

BALANCING HEALTH WITH LEAN BEEF



The 2020-2025 Dietary Guidelines for Americans emphasizes healthy eating patterns to promote overall health and prevent diet-related diseases, including cardiovascular disease. The American Heart Association encourages balance when it comes to heart-healthy eating. This is great news when it comes to choosing lean beef. You don't have to sacrifice flavor when eating heart-healthy by choosing lean cuts of beef.

WHAT IS LEAN?

According to the USDA, a 3.5-ounce (100g)* serving of cooked beef designated as "lean" contains:

- 4.5 grams or less of saturated fat
- Less than 10 grams of total fat
- Less than 95 mg of cholesterol

*Note this definition is for a 3.5oz serving while the reference amount customarily consumed (RACC) of beef is a 3oz cooked serving (saturated fat 3.8 grams, less than 8.5 grams total fat, and less than 81 mg of cholesterol).



We all know that beef tastes great, but did you know how good it is for you too? A 3 oz. cooked serving of lean beef (about the size of a deck of cards) provides 10 essential nutrients and about half of the Daily Value for protein in about 170 calories!



LEAN BEEF CHOICES

Odds are that you're probably already cooking lean cuts at home or choosing one when dining out. A telltale sign that a cut is lean is if the word "Round" or "Loin" is in the name. In fact, thanks to enhancements in cattle breeding and feeding as well as improved trimming practices, more than 60 percent of whole muscle beef cuts found in the supermarket are considered lean when cooked with visible fat trimmed.¹

Let's take a look at some of the most popular options:

- Top Sirloin Steak
- Strip Steak (Top Loin Steak)
- Tenderloin Steak
- 93% Lean Ground Beef

EXTRA LEAN

Extra lean beef per 3 1/2 ounce portion

<5 grams

total fat

<2 grams

saturated fat

<95 milli-grams

cholesterol

LEAN

Lean beef per 3 1/2 ounce portion

<10 grams

total fat

<4 1/2 grams²

saturated fat

<95 milli-grams

cholesterol

¹RI/Freshlook, Total US MULO, 52 weeks ending 5/21/17; Categorized by VMMeat System



MEAL PREP WITH HEART IN MIND



Look for the Heart-Check mark on food labels and recipes to find products that align with the American Heart Association's recommendations for an overall healthy eating pattern.

PAIRING FOR A WHOLE PLATE

Pair beef with fiber rich vegetables, fruits and whole grains.

- Trim away all of the visible fat from meats and poultry before cooking.
- Broil, grill, roast, poach or boil meat, poultry or fish instead of frying.
- Drain off any fat that appears during cooking.
- Skip or limit breading, which can cause food to soak up more fat during frying and adds calories.
- Skip the salt. To add flavor, use tomatoes, mushrooms, herbs, spices or garlic. Seasoning suggestions to bring out the flavor of beef include black or red pepper, basil, curry, ginger, garlic, rosemary or vinegars.
- Choose and prepare foods without high fat sauces or gravies.



Lean Cuts Shopping List

- 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, Boneless, Center Cut

TANGY LIME GRILLED BEEF TOP ROUND STEAK



INGREDIENTS:

- 1 beef Top Round Steak, cut 3/4 inch thick (about 1 pound)
- 1/4 cup fresh lime juice
- 2 tablespoons lightly packed brown sugar
- 2 tablespoons vegetable oil
- 1 tablespoon Worcestershire sauce
- 1 tablespoon minced garlic



25
MIN



4
SERVINGS



200
CAL



27 G
PROTEIN

INSTRUCTIONS:

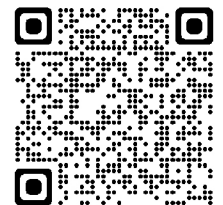
1. Combine juice, sugar, oil, Worcestershire and garlic in small bowl. Place beef steak and lime mixture in food-safe plastic bag; turn steak to coat.
2. Close bag securely and marinate in refrigerator 6 hours or overnight; turning occasionally.
3. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 11 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.)

Cook's Tip: To broil, place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.)
Carve steak into thin slices.

This steak is tenderized by a tangy marinade of lime, garlic and brown sugar. Throw on the grill for dinner in minutes. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.

Recipe and photo courtesy of Beef It's What's for Dinner

Scan here for more information and recipes on how beef can be part of a healthful diet.



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