

Mix up your choices within each food group.



Focus on fruits. Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and ¼ cup of dried apricots or peaches).



Vary your veggies. Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweetpotatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.



Get your calcium-rich foods. Get 3 cups of low-fat or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese (1½ ounces of cheese equals 1 cup of milk)—every day. For kids aged 2 to 8, it's 2 cups of milk. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.



Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.



Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices—with more fish, beans, peas, nuts, and seeds.

Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and *trans* fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

Many facts about beef

The U.S. government has classified 29 cuts of beef as “lean” with a total fat content that falls between a skinless chicken breast and skinless chicken thigh when comparing cooked 3-ounce servings. This means the cuts have less than 10 grams of fat, and less than 4.5 grams of saturated fat per cooked and trimmed 3-ounce serving.

Remember the three T’s for great grilled beef this summer: Tongs (long-handled, spring-hinged ones for lifting or turning beef), a kitchen Timer (to remind you when food needs to be turned, checked or taken off the grill), and an instant-read Thermometer (to tell you when beef is cooked thoroughly).

A University of Illinois study reports that exercise is much more effective when it’s coupled with a protein-rich diet. The two together correct body composition, with dieters losing more fat. A higher-carbohydrate, lower-protein diet based on the old USDA food guide pyramid actually reduced the effectiveness of exercise, according to the study.

In the past up to 20 percent of the value of a U.S. beef animal could be attributed to exports.

Follow the government’s MyPyramid approach and keep smart nutrition simple. No single food or food group can provide all of the nutrients needed each day. Consumers should stay active and enjoy foods that are rich in essential nutrients first from all five food groups.

Between 1998 and the end of 2005, demand for beef increased by more than 20 percent, according to the Cattlemen’s Beef Promotion and Research Board

According to the USDA, six of beef’s leanest cuts have, on average, just one more gram of saturated fat than chicken’s leanest cut, the skinless chicken breast, but eight times more vitamin B12, six times more zinc and three times more iron.

A 3-ounce serving of 90% lean/10% fat ground beef contains nine grams of total fat and 173 calories. By comparison, a 3-ounce serving of ground turkey contains 11 grams of total fat and 200 calories. The ground beef is also higher in many essential nutrients, such as zinc, iron and vitamin.

Research published in the Journal of the American Dietetic Association suggests people with one of the most common forms of kidney stones can eat animal protein. This discovery offers more flexibility in what has traditionally been a diet restricted from beef and other animal protein sources.

Ground beef cuts will be on the top of the list for tailgating this fall, according to Freshlook Research. In order of their popularity, the most popular tailgating cuts are Ground Chuck (78-84% lean), Ground Beef (70-77% lean), Ground Sirloin (90-94% lean), Ground Round (85-89% lean), Round Top Steak and Ribeye Steak.

Research shows that beef is leaner than previously thought. The government now says there are 29 cuts qualifying as “lean” under its current labeling guidelines. Many of the lean cuts of beef are about 20 percent leaner than they were just 15 years ago.

Each of the beef’s 29 lean cuts has as bundle of nutrients beneficial for growing, developing and maintaining overall health through all life stages, from childhood to senior years.

Beef has been the protein leader

in restaurant servings for more than 10 years. There were 11.3 billion servings of beef in commercial restaurants in 2004, according to NPD Foodworld CREST. Commercial restaurants represent 61 percent of all foodservice establishments.

In 2004, there were more than 1 billion servings of beef steaks in commercial restaurants alone. For the years 2000 through 2004, there were more than 5 billion servings, according to NPD Foodworld CREST Research.

Newly discovered and marketed beef cuts are hot in both foodservice establishments and retail stores. More than 20,000 restaurants and 4,000 supermarkets nationwide have offered the Ranch Cut, the Petite Tender and the Flat Iron Steak, all created from the beef chuck.

About 15 percent of working adults will have a burger at lunch, according to the National Restaurant Association. That contributed to the 8.2 billion servings of burgers in commercial restaurants in 2004, as reported by NPD Foodworld CREST Research.

About 2/3 of hamburgers and cheeseburgers are eaten somewhere other than at the restaurant at which they were ordered. Half are picked up at a drive-through window, and about a quarter of the total will actually be eaten in the car, according to NPD Foodworld CREST Research.

