

# Built with Beef



**Nicely done, beef.**  
**Your protein levels**  
**go from strong**  
**to quite strong.**

GET COOKIN'

Brought to you by the Montana Beef Council

# The Protein King

- If there was a protein contest, beef would surely be crowned the king!
- Among the powerful package of 10 essential nutrients beef is known for, protein may be one of the most notable.
- One 3 oz. cooked serving of beef provides 50% of your Daily Value (25 grams) of this important nutrient—making it an excellent source!



# Protein 101

- Proteins, along with carbohydrates and fats, comprise the three macronutrients that, when broken down (digested), supply energy to our bodies in the form of calories. Proteins have several important functions including providing structure to all cells of the human body, functioning as enzymes, transport carriers and hormones. <sup>1</sup>
- Amino acids are the building blocks of protein. If amino acids are the letters of the alphabet, proteins are the words they form. There are 20 amino acids, nine of which are essential – meaning the body cannot generate them on its own. <sup>1</sup>

# Protein 101

- Protein quality is a term used to describe a protein that has sufficient amounts of all nine essential amino acids. It can be measured by the Digestible Indispensable Amino Acid Score (DIAAS), which describes protein quality on the basis of ileal digestibility; or by the Protein Digestibility Corrected Amino Acid Score (PDCAAS) scoring system.<sup>2,3</sup> Generally speaking, proteins that come from animal sources such as beef, poultry, fish, eggs or dairy are complete, or high-quality, proteins, whereas most plant sources of protein tend to lack one or more essential amino acids and are thus considered “incomplete” proteins.

2. Phillips SM, et al. Commonly consumed protein foods contribute to nutrient intake, diet quality, and nutrient adequacy. *Am J Clin Nutr* 2015;101:1346S–52S.

3. Food and Agriculture Organization of The United Nations (FAO) Expert Consultation. Dietary protein quality evaluation in human nutrition. FAO food and nutrition paper 92. Available at: <http://www.fao.org/ag/humannutrition/35978-02317b979a686a57aa4593304ffc17f06.pdf>

# What does protein do?



**PROTEIN**

helps preserve and  
build muscle.

# PROTEIN BENEFITS

Beef gives your body more of the high-quality protein you need to achieve and maintain a healthy weight and preserve and build muscle.

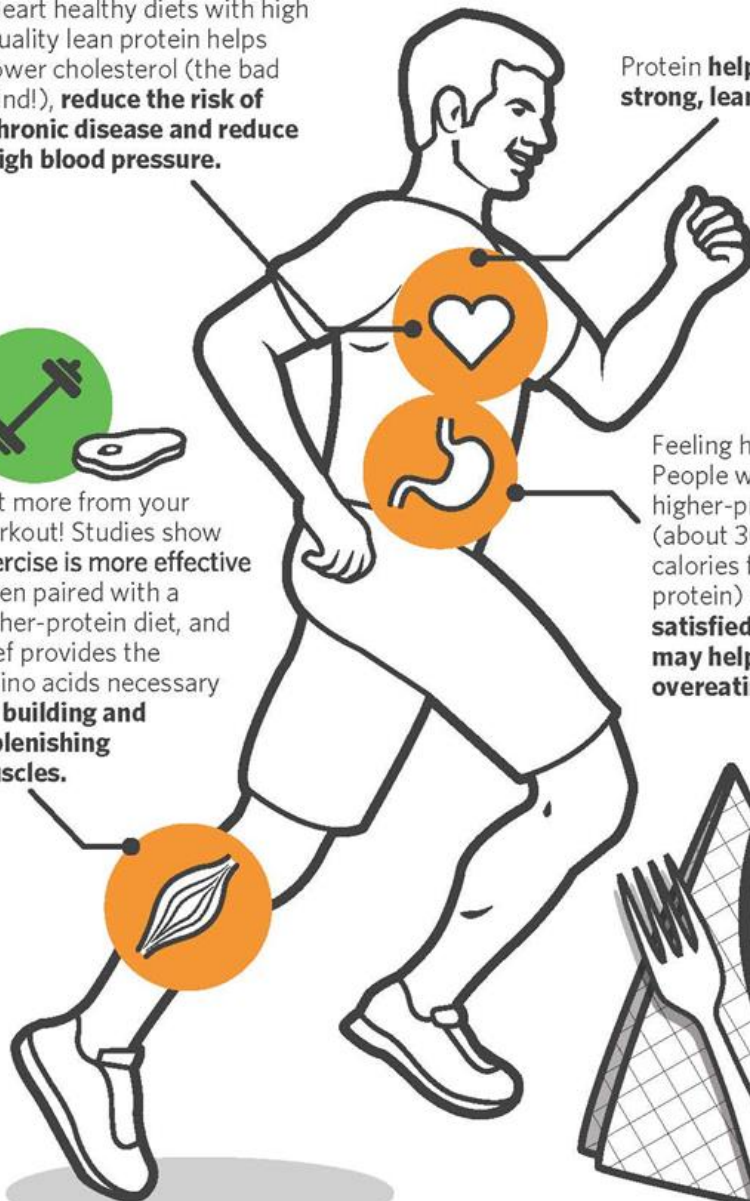
## WHY FOCUS ON PROTEIN?

