American Heart Association Certifies Extra Lean Ground Beef for a Heart Healthy Diet

The American Heart Association certifies extra lean ground beef (beef that is at least 96% lean 4% fat). Can now display its recognized and respected Heart Check mark. Retailers now have an opportunity to help identify eight (8) different extra lean beef cuts as options for part of an overall healthy diet to their shoppers (American families) using one of the most trusted nutrition icons on food packaging today, Heart Check.

The extra lean beef cuts that meet the American Heart Association requirements for Heart Healthy foods as part of an overall healthy dietary pattern and are certified to display the Heart Check mark are:

Extra lean Ground Beef (96% lean 4% fat)

Bottom Round Steak (USDA Select Grade)

Sirloin Strip Steak (USDA Select Grade)

Top Sirloin Petite Roast-Boneless (USDA Select Grade)

Top Sirloin Strip (USDA Select Grade)

Top Sirloin Filets (USDA Select Grade)

Top Sirloin Kabobs (USDA Select Grade)

Top Sirloin Steak, Boneless, Center Cut (USDA Select Grade)

Beef has many nutritional benefits and having the American Heart Association Certify another beef cut empowers American families to feel good about including beef in their diet, not only for its great taste but for its nutritional value!

Beef farmers & ranchers much like myself share a common goal to help American families make by informing them about the health benefits of their food-beef. To this end we will continue to support valid science to show American families how extra lean beef is part of a heart-healthy diet.

The American Heart Association before placing its Heart-check mark on any food, evaluates it against nutrition requirements based on sound science regarding healthy dietary recommendations, food categories, specific product ingredients and nutrition values.

Many retailers having hundreds of stores across the USA. Currently display the Heart-check mark on certified beef cuts in their meat case. Retailers and processors can work with Beef Checkoff Program through the National Cattlemen’s Beef Association on Certification from the American Heart Association.

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