



HEART-HEALTHY DIET PATTERNS

The **Mediterranean Diet** is one of the most popular eating patterns and is rich in fruits, vegetables, whole grains, nuts/seeds, olive oil and lean meats. Though it's often suggested that adherents to the Mediterranean diet limit red meat consumption, it's been shown intake of red meat in many Mediterranean countries is similar to that of the United States, and in some countries, even more.¹

Recent research shows that a Mediterranean-style eating pattern that includes lean, unprocessed red meat can support heart health. The study demonstrates that following a Mediterranean-style eating pattern that includes up to 18 ounces of cooked, fresh lean beef and pork per week – along with poultry and fish – is just as effective at improving certain heart disease risk factors (e.g., blood pressure, total and LDL cholesterol) as the same pattern limiting red meat.²

The **DASH (Dietary Approaches to Stop Hypertension) Diet** is currently the gold standard heart-healthy diet recognized and recommended by health professionals to lower blood pressure and cholesterol. It is rich in fruits, vegetables, fiber and low-fat dairy. Research was recently conducted to assess the effect of including 4-5.5 ounces of lean beef, even daily, as part of a DASH-like diet and active lifestyle on heart health. Contrary to conventional wisdom, the results showed significant reductions in total and LDL “bad” cholesterol. The overall findings demonstrated improvements in heart-health risk factors are as effective as those from the DASH and other highly referenced heart-healthy diets.³

Heart-Check certification does not apply to information unless expressly stated.

¹ Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2015. Available at <https://health.gov/dietaryguidelines/2015-scientific-report/PDFs/Scientific-Report-of-the-2015-Dietary-Guidelines-Advisory-Committee.pdf>

² 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, nqy075. <https://academic.oup.com/ajcn/advance-article/doi/10.1093/ajcn/nqy075/5036105>

³ Roussel MA, et al., Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. *Am J Clin Nutr* 2012; 95

FOLLOWING A HEART-HEALTHY DIET WITH LEAN BEEF IS SIMPLE AND FLAVORFUL WITH THESE TIPS

- Choose lean beef at the meat counter by looking for beef cuts with “round” or “loin” in the name (ie, Sirloin, Tenderloin, Top Round)
- Choose lean ground beef by looking for “lean” or “extra lean” – if choosing 90% lean or lower, strain after browning to further reduce fat.
- Keep portion size top of mind. A sensible and satisfying 3 ounce serving of cooked lean beef is about the size of a deck of cards.
- Prepare and cook lean beef in healthy ways – broiling, roasting, poaching or grilling. Trim away any visible fat.
- Add additional flavor to food without salt. Opt for enhancing flavor with onion, garlic, herbs, spices, citrus and vinegars.
- Enjoy lean beef as a complement to other heart healthy foods. Check out the full collection of American Heart Association certified heart-healthy beef recipes at <https://www.beefitswhatsfordinner.com/recipes/collection/10080/heart-healthy-recipes>



BEEF.
IT'S WHAT'S FOR DINNER.®

ENJOYING BEEF IN A HEART-HEALTHY LIFESTYLE

HEART-CHECK CERTIFIED BEEF RECIPES
BY THE AMERICAN HEART ASSOCIATION®



ENJOY A HEART-HEALTHY DIET & LIFESTYLE

- Choose an overall healthy dietary pattern that emphasizes a variety of fruits and vegetables, lean proteins, like lean beef, and whole grains.
- Prioritize preparing, cooking and consuming foods with little or no salt.
- Aim to reduce intake of processed foods and added sugars.
- Be inspired – check out these Beef It's What's For Dinner recipes certified as heart-healthy by the American Heart Association featuring lean beef, fresh vegetables, fruits and whole grains.
- Step it up and lead an active lifestyle. Most Americans should aim for at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity (or combination) each week.