Heart healthy diets with high quality lean protein helps lower cholesterol (the bad kind!), **reduce the risk of chronic disease and reduce high blood pressure.**

Protein **helps support strong, lean bodies.**



Get more from your workout! Studies show **exercise is more effective** when paired with a higher-protein diet, and beef provides the amino acids necessary for **building and replenishing muscles.**

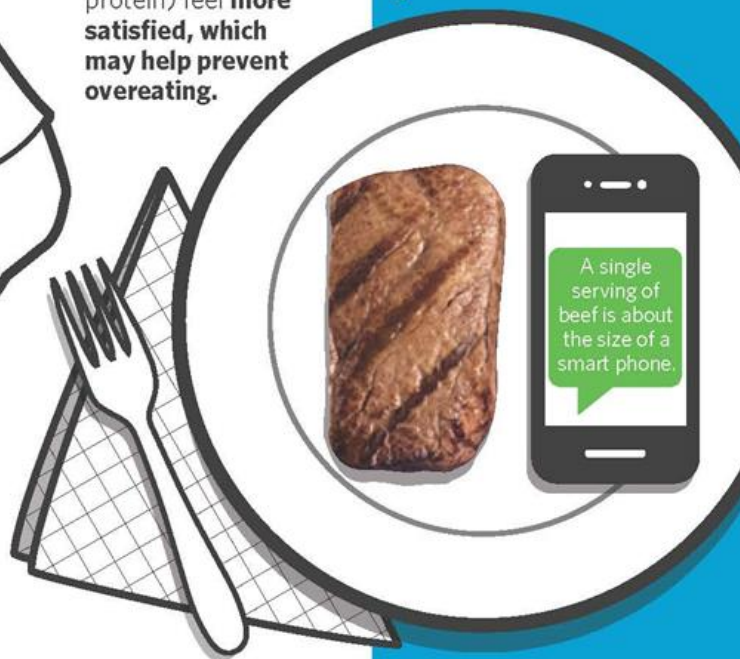


Feeling hungry? People who eat a higher-protein diet (about 30% of daily calories from protein) feel **more satisfied, which may help prevent overeating.**

