



Daily dose of lean beef good for the heart, study reveals

Greg Henderson, Editor, Associate Publisher, Drovers CattleNetwork | Updated: December 16, 2011

A new study provides evidence that eating beef everyday as part of a heart-healthy diet can improve cholesterol levels. The Beef in an Optimal Lean Diet (BOLD) study, to be published in the January 2012 edition of American Journal of Clinical Nutrition, found that diets including lean beef every day are as effective in lowering total and LDL 'bad' cholesterol as the "gold standard" of heart-healthy diets (DASH, Dietary Approaches to Stop Hypertension).

Funded by the Beef Checkoff and conducted at Pennsylvania State University, the BOLD study evaluated adults with moderately elevated cholesterol levels, measuring the impact of diets including varying amounts of lean beef on total and LDL cholesterol levels. Study participants experienced a 10 percent decrease in LDL cholesterol from the start of the study, while consuming diets containing 4.0 and 5.4 ounces of lean beef daily.

In a news release from the National Cattlemen's Beef Association, Texas medical doctor and cattleman Richard Thorpe said the BOLD study proves that lean beef not only tastes great but it also plays an important role in a heart-healthy diet.

"As a father, medical doctor and beef producer, I have proudly and confidently served my family beef and have recommended it to my patients for years," Thorpe said. "The BOLD study is further proof that Americans should feel good knowing the beef they enjoy eating and serving their loved ones is not only a nutrient-rich, satisfying food that provides 10 essential nutrients in about 150 calories, but is good for their heart health as well."

The release of the BOLD study results was making headlines on major news media web sites yesterday, and various food blogs. One popular blog that announced the results is written by Dr. Mike Roussell, author of "The Six Pillars of Nutrition," and one of the BOLD researchers.

"The need to remove red meat to reduce saturated fat is a message that has been misinterpreted by media and many health professionals," Roussell wrote. "Yes, lower quality cuts and processed red meat products do contain higher levels of saturated fat. But red meat doesn't even make the top 5 list of major contributors of saturated fat to the American diet (full fat cheese is #1)."

Shalene McNeill, PhD, RD, and executive director, human research for NCBA, said, "This research adds to the body of evidence concluding that there are heart-health benefits to including lean beef in your daily diet. The BOLD study provides strong evidence that including daily lean beef in the gold-standard DASH diet has heart health benefits."

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