

# BUDGET STRETCHING FOOD IDEAS

## Beef Up Your Family's Nutrition For Less

(NAPSA)—Everyone is searching for ways to save money today. When budgets are tight, inexpensive, empty-calorie foods may seem like a great value, but they lack the nutrients you need each day. Stretch your grocery budget by choosing foods that provide more nutrition bang for your buck. Purchasing nutrient-rich foods such as whole grains, low-fat and fat-free dairy foods, colorful fruits and vegetables and lean meats is a solid investment in your health. This is also an easy way to help your family meet U.S. Dietary Guidelines and *MyPyramid* recommendations to get more nutrients from your calories. Dollar for dollar, these foods provide more of the daily vitamins and nutrients you need.

For example, one 3-ounce serving of lean beef provides 10 essential nutrients, including B vitamins, iron, protein and zinc, to help keep you strong. In addition, lean protein is the perfect companion to many delicious fruits, vegetables and whole grains, helping you round out your plate for a more balanced, enjoyable diet.



**With a little planning and the right recipes, it's easy to create a healthful, nutrient-rich meal that fits within your budget.**

With a little planning, you can create a healthful, nutrient-rich meal that fits easily within your grocery budget. Look for produce that's in season and stock up on staples when they're on sale. Buy meat in bulk and freeze for later use. There are 29 cuts of beef that have less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per serving, providing a vari-

ety of nutrient-packed meals that your family will love on any budget.

By making a few simple and affordable changes, you can reduce calories and fat, and greatly increase the number of nutrients in some of your favorite meals. For example, at just a few more cents a serving, an enchilada made with 95 percent lean ground beef, low-fat cheddar cheese, chopped red onions, enchilada sauce, black beans, brown rice, sautéed mushrooms and zucchini on corn tortillas offers more nutrients per bite and packs a bigger protein punch than a cheese enchilada with low-fat cheddar cheese, red onions, enchilada sauce, sour cream, corn, and white rice on flour tortillas.

The beef enchilada incorporating black beans, sautéed mushrooms and zucchini is 115 calories less than the cheese enchilada and saves 3 grams of fat.

Protein-rich foods like lean beef keep you feeling fuller and more satisfied for a longer period compared to empty-calorie "junk" foods that provide few nutrients and only a short-term sense of satisfaction. Protein also provides energy, helps you manage weight and fuels a healthy and active lifestyle.

You can stretch your dollar with the endless meal possibilities that lean beef offers, including a variety of family-friendly dishes, such as salads, soups, stews, sandwiches and stir-fries. Visit [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com) to find recipes and nutrition information, create shopping lists and to find out what to look for on the label when buying beef to help keep grocery bills low, without sacrificing the health benefits of a high-quality protein diet.

### An Enchilada Comparison

*Lower calories and beef up nutrition for just a few cents more*

#### Cheese Enchiladas

Made with low-fat cheddar cheese, chopped red onions, enchilada sauce, sour cream, corn, and white rice on flour tortillas

645 calories

27 g protein

14 g fat

Excellent source of 10 nutrients

#### Cost

\$4.93 per serving

#### Beef Enchiladas

Made with lean ground beef, low-fat cheddar cheese, chopped red onions, enchilada sauce, black beans, brown rice, sautéed mushrooms and zucchini on corn tortillas

530 calories

40 g protein

11 g fat

Excellent source of 11 nutrients, including protein, iron, niacin, B vitamins and zinc, among others

\$5.06 per serving

