



# What Do “Lean” and “Extra Lean” Mean?<sup>2</sup>

## Extra Lean

Extra lean beef per 3½-ounce portion.

<5 grams

total fat

<2 grams

saturated fat

<95 milli-grams

cholesterol

## Lean

Lean beef per 3½-ounce portion.

<10 grams

total fat

<4½ grams

saturated fat

<95 milli-grams

cholesterol

Enjoy these cuts of extra lean beef, which carry the American Heart Association Heart-Check certification for foods that fit in an overall heart-healthy dietary pattern:<sup>3</sup>



EXTRA LEAN GROUND BEEF (96% lean, 4% fat)

BOTTOM ROUND STEAK\*

SIRLOIN TIP STEAK\*

TOP SIRLOIN PETITE ROAST\* Boneless

TOP SIRLOIN STRIPS\*

TOP SIRLOIN FILET\*

TOP SIRLOIN KABOB\*

TOP SIRLOIN STEAK, CENTER CUT\* Boneless

\*USDA Select grade

“Lean or extra lean beef can be one of the proteins you enjoy in a heart-healthy diet. A recent study\* showed that up to 4-5½ ounces of lean beef, eaten daily as part of a heart-healthy diet and active lifestyle, can help lower cholesterol.”\*

KEVIN CAMPBELL, MD, CARDIOLOGIST



“As a chef, I believe in balancing portions of lean meat to add extra flavor and nutrition to heart-healthy plates. Lean beef pairs deliciously with whole grains, colorful fruits and vegetables in heart-healthy meals.”

CHEF RICHARD CHAMBERLAIN



\* Based on 2100 calorie diet.

Roussell MA, Hill AM, Gaugler TL, West SG, Vanden Heuvel JP, Alaupovic P, Gillies PJ, Kris-Etherton PM. Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. Am J Clin Nutr 2012; 95(1). Internet: [http://www.ajcn.org/content/early/2011/12/13/ajcn.111.016261] (accessed 14 December 2011).

American Heart Association® Heart-Check certification does not apply to research unless expressly stated.



## Lean Beef and a Heart-Healthy Diet



The American Heart Association recommends eating a variety of nutritious foods from all food groups for a heart-healthy diet.<sup>1</sup>

When choosing meats, look for the leanest cuts available and prepare them in healthy and delicious ways.



Go lean when adding nutrient-rich beef to heart-healthy diets.

Look for closely trimmed cuts of beef and cuts with “loin” or “round” in the name.



Consider variety and portion size when balancing lean protein on a heart-healthy plate.

Keep in mind that a sensible and satisfying 3-ounce portion of lean beef is about the size of a deck of cards.

<sup>1</sup> The American Heart Association's Diet and Lifestyle Recommendations. (n.d.). Retrieved October 03, 2016, from <http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations>.

<sup>2</sup> Definition for a cooked 3½-ounce portion.

<sup>3</sup> The requirements to meet extra lean for the American Heart Association Heart-Check are based on a serving size of 4 ounces (RACC) and must meet the nutrient criteria on a raw, as packaged basis. Heart-Check Food Certification Program Nutrition Requirements. Retrieved October 31, 2016, from [http://http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Heart-CheckMarkCertification/Heart-Check-Food-Certification-Program-Nutrition-Requirements\\_UCM\\_300914\\_Article.jsp#.WBJm9-ErLOT](http://http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Heart-CheckMarkCertification/Heart-Check-Food-Certification-Program-Nutrition-Requirements_UCM_300914_Article.jsp#.WBJm9-ErLOT).



Families in Motion



Families in Motion





## Athenian Meatloaf with Cucumber-Yogurt Sauce

**Total Recipe Time:** 1 hour 25 minutes to 1 hour 40 minutes | **Makes 8 servings**  
( $\frac{1}{8}$  slice of meatloaf,  $\frac{1}{4}$  cup cucumber-yogurt sauce)  
**Preparation Time:** 10 minutes  
**Cooking Time:**  $\frac{1}{4}$  to  $1\frac{1}{2}$  hours  
**Recipe Category:** Meat Entrée

