

INCREDIBLE EDIBLE IDAHO

IDAHO BEEF NUTRITION FACTS

- BEEF PROVIDES THE NUTRIENTS KIDS NEED TO GROW STRONG, PLAY HARD, AND SUCCEED IN SCHOOL EVERYDAY.
- BEEF IS A GREAT SOURCE OF "HEME" IRON- THE MOST EASILY ABSORBED FORM OF IRON THAT HELPS INCREASE ENERGY LEVELS AND ACADEMIC PERFORMANCE.
- BEEF HAS ZIP! (ZINC, IRON AND PROTEIN) IN EACH DELICIOUS SERVING- ZINC HELPS YOU THINK AND IMPROVES YOUR MEMORY; IRON HELPS YOUR BRAIN DEVELOP BY SUPPLYING OXYGEN, AND PROTEIN BUILDS AND REPAIRS YOUR MUSCLES AND IS A GREAT SOURCE OF ENERGY FOR YOUR BODY.

1 IN ORDER FOR IDAHOANS TO EAT ALL OF THE BEEF PRODUCED HERE, EVERY PERSON IN THE STATE WOULD HAVE TO EAT 4 QUARTER POUND HAMBURGERS EVERYDAY!

2 THE NUMBER OF CATTLE IN IDAHO - ABOUT 2.2 MILLION - OUTNUMBERS THE NUMBER OF PEOPLE LIVING IN IDAHO!

3 THE BEEF INDUSTRY IS THE SECOND LARGEST COMMODITY PRODUCED IN IDAHO IN TERMS OF THE AMOUNT OF REVENUE IT GENERATES. DAIRY INDUSTRY IS FIRST.

4 CATTLE PROVIDE MORE THAN JUST NUTRITIOUS BEEF! ONE COWHIDE CAN EITHER BE MADE INTO 144 BASEBALLS, 20 FOOTBALLS, 18 SOCCER BALLS, 18 VOLLEYBALLS, OR 12 BASKETBALLS.





Idaho ranks in the top 20 nationally for total number of cattle and calves, producing over 2 million head. The number of cattle in Idaho outnumbers the number of people living in Idaho!

Idaho **beef** can be found in many world markets, but most of it stays right here in America where it can be enjoyed in restaurants, supermarkets, and almost anywhere else food is sold. In order for Idahoans to eat all the **beef** produced here, every person in the state would have to eat 4 quarter pound hamburgers everyday!

All Idaho counties raise cattle with the largest production in Gooding county. Most **beef** cows in Idaho get to enjoy fresh air and water, because they are raised on open pasture and spend part of their time on public rangelands.

Not only does **beef** taste good, but it is also a great way to fuel your body! A 3 oz serving (the size of a deck of cards) contributes protein, zinc, B-vitamins and iron. Whether it's grilled, roasted, braised, stir-fried or baked, **beef** is a great tasting, healthy choice for any meal!



All Together Now!

If you could take a helicopter ride over certain sections of the Texas Panhandle, you might spot a group of pens in which hundreds – or even thousands – of cattle are gathered. What's that all about?

This kind of operation is called a cattle feedlot. Beef animals are kept here for an average of four to five months and given a scientifically developed diet of grains and grasses or other roughage before being sent to the processing plant.

For the first 12 to 18 months of the animal's life, it grows on pasture by eating grass. Why aren't cattle

just kept on the pasture? Cattle farmers and ranchers found that feeding an animal a grain-based diet during the last part of its life made the meat more tasty and tender. And people like it more!

The feedlot diet provides the perfect balance of nutrients, vitamins and minerals to help the animals stay healthy. This feeding process allows them to grow more quickly, thereby providing the continual supply of fresh grain-fed beef consumers want. Feedlot owners also support local agriculture by buying grains for use in cattle feed from area farmers.

ACTIVITY

Living in Tense

Proper grammar and verb tense are important as you write. Can you pick out what's wrong with the sentences in the following paragraph? A word is underlined because it **may** contain a mistake in grammar and usage. Look carefully at each underlined word. If there is a mistake, make the correction in the space above it. If there is no mistake, write **OK** above the underlined word.

Janet write a good paper yesterday. It tells why cattle are keep in feedlots and why there diet is important. She say cattle is important because they eat grass that humans can't eat. She say they is kept in feedlots partly to change their diet. What cattle eat can change the taste of the beef.



BEEF NUTRIENTS THAT WORK AS HARD AS YOU DO

Eating right plays an integral role in keeping you healthy and active. And when it comes to nutrition, some foods have just a little more to offer.

Beef contains a power pack of nutrients including zinc, iron, protein and B-vitamins — nutrients that work as hard as you do every day!

Beef — A Nutrient Power Pack

ZINC may be a nutrient you consider only when you're catching a cold, or your immune system needs a boost, but did you know that zinc is essential for physical and mental development, wound healing and appetite control? Beef is the number one food source of zinc in the American diet. **A 3-ounce serving of beef provides 39% of the zinc most people need in a day!** In addition to containing a high level of absorbable zinc, beef also increases the absorption of zinc from other foods when eaten at the same meal.

