Heart Month

February is “Heart Month” and is an excellent time to focus on our heart---especially if you or your family has a history of heart problems, such as ours, mostly because of Valentine’s Day.

Beef can be a part of a heart healthy diet. Beef is full of important nutrients such as iron, vitamin B6, vitamin B12, protein, zinc, niacin, selenium, phosphorus, choline and riboflavin. These are beef’s top 10 nutrients.

Four “heart healthy” diets BOLD+; BOLD, DASH and HAD---aimed at lowering blood pressure and cholesterol found the BOLD + diet containing 5.4 ounces of lean beef daily was the most effective. These studies were carried out by researchers at Penn State University and published in the “American Journal of Clinical Nutrition”.

Previous studies have shown that protein helps to keep our blood vessels flexible.

Beef fats 50.2% are mono-unsaturated fatty acids, those that are found in heart healthy foods; 45.7% are saturated fatty acids and 4.1% are poly-unsaturated fatty acids.

These research projects allows beef farmers/ranchers to show American families that they may continue to enjoy lean beef daily. Lean beef being defined as : less than 10 grams of total fat; 4.5 grams of saturated fat and less than 95 milli-grams of cholesterol per 3.5 ounce cooked serving.

A booklet “Confident Cooking With Beef” list beef’s 29 lean beef cuts including: Top Sirloin Steak, T-Bone Steak, Top Loin or Strip Steak and 95% lean ground beef. The booklet is available from Tennessee Beef Industry Council at 615-896-5811.

Lean beef is a heart healthy, nutrient rich food, just remember to watch or control your portions. You can find a place in your diet for foods you love and enjoy.

Beef It’s What’s For Dinner!!

Related Articles

Love That Lean Beef

Heart Healthy Beef

BOLD

BOLD+=5.4 OZ lean beef

BOLD=Beef in an Optimal Lean Diet (4.0oz lean beef)

DASH= Diet Approaches to Stop Hypertension

HAD= Healthy American Diet