



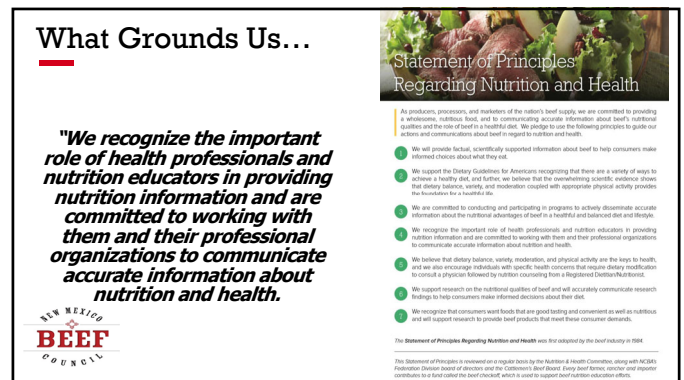
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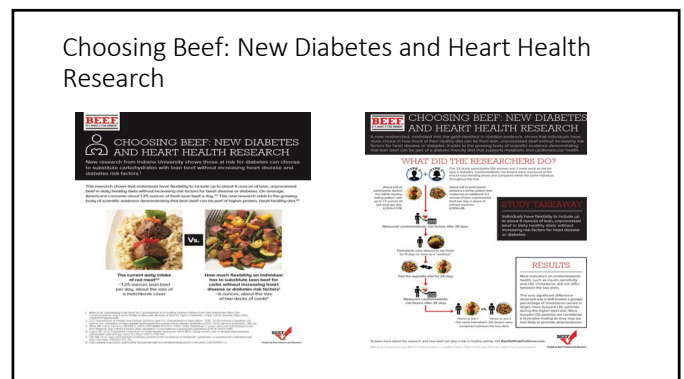
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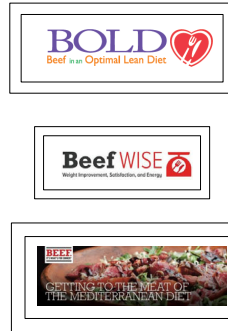
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Research Supports Including Lean Beef in a Healthy Diet

- *Russell MA, et. al. Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. Am J Clin Nutr 2012; 95(1).
- *Sayer RD, et al. Equivalent reductions in body weight during the Beef WISE Study: beef's role in weight improvement, satisfaction and energy. Obes Sci Pract 2017; 3(3): 298-310.
- *O'Connor LE, et al. A Mediterranean-style eating pattern with lean, unprocessed red meat has cardiometabolic benefits for adults who are overweight or obese in a randomized, crossover, controlled feeding trial. Am J Clin Nutr 2018;108:33-40.
- *Maki et al. Substituting Lean Beef for Carbohydrate in a Healthy Dietary Pattern Does Not Adversely Affect the Cardiometabolic Risk Factor Profile in Men and Women at Risk for Type 2 Diabetes. J Nutr 2020; nraa116.
- *Fleming JA, et al. Effect of varying quantities of lean beef as part of a Mediterranean-style dietary pattern on lipids and lipoproteins: a randomized crossover controlled feeding trial. Am J Clin Nutr 2021; nqaa375.



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Lean Beef's Role in Heart-Healthy Eating

The BOLD study suggests that lean beef can be included as part of a heart healthy diet that meets current recommended targets for saturated fat and cholesterol intake.



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Lean Beef's Role in a Weight Loss Diet

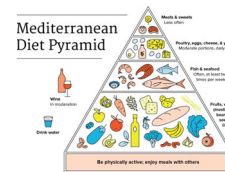
Eating lean beef 4 or more times a week, as part of a healthy, higher protein diet, can help people lose weight, maintain lean muscle mass, and support heart health.



Sayer RD, et al. Obes Sci Pract 2017; 3(3): 298-310.

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Lean Beef's Role in the Mediterranean Diet



"Adults who are overweight or moderately obese may improve multiple cardiometabolic disease risk factors by adopting a Mediterranean-style eating pattern without or with reductions in red meat intake when red meats are lean and unprocessed."

O'Connor LE, et al. Am J Clin Nutr 2018;108:33-40.

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Nicely done, beef.
Your lean cuts are smart for the heart and easy on the eyes.



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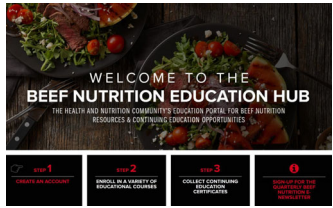
HEART-HEALTHY RECIPES

Enjoying lean beef in a heart-healthy lifestyle is easier than you think with these recipes featuring lean beef, fresh fruit and vegetables, and whole grains. These Beef It's What's For Dinner recipes are all certified by the American Heart Association®.

20 AHA Certified Recipes

www.nmbef.com/recipes/hearthealthy

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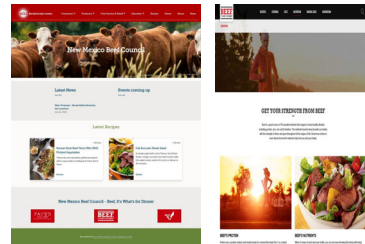


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Let's Connect



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