



POWERFUL PROTEIN

In this fast-paced world, many Americans are searching for sustainable ways to achieve and maintain a healthy, active lifestyle to feel their best every day. One important facet of good health and strength is eating a nutrient-rich diet – a diet that starts with anchoring our plates with high-quality protein.

THE POWER OF PROTEIN

Many Americans could benefit from adding high-quality protein to their diets because of its positive role in weight management, muscle maintenance and disease prevention.^{1,4} The Institute of Medicine recommends protein intake at 10-35 percent of total calories for adults, or 50-175 grams of protein per day for a 2,000-calorie diet.⁵ Most adults only get about 16 percent of their daily calories from protein, which includes protein from all food groups.^{5,6} For a person on a 2,000-calorie diet, that computes to 320 calories from protein (80 grams).

A growing body of evidence indicates that eating a higher-protein diet with at least 25–30 grams of a high-quality protein at each meal, may help maintain muscle mass and maximize optimal health.⁷⁻⁹ The current Dietary Reference Intake for protein is 0.8 grams of protein per kilogram of body weight per day, but an increase to 1.2 to 1.6 grams per kilogram of body weight may optimize protein's health benefits. This recommendation equates to 81–110 grams of protein for a 150-pound person. Eating enough protein-rich food is essential to help protect lean body mass and prevent the loss of muscle and strength associated with aging. Evidence suggests a higher-protein/lower-carbohydrate diet may play a role in reducing the risk for type 2 diabetes and cardiovascular disease.^{1,4,8-10}

PROTEIN'S LEUCINE ADVANTAGE

The essential amino acid leucine, present in complete proteins like beef, interacts with insulin and glucose metabolism to promote skeletal muscle growth and may be the key to weight loss and maintaining muscle.^{4,11} Compared to other weight loss approaches, increasing lean protein intake may be more effective because it helps to increase satiety and preserve lean muscle.²

When focusing on weight loss or weight maintenance, an energy-restricted diet with a higher ratio of high-quality protein to carbohydrate may help people:

- lose weight and sustain weight loss^{2,4,11}
- maintain a healthy weight^{2,3}
- lose fat mass¹²
- keep a favorable body composition over time^{2,3}
- lower waist-to-hip ratio by reducing abdominal fat¹³

PROTEIN'S STAYING POWER

When it comes to satiety, or feeling full after a meal, protein has more staying power than carbohydrates and fat, helping to curb hunger and the desire to eat.^{2,14-17} Consuming a high-protein meal (containing at least 25-30 grams of protein), particularly at breakfast, leads to improved appetite control and satisfaction throughout the day, which could help combat obesity.¹⁸ In fact, individuals who followed a high-protein diet (about 30 percent of daily calories from protein) complained less often about hunger and felt more satisfied compared to a typical diet.¹⁸ In addition, an eating pattern with an equal distribution of protein intake throughout the day (approximately 30 grams of protein at each meal) supports muscle protein synthesis and maintenance, increased satiety and, when protein is consumed at breakfast, reduced hunger and cravings later in the day.^{7,17,18}

UNDERSTANDING HIGH-QUALITY OR COMPLETE PROTEINS

Proteins are made up of amino acids. The human body needs 20 amino acids, but only nine are essential, meaning they must come from food. The body can make the remaining non-essential amino acids. Proteins that contain all nine essential amino acids in proportions most useful to the body are called complete or high-quality proteins. Proteins sourced from animal foods are complete proteins, while most plant foods are incomplete proteins.²³

BEEF: PROTEIN WITH ADDED VALUE

Beef offers a protein package that contains 9 other essential nutrients, including readily absorbable iron and zinc.^{19,20} Beef contains heme iron, which is more easily absorbed than nonheme iron,²¹ the main form of iron found in plant proteins. Iron not only helps red blood cells carry oxygen to body tissue, it also plays an important role in cognitive health, including memory, ability to learn and reasoning.²²

Beef is an excellent source of readily available zinc, an essential nutrient that fuels thousands of bodily processes, including building muscles and healing wounds, maintaining the immune system, and contributing to cognitive health. Including beef in a meal can also improve the

absorption of zinc from other foods.²⁴ Other nutrients found in beef that are essential to good health are many of the B vitamins, which are critical factors for energy and metabolism in the body. Vitamin B₁₂ is uniquely important because it is only found in animal products. On average, a 3-ounce serving of cooked beef has more than 40 percent of the Daily Value for vitamin B₁₂,²⁰ one of the nutrients responsible for proper red blood cell formation and neurological function. It supports the developing brains of young children.²³

PROTEIN'S BOOST TO PHYSICAL ACTIVITY

Physical activity is more effective when paired with a protein-rich diet.^{25,26} It is well known that protein consumed after exercise provides the amino acids necessary for muscle repair and recovery, helping to stimulate further muscle protein synthesis.²⁶ Evidence also suggests that adults on a protein-rich diet combined with resistance exercise can increase muscle tone by helping them lose fat and maintain muscle mass.^{25,26}



AFTER-WORK BEEF POT ROAST DINNER

After a long day at work, treat yourself to an easy—and nutritious—feast. Beef is a prime source of zinc, so this Pot Roast will help keep your immune system going strong.



**9
HRS**



**8
SERVINGS**

INGREDIENTS:

- 1 beef Bottom Round Roast (3 to 3½ pounds)
- 1 envelope (0.7 ounces) Italian dressing mix
- 2 large onions, each cut into 8 wedges
- 2 cloves garlic
- 2 red bell peppers, cut into 1½ inch pieces
- ½ cup beef broth
- 2 zucchini, cut into ¼-inch thick slices
- 2½ tablespoons cornstarch dissolved in 2 tablespoons water
- salt and pepper

COOKING:

1. Press dressing mix evenly onto all surfaces of beef Bottom Round Rump Roast. Place onions and garlic in 4½ to 5½-quart slow cooker; top with roast. Add bell peppers and broth. Cover and cook on HIGH 5 hours or LOW 8 hours. Add zucchini. Continue cooking, covered, 30 minutes or until pot roast is fork-tender.
2. Remove roast and vegetables. Strain cooking liquid; skim fat. Combine 2 cups cooking liquid and cornstarch mixture in medium saucepan. Bring to a boil, stirring constantly; cook and stir 1 minute or until thickened.
3. Carve roast into slices; season with salt and pepper, as desired. Serve with vegetables and gravy.

Nutrition information per serving, Round: 272 Calories; 81 Calories from fat; 9g Total Fat (3 g Saturated Fat; 4 g Monounsaturated Fat); 90 mg Cholesterol; 551 mg Sodium; 13 g Total Carbohydrate; 2.1 g Dietary Fiber; 33 g Protein; 3.1 mg Iron; 6.3 mg Niacin; 0.7 mg Vitamin B₆; 1.8 mcg Vitamin B₁₂; 5.6 mg Zinc; 33.6 mcg Selenium; 130 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Iron.

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