



LEAN BEEF – ADD FLAVOR TO HEART HEALTH

Have you been told you have high cholesterol? Instead of hearing “No red meat!”, you’ll now hear dietitians encouraging the consumption of lean beef as part of a heart-healthy diet.

The BOLD (Beef in an Optimal Lean Diet) study compared the consumption of 4 ounces of lean beef daily to the gold standard of heart-healthy eating, the DASH (Dietary Approaches to Stop Hypertension) diet. Both diets contained a similar mix of nutrients, including fewer than 7% of calories from saturated fat, but the BOLD diet contained 4 ounces of lean beef each day while the DASH diet limited red meat. At the end of the study, BOTH diets lowered LDL “bad” cholesterol in participants by 10%, providing evidence that beef may not be as bad for cholesterol and heart health as once thought.

Advancements in science may also change the way consumers view beef.

- Cattle producers are actually raising beef that is leaner than it was fifty years ago. A sirloin steak now has 34% less total fat, compared to a sirloin steak in 1963.
- We also know that over half the fat in beef is actually monounsaturated fat, the same type of heart-healthy fat found in olive oil.
- There are more than 29 cuts of beef that meet government guidelines for “lean,” including T-bone, tenderloin, top sirloin and 95%-lean ground beef. Look for the words “loin” and “round” in the name to help identify lean beef cuts.

Use MyPlate method to help incorporate lean beef in a heart-healthy way. MyPlate uses a dinner plate that is one-fourth lean meat or protein, one-fourth whole grains and one-half fruits and vegetables, with a serving of low-fat or fat-free dairy on the side. For example, serve top sirloin steak with steamed green beans, a small baked sweet potato, whole grain dinner roll and fat-free milk for a heart-healthy meal.

THREE EASY STEPS TO PAN-BROIL – TOP SIRLOIN STEAK

Stovetop skillet cooking is ideal for cooking a tender, juicy top sirloin steak during the winter months.

- Step 1: Heat heavy nonstick skillet over medium heat for 5 minutes.
- Step 2: Remove steak from refrigerator and season as desired. Place steak in preheated skillet, don’t add water or oil and leave uncovered.
- Step 3: Pan-broil top sirloin steak 12 to 15 minutes for medium-rare (145°) to medium (160°) doneness, turning occasionally.

WHAT'S NEW & EXCITING



HEALTHY CHOICE GREEK FROZEN YOGURT

Creamy, delicious frozen treat for only 100 calories. Three portion-controlled cups make it a perfect snack to enjoy without any guilt. Flavors available include blueberry, raspberry, strawberry and vanilla bean.



DANNON LIGHT & FIT GREEK YOGURT – 4-PACK

Great for breakfast or grab-and-go snack, Dannon Light & Fit Greek yogurt has only 80 calories and twice the protein of regular protein. Four-pack flavors include blueberry, cherry, strawberry, vanilla, pineapple, raspberry and peach.



FUZE TEA

Stay hydrated with a refreshing, new line of tea and juice drinks. Fuze teas feature a blend of natural flavors including Lemon Iced Tea, Honey and Ginseng Green Tea and Half Iced Tea and Half Lemonade.

Dietitian Pick of the Month BEEF TOP SIRLOIN STEAK

Did you know?

- The BOLD (Beef in an Optimal Lean Diet) study found participants lowered LDL “bad” cholesterol 10%, when they followed a heart-healthy diet and consumed four ounces of lean beef every day.
- More than half the fatty acids in beef are the same heart-healthy type found in olive oil (monounsaturated).
- One-third of beef’s saturated fatty acid is stearic acid, a saturated fat that has a neutral effect on cholesterol.
- Many of the B vitamins found in beef are essential for a healthy heart.
- One 3-ounce serving of lean beef has about 150 calories and is naturally rich in 10 essential nutrients, including protein, iron, zinc and B-vitamins.



Dietitian Recipe of Month...

SKILLET STEAKS WITH SAUTÉED WILD MUSHROOMS

Serves 4. Total Recipe Time: 25 to 30 minutes

ALL YOU NEED:

- 2 teaspoons olive oil
- 3 cups assorted wild mushrooms (such as cremini, oyster, shiitake, enoki and morel)*
- 2 cloves garlic, minced, divided
- 2 teaspoons chopped fresh thyme
- 1 to 1-1/4 pounds beef top sirloin cap steaks, cut 1-inch thick
- Kosher salt and pepper, to taste

ALL YOU DO:

1. Heat oil in large nonstick skillet over medium heat until hot. Add mushrooms and 1 clove minced garlic; cook and stir 2 to 4 minutes or until mushrooms are tender and browned. Remove; keep warm.
2. Combine thyme and remaining garlic; press evenly onto beef steaks. Place steaks in same skillet over medium heat; cook 8 to 11 minutes for medium-rare to medium doneness, turning occasionally. Remove to platter.
3. Carve steaks into slices. Season with salt and pepper, as desired. Top with mushrooms.

***Cook’s Tip:** Three cups sliced button mushrooms can be substituted for assorted wild mushrooms.

Nutrition information per serving: 195 calories; 9 g fat (3 g saturated fat; 5 g monounsaturated fat); 71 mg cholesterol; 8 mg sodium; 4 g carbohydrate; 1.5 g fiber; 26 g protein; 9.2 mg niacin; 0.5 mg vitamin B6; 2.3 mcg vitamin B12; 4.3 mg iron; 31.5 mcg selenium; 5.4 mg zinc; 18.5 mg choline. This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc.