LEANER PASTURES

Improving the way Americans enjoy nutrient-rich lean beef for health

While Americans’ waistlines are expanding, consumption of calories and fat from beef have declined.

According to recent NHANES, beef consumption today contributes only 5% of calories, yet more than 5% of 8 essential nutrients to Americans’ diets.\(^1\)

Surprisingly, spaghetti and skillet meals are the most common way beef is enjoyed at home, as opposed to burgers or steaks.\(^2\)

66% of beef cuts sold at retail are lean (cooked and trimmed).\(^2\)

External fat in retail cuts has decreased 80%.\(^3\)

Sirloin steak contains 34% less fat now than it contained in the 1960s.\(^3\)

Good quality evidence from numerous randomized controlled trials consistently demonstrates that consuming 4-5.5 ounces of lean beef daily, as part of a healthful dietary pattern, supports good health.\(^4,6\)

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www.BeefNutrition.org