



# Consumer Focus

► by the *National Cattlemen's Beef Association*

## Healthy lifestyle, happy families

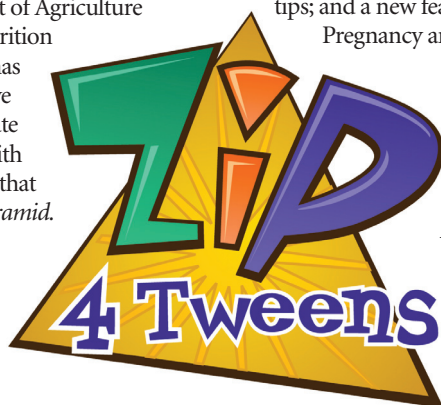
*Good nutrition isn't a "one size fits all" kind of thing. We all have different body types, habits and activity levels. That's why the Federal government developed "MyPyramid" to replace the older Food Guide Pyramid.*

### MyPyramid — not just for kids

The U.S. Department of Agriculture (USDA) Center for Nutrition Policy and Promotion has put together an extensive web site that can calculate personal eating plans with the foods and amounts that are right for you. *MyPyramid.gov* is an innovative site to help people of all ages find the best diet solutions to fit their lifestyles and needs.

Within the site you will find MyPyramid Tracker, an in-depth assessment of your diet quality and physical activity status; MyPyramid Plan, a quick estimate of what and how much you need to

eat; games; podcasts; easy eating and exercise tips; and a new feature, MyPyramid for Pregnancy and Breastfeeding.



### Get more ZIP

What is ZIP? Zinc (Zn), iron (Fe) and protein are the main ingredients — and the best place to get some ZIP is lean red meats.

Zinc helps you think and improves things like memory and paying attention.

At the same time it's helping to increase your brainpower, zinc helps heal your injuries and strengthens your body to fight colds. Turn to

lean beef, dairy foods, poultry, whole grains and nuts to get the zinc you need.

Iron helps your brain by supplying oxygen. People with less iron in their diet score lower on problem-solving tests. You also need iron to fuel everyday physical activity. Without enough iron in your diet, it's hard to perform your best on the field and in the classroom. Some of the best foods with iron are enriched breads and cereals, lean beef and turkey, and beans.

Protein is a source of energy for your body. Protein builds and repairs all your body's tissues and keeps your muscles strong. Protein is found mostly in foods from the meat/beans group and the dairy group.

### Zip4Tweens

Zip4Tweens is a concept designed to help kids and their families find a balanced approach to a healthier lifestyle. A key part of this approach is the new "MyPyramid" guidelines. The idea behind the guidelines is that they can fit each person's lifestyle. Just like every family member has different needs, our ideal diets may be different as well.

MyPyramid helps us find a balance.

### Recipe of the Month:

#### Mexican Beef Stew Over Chipotle Sweet Potato Mashers

Cook time: 2¼ to 2¾ hours

#### Ingredients:

- 2 lb. beef\* for stew, cut into 1 to 1½-in. pieces
- ½ cup all-purpose flour
- 1 Tbs. unsweetened cocoa
- 1 Tbs. ground ancho chile pepper
- 1 to 2 Tbs. butter
- ½ tsp. salt
- ¼ tsp. ground black pepper
- 1½ cups frozen mixed red, yellow and green bell pepper blend
- 1 can (14½ oz.) diced tomatoes, undrained
- 1½ cups ready-to-serve beef broth
- 1 tsp. minced chipotle pepper in adobo sauce
- 1 tsp. adobo sauce from chipotle peppers

#### Chipotle Sweet Potatoes:

- 2 lb. sweet potatoes, peeled, cut into 1½- to 2-in. pieces
- 1 to 2 tsp. butter (optional)
- 1 tsp. minced chipotle pepper in adobo sauce
- 1 tsp. adobo sauce from chipotle peppers
- ½ tsp. salt
- ½ tsp. ground ancho chile pepper

#### Instructions:

1. Combine flour, cocoa and ancho chile pepper in large bowl. Add beef and toss to coat evenly with flour mixture. Remove beef; reserve any excess flour mixture.
2. Heat 1 Tbs. butter in stockpot over medium heat until hot. Brown half of the beef; remove from stockpot. Repeat with remaining beef, adding remaining 1 Tbs. butter if needed. Remove beef from stockpot; season with salt and black pepper.
3. Add bell peppers; cook and stir 3 minutes. Stir in tomatoes, broth, chipotle pepper, adobo sauce and reserved flour mixture. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1¾ to 2¼ hours or until beef is fork-tender.
4. Meanwhile, prepare Chipotle Sweet Potatoes. Place sweet potatoes in large saucepan; cover with water. Bring to a boil; cook 12-15 minutes or until tender. Drain, reserving ¼ cup cooking liquid. Return potatoes and reserved cooking liquid to saucepan; add butter, if desired, chipotle pepper, adobo sauce, salt and ancho chile pepper. Mash potatoes until just blended and slightly chunky.
5. Serve stew over sweet potatoes.

Makes 6 servings.

Cook's Tip: For less heat, remove seeds from chipotle peppers.


Nutrition information per serving: 377 calories; 12 g fat (6 g saturated fat; 4 g monounsaturated fat); 83 mg cholesterol; 827 mg sodium; 36 g carbohydrate; 6.2 g fiber; 30 g protein; 5.7 mg niacin; 0.7 mg vitamin B<sub>6</sub>; 2.2 mcg vitamin B<sub>12</sub>; 4.1 mg iron; 21.0 mcg selenium; 6.3 mg zinc.

\*The *Angus Journal* suggests using *Certified Angus Beef*® (CAB®).

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Parents are the No. 1 role models when it comes to their children's diets. If parents make smart choices, eat a variety of foods, and exercise regularly, their children are more likely to do the same.

- ▶ Check out the Zip4Tweens Calculation Station at [www.zip4tweens.com/keepzip/calculator/calculator.html](http://www.zip4tweens.com/keepzip/calculator/calculator.html) to help determine your own personal diet needs. Try it out for every member of your family.

- ▶ Play Appetite Attack. It's a fun way for children to practice eating a healthful diet daily. Play all of the games at [www.zip4tweens.com/games/games.html](http://www.zip4tweens.com/games/games.html).
- ▶ Head over to [www.mypyramid.gov](http://www.mypyramid.gov) to get more information and tips for improving your family's health. 

**Editor's Note:** *Zip4Tweens is made possible through funding by the National Beef Checkoff Program. The beef checkoff continues to reach out to gatekeepers, as the primary purchasers*

*of food for their families. In recent years, The Cattlemen's Beef Board (CBB) and the National Cattlemen's Beef Association (NCBA) shared relevant research with health professional influencers and credentialed media on meat as an important first food for infants to help them meet zinc and iron needs. They have also provided the research review and a copy of the fact sheet, "Meat, A Smart First Food" to health professional contacts, gatekeeper publications and family/parenting editors during National Breastfeeding month last year and posted information on relevant e-mail services.*