### Ingredients

2 pounds Ground Beef (96% lean)	1 tablespoon plus $\frac{1}{2}$ teaspoons dried Greek seasoning, divided
1 cup soft bread crumbs	
$\frac{3}{4}$ cup finely chopped onion	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup 1% low-fat milk	1 cup plain, low-fat Greek yogurt
1 large egg	$\frac{1}{2}$ cup diced cucumber

### Instructions

- 1 Preheat oven to 350°F. Combine Ground Beef, bread crumbs, onion, milk, egg, 1 tablespoon Greek seasoning and salt in large bowl, mixing lightly but thoroughly.
- 2 Shape beef mixture into 10 x 4-inch loaf on rack in broiler pan. Bake in 350°F oven  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours, until instant-read thermometer inserted into center registers 160°F.
- 3 Meanwhile, combine yogurt, cucumber and remaining  $\frac{1}{2}$  teaspoons Greek seasoning in medium bowl. Season with salt, as desired. Set aside.
- 4 Let meatloaf stand 10 minutes; cut into 8 slices. Serve with cucumber-yogurt sauce.

**COOK'S TIP** To make soft bread crumbs, place torn bread in food processor or blender container. Cover; pulse on and off to form fine crumbs. One and one-half slices make about 1 cup crumbs.\*

**COOK'S TIP** Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.\*

**Nutrition information per serving:** 198 calories; 6g fat (2.7g saturated fat; 2.2g monounsaturated fat); 102mg cholesterol; 247mg sodium; 6.3g carbohydrate; 0.4g fiber; 28g protein; 5.1mg niacin; 0.4mg vitamin B<sub>6</sub>; 2.4mcg vitamin B<sub>12</sub>; 3mg iron; 26.3mcg selenium; 6.3mg zinc; 104.7mg choline.

Trans fat 0.2g; polyunsaturated fat 0.5g; potassium 381mg; added sugars 0g.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium, zinc and choline; and a good source of iron.  
\* Heart-Check certification does not apply to Cook's Tips unless otherwise noted.

## Citrus-Marinated Beef & Fruit Kabobs

**Total Recipe Time:** 45 minutes | **Makes 4 servings**  
(1 beef skewer, 1 fruit skewer)  
**Marinade Time:** 15 minutes to 2 hours  
**Preparation Time:** 15 minutes  
**Cooking Time:** 15 minutes  
**Recipe Category:** Main Dish

### Ingredients

1 pound beef Top Sirloin Steak Boneless, cut 1 inch thick	1 tablespoon smoked paprika
1 medium orange	$\frac{1}{4}$ teaspoon ground red pepper (optional)
$\frac{1}{4}$ cup chopped fresh cilantro leaves	4 cups cubed mango, watermelon, peaches and/or plums

### Instructions

- 1 Grate peel and squeeze 2 tablespoons juice from orange; reserve juice. Combine orange peel, cilantro, paprika and ground red pepper, if desired, in small bowl. Cut beef steak into  $1\frac{1}{4}$ -inch pieces. Place beef and  $2\frac{1}{2}$  tablespoons cilantro mixture in food-safe plastic bag; turn to coat. Place remaining cilantro mixture and fruit in separate food-safe plastic bags; turn to coat. Close bags securely. Marinate beef and fruit in refrigerator 15 minutes to 2 hours.
- 2 Soak eight 9-inch bamboo skewers in water for 10 minutes; drain. Thread beef evenly onto four skewers leaving small space between pieces. Thread fruit onto remaining four separate skewers.
- 3 Place kabobs on grid over medium, ash-covered coals. Grill beef kabobs, covered, 5 to 7 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill fruit kabobs 5 to 7 minutes or until softened and beginning to brown, turning once.
- 4 Season beef with salt, as desired. Drizzle reserved orange juice over fruit kabobs. Garnish with cilantro, if desired.

**Nutrition information per serving:** 241 calories; 5g fat (1.7 g saturated fat; 1.9g monounsaturated fat); 69mg cholesterol; 59mg sodium; 22g carbohydrate; 3.4g fiber; 28g protein; 8.8mg niacin; 0.7mg vitamin B<sub>6</sub>; 1.3mcg vitamin B<sub>12</sub>; 2.4mg iron; 33.8mcg selenium; 5.1mg zinc; 111.4mg choline.

Trans fat 0.2g; polyunsaturated fat 0.4g; potassium 702mg; added sugars 0g.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium, zinc and choline; and is a good source of fiber and iron.

