

Study Shows Beef can be Part of Heart-Healthy Diet

202 men and women participated in a 9-month clinical trial that showed lean red meat can be part of a cholesterol-lowering diet

Eye round steak

3 oz. cooked, lean only

Saturated fat **1.2 grams**

Monounsaturated fat **1.5 grams**

Polyunsaturated fat **0.1 grams**

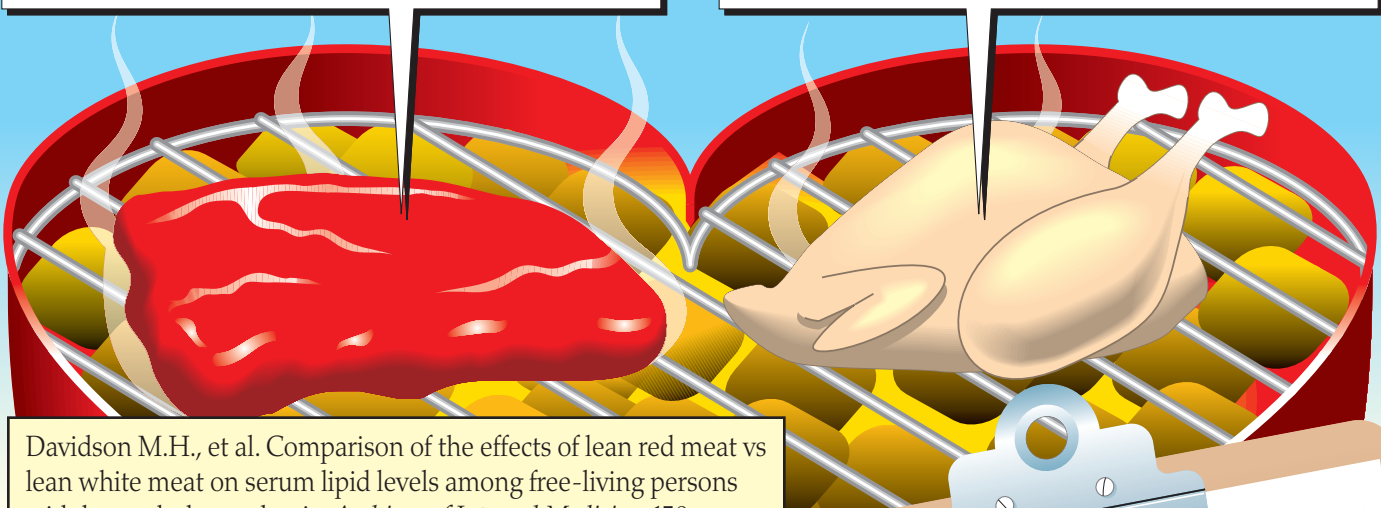
Chicken breast

3 oz. cooked, skinless

Saturated fat **0.9 grams**

Monounsaturated fat **1.0 grams**

Polyunsaturated fat **0.7 grams**



Davidson M.H., et al. Comparison of the effects of lean red meat vs lean white meat on serum lipid levels among free-living persons with hypercholesterolemia. *Archives of Internal Medicine*, 159: 1331-1338, June 28, 1999. **Check out your supermarket case for these popular cuts of beef that meet government guidelines for "lean"** — T-bone, tenderloin, tri-tip, top sirloin, ranch steak, top loin (strip), 95% lean ground beef, flat half brisket, flank, petite tender and medallions, western griller steak, chuck shoulder steak, sirloin tip center, shoulder pot roast, shank cross cuts, round steak, round tip, bottom round, top round, sirloin tip side steak and eye round. Source: U.S. Department of Agriculture, Agricultural Research Service, 2006. USDA Nutrient Database for Standard Reference, Release 19, www.nal.usda.gov/fnic/foodcomp. Data based on 3-ounce cooked servings of average of 29 lean cuts of beef and skinless chicken breast.

Nutrient Advantages of beef
 Average 3-oz. cooked serving of 29 lean beef cuts compared to 3-oz. skinless chicken breast

- ~**7 1/2** chicken breasts
- ~**6** chicken breasts
- ~**3** chicken breasts

B₁₂
 Zinc
 Iron