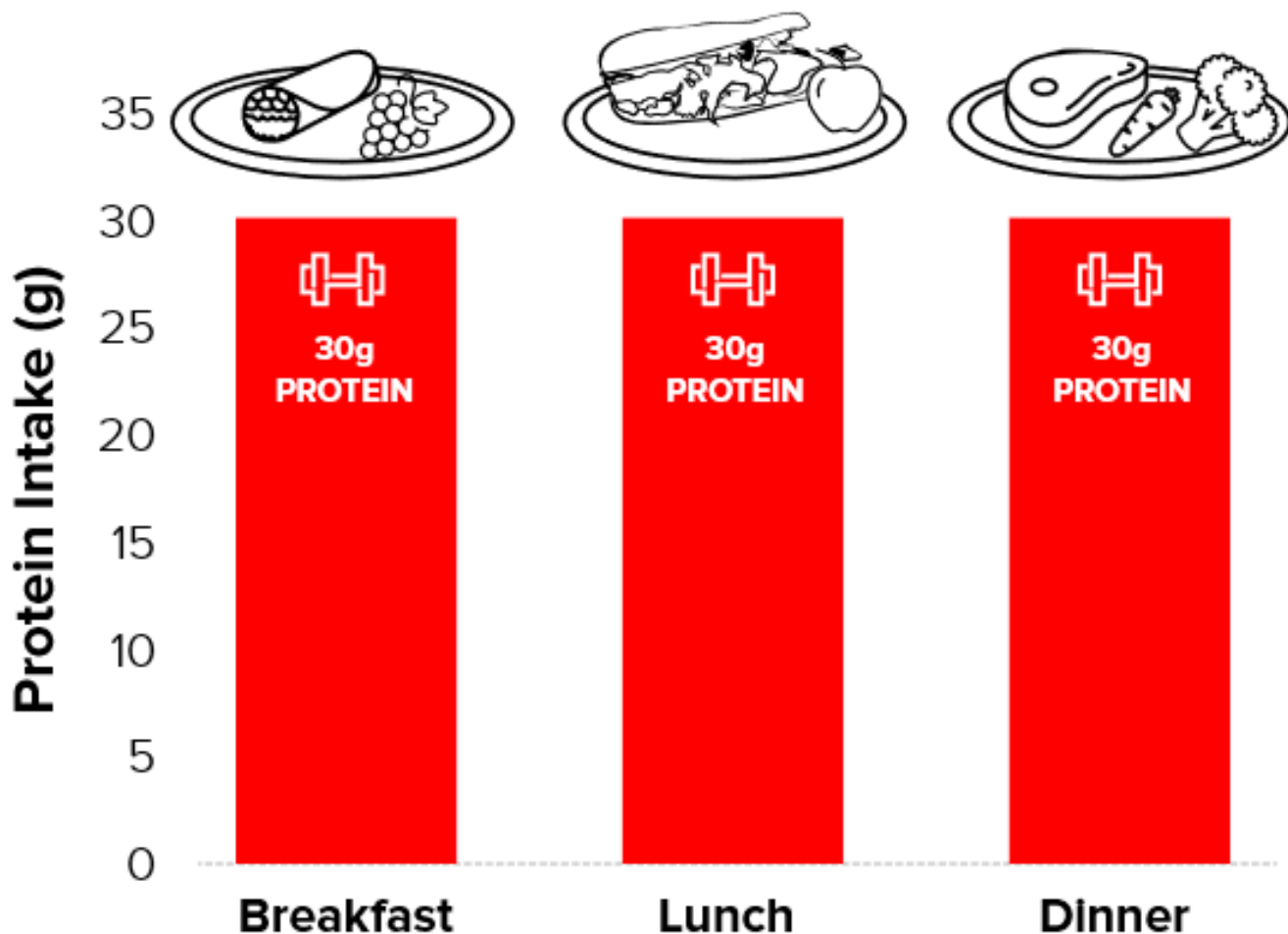
# 50%

of your recommended Daily Value of protein














a 3-oz serving of **beef** provides 25 grams of protein and 10 essential nutrients in one tasty package.



# Aim for 20-30 Grams of Protein at Each Meal Throughout the Day



# WHAT DOES 25 GRAMS OF PROTEIN LOOK LIKE?

	 AMOUNT	 CALORIES	 PROTEIN
Quinoa	 3 cups	 666	25g
Peanut Butter	 6.5 tbsp	 613	25g
Black Beans	 1 $\frac{2}{3}$ cups	 379	25g
Edamame	 1 $\frac{1}{3}$ cups	 249	25g
Beef	 3 ounces	 173	25g



- But wait, there's more!
- Beef provides 10 essential nutrients...
- Not “nice to have nutrients” *essential to life* nutrients!

# BEEF'S BIG 10

Do more than just get through the day - be your best every day. Here's how beef's essential nutrients can help.

**VITAMINS B<sub>6</sub> and B<sub>12</sub>** help maintain brain function. B-vitamins in beef help give you the energy to tackle busy days.