## Steak, Green Bean and Tomato Salad

**Total Recipe Time:** 65 minutes | **Makes 4 servings**  
( $\frac{1}{4}$  cups spinach,  $\frac{1}{2}$  cup steak, heaping  $\frac{1}{2}$  cup vegetables)  
**Marinade Time:** 30 minutes to 2 hours  
**Preparation Time:** 20 minutes  
**Cooking Time:** 15 minutes  
**Recipe Category:** Entrée Salad

### Ingredients

1 pound beef Top Sirloin Steak Boneless, cut $\frac{3}{4}$ inch thick	1 teaspoon olive oil, divided
$\frac{1}{4}$ cup plus 2 tablespoons reduced-fat balsamic vinaigrette, divided	1 cup grape tomatoes, cut in half
$2\frac{1}{2}$ cups fresh green beans (2-inch pieces)	5 cups fresh baby spinach (about one 5-ounce package)
	$\frac{1}{4}$ cup shaved Parmesan cheese

### Instructions

- 1 Cut beef steak lengthwise in half, then crosswise into  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick strips. Combine 2 tablespoons dressing and beef in medium bowl; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
- 2 Heat large nonstick skillet over medium-high heat until hot. Add green beans and 1 teaspoon oil; stir-fry 5 minutes. Add tomatoes; stir-fry 2 to 3 minutes or until beans are crisp-tender and tomatoes begin to brown slightly. Remove from skillet; season with salt and pepper, as desired. Keep warm.
- 3 Add to same skillet, half of beef; stir fry 1 to 3 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef.
- 4 Divide spinach evenly among four plates. Top with beef and vegetables. Sprinkle with cheese, if desired. Drizzle with remaining  $\frac{1}{4}$  cup dressing.

**Nutrition information per serving:** 232 calories; 8.0g fat (2.9g saturated fat; 3.4g monounsaturated fat); 73mg cholesterol; 454mg sodium; 12g carbohydrate; 3.2g fiber; 31g protein; 8.4mg niacin; 0.7mg vitamin B<sub>6</sub>; 1.3mcg vitamin B<sub>12</sub>; 3.8mg iron; 34.7mcg selenium; 5.2mg zinc; 112.6mg choline.

Trans fat 0.2g; polyunsaturated fat 0.9g; potassium 577mg; added sugars 0g.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium, zinc and choline; and is a good source of fiber.

## Sweet & Sloppy Joes

**Total Recipe Time:** 30 minutes | **Makes 4 servings**  
(1 hamburger bun plus  $\frac{3}{4}$  cup Sloppy Joe beef mixture)  
**Preparation Time:** 10 minutes  
**Cooking Time:** 20 minutes  
**Recipe Category:** Main Dish

### Ingredients

1 pound Ground Beef (96% lean)	2 tablespoons lightly packed brown sugar
1 cup chopped yellow, green or red bell pepper	1 tablespoon Worcestershire sauce
$\frac{3}{4}$ cup finely chopped onion	4 whole wheat hamburger buns, split
1 can (12 ounces) 100% vegetable juice	

### Instructions

- 1 Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef up into  $\frac{3}{4}$ -inch crumbles and stirring occasionally.
- 2 Stir in vegetable juice, brown sugar and Worcestershire sauce; bring to a boil. Reduce heat; simmer uncovered, 7 to 9 minutes or until most of the liquid has evaporated and thickens slightly, stirring occasionally.
- 3 Evenly place beef mixture on bottom half of each bun; close sandwiches.

**COOK'S TIP** Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.\*

**Nutrition information per serving:** 341 calories; 7.7g fat (2.9g saturated fat; 2.7g monounsaturated fat); 76mg cholesterol; 499mg sodium; 38g carbohydrate; 5.1g fiber; 30g protein; 8.2mg niacin; 0.6mg vitamin B<sub>6</sub>; 2.4mcg vitamin B<sub>12</sub>; 4.6mg iron; 40mcg selenium; 7.1mg zinc; 94.6mg choline.

Trans fat 0.1 g; polyunsaturated fat 1.3g; potassium 838mg, added sugars 1.5 teaspoons.

This recipe is an excellent source of fiber, protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and is a good source of choline.  
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