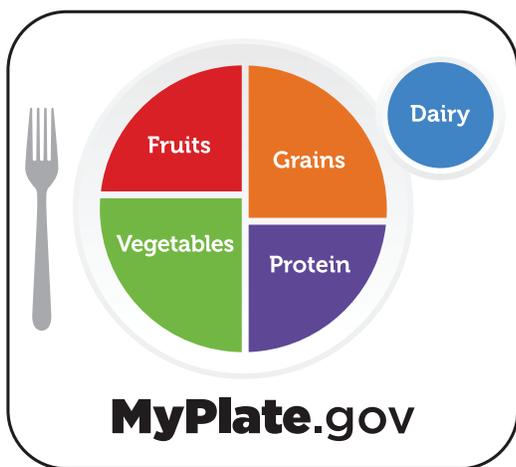


MyPlate: Build a Healthy Plate and Be Active



MOVE MORE. Find your balance between food and physical activity.

Move More Tips to make physical activity a regular part of your day.

For Adults

- Aim for 150 minutes of moderate-intensity aerobic activity per week, preferably spread throughout the week.
- Include muscle-strengthening activities 2 or more days per week.
- For even greater health benefits, add more activity throughout the week.

For Children & Teens

- Be physically active for at least 60 minutes every day.
- Choose muscle and bone-strengthening activities 3 days per week.

EAT SMART. Choose a variety of healthy foods each day.

Eat Smart Tips

- Make every bite count by building a balanced diet.
- Avoid oversized portions. Compare your portion to the recommended serving size.
- Make half your plate fruits and vegetables.
- Make at least half your grains whole.
- Choose small and lean portions of meat, poultry and seafood. Choose beans, nuts, eggs, and soy more often.
- Choose foods low in saturated fat, added sugars, and sodium.



For more information go to www.MyPlate.gov.



Beef Stir-Fry

Makes 6 servings | Serving Size: 2/3 cup over 1 cup rice

 **Look for Local:** Choose veggies by season. You can add local bok choy or broccoli in the spring; carrots or eggplant in summer; and kale in the winter.

 **Tips:** Leftover lean meat, poultry, fish or tofu can be substituted for beef.

Molasses is a natural sweetener that contains iron. Leftover molasses can be used to add flavor to baked beans, baked goods, or to sweeten and thicken marinades.

Leftover cornstarch can be used to thicken soups, stews, and sauces. Just a pinch can make omelets fluffy.

Nutrition information

Per Serving, Beef Stir-Fry, rice, and sauce

454 calories	
Total Fat	14 g
Saturated Fat	4 g
Protein	28 g
Total Carbohydrate	54 g
Dietary Fiber	6 g
Sodium	128 mg

 Excellent Source of Vitamin A

 Excellent Source of Vitamin C

 Excellent Source of Iron

Ingredients

- 2 tablespoons olive or canola oil
- 1 pound lean beef (sirloin, flank, or skirt steak) cut into thin strips
- 1 small onion, cut into strips
- 1 pepper (any color or combination), cut into strips
- 2 cups fresh or frozen vegetables (such as carrots, broccoli, cauliflower)
- 6 cups cooked brown rice, still hot
- Stir-Fry Sauce (see recipe below)

Directions

1. Heat olive or canola oil in a large frying pan over medium high heat.
2. When oil is hot, add the meat, cook until there is no pink in the meat and the meat is thoroughly brown.
3. Add vegetables (from toughest to least tough) and continue to stir until vegetables are tender.
4. Stir sauce and pour into skillet; cook until sauce bubbles. Beef should reach an internal temperature of 160°F.
5. Spoon stir-fry mixture over cooked rice.

160°

Stir-Fry Sauce

Ingredients

- 2 tablespoons sodium-free beef bouillon
- 2 tablespoons apple cider vinegar
- 1 teaspoon dark molasses
- 1/8 teaspoon ground ginger
- Dash black pepper
- 1/8 teaspoon garlic powder
- 1 cup water
- 2 tablespoons cornstarch

Directions: Combine all ingredients in a saucepan and boil gently, uncovered, for 5 or more minutes, or until sauce is reduced to half cup. When cooked, pour into lidded jar and keep in the refrigerator. Stir before using.



Park and Play

Take your kids to the park and play with them; it will be fun for everyone! *What day will you go to the park with your kids this week?*