

Twenty-Nine Ways To Love Lean Beef

(NAPSA)—Americans love beef! In fact, according to a recent survey, 100 percent prefer to grill beef compared to chicken and other proteins.

Now it's easy to love beef while following a healthful diet. The United States Department of Agriculture (USDA) recently released its updated Nutrient Database, which indicates there are 29 cuts of beef that meet government guidelines for lean.

"Today's beef simply isn't your father's steak. The beef Americans love is leaner than ever before and good for you, too," said Mary K. Young, M.S., R.D., executive director, nutrition, National Cattlemen's Beef Association. "We know people want leaner beef, so the industry has devoted significant resources to offer a wider variety of leaner beef cuts that meet Americans' demands for great taste and smart nutrition. Now there are 29 ways to love your lean beef."

The 29 beef cuts meet government guidelines for lean with less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 3-ounce serving (and 100 grams). The 29 cuts include many of Americans' traditional favorites (flank steak, tenderloin, 95% lean ground beef and T-bone steak), as well as newer cuts of beef, such as the Western Griller steak and Ranch steak.

Lean Beef:

More Taste and Nutrition

When it comes to choosing healthy proteins, you don't have to give up the great taste of beef. In fact, all 29 lean beef cuts have, on average, only one more gram of saturated fat than a skinless chicken breast, per 3-ounce serving. In addition, each lean beef cut is a nutrient powerhouse with eight times more vitamin B₁₂, six



times more zinc and three times more iron than the same size serving of a skinless chicken breast.

Going Lean with Protein

Earlier this year, the USDA urged Americans to "go lean with protein" as part of the 2005 Dietary Guidelines for Americans and MyPyramid. With 29 lean beef cuts to choose from, Americans can easily enjoy the beef they love, while going lean with protein. In addition, the Guidelines recommend people get "more nutrition from their calories," to help them meet everyday nutrient needs. One 3-ounce serving of naturally nutrient-rich beef contributes less than 10 percent of calories to a 2,000-calorie diet, yet it's an excellent source of protein, zinc, vitamin B₁₂, selenium and phosphorus; and a good source of niacin, vitamin B₆, iron and riboflavin.

"We know people don't want to sacrifice great taste when they're following a healthy lifestyle, but many are surprised to know lean beef can easily fit a nutritious menu," said Connie Guttersen, Ph.D., R.D., nutrition instructor, Culinary Institute of America. "The 29 cuts of lean beef are a complete recipe for better health: lean protein, essential nutrients and great taste."

To identify the 29 lean cuts of beef, download a pocket-sized Lean Cuts Wallet Card, as well as a variety of lean beef recipes, at www.BeeffitsWhatsForDinner.com.

The Grilling Survey was conducted on behalf of the Cattlemen's Beef Board and the National Cattlemen's Beef Association by Kelton Research between July 25 and August 5, 2005.