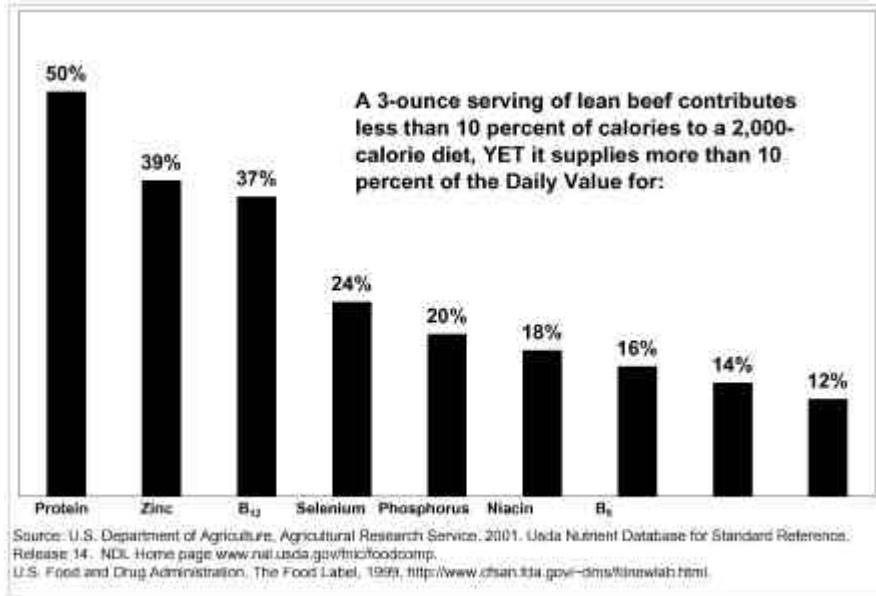


Healthful Eating with Beef

It's About Balance

The message of the *2000 Dietary Guidelines for Americans* is simple: balance, variety and moderation are the keys to a healthful diet. No single food provides all the nutrients essential for good health. To help select the right variety and amounts of different foods, the USDA developed the **Food Guide Pyramid**.



The *2000 Dietary Guidelines for Americans* recommend including a variety of foods in a diet that is moderate in total fat, with less than 30% of calories coming from fat, and contains less than 300 mg cholesterol daily. Remember, when evaluating the fat content of your diet, it is not necessary that each meal contain the exact proportion of fat to calories. Instead, think of fat as a balancing act. Enjoy all foods - just balance high fat and lowfat options over time.

As one of the most nutrient-rich foods, beef provides significant amounts of protein, iron, zinc, B-vitamins and selenium to the diet. In addition, there

are at least seven cuts of beef that meet government guidelines for lean, as outlined in the 1990 Nutrition Labeling and Education Act. Each of these lean cuts of meat has less than 10 grams of total fat, 4.5 grams or less of saturated fatty acids, and less than 95 milligrams of cholesterol per serving. These lean cuts are top round, eye round, round tip, top sirloin, bottom round, top loin and tenderloin. All have the words **round** or **loin** in the cut name on the label.

The **Food Guide Pyramid** recommends consuming two-to-three, three-ounce servings from the meat group every day. In addition to being an excellent protein source beef provides many vitamins and minerals necessary for good health. These factors make lean beef an important part of a healthful and well balanced diet. Recent research has shown that beef can be part of heart-healthy diet.¹ The study demonstrates that Americans can consume six ounces of lean red meat, five or more days per week as part of a lowfat diet plan designed to reduce blood cholesterol levels.

How To Enjoy Today's Lean Beef

Today's beef is leaner than it used to be: in fact, many beef cuts have no external fat at all. If you trim away visible fat before you cook it, you can cut the overall fat content of your beef up to 50%!

- Beef is a versatile and it tastes great! Whether you stir it into pasta, toss it into salads, or mix it into stir-frys, beef gives you added taste without added cooking time.
- For tender cuts from the loin, consider lowfat cooking methods, such as broiling, pan-broiling, grilling, or roasting on a rack.
- For less tender cuts, such as round cuts, use moist-heat methods like braising or stewing, or marinate to tenderize before cooking.
- A three-ounce portion of beef is about the size of a deck of cards. The **Food Guide Pyramid** recommends consuming two-to-three, three-ounce servings from the meat group everyday.
- For a three-ounce cooked portion of beef, start with about four ounces of raw, boneless meat.

¹ Journal of the American College of Nutrition, Vol. 19, No. 3, 351-360 (2000)