

# SUPER FOODS

*Fuel your fun*

## EXERCISING FOR AN HOUR EVERY DAY

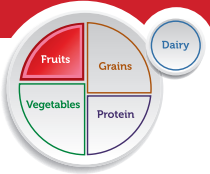
and fueling your body by  
choosing the right balance of  
foods will help keep you and  
your family strong  
and energetic.





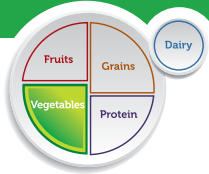
# Fuel your fun

## FRUIT



- Eat fruit to satisfy a sweet tooth
- Eat a variety of colors throughout the week
- Eat edible seeds and skins for more nutrients
- Buy fruit that is fresh, frozen, dried (without sugar added) or canned in 100% juice

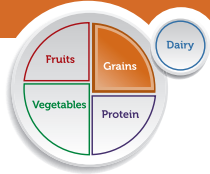
## VEGETABLES



- Eat the colors of the rainbow
- Eat more red, orange and dark-green vegetables
- Eat edible seeds and skins for more nutrients
- Eat non-starchy vegetables at least twice a day

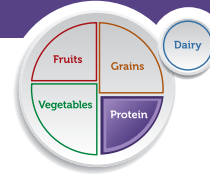
Examples: broccoli, asparagus, bell pepper, tomato, onion and carrot

## GRAINS & STARCHES



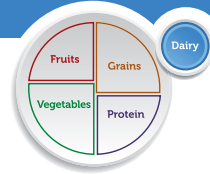
- Choose a variety of starches and whole grains
- Choose whole grains, such as brown rice and quinoa, at least half of the time
- Look for the words “100% whole grain” or “100% whole wheat” on food labels
- Starchy vegetables like peas, corn and potatoes can fit here

## PROTEIN



- Go lean with protein (2/3 of beef in the meat case is lean)
- Look for cuts with the words “round” or “loin” in the name
- Eat a variety of protein-rich foods such as lean beef, skinless poultry, eggs, fish, beans, nuts, and soy
- Aim for 25-30g of protein at each meal

## DAIRY



- Enjoy low-fat or fat-free dairy, including milk, yogurt, cheese, and fortified soy beverages
- Dairy and calcium-fortified soy milk are rich sources of calcium and other vital nutrients
- If you are lactose intolerant, try lactose-free milk, kefir, or fortified soymilk
- Choose products with at least 8g protein per serving



## CUMIN-DUSTED STEAK SHEET PAN DINNER

Total Time: 45 minutes | 5 servings

### STEAK

- 1¼ lbs. (well-trimmed) boneless beef Top Sirloin Steak, cut 1-inch thick
- 1 tsp. ground cumin
- ¾ tsp. salt
- ¼ tsp. ground pepper

### SWEET POTATOES

- 1 lb. unpeeled sweet potatoes, cut into 1-inch cubes or wedges (about 3 cups)
- 1 ½ Tbsp. olive oil
- ¼ tsp. salt
- ¼ tsp. ground cumin
- ¼ tsp. chili powder

### GREEN BEANS

- 1 (12-oz) bag fresh green beans, trimmed
- ½ Tbsp. olive oil
- 1 tsp. garlic powder
- ¼ tsp. salt

### PREPARATION

1. Preheat oven to 450°F. Line a large baking sheet or broiler pan with foil.
2. Combine cumin, salt, and pepper in a small bowl. Rub steak with spice mixture. Place in fridge.
3. Toss sweet potato cubes with olive oil, salt, and ground cumin and chili powder. Spread potatoes across lined baking sheet. Bake for 15 minutes. Turn potatoes and move them to one side of baking sheet.
4. Increase oven temperature to HIGH broiler setting. Toss green beans with remaining olive oil, garlic powder, and salt. Place next to potatoes on opposite side of lined baking sheet. Place steak on a wire rack on top of sheet pan positioning the steak so that it is over the green beans.

5. Broil steak on lower rack for about 7 minutes. Turn steak, and broil an additional 4-5 minutes for medium rare (145°F) to medium (160°F) doneness. Remove steak from wire rack and let stand 3 minutes before slicing against the grain. Toss green beans with pan juices.

### NUTRITION INFORMATION:

Nutrition information per serving: 340 Calories; 164 Calories from fat; 18g Total Fat (6g Saturated Fat; 9g Monounsaturated Fat); 80mg Cholesterol; 585mg Sodium; 19g Total Carbohydrate; 4g Dietary Fiber; 26g Protein; 3mg Iron; 7mg Niacin; 0.9mg Vitamin B6; 1.1mg Vitamin B12; 4mg Zinc; 28mcg Selenium; 117mg Choline.

One serving of this recipe provides an excellent source of Protein, Niacin, Vitamin B6, Zinc and Selenium