



# BEEF IN A HEART-HEALTHY DIET



## WHY EAT LEAN BEEF?



### SCIENCE SUPPORTS IT!

There are over 20 scientific studies that support the role of lean beef in a heart-healthy diet and lifestyle.<sup>1</sup> For example, the Beef in an Optimal Lean Diet study demonstrated that subjects who ate 4-5.4 ounces of lean beef and followed a DASH-style dietary pattern rich in vegetables, fruits, whole grains, and low-fat dairy were able to maintain normal cholesterol levels.<sup>2</sup> Another clinical trial found that following Mediterranean-style, healthy dietary pattern incorporating lean beef can reduce heart disease risk factors, including total and LDL cholesterol, and blood pressure.<sup>3</sup>



### NUTRIENTS YOU NEED

Besides being known as a protein powerhouse, lean beef provides 9 essential nutrients, including iron, zinc, and B vitamins, 5 which support good health in many ways, from brain function and immune system support to energy metabolism and bone health.

**FUN FACT** Both beef and chicken have a similar amount of protein per serving. However, you'd have to eat 8 oz of chicken to get the same amount of iron you'd get in 3 oz of beef! You'd need to eat nearly 7 times more chicken (20 oz) to meet the amount of zinc that 3 oz of beef provides!<sup>5</sup>



### SAY YES TO HEALTH!

Maintaining a healthy weight is one important aspect of cardiovascular health. Current research, such as the recent Beef WISE study, shows that the nutrients in lean beef, like high-quality protein, can help satisfy hunger and support healthy weight management.<sup>5</sup>



### TAKE IT WITH (ONLY) A GRAIN OF SALT

The fact that lean beef is naturally low in sodium is great news for maintaining healthy blood pressure. Beef's savory flavor, rich aroma, and tender mouthfeel make it simple to enjoy without added salt.



### BEEF KNOWS HOW TO TAKE A "COMPLEMENT"

Beef is a flavorful, satisfying complement to other foods that make up a heart-healthy diet that includes fruits, vegetables, low fat dairy, and whole grains.<sup>6</sup> Check out our American Heart Association® certified recipes for other delicious and creative ways to combine lean beef varieties with other heart-healthy foods.

# TIPS FOR ADDING LEAN BEEF TO YOUR HEART-HEALTHY DIET

- Be sure to choose lean beef at the meat counter by selecting cuts with “round” or “loin” in the name (e.g., sirloin, tenderloin, top round, eye of round). When choosing ground beef, look for “lean” or “extra lean”, 93% lean or higher (if you purchase 90% lean or lower, be sure to strain/rinse it after browning).
- Keep portion size in mind. A sensible and satisfying 3 ounce serving of cooked lean beef is about the size of a deck of cards.
- Prepare lean beef in healthy ways – broiling, roasting, poaching, or grilling. Be sure to trim away any visible fat from cooked beef, and quickly chill beef juices after cooking for ease of separating the hardened fat (and add the remaining juice to stews, soups, or gravy).
- Instead of using salt, add flavor with onions, garlic, herbs, spices, citrus, and vinegars. Minimize processed meats like deli slices, sausage, and hot dogs (or select low sodium options).
- Enjoy lean beef as a complement to other heart-healthy foods like vegetables, whole grains, beans, peas, lentils, and fruits. Scan the QR codes below to try these American Heart Association certified heart-healthy recipes or explore *BeefItsWhatsForDinner.com* to check out the full collection.



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3. O'Connor LE, et al. A Mediterranean-style eating pattern with lean, unprocessed red meat has cardiometabolic benefits for adults who are overweight or obese in a randomized, crossover, controlled feeding trial. *Am J Clin Nutr* 2018;108:33-40.
4. Sayer RD, et al. Equivalent reductions in body weight during the Beef WISE Study: beef's role in weight improvement, satisfaction and energy. *Obes Sci Pract* 2017;3:298-310.
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6. American Heart Association. Heart Healthy Lifestyle. <https://www.heart.org/en/healthy-living>. Accessed 12.16.21
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8. Fadel JG. *Anim Feed Sci Technol* 79:255-268;CAST;1999.
9. Rotz et al. 2019 *Ag Systems*.169 (Feb):1-13.