



STUFFED PEPPERS

MACROS | SERVING SIZE
Protein 33g | Fat 15g | Carbs 36g

% CALORIES OF MACROS | SERVING SIZE
Calories 413 | Protein 32% | Fat 34% | Carbs 35%

NUTRIENTS | SERVING SIZE
Fiber 11g | Sodium 339mg | Sat. Fat 7g

INGREDIENTS (serves 5)

5 bell peppers (any color)	1 cup instant brown rice or 1/2 cup quinoa
1 lb. ground meat, lean	1 14-15 oz. can diced tomatoes, no added salt
1/2 onion, diced	1 14-15 oz. can tomato sauce, no added salt
1 garlic clove, minced	1 cup shredded cheese
2 tsp. olive oil	
2 tsp. chili powder	
1 14-15 oz. can low sodium black beans, rinsed and drained	

DIRECTIONS

Begin cooking the rice according to package directions. Meanwhile, begin cooking the garlic, onions, and ground meat in a large pan on medium heat. This pan should be big enough to contain all the ingredients save the peppers. Cook until the meat is no longer pink. Drain the oil and discard.

Add the can of diced tomatoes, beans, and onion and chili powder to the meat. And bring to heat. Add the rice and 3/4 of the tomato sauce. Stir until mixed.

Wash and dry the bell peppers. Cut the tops off and discard the top and seeds.

Fill the peppers with the rice and beef mixture. Pour the remaining tomato sauce on top of each pepper.

Put the peppers on a baking dish and cover loosely with aluminum foil. Bake for 20-25 minutes. Remove the aluminum foil, top the peppers with shredded cheese, and cook for an additional 10 minutes.

NOTES

This meal contains 1/3rd of the recommended daily limit for sodium per the Dietary Guidelines for Americans. Care should be taken to watch portion size and with remaining food choices for the day.

NUTRITION EDUCATION

The recommended daily protein intake represents the amount needed not to become malnourished and maintain bodily functions. This equals roughly ten percent of calories per day for healthy adults, and most consume at least this amount. Protein needs change based on stages in life, where it may be higher due to periods of rapid growth like infancy or where muscle mass is lost more quickly, such as in older adults. For those who desire to lose weight, build muscle, and are highly active, consuming more than 15-20 percent of calories from protein may be beneficial. For healthy individuals, there is no need to intake more than 35 percent of calories from protein.

Protein has calories. More is not better if consumption causes excess calories or limits the ability to consume foods with other vital nutrients. For those not following a vegan or vegetarian diet, the [Dietary Guidelines of Americans](#) encourages using a combination of plant and lean proteins to meet protein goals. This will ensure that overall saturated fat and caloric intake are not excessive. For the most part, animal protein contains saturated fat, no matter how lean the choice is, so using even lean proteins could cause saturated fat to be above suggested limits.

Protein, gram for gram, is one of the most expensive macronutrients. This is because Americans tend to rely/ focus on animal-based products such as meats, seafood, and dairy as protein sources. Using a typically cited formula to estimate needs 1/2-1 gram of calories for desired body weight, a typical 120-pound woman would then need 60 grams-120 grams, which is likely enough to meet fitness and training goals for most healthy Americans. The average four-ounce portion of meat or fish contains approximately 25-28 grams of protein, and a serving of dairy provides roughly eight grams.

Animal products are not the only source of protein in the diet. On average, a serving of vegetables and grains provides two and three grams each, respectively. Yet legumes give about 7-9 grams per serving. Consuming various protein sources assures a variety of nutrient intake to assist with overall nourishing the body.

Keep your budget, fiber, and overall caloric intake balanced by consuming various foods to meet protein needs. In building a healthy eating pattern, for those not following a vegetarian or vegan lifestyle, aim to have animal products supply at most 50 percent of your protein needs. Using this goal and the upper end of the rough estimate of one gram of protein for one pound of body weight equals 120 grams of total protein per day with no more than 60 grams from animal products and the remaining 60 grams supplied by plant foods.

DIETITIAN TIP

Mostly, all food groups except fruit provide protein. Every bit adds up to meet your needs, so remember there is more to vegetables and grains than just fiber.