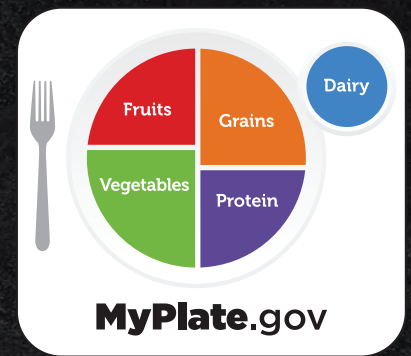


Building Balanced Plates with Beef



MyPlate was created to help families “make every bite count” by getting the most nutrients in every meal and snack. Simple meal-planning tips that can help boost nutrition and fuel healthy bodies and minds for school-aged children and teens include:¹

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!¹

Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).¹

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

Vary your protein with nutrient-rich options such as lean beef. A 3 oz. cooked portion of beef uniquely provides 10 essential nutrients—including 25 grams of high-quality protein as well as iron, zinc, choline, and B vitamins—in about 170 calories.¹⁻¹¹



For more healthy eating tips and recipes, visit [MyPlate.gov](https://www.MyPlate.gov).

Closing Essential Nutrient Gaps with Beef



Funded by Beef Farmers and Ranchers

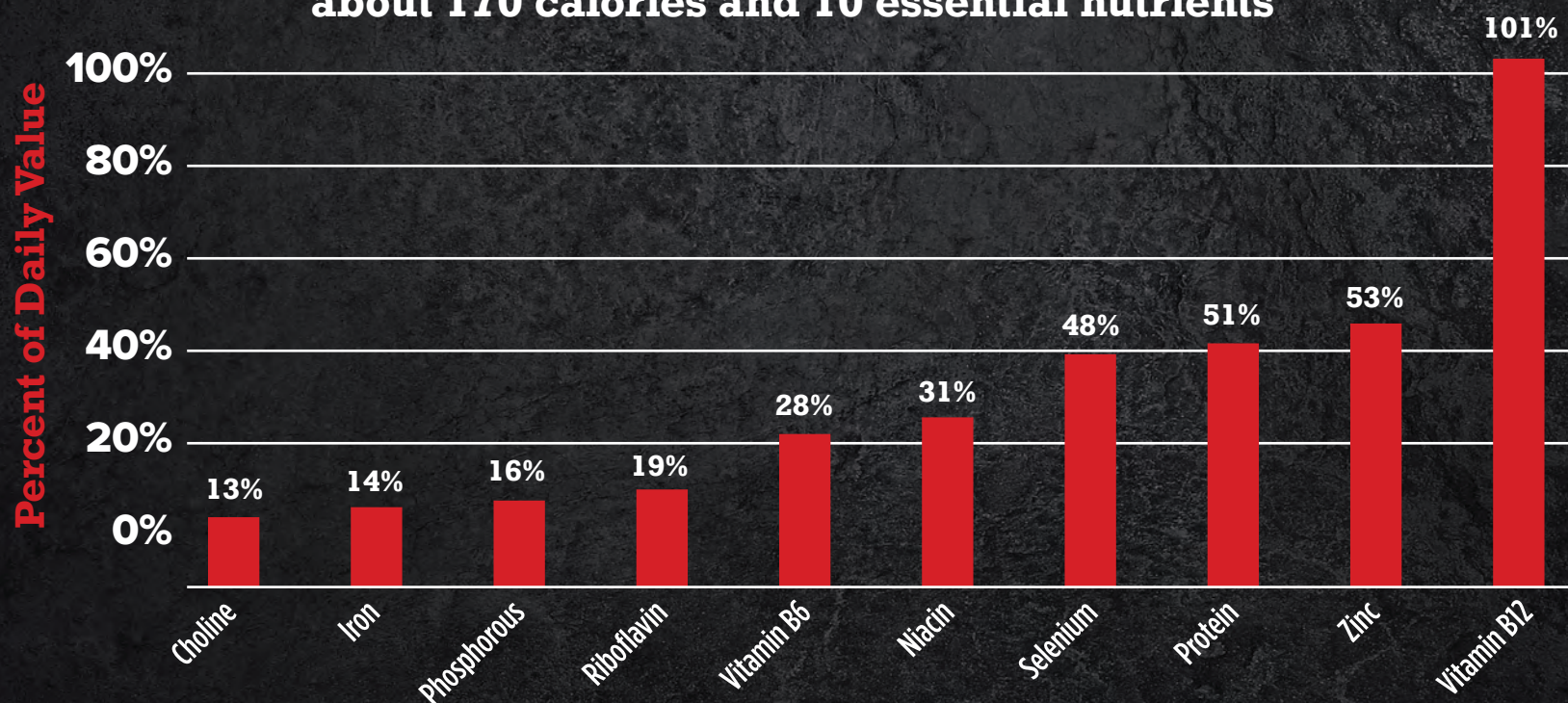
School-age years, especially adolescence, are a pivotal time for proper nutrition to support healthy growth—yet nutrient deficiencies are alarmingly common during this life stage.

In fact, many children, including adolescents, fall short on consuming essential nutrients to support learning, activity, and development such as high-quality protein, iron, zinc, choline, and vitamins B6 and B12, which are all readily available in beef. Beef deliciously enhances nutritious meals—making it easier for growing children to enjoy key nutrients that fuel optimal physical and cognitive development, as well as immunity.^{7,12–16}



Beef Makes the Grade²

A 3-oz serving of cooked beef on average provides about 170 calories and 10 essential nutrients



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