IRON is a mineral that plays a vital role in many biological functions. It helps carry oxygen to body cells and tissues, assists in making new red blood cells, aids in brain development and supports the immune system — all to keep you healthy. Research has shown even mild, short-term iron deficiency can impair your ability to function at peak productivity. And yet, iron deficiency is the most common nutritional deficiency in the United States.²

Beef is the number three food source of iron in the American diet following iron-enriched breads and cereals. However, the iron in red meat is more completely absorbed by the body than the iron found in bread, cereal and other plant products. Two factors can increase the absorption of iron from plant foods — meat and vitamin C. **Meat consumption during a meal has been shown to increase the absorption of plant iron two- to four-fold.** This enhancing effect is known as the "meat factor." Eat a variety of foods and pair iron-enhancing foods with iron-rich foods to increase iron absorption. Try sirloin strips with a spinach salad for a delicious high-iron meal.

PROTEIN plays many roles that help keep you energized and support your body functions.

- Proteins are part of all your body's tissues, including muscles, organs and bones.
- Proteins make up the hormones and enzymes that regulate body processes.
- Proteins work with the immune system to protect you from disease.
- Coupled with moderate exercise, protein helps improve body composition during weight loss. A recent study shows a significant greater fat loss and maintenance of lean muscle mass for subjects on a diet rich in high-quality protein.³

You need to eat enough protein daily to support growth and maintenance of tissues, and to replace proteins that are broken down by the body.

All foods contain some protein, but the amount and quality of the protein vary greatly. Meat, fish, poultry, eggs, soy and dairy products are considered high-protein foods. Vegetables and grains also contain protein, but in lesser amounts.

B-VITAMINS work to promote growth and maintain health. You need essential B-vitamins to "unleash" the energy in food. Calorie for calorie beef is one of the best sources of many essential B-vitamins. A balanced diet that includes beef can help give you the energy you need to tackle your busy days.

FAT is an essential nutrient. It provides for the absorption of fat-soluble vitamins and the formation of hormones, and it can be used as an energy source. But remember, don't overdo it. To choose a diet moderate in fat, select lean cuts of meat, skinless poultry and lowfat dairy products. Balance lowfat and high fat options over time.

Half of the fatty acids in beef are monounsaturated, the same type of fatty acids found in olive oil and championed for their heart-healthy properties. In addition, approximately one-third of the saturated fat in beef is stearic acid. Studies have shown that stearic acid does not raise blood cholesterol levels like other saturated fatty acids do.⁴

Lean beef fits easily into lowfat meal plans designed to decrease blood cholesterol levels. Research shows that Americans can eat six ounces of lean red meat five or more days a week as part of a cholesterol-lowering diet. Further, both red and white meat produce the same favorable changes in blood cholesterol levels. In other words, **lean beef is just as effective as skinless chicken when it comes to lowering blood cholesterol levels.**⁵



An easy way to make sure you get the protein you need each day is to follow the government's dietary guidance as illustrated by *MyPyramid*. The foods highest in protein are represented by the purple band (meat and beans group) and the blue band (milk group). The pyramid recommends 3 cups per day from the milk group, and 5-7 ounces per day from the meat and beans group. **One 3-ounce serving of beef provides 50% of the protein recommended daily!** All this high quality protein comes in the same delicious package with zinc, iron and B-vitamins! That's a great fuel to help power you through the day.



The handouts on this poster and the answers to the activity sheets are available to print at www.sde.state.id.us/Child/hh.asp.

Crossword Puzzle



Crossword Puzzle Clues

Across

- 1) Higher than
- 4) Newborn cow
- 7) Not good
- 8) Almost cold
- 10) Agriculture (abbrev.)
- 12) Where you'd go to find a previously driven auto (three words)
- 14) Spanish for yes
- 15) To relinquish weapons
- 17) Our surroundings, which humans must protect
- 21) This mineral is important to making healthy blood
- 23) Bugs Bunny is one
- 25) A farmer will grow this in his field
- 28) A boy
- 29) Or
- 31) Emergency room (abbrev.)
- 32) Careful study of our world
- 34) Spinach is a nutritious green _____ vegetable
- 35) A Santa's helper
- 36) Advertisement (abbrev.)

Down

- 1) Ranchers make sure their animals aren't _____
- 2) A sink
- 3) A songlike poem
- 4) Not a row
- 5) By yourself
- 6) Fourth note on the musical scale
- 8) Beef is nutrient-rich because it has many nutrients for relatively few of these
- 9) Either
- 11) You chew this
- 13) You become this when you're out in the sun in the summer
- 16) Route (abbrev.)
- 18) Meat from a young bull
- 19) A high quality cut of beef is called prime ____
- 20) Observe
- 22) Not down
- 23) A steak cooked only a short time
- 24) Meat from a cow
- 25) A cook at a high quality restaurant
- 26) One child; two child ____
- 27) Killer whale
- 28) Actor Gibson

