

Beef as Part of a Heart-Healthy Diet

Beef is 20 percent leaner than it was just 14 years ago. At least 19 cuts of beef meet government guidelines for lean, which means each cut has 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. (See chart.)

Lean beef can easily fit into a heart-healthy diet. Here are some tips for creating heart-healthy meals that include lean beef:

- As a general rule, look for the words "round" or "loin," such as sirloin or round tip, in the name of the cut.
- Choose lean ground beef. Ninety-one percent lean or leaner ground beef meets government guidelines for lean or extra lean and can have as few as 5 grams of total fat per 3-ounce serving.
- Use low-fat cooking methods, such as grilling, broiling, roasting, pan-broiling, stir-frying (using a minimal amount of oil), and braising. Less tender cuts of lean beef should be marinated in a tenderizing marinade, such as Italian dressing or salsa, before cooking.
- Trim visible fat away from beef prior to cooking.
- Cook with fresh ingredients that add flavor but do not contribute extra fat. Some examples include lemon juice, hot and sweet peppers, onion, garlic, tomatoes, and ginger.