LEAN BEEF  
5/1/17  
  
There's something better about the beef you know and love. While lean beef has always been a popular, nutrient rich source of high-quality protein that can help american families meet their needs, todays beef is leaner than ever.  
  
Lean beef is widely available in the U.S.A. today because of many changes during the past years in beef cattle breeding and management and retail trimming, many of which were driven by changing dietary recommendations and american families preferences.  
  
Changes in beef cattle breeding and fat trimming methods have resulted in increased availability of leaner beef. Today, more than 67% of beef sold at retail, including cuts like Sirloin steak, Tenderloin, Top Loin steak, T-Bone steak and 95% lean Ground Beef meet U.S.D.A. guidelines for lean, and have ten essential nutrients.  
  
All lean beef cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce cooked serving, for about 200 calories.  
  
What most american faMillie's find surprising is that less than 10% of saturated fat and total fat in their diet comes from beef. The total and saturated fat content from trimmed steak has declined throughout the past years. For example: Total fat content for a completely trimmed Sirloin steak has declined 34 % from 1963 to 2010 and saturated fat has declined 17 % between 1990 and 2010. To choose lean cuts of beef look for the words "Loin or Round" in the name.  
  
American families can learn more about today's beef role in a healthy diet by visiting the health page of "Beef Its Whats For Dinner. Com  
  
References:  
Confident Cooking With Beef  
The Evolution of Lean Beef  
  
Articles of interest  
  
[Beef A Nutritional Powerhouse](http://weebly-file/1/8/9/9/18991133/beef_powerhouse.docx)  
[Healthy Protein for The Heart](http://weebly-file/1/8/9/9/18991133/healthy_protein_for_the_heart.docx)  
 [Love That Lean Beef](http://weebly-file/1/8/9/9/18991133/love_that_lean_beef.docx)  
 [Heart Healthy Beef](http://weebly-file/1/8/9/9/18991133/heart_healthy_beef.docx)  
[The Power of Ten](http://weebly-file/1/8/9/9/18991133/the_power_of_ten_129_thoughts.doc)  
[Thirty Day Protein Challenge](http://weebly-file/1/8/9/9/18991133/june_12_thoughts_views_30_day_protein_challenge.docx)