

# Simple 1-minute Nutrition Conversations

Help your patients build gradual success in healthy living with these simple conversations.

## 3 Cornerstones of a Nutritious Meal

Follow these simple 3 cornerstones of eating a nutritious meal<sup>1</sup>

**1** Anchor your plate with protein

**2** Pair with vegetables

**3** Finish with whole grains

### TIPS

- Aim for a variety of lean proteins throughout the week.
- Aim for dark green and red/orange vegetables at least half of the times.
- A serving size of pasta or rice is half a cup, the size of a cupped hand.



### Did You Know?

Majority of beef cuts in the market are lean by USDA standard?<sup>2</sup> Lean beef has less than 10 grams of fat per a 3oz. cooked serving.

<sup>1</sup> U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

<sup>2</sup> National Cattlemen's Beef Association, a Contractor to the Beef Checkoff Program. *Lean Matters: Chronicling Beef's Change from Gate to Plate*. 2014. Available at [https://embed.widencdn.net/download/beef/iyg5bxcz6u/LeanMatters\\_Web.pdf?u=q5atpk](https://embed.widencdn.net/download/beef/iyg5bxcz6u/LeanMatters_Web.pdf?u=q5atpk).



[www.nebpi.org/nutrition](http://www.nebpi.org/nutrition)

# Simple 1-minute Nutrition Conversations

Help your patients build gradual success in healthy living with these simple conversations.

## Today We All Crave Energy

Follow these simple steps to generate more energy<sup>1</sup>

- 1 Get 7-9 hours of quality sleep daily
- 2 Exercise 30-60 minutes daily to reduce stress
- 3 Choose foods that are rich in nutrients

### TIPS

- Avoid the use of electronic devices before bedtime.
- Hydrate properly before and after exercise.
- Choose protein-rich snacks e.g. beef jerky, nuts, hummus/ celery.



### Did You Know?

Beef offers 10 essential nutrients including protein, zinc, iron, and B vitamins<sup>2</sup> – vitamins that the body needs for energy.

<sup>1</sup> CDC.gov. Stress and Coping. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping>.

<sup>2</sup> Zanovec M et al. Lean beef contributes significant amounts of key nutrients to the diets of US adults: National Health and Nutrition Examination Survey 1999-2004. *Nutrition Research*. 2010.

# Simple 1-minute Nutrition Conversations

Help your patients build gradual success in healthy living with these simple conversations.

## Can high cholesterol patients enjoy beef?

Follow these simple 4 steps to manage cholesterol<sup>1</sup>

- 1 Maintain a Healthy Weight
- 2 Go Lean with Protein at Meals
- 3 Make Half Your Plate Fruits and Vegetables
- 4 Exercise for 30-60 minutes 5 days a week

### TIPS

- Look for “Round”, “Loin”, or 93% ground beef for lean cuts of beef e.g. Top Sirloin.
- Get a walking buddy to stay committed.
- Double up the amount of vegetables in a soup or sauce recipe.

<sup>1</sup> CDC.gov. Preventing and Managing High Cholesterol. <https://www.cdc.gov/cholesterol/prevention.htm>.

<sup>2</sup> Roussel MA, et al. Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. *Am J Clin Nutr.* 2012; 95(1):9-16.

<sup>3</sup> O'Connor LE, et al. A Mediterranean-style eating pattern with lean, unprocessed red meat has cardiometabolic benefits for adults who are overweight or obese in a randomized, crossover, controlled feeding trial. *Am J Clin Nutr* 2018;108:33-40.



### Did You Know?

A growing body of randomized controlled trials shows individuals following a heart-healthy diet including lean fresh beef experienced a reduction in cholesterol.<sup>2-3</sup>