**ZINC** helps maintain a healthy immune system.

**PHOSPHORUS** helps build bones and teeth.

**NIACIN** supports energy production and metabolism.

**RIBOFLAVIN** helps convert food into fuel.

**IRON** helps your body use oxygen.

**CHOLINE** supports nervous system development.

**PROTEIN** helps preserve and build muscle.

**SELENIUM** helps protect cells from damage.

All lean beef cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3 ½-oz cooked serving. **Surprise! Some cuts of beef are as lean as a 3-oz skinless chicken thigh.**

## BEEF GIVES YOUR BODY MORE

of the nutrients you need. A 3-oz. serving of lean beef provides:

Calories	8% DV
Protein	48% DV
B12	44% DV
Selenium	40% DV
Zinc	36% DV
Niacin	26% DV
B6	22% DV
Phosphorus	19% DV
Choline	16% AI*
Iron	12% DV
Riboflavin	10% DV

The "daily value" percentage (aka DV) helps you determine how much of a particular nutrient a food contributes to average daily needs. Each nutrient is based on 100% of the daily requirements for that nutrient (for a 2,000 calorie diet). (\*AI stands for Adequate Intake. The highest AI for Choline is 550mg.)

## DID YOU KNOW?

- Don't be left unsatisfied. A 3-oz serving of lean beef provides 25 g (about half) of the Daily Value for protein, which is one of the most satisfying nutrients.
- Get your workout in! Exercise is more effective when paired with a higher-protein diet.
- Interested in heart health? Research shows that including lean beef, even daily as part of a heart-healthy diet and lifestyle, improved cholesterol levels.

**BEEF**  
Funded by the Beef Checkoff.

For recipes and more visit [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com)

U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory 2012, USDA National Nutrient Database for Standard Reference, Release 25. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>, Paddon-Jones D, Westman E, Mattar RD, Wolfe RR, Arentz A, Weisberger-Plantinga M. Protein, weight management, and satiety. Am J Clin Nutr 2008;87:355S-61S. Layman DK, Evans E, Baum JJ, Seyler J, Erickson DJ, Boileau RA. Dietary protein and exercise have additive effects on body composition during weight loss in adult women. J Nutr 2005;135:1903-10. Symons TB, Sheffield-Moore M, Mamerow MM, Wolfe RR, Paddon-Jones D. The anabolic response to resistance exercise and a protein-rich meal is not diminished by age. J Nutr Health Aging 2011;15:376-81. Roussel MA, Hill AM, Gaugler TL, West SG, Vanden Heuvel JP, Alajovic P, Gillies PJ, and Kris-Etherton PM. Beef in an Optimal Lean Diet study: Effects on lipids, lipoproteins, and apolipoproteins. Am J Clin Nutr 2012;95:9-16.

# Beef...The Tastiest Multivitamin!

**MMMULTIVITAMINS**



**IT'S WHAT'S FOR DINNER.**

Funded by The Beef Checkoff  
T-Bone



# BEEF, DARK CHOCOLATE AND CHERRY POWER BITES

Enjoy this protein-packed treat to get you through the day. The flavors of cherry and dark chocolate make this a tasty one-bite snack.

## INGREDIENTS:

1-1/2 cups Fully-cooked Ground Beef Crumbles (93% lean or leaner)  
1-1/2 cups soft-cooked black beans  
1/2 cup honey  
1/4 cup unsweetened cocoa powder  
1/4 cup unsweetened applesauce  
2 whole eggs  
1 whole egg white  
1 oz dark chocolate  
2 tablespoons olive oil  
1 teaspoon baking powder  
1 teaspoon vanilla extract  
1/4 teaspoon coarse ground black pepper  
1/2 cup chopped walnuts  
1/2 cup dried cherries

## COOKING:

1. Preheat oven to 350°F. Coat 8-inch square baking dish with cooking spray.

Combine Ground Beef, beans, honey, cocoa powder, applesauce, eggs, dark chocolate, oil, baking powder, vanilla extract and pepper in food processor container. Pulse on and off for 30 seconds or until smooth.

2. Stir together batter, walnuts and dried cherries in large bowl. Pour batter into prepared baking pan. Bake in 350°F 30 to 35 minutes.

