Top 10 Questions About Beef

We all know beef taste great, but did you know that beef can also be good for you?

1. Can I enjoy beef regularly as a part of a healthy balanced diet?

Yes, by all means a 3 oz serving of lean beef (about the size of a deck of cards) provides more than 10 essential nutrients and about half of your daily value for protein for around 150 calories.

1. What does lean beef mean?

Lean beef as defined by USDA is:

Less than 10 grams of total fat

Less than 4.5 grams of saturated fat or less

Less than 95 milligrams of cholesterol per 3 ½ oz cooked serving

1. Is it difficult to find lean cuts of beef at the grocery store meat counter?

No Today’s beef is leaner than ever and 67% of all beef muscle cuts marketed at grocery stores are lean. In fact, many of American families’ favorite cuts such as Top Sirloin, Top Loin, Tenderloin and 93% lean or leaner ground beef are lean.

1. How much beef should I eat a meal to my daily value or protein requirement?

Protein needs vary, but much research suggest that people may need from 25 to 35 grams of protein per meal (the equivalent of 3 to 4 oz of beef).

1. Aren’t we eating too much meat or beef?

Despite other changes in the way we eat, American family members have not increased their percent of calories from protein during 30 years. American family members consume about 5.1 oz of protein foods on a daily basis which includes 1.7 oz of beef daily on average. This level of protein intake and beef consumption is right on track with health recommendations. Fact is, beef is a natural source of essential nutrients, which makes it a great protein option that you can enjoy on a daily basis,

1. What nutritional benefits does beef offer me that other proteins don’t?

Beef is a nutrient powerhouse in many ways. Aside from being a great source of protein, beef provides 10 essential nutrients in a smaller package that some proteins. Example: you would have to eat at least 8 oz of cooked chicken breast to get the same amount of iron as a 3 oz serving of lean beef, and nearly 7 times (20oz) the amount of chicken to get the same amount of zinc as a serving of beef.

1. Are all proteins created equal?

No when it comes to choosing high quality protein, beef is a nutritious choice with a great taste. Naturally nutrient rich lean beef gives you more essential nutrients in fewer calories than many other plant based proteins, That’s a lot of nutrients in a small package, in fact it often requires more than twice the calories to get 25 grams of protein from beans, nuts and grains compared to beef.

1. Is beef bad for my heart and cholesterol?

Beef can be good for heart health, as 8 yes eight lean cuts of beef are certified as heart healthy by the American Heart Association. Research, also indicates that a heart healthy diet and lifestyle that includes lean beef, even daily, improved cholesterol levels.

1. Isn’t beef the primary source of fat and cholesterol in my diet?

No most saturated fat in the diet comes from cheese, pizza and grain based desserts, according to 2010 Dietary Guidelines for American families. Beef contributes only 10% or less of the saturated fat and total fat in the diet, yet provides more than 10% of ten essential nutrients. Also, more than half of beef’s fatty acid are monounsaturated (good) fat the same kind found in olive oil.

1. Do nutritional experts recommend beef as a part of a healthy diet?

Yes

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