

Tips to **Help Kids Grow** Strong Minds and Bodies

Protein, iron, zinc, and B-vitamins are essential nutrients that support healthy growth and cognitive development—yet, less than a quarter of adolescents, ages 12–19 achieve optimal metabolic health. Beef has key nutrients that can help fill these gaps.^{1,2,3}



Be a **role model** at mealtime

- Kids learn by watching you!
- When they see you enjoying a variety of healthy foods, like lean beef or colorful fruits and vegetables—they're more likely to try them too.⁴

Upgrade your burger (or sandwich)

- Lettuce, tomato, or peppers add color, flavor, and nutrition.
- **Bonus!** These toppings contain vitamin C, which helps your body absorb iron from beef, supporting energy and focus.



Start the day with **protein**

- Many school-age children skip breakfast, yet a morning meal, particularly one high in protein, can help them feel full longer, reduce cravings and evening snacking, and support healthier eating habits overall.⁵

Did You Know?

A 3 oz cooked serving of lean beef can provide the protein, iron, and B vitamins kids need to grow and thrive.²

What does 3 oz of cooked beef look like?



Steak

=



Deck of Cards

Building a **Healthy Breakfast** with Beef

A simple, protein-packed breakfast for busy mornings



Beef And Egg Breakfast Mugs

**10 minutes | 8 servings |
21 grams protein per serving**

INGREDIENTS:

- 1 pound Ground Beef (93% or leaner)
- 2 tsp chopped fresh sage or ½ tsp rubbed sage
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp salt
- ¼–½ tsp crush red pepper
- 1 cup chopped fresh vegetables such as tomato, baby spinach, bell pepper, zucchini or green onion
- ½ cup shredded reduced-fat cheese such as Cheddar, Monterey Jack or American
- 8 large eggs
- **Toppings (optional):**
Sour cream, salsa, sriracha, ketchup, salt and pepper to taste

PREP THE BEEF MIX:

Combine Ground Beef, sage, garlic powder, onion powder, salt and crushed red pepper in large bowl, mixing lightly but thoroughly.

Heat large nonstick skillet over medium heat. Add beef mixture, cook 8 to 10 minutes, breaking into ½-inch crumbles and stirring occasionally.

Remove skillet from heat; let cool 10 minutes, stirring occasionally. Evenly divide beef and chopped vegetables into eight food-safe, quart-size plastic bags. Close securely and refrigerate up to 4 days.



For more **recipes**
scan the **QR Code!**

MAKE A MUG MEAL:

For each serving, spray one 6 to 12-ounce microwave-safe mug or bowl with non-stick cooking spray. Add 1 egg and 1 tablespoon water; whisk with fork. Stir in 1 bag refrigerated beef-vegetable mixture.

Microwave, uncovered, on HIGH 30 seconds. Remove from oven; stir. Continue to microwave on HIGH 30 to 60 seconds or until egg is just set. Stir. Top with cheese. Let stand 30 seconds or until cheese is melted. Season with salt and pepper, if desired. Serve with Toppings, if desired.

***Note:** Ground Beef should be cooked to an internal temperature of 160F*



Funded by Beef Farmers and Ranchers

REFERENCES:

1. The Scientific Foundation for the Dietary Guidelines for Americans, 2025–2030: Appendices (2026)
2. Dietary Guidelines for Americans, 2025-2030 (2026)
3. USDA, ARS, FoodData Central (NDB Number: 13364)
4. Help Your Child Build a Healthy Eating Routine (2020)
5. Leidy et al, 2013 (PMID: 23446906)