Lean Red Meat Consumption and Lipid Profiles in Adolescent Girls

New research from the Boston University School of Medicine provides additional evidence countering suggestions that health-conscious lifestyles and diets including lean red beef increase risks of heart disease and diabetes. A number of previous epidemiological studies suggested that red meat consumption increased the risk of heart disease and diabetes, but those studies did not differentiate the effects of lean from non-lean cuts of meat, nor did they take into account the overall dietary pattern. Adversely, the researchers analyzed data of 9-10 years old girls, who were followed for 10 years in the National Heart Lung and Blood Institute Growth and Health Study, and explored the effects of lean red meat in combination with higher intakes of fruit and non-starchy vegetables on lipid profiles in older adolescent girls.

The researchers did not find any unfavorable effects on lipid levels of girls who consumed higher amounts of lean red meat (6 ounces or more per week), particularly when paired with higher intakes of fruits and non-starchy vegetables. Lean red meat is an excellent source of protein, zinc, selenium and vitamin B_{12} and a good source of iron – all important nutrients essential to the healthy development of children and adolescents, as well as adults. Pairing lean red meats, including lean beef, with vegetables, grains and dairy not only tastes good but also maximizes the nutrients to keep your body healthy.


**Abstract available**

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