For more information about the American Heart Association Diet and Lifestyle Recommendations check out: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>





ATHENIAN BEEF MEATLOAF WITH CUCUMBER-YOGURT SAUCE

(1/8 slice of meatloaf, 1/4 cup cucumber-yogurt sauce)

Preparation Time: 10 minutes

Cooking Time: 1 1/4 to 1 1/2 hours

Recipe Category: Meat Entrée



1 HR 40 MIN
8 SERVINGS

INGREDIENTS

2 pounds Ground Beef (96% lean)	1 tablespoon plus 1/2 teaspoons dried Greek seasoning, divided
1 cup soft bread crumbs	1/2 teaspoon salt
3/4 cup finely chopped onion	1 cup plain, low-fat Greek yogurt
1/2 cup 1% low-fat milk	1/2 cup diced cucumber
1 large egg	

INSTRUCTIONS

- Preheat oven to 350°F. Combine Ground Beef, bread crumbs, onion, milk, egg, 1 tablespoon Greek seasoning and salt in large bowl, mixing lightly but thoroughly.
- Shape beef mixture into 10 x 4-inch loaf on rack in broiler pan. Bake in 350°F oven 1 1/4 to 1 1/2 hours, until instant-read thermometer inserted into center registers 160°F.
- Meanwhile, combine yogurt, cucumber and remaining 1/2 teaspoons Greek seasoning in medium bowl. Season with salt, as desired. Set aside.
- Let meatloaf stand 10 minutes; cut into 8 slices. Serve with cucumber-yogurt sauce.

Cook's Tip: To make soft bread crumbs, place torn bread in food processor or blender container. Cover; pulse on and off to form fine crumbs. One and one-half slices make about 1 cup crumbs.*

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*

For more information on safe food handling and beef safety, BeefItsWhatsForDinner.com/cooking/food-safety

Nutrition information per serving: 198 calories; 6g fat (2.7g saturated fat; 2.2g monounsaturated fat); 102mg cholesterol; 247mg sodium; 6.3g carbohydrate; 0.4g fiber; 28g protein; 5.1mg niacin; 0.4mg vitamin B₆; 2.4mcg vitamin B₁₂; 3mg iron; 26.3mcg selenium; 6.3mg zinc; 104.7mg choline.

Trans fat 0.2g; polyunsaturated fat 0.5g; potassium 381mg; added sugars 0g.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium, zinc and choline; and a good source of iron.

* Heart-Check certification does not apply to Cook's Tips unless otherwise noted.



CITRUS-RUBBED BEEF TOP SIRLOIN & FRUIT KABOBS

(1 beef skewer, 1 fruit skewer)

Marinade Time: 15 minutes to 2 hours

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Recipe Category: Main Dish



45 MIN
4 SERVINGS

INGREDIENTS

1 pound beef Top Sirloin Steak Boneless, cut 1 inch thick	1 tablespoon smoked paprika
1 medium orange	1/4 teaspoon ground red pepper (optional)
1/4 cup chopped fresh cilantro leaves	4 cups cubed mango, watermelon, peaches and/or plums

INSTRUCTIONS

- Grate peel and squeeze 2 tablespoons juice from orange; reserve juice. Combine orange peel, cilantro, paprika and ground red pepper, if desired, in small bowl. Cut beef steak into 1/4-inch pieces. Place beef and cilantro mixture in food-safe plastic bag; turn to coat. Marinate beef in refrigerator 15 minutes to 2 hours.
- Soak eight 9-inch bamboo skewers in water for 10 minutes; drain. Thread beef evenly onto four skewers leaving small space between pieces. Thread fruit onto remaining four separate skewers.
- Place kabobs on grid over medium, ash-covered coals. Grill beef kabobs, covered, 5 to 7 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill fruit kabobs 5 to 7 minutes or until softened and beginning to brown, turning once.
- Drizzle reserved orange juice over fruit kabobs. Garnish with cilantro, if desired.

For more information on safe food handling and beef safety, BeefItsWhatsForDinner.com/cooking/food-safety

Nutrition information per serving: 241 calories; 5g fat (1.7g saturated fat; 1.9g monounsaturated fat); 69mg cholesterol; 59mg sodium; 22g carbohydrate; 3.4g fiber; 28g protein; 8.8mg niacin; 0.7mg vitamin B₆; 1.3mcg vitamin B₁₂; 2.4mg iron; 33.8mcg selenium; 5.1mg zinc; 111.4mg choline.

