



BURRITO BOWLS

People who eat a higher-protein diet (about 30% of daily calories from protein) feel more satisfied, which may help prevent overeating.^{1,2,3} The great news is that a 3-oz serving of cooked beef provides 25 grams of protein and other essential nutrients in one tasty package for about 170 calories.⁴ To get the same amount of protein from pinto beans in this burrito bowl, you'd need to add 1 $\frac{2}{3}$ cups, which would be over 400 calories.⁵

The bottom line is that beef gives your body more high-quality protein, which may help you achieve and maintain a healthy weight and preserve and build muscle.

Veggie Burrito Bowl (left):

- $\frac{3}{4}$ cup cooked brown rice
- $\frac{1}{2}$ cup romaine, sliced thin
- $\frac{3}{4}$ cup pinto beans
- $\frac{1}{2}$ cup corn
- 6 cherry tomatoes, cut in half
- $\frac{1}{3}$ avocado, diced
- 2 Tbsp diced purple onion
- cilantro, for garnish

Nutrition information per serving:

514 Calories
94g Carbs
8.8g Fiber
10.9g Fat
1.2g Sat Fat
18.2g Protein

Excellent Source of: Iron 4.1mg (22.8%DV), Zinc 2.5mg (22.7%DV)

Beef Burrito Bowl (right):

- $\frac{1}{2}$ cup cooked brown rice
- 1 cup romaine, sliced thin
- $\frac{1}{4}$ cup pinto beans
- $\frac{1}{2}$ cup corn
- 6 cherry tomatoes, cut in half
- $\frac{1}{4}$ avocado, diced
- 2 Tbsp diced purple onion
- 3oz. cooked 96% lean ground beef
- $\frac{1}{4}$ taco seasoning packet, mixed with beef and cilantro garnish

Nutrition information per serving:

502 Calories
65g Carbs
8g Fiber
13.4g Fat
3.5g Sat Fat
36g Protein

Excellent Source of: Iron 5.7mg (31.7%DV), Vit B12 2.4mcg (100%DV), Zinc 7.8mg (71%DV), Selenium 19.4mcg (35.3%DV)

1. Leidy HJ, et al. Beneficial effects of a higher-protein breakfast on the appetitive, hormonal, and neural signals controlling energy intake regulation in overweight/obese, "breakfast-skipping," late-adolescent girls. *Am J Clin Nutr* 2013;97:677-88.

2. Westerterp-Plantenga MS, Luscombe-Marsh N, Lejeune MP, Diepvens K, Nieuwenhuizen A, Engelen MP, Deutz NE, Azzout-Marniche D, Tome D, Westerterp KR. Dietary protein, metabolism, and body-weight regulation: dose-response effects. *Int J Obes* 2006;30:S16-S23.

3. Leidy HJ, Bossingham MJ, Mattes RD, Campbell WW. Increased dietary protein intake consumed at breakfast leads to an initial and sustained feeling of fullness during energy restriction compared to other meal times. *Br J Nutr*. 2009;101:798-8

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5. USDA National Nutrient Database for Standard Reference. Pinto Beans. NDB 16043.