3. Remove baking pan; cool to room temperature. . Cover and refrigerate at least 4 hours; roll into 1 inch balls. Store in airtight container in refrigerator or freezer.



1  
HR



12  
SERVINGS



230  
CAL



13 G  
PROTEIN

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# EASY BEEF BREAKFAST ROLLS

Homemade Ground Beef Breakfast Sausage is mixed with eggs and cheese inside soft doughy rolls and baked to perfection.

## INGREDIENTS:

1 recipe [Basic Country Beef Breakfast Sausage](#)

2 large eggs, scrambled

1/2 cup shredded Cheddar cheese

1 tablespoon water

Fillings (optional): Chopped onions, salsa, chopped cooked vegetables

12 balls of frozen bread dough, thawed

## COOKING:

1. Prepare [Basic Country Beef Breakfast Sausage](#). Remove from skillet.

**Basic Country-Style Beef Breakfast Sausage:** Combine 1 pound Ground Beef (93% or leaner), 2 teaspoons chopped fresh sage or 1/2 teaspoon rubbed sage, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1/2 teaspoon salt and 1/4 to 1/2 teaspoon crushed red pepper in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add sausage mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles, stirring occasionally.

*Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*

2. Preheat oven to 350°F. Lightly spray 12 muffin cups with nonstick cooking spray. Combine sausage, scrambled eggs, cheese and water. Stir in optional filling ingredients, if desired. Roll out one dough ball at a time on unfloured surface to 4 to 5-inch diameter circle. Place approximately 1/4 cup of sausage filling into the center of the circle. Gather edges of dough and pinch together. With hands roll dough back into ball. Place seam-side down into a muffin cup.

3. Bake 24 to 27 minutes or until rolls are golden brown.



45  
MIN



12  
SERVINGS



410  
CAL



32 G  
PROTEIN

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# BEEF JERKY TRAIL MIX

Looking for a convenient snack to fuel your day? Add store-bought Beef Jerky to a mix of nuts, seeds and fruit.

## INGREDIENTS:

- 1 cup chopped beef jerky
- 1/2 cup whole almonds
- 1/4 cup dried cranberries
- 1/4 cup sunflower seeds

## COOKING:

1. Mix all ingredients in medium bowl. Store in an airtight container in the refrigerator.

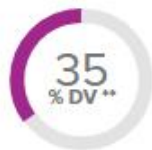
*Cook's Tip: You may substitute any nut for almonds, any dried fruit for cranberries and any seed for sunflower seeds.*

## NUTRITION:

536 CALORIES



6.8g SAT FAT



24.8g PROTEIN



4.3 mg IRON



5.4 mg ZINC



\* Based on a 2,000 calorie diet  
\*\* Percent Daily Values are based on a 2,000 calorie diet

**Nutrition information per serving:** 536 Calories; 332.1 Calories from fat; 36.9g Total Fat (6.8 g Saturated Fat; 0.01 g Trans Fat; 10.1 g Polyunsaturated Fat; 17.7 g Monounsaturated Fat); 20 mg Cholesterol; 887 mg Sodium; 33 g Total Carbohydrate; 8.1 g Dietary Fiber; 24.8 g Protein; 4.3 mg Iron; 662 mg Potassium; 3.3 mg Niacin; 0.3 mg Vitamin B<sub>6</sub>; 0.4 mcg Vitamin B<sub>12</sub>; 5.4 mg Zinc; 18.8 mcg Selenium; 75.5 mg Choline.

This recipe is an excellent source of Dietary Fiber, Protein, Iron, Potassium, Zinc, and Selenium; and a good source of Niacin, Vitamin B<sub>6</sub>, and Choline.