One 3-ounce serving of lean beef has about the same amount of iron as three cups of raw spinach, according to USDA data. And it contains the same amount of vitamin B12 as 19 ounces of skinless chicken breast, while contributing only 1 gram more fat.

Boneless products are gaining momentum in the meat case, representing 57 percent of the total packages, according to research conducted by Cryovac and the beef and pork checkoff programs. Beef had the highest share of boneless packages at 82 percent, while the majority of chicken packages (58 percent) were bone-in due largely to the volume of thighs, drums, wings, bone-in breasts and whole birds merchandised.

The percentage of collected ground beef samples that tested positive for E. coli O157:H7 in 2004 fell by 43.3 percent when compared with 2003, according to the U.S. Department of Agriculture’s Food Safety and Inspection Service (FSIS). Even more impressively, these figures declined 80 percent between 2000 and year-end 2004.

In the retail meat case beef remains the No. 1 species in terms of share of linear feet at 43 percent, and share of packages at 41 percent. Pork (22 percent for both share of linear feet and share of packages) is also strongly represented, according to research conducted by Cryovac, the Beef Checkoff Program and the Pork Checkoff Program.

Beef is the No. 1 food source of protein, zinc and vitamin B12 in American diets. It’s also the No. 2 source of vitamin B6 and the number three source of niacin and iron, behind fortified cereal and bread that contains yeast.

More than 90 percent of all beef cattle today are harvested and fabricated in plants utilizing “Best Practices” developed by the checkoff-funded Beef Industry Food Safety Council. In addition, more than 80 percent of the ground beef is produced in plants using council-recommended practices.

Beef can be served in a variety of ways with flavor



MOJO BEEF KABOBS

Mojo sauce is a classic combination of lime, garlic and oregano. It is also great with whole grilled steaks such as flank or top loin steaks.

Total preparation and cooking time: 40 minutes

1. Whisk Mojo Sauce ingredients in small bowl. Set aside.
2. Cut beef steak into 1-1/4 inch pieces; season with pepper.
3. Alternately thread beef with lime and onion wedges evenly onto four 12-inch metal skewers. Thread tomatoes evenly onto four 12-inch metal skewers.
4. Place kabobs on grid over

medium, ash-covered coals. Grill tomato kabobs, uncovered, about 2 to 4 minutes or until slightly softened, turning occasionally. Grill beef kabobs, uncovered, about 8 to 10 minutes for medium rare to medium doneness, turning occasionally.

5. Serve kabobs drizzled with sauce.

Makes 4 servings.

Cook's Tip: If using eight 12-inch bamboo skewers, soak them in water for at least 10 minutes before grilling.

Cook's Tip: When cutting onion into wedges for kabobs, leave root end intact so wedges hold together during skewering.

Cook's Tip: To make lime wedges, cut lime crosswise in half. Cut each half into quarters, forming wedges.

Cook's Tip: Serve with tri-color couscous, which combines the flavors of spinach, tomato and basil with regular couscous. Add black beans for a fiber boost.



PORCINI MUSHROOM AND BEEF BOLOGNESE

Served over pasta, this rich, beefy tomato sauce flavored with mushrooms, garlic, prosciutto, pancetta and red wine is ideal for entertaining.

Total preparation and

cooking time: 2-1/4 hours

1. Brown ground beef in stockpot over medium heat 8 to 10 minutes or until beef is no longer pink, breaking up into 3/4-inch crumbles. Remove from stockpot with slotted spoon; season with salt and pepper. Set aside. Pour off drippings.
2. In same stockpot, heat oil over medium heat until hot. Add onion, cremini mushrooms, pancetta, prosciutto and garlic; cook 8 to 10 minutes or until onion is tender and most of the liquid has evaporated, stirring occasionally. Add wine; bring to a boil. Reduce heat; simmer 8 to 10 minutes

- or until liquid is reduced by half.
 3. Return beef crumbles to stockpot. Stir in broth, porcini mushrooms, sun-dried tomatoes, tomato paste, sugar and thyme; bring to a boil. Reduce heat; cover and simmer 45 minutes. Uncover stockpot; continue simmering 10 to 15 minutes or until sauce thickens. Stir in additional sugar, as desired. Serve over pasta.
- Makes 8 servings.

Chef Richard's Tip: For an impressive touch, drizzle a little good-quality truffle oil over this and other Italian dishes. Be sure to refrigerate truffle oil to keep

it fresh.

