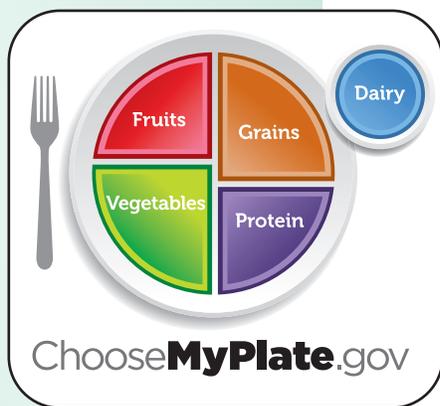




MyPlate: Build a Healthy Plate and Be Active



Choose**MyPlate**.gov

For more information go to
www.ChooseMyPlate.gov

EAT SMART.

Choose a variety of healthy foods each day.

Eat Smart Tips to Help You Build a Healthy Plate

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Make half your grains whole.
- Choose small and lean portions of meat, poultry and seafood.
- Choose fat-free or low-fat (1%) dairy foods.

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

- Be physically active for at least 30 minutes most days of the week.
- To prevent weight gain, add even more activity to your day.
- Find your balance between food and activity.

For Children & Teens

- Be physically active for at least 60 minutes every day or most days.



NC STATE UNIVERSITY



BEEF STIR-FRY

Makes 6 servings

Serving Size: 2/3 cup
over 1 cup rice

Tip:

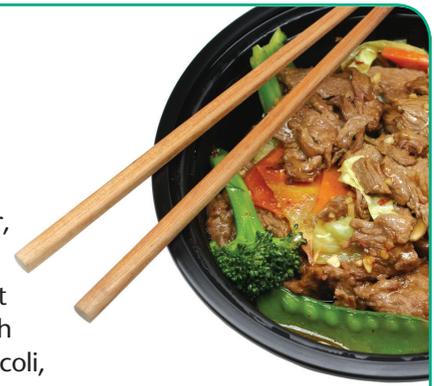
Leftover lean meat, poultry, fish or tofu can be substituted for beef.

Tip:

Make your own soy sauce to lower sodium even further (recipe in *Cooking with EFNEP*).

Ingredients

- 1 pound lean beef cut into thin strips (may use other meats such as pork or chicken)
- 2 tablespoons vegetable oil
- 1 small onion, chopped
- 1 green pepper, cut into strips
- 2 cups fresh cut vegetables (such as carrots, broccoli, cauliflower)
- 6 cups cooked brown rice, still hot
- Stir-Fry Sauce (see recipe below)



Directions

1. Heat 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 fresh vegetables and continue to stir until vegetables are tender.
4. Stir in sauce mixture (see recipe below). Pour into skillet with stir-fry. Cook until sauce bubbles.
5. Spoon stir-fry mixture over cooked rice.

Stir-Fry Sauce

Ingredients

- 2 tablespoons cornstarch
- 1½ cups cool water
- dash black pepper
- 2 tablespoons low-sodium or Homemade Soy Sauce

Directions: Combine cornstarch and cool water. Stir in remaining ingredients. The cornstarch will settle to the bottom so stir again before adding sauce to stir-fry.

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

| | | | |
|-------------------|--------------------|--------|---|
| 454 calories | Total Carbohydrate | 54 g |  Excellent Source of Vitamin A |
| Total Fat 14 g | Dietary Fiber | 6 g |  Excellent Source of Vitamin C |
| Saturated Fat 4 g | Sodium | 128 mg |  Excellent Source of Iron |
| Protein 28 g | | | |



Eat Smart



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?

