



**M**any Americans search for the best way to improve their health, manage their weight and satisfy their appetites. Instead of turning to another fad diet, the answer may be as simple as changing the way we fill our plates at each meal.

A growing body of evidence indicates that many people may benefit from eating more protein foods throughout the day to maximize optimal health, manage weight, age healthfully, maintain muscle and prevent disease.<sup>1</sup> However, National Health and Nutrition Examination Survey (NHANES) data shows that people consume more than 60 percent of their daily protein in a single large dinner meal, leaving less than 35 percent distributed among other meals and snacks. This means it's time for most people to re-think protein's place on their plates and in their diet.

## Beef Up Your Meals With Protein

Simple dietary changes—like spreading your protein intake throughout the day (rather than at one meal)—may benefit your overall health and well-being. In fact, evidence shows that it's important to consume protein throughout the day (at all meals and snacks) to meet your needs, improve satiety and preserve lean muscle mass.<sup>2</sup> Research suggests that eating protein consistently throughout the day helps protect against muscle loss while you're dieting.<sup>3</sup>



## Protein Throughout the Day

Try the following ways to eat more protein at all of your meals and snacks.

**Beef for Breakfast:** Kick off the morning with a Beef and Spinach Breakfast Sandwich (pictured in photo at left). Cook eggs with spinach and tomatoes and top with lean deli roast beef. Serve with whole wheat bread and a glass of lowfat or nonfat milk.



**Lighten Your Lunch:** Create a salad of mixed greens, carrots, cooked brown rice, tomatoes, garbanzo beans and top with hard-boiled eggs or chicken and fresh lemon garlic dressing.

**Sneak in a Snack:** Make roast beef-wrapped asparagus spears or blend a fruit smoothie with lowfat yogurt and fresh or frozen fruit.

**Dress Up Your Dinner:** Jazz up your macaroni and cheese by adding veggies, such as broccoli florets, peas or cauliflower. Then pump up the protein by adding 95 percent lean Ground Beef.



# The Power of Protein: Why You Need Protein in Your Diet

## Bringing Beef Back to Breakfast

What you choose to consume each morning often sets the stage for the rest of your day. Including protein as part of your breakfast ritual will not only help you meet your high-quality protein requirements but is the perfect way to energize your day and set your daily protein plan into motion.

There are many easy, creative ways to include lean protein in your breakfast routine. For meal and snack recipes, please visit **BeefNutrition.org**. Or, try the simple and tasty recipe below.

## Beef and Cream Cheese Bagelwich

**Total Recipe Time:** 10 to 15 minutes



- 12 ounces cooked beef (such as steak, roast, pot roast or deli roast beef), thinly sliced
- 4 thin-style flavored bagels or regular bagels, split
- 1/3 cup reduced-fat cream cheese
- 2 tablespoons nonpareil capers
- 8 thin slices tomato
- 4 thin slices red onion, separated into rings
- Nonpareil capers (optional)

Spread cream cheese evenly on cut sides of each bagel half. Evenly sprinkle capers over cream cheese. Evenly top with tomato slices and onion rings; top with beef. Garnish with additional capers, if desired. Serve immediately or refrigerate until ready to eat. (See tips below.)

**Makes 4 servings**

**Cook's Tip:** Nonpareil capers typically refer to small pickled capers. Regular capers may be substituted.

**Cook's Tip:** Bagelwich-To-Go: This sandwich can be made to take on-the-go. Prepare recipe as directed. Close sandwich; wrap tightly in plastic wrap. Keep refrigerated until ready to eat.

**Nutrition information per serving:** 305 calories; 10 g fat (4 g saturated fat; 4 g monounsaturated fat); 71 mg cholesterol; 473 mg sodium; 27 g carbohydrate; 5.5 g fiber; 29 g protein; 4.3 mg niacin; 0.3 mg vitamin B<sub>6</sub>; 2.8 mcg vitamin B<sub>12</sub>; 4.2 mg iron; 26.4 mcg selenium; 5.6 mg zinc; 4.3 mg choline.

- 1 Symons B, Sheffield-Moore M, Wolfe R, Paddon-Jones D. A moderate serving of high-quality protein maximally stimulates skeletal muscle protein synthesis in young and elderly subjects. *Journal of the American Dietetic Association*. 2009; 109:1582-1586.
- 2 English K, Paddon-Jones D. Protecting muscle mass and function in older adults during bed rest. *Current Opinion in Clinical Nutrition & Metabolic Care*. 2010; 13:1:34-39.
- 3 Devkota S, Layman D. Protein metabolic roles in treatment of obesity. *Current Opinion in Clinical Nutrition & Metabolic Care*. 2010; 13:403-407.