

Study Shows Beef can be Part of Heart Healthy Diet

202 men and women participated in a 9-month clinical trial that showed lean red meat can be part of a cholesterol-lowering diet

Top round steak

3 oz. cooked, lean only

Saturated fat **1.4 grams**

Monounsaturated fat **1.6 grams**

Polyunsaturated fat **0.2 grams**

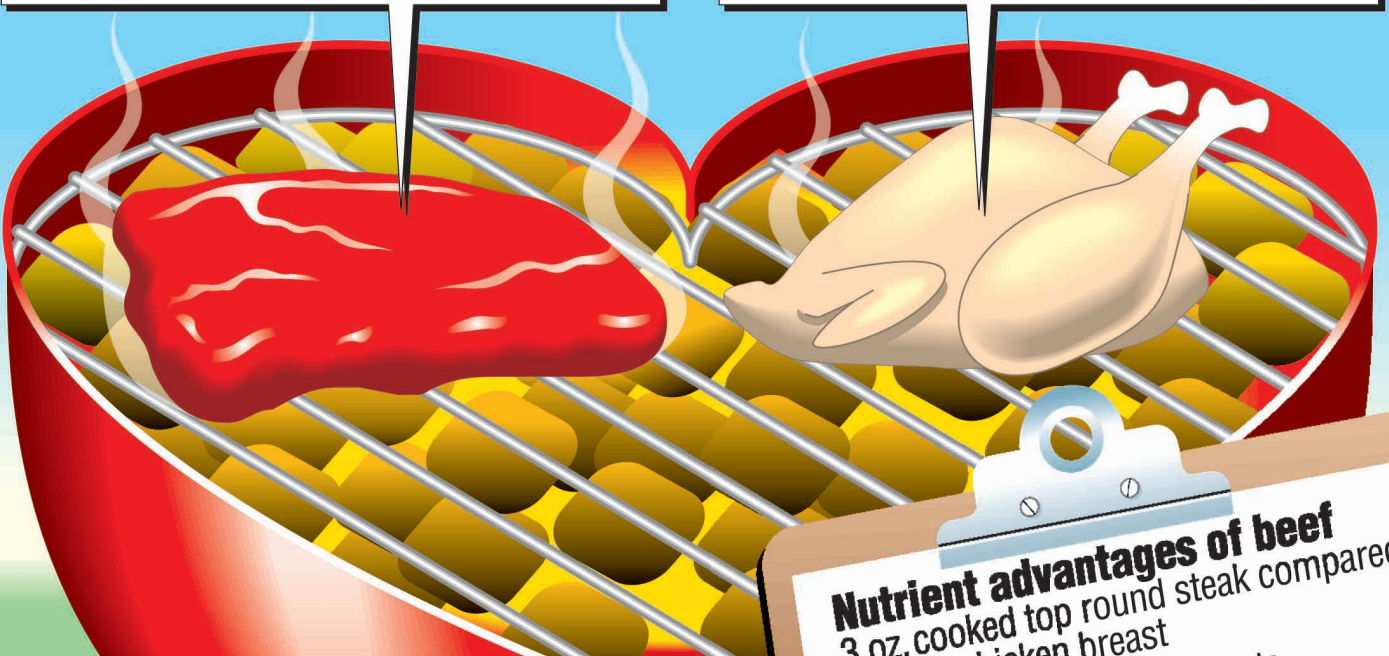
Chicken breast

3 oz. cooked, skinless

Saturated fat **0.9 grams**

Monounsaturated fat **1.0 grams**

Polyunsaturated fat **0.7 grams**



Davidson M.H., et al. Comparison of the effects of lean red meat vs lean white meat on serum lipid levels among free-living persons with hypercholesterolemia. *Archives of Internal Medicine*, 159: 1331-1338, June 28, 1999. Source: USDA Nutrient Database for Standard Reference, Release 15. Based on 3-ounce cooked serving of beef, round, top round, separable lean only, 1/4" trim, all grades, broiled. 3-ounce skinless chicken, broilers or fryers, breast, meat only, cooked, roasted.

Nutrient advantages of beef
 3 oz. cooked top round steak compared to 3 oz. chicken breast

- B₁₂ ≈ 7 chicken breasts
- Zinc ≈ 5-1/2 chicken breasts
- Iron ≈ 3 chicken breasts
- Folate ≈ 3 chicken breasts
- Riboflavin ≈ 2-1/3 chicken breasts
- Thiamin ≈ 2 chicken breasts