Trans fat 0.2g; polyunsaturated fat 0.4g; potassium 702mg; added sugars 0g.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium, zinc and choline; and is a good source of fiber and iron.

* Heart-Check certification does not apply to Cook's Tips unless otherwise noted.



TOP SIRLOIN STEAK, GREEN BEAN AND TOMATO SALAD

(1/4 cups spinach, 1/2 cup steak, heaping 1/2 cup vegetables)

Marinade Time: 30 minutes to 2 hours

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Recipe Category: Entrée Salad



65 MIN
4 SERVINGS

INGREDIENTS

1 pound beef Top Sirloin Steak Boneless, cut 3/4 inch thick	1 teaspoon olive oil, divided
1/4 cup plus 2 tablespoons reduced-fat balsamic vinaigrette, divided	1 cup grape tomatoes, cut in half
2 1/2 cups fresh green beans (2-inch pieces)	5 cups fresh baby spinach (about one 5-ounce package)
	1/4 cup shaved Parmesan cheese

INSTRUCTIONS

- Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4 inch thick strips. Combine 2 tablespoons dressing and beef in medium bowl; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
- Heat large nonstick skillet over medium-high heat until hot. Add green beans and 1 teaspoon oil; stir-fry 5 minutes. Add tomatoes; stir-fry 2 to 3 minutes or until beans are crisp-tender and tomatoes begin to brown slightly. Remove from skillet; season with salt and pepper, as desired. Keep warm.
- Add to same skillet, half of beef; stir fry 1 to 3 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef.
- Divide spinach evenly among four plates. Top with beef and vegetables. Sprinkle with cheese, if desired. Drizzle with remaining 1/4 cup dressing.

For more information on safe food handling and beef safety, BeefItsWhatsForDinner.com/cooking/food-safety

Nutrition information per serving: 232 calories; 8.0g fat (2.9g saturated fat; 3.4g monounsaturated fat); 73mg cholesterol; 454mg sodium; 12g carbohydrate; 3.2g fiber; 31g protein; 8.4mg niacin; 0.7mg vitamin B₆; 1.3mcg vitamin B₁₂; 3.8mg iron; 34.7mcg selenium; 5.2mg zinc; 112.6mg choline.

Trans fat 0.2g; polyunsaturated fat 0.9g; potassium 577mg; added sugars 0g.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium, zinc and choline; and is a good source of fiber.

* Heart-Check certification does not apply to Cook's Tips unless otherwise noted.



BEEFY SWEET & SLOPPY JOES

(1 hamburger bun plus 3/4 cup Sloppy Joe beef mixture)

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Recipe Category: Main Dish



30 MIN
4 SERVINGS

INGREDIENTS

1 pound Ground Beef (96% lean)	2 tablespoons lightly packed brown sugar
1 cup chopped yellow, green or red bell pepper	1 tablespoon Worcestershire sauce
3/4 cup finely chopped onion	4 whole wheat hamburger buns, split
1 can (12 ounces) 100% vegetable juice	

INSTRUCTIONS

- Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef up into 3/4-inch crumbles and stirring occasionally.
- Stir in vegetable juice, brown sugar and Worcestershire sauce; bring to a boil. Reduce heat; simmer uncovered, 7 to 9 minutes or until most of the liquid has evaporated and thickens slightly, stirring occasionally.
- Evenly place beef mixture on bottom half of each bun; close sandwiches.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.*

For more information on safe food handling and beef safety, BeefItsWhatsForDinner.com/cooking/food-safety

Nutrition information per serving: 341 calories; 7.7g fat (2.9g saturated fat; 2.7g monounsaturated fat); 76mg cholesterol; 499mg sodium; 38g carbohydrate; 5.1g fiber; 30g protein; 8.2mg niacin; 0.6mg vitamin B₆; 2.4mcg vitamin B₁₂; 4.6mg iron; 40mcg selenium; 7.1mg zinc; 94.6mg choline.

Trans fat 0.1g; polyunsaturated fat 1.3g; potassium 838mg; added sugars 1.5 teaspoons.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and is a good source of choline.

* Heart-Check certification does not apply to Cook's Tips unless otherwise noted.