Cook's Tip: To easily chop sun-dried tomatoes, use a kitchen scissors to snip the tomatoes into small pieces.

Cook's Tip: Pancetta is an Italian bacon that is cured but not smoked. Flavorful and slightly salty, it's sliced into rounds of varying thickness from a sausage-shaped roll. Pancetta is available in Italian markets and some supermarkets.

Cook's Tip: All that's needed to finish this meal is a colorful green salad!

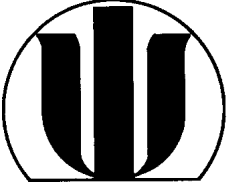
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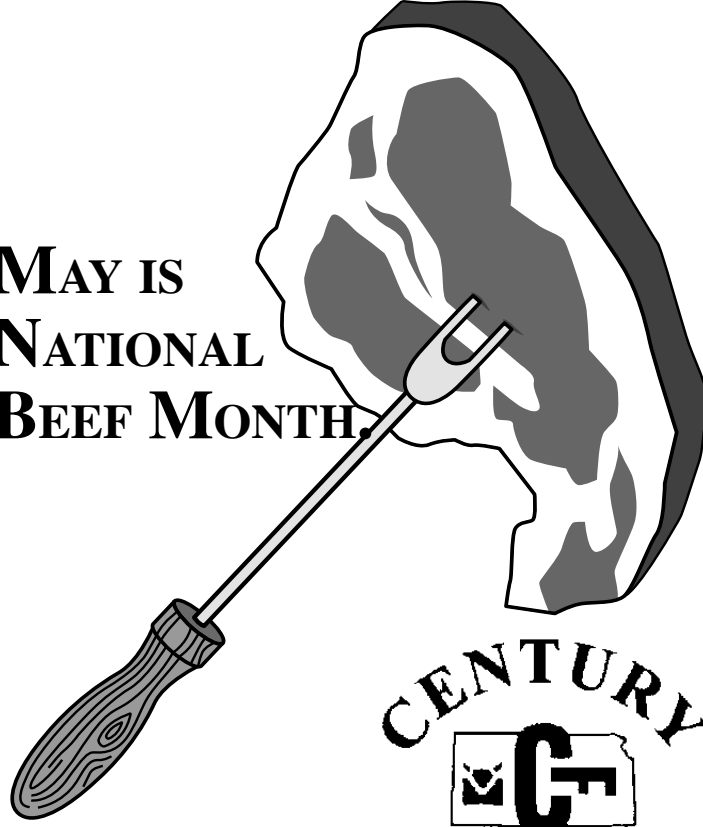


Enjoy beef on your grill



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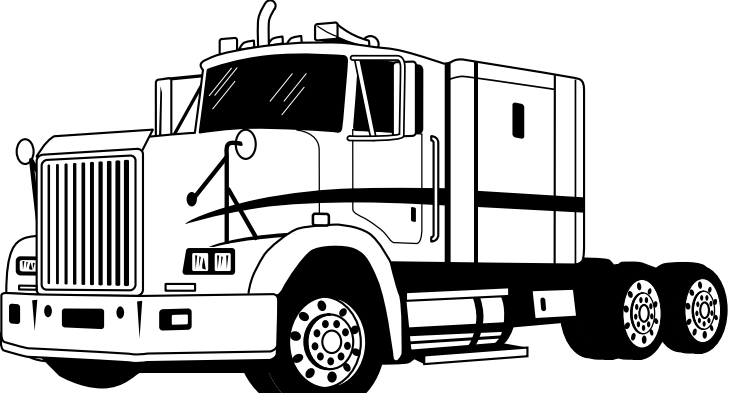
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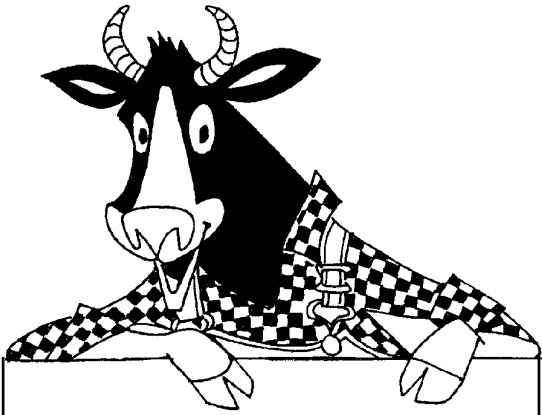
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