

STEP UP TO THE PLATE WITH BEEF



**LOOK
INSIDE**
FOR TIPS &
RECIPE IDEAS!



Whether an athlete or a mathlete, today's youth have a lot on their plates. Growing children, teens and tweens require balanced nutrition to support physical and mental performance and overall well-being.



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School-age years through adolescence are a pivotal time for growth and proper nutrition.

During the tween and teen years, kids are growing at a rapid rate—and nutrient deficiencies during this stage are common. It's essential to build a strong foundation with healthy lifestyle habits including choosing a variety of nutrient-dense foods.

Beef's unmatched nutrient package can help cover kids' nutritional bases, making it a winning choice to support active and involved minds and bodies.



Did You Know?

A 3 oz serving of cooked beef contains 10 essential nutrients that support growth and development.¹



Beef's Essential Nutrients

IRON

helps the body use oxygen

VITAMINS B6 & B12

provide energy and support brain function

CHOLINE

supports nervous system development

PROTEIN

helps support growth and development and builds muscles

SELENIUM

helps protect cells

PHOSPHOROUS

helps build strong bones and teeth

RIBOFLAVIN

converts food into fuel

NIACIN

supports energy production and metabolism

ZINC

helps maintain a healthy immune system



Real Talk with Pediatric Dietitian, Jill Castle, MS, RDN



As a parent or caregiver, you play the most important role in your child's eating behavior. In fact, even the way you talk about food can have an impact on developing healthy eating habits.



Comments about a child's body size or weight can backfire. Even parents with the best intentions can say things that make teens feel bad, which may lead to unhealthy eating patterns.



Teens may be unhappy with their bodies and view food as something they can alter, modify and control, which is why your words matter.



Drop the "good" or "bad," and the "healthy" or "unhealthy" food descriptions. Instead, focus on eating enjoyment and encouraging a positive relationship with food. It's all about balance!



Jill Castle, MS, RDN is one of the nation's premier childhood nutrition experts and founder and CEO of The Nourished Child®. She is the author of the book *Kids Thrive at Every Size* (Workman 2024) and other impactful books like *Eat Like a Champion* and *The Smart Mom's Guide to Healthy Snacking*. Jill is the mother of four adult-ish children and lives in Massachusetts with her husband.

Table Talk Topics

Positive Conversations with Tweens and Teens
about Food, Performance, and Feeling Good

HOW FOOD MAKES YOU FEEL

We eat for nourishment and occasionally to feel better—and that’s okay! Eating diverse foods helps your body get what it needs to stay healthy and feel good so you can be at your best.



HOW FOOD HELPS YOU THINK

Food helps your brain function at its best. Getting the right balance of nutrients—including iron, zinc, and vitamin B12—helps your brain function and learn.

HOW FOOD HELPS YOU PERFORM

Food gives your body “fuel” to do a variety of things like play sports, play an instrument, and participate in after-school activities.



For more info visit

beefitswhatsfordinner.com/nutrition/beef-for-tweens-and-teens

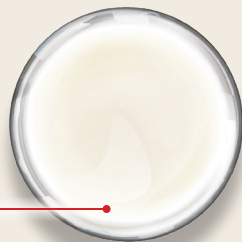
Build Balanced Plates with Beef

MyPlate was created to help families “make every bite count” by getting the most nutrients in every meal and snack. Talk to your child about these simple meal planning tips to help boost nutrition and fuel their bodies and minds for the day ahead!

Fill $\frac{1}{2}$ of your plate with fruits and vegetables at each meal.

Try experimenting with a new vegetable or fruit to add variety and color.

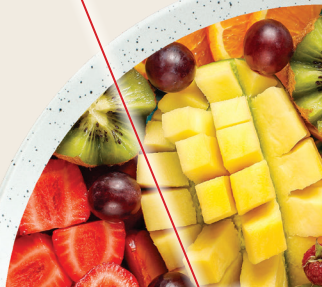
Consider low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).



Make about $\frac{1}{4}$ of your plate fiber-rich whole grains.



Vary your lean proteins with nutrient-rich options such as lean beef. A 3 oz cooked portion of lean beef provides 25 g of high-quality lean protein.¹



For more healthy eating tips and recipes, visit
www.beefitswhatsfordinner.com

Let's Practice

Protein provides the building blocks for healthy growth and development, while also helping to keep your child full and satisfied. Be sure to include other nutritious foods, like fruits, vegetables, and whole grains, to help meet daily nutrition needs. Follow this playbook to build your family's Most Valuable Plate.

GOOD

Protein



BETTER

Protein + Veggies



BEST

Protein + Veggies +
Whole Grains + Dairy



The Beef Checkoff is proud to be a **Gold Champion MyPlate National Strategic Partner**, building on the goal to increase awareness of MyPlate resources that assist in educating and encouraging adherence to science-based Dietary Guidelines for Americans.



Beef is a delicious and hearty food that kids love, making it an important addition to busy school days, practices and events.

When deciding how to best fuel active tweens and teens, start your planning with protein.



Try this Classic Meatloaf recipe, made with simple and nourishing ingredients



Personalize it in three simple steps:

- 1** Prepare Classic Meatloaf
- 2** Add favorite vegetables and seasonings
- 3** Top and serve with favorite sauce and/or garnishes



ITALIAN:

Mushrooms + pasta sauce + basil



GREEK:

Olives + oregano + tzatziki & cucumber



ASIAN:

Green onions + ginger + peanuts



SPANISH:

Bell pepper + olives + paprika



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References: 1. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central. 2019. fdc.nal.usda.gov NDB # 13364.