**, thinly sliced

1 cup thinly sliced **celery**

½ cup dried **cranberries**

½ cup **reduced-fat champagne vinaigrette or honey mustard dressing**

¼ cup crumbled **Gorgonzola, goat or feta cheese**, optional

¼ cup toasted **chopped nuts**, optional

① Combine Beef Steak, Brussels sprouts, apple, celery and cranberries in large bowl.

② Add dressing; toss to coat.

③ Sprinkle with cheese and nuts, if desired.

Nutrition information:

Nutrition information per serving: **Calories 330; Total fat 11g** (Sat. fat 3.5g; Trans fat 0g); **Cholest.** 75mg; **Sodium** 490mg; **Total Carb.** 30g; Fiber 5g; Total Sugars 20g; **Protein** 30g; Vit D (2% DV); Calcium (10% DV); Iron (20% DV); Potas. (21% DV)



15-20
MINUTES



MAKES
4 SERVINGS



8
INGREDIENTS



YOUR EVERYDAY GUIDE TO

Weight Management



TEXAS BEEF COUNCIL

Set SMART Goals

- S**pecific. State exactly what you plan to achieve.
- M**easurable. Make your results tangible.
- A**ction-oriented. Define when and how you will do it.
- R**ealistic. Keep it within reach.
- T**ime-bound. Create a timeline.

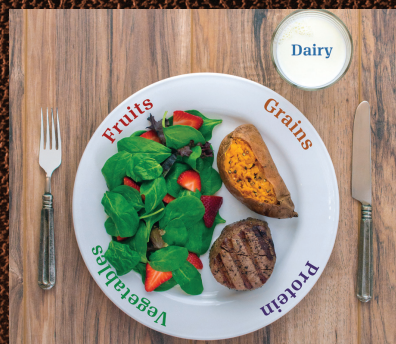
SMALL STEPS TO HEALTH

Weight loss is achievable, and even small changes have a big payoff. Start with one or two changes. Even a small amount of weight loss can help:

- Improve Lab results
- Increase energy
- Reduce medication
- Lessen depression and anxiety
- Improve mood

Success with MyPlate

Make your plate look like this. Use MyPlate as a tool to help plan healthy meals.



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, fruits and vegetables. Look for products with ≥ 3 g 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.



Track Your Hunger-Fullness to learn your body's cues. Try to eat when you feel slightly hungry and stop once the hunger is gone.

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.

- Lighten up with water or flavored, low-calorie beverages.
- Drink enough 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 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** blog for batch cooked meals.

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 10.