5  
MIN



2  
SERVINGS



540  
CAL



25 G  
PROTEIN

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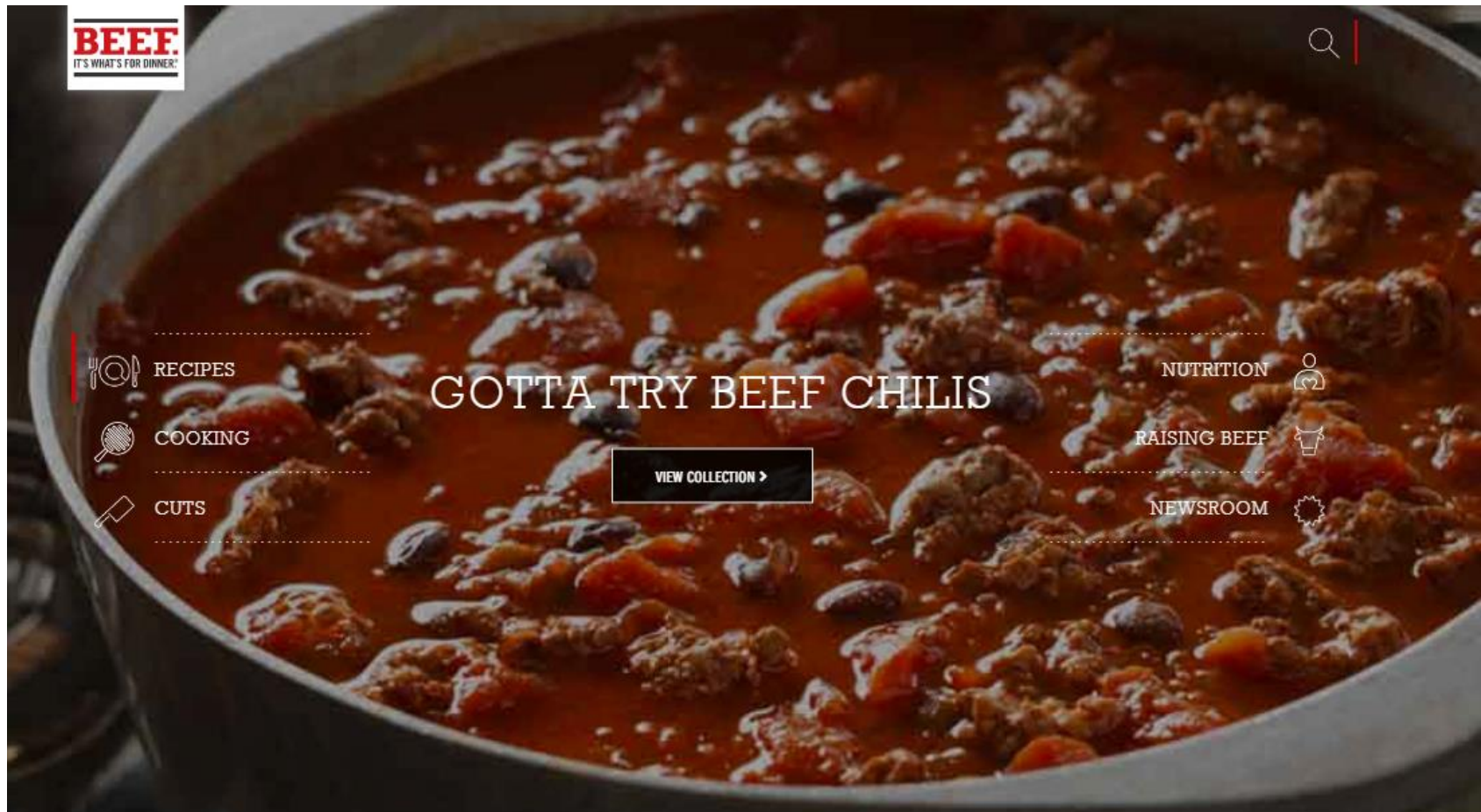


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**BEEF**  
IT'S WHAT'S FOR DINNER.™

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Meal planning tips in one click **CHUCK** KNOWS BEEF

FOODSERVICE      RETAIL      TRAINING      RESOURCES

# Built with Beef Activity

1. Divide into groups.
2. Study the snack supplies... work together to develop an idea for a snack.
3. Gather the snack supplies and note the protein amounts for each ingredient.
4. Calculate the protein and calories for your snack.
5. Give your snack mix a name.
6. Write a 140 character (or less) description of your snack.
7. Present! Share the name, description and nutrition information.