Human Nutrition Research
Checkoff Program Roadmap through FY 2020

Goal: Establish beef as a foundational food for health

Research Pillars

Healthy Dietary Patterns with Beef

*Beef enhances a variety of healthy dietary patterns.*
  - Unique Needs Across the Lifecycle, Special Populations
  - Evidence in Perspective
    - Patterns vs. Specific Foods
    - Beef Consumption
    - Beef Lipids

Physical Performance

*Beef is energizing, for strength of body and mind.*
  - Mental Energy & Cognitive Performance
  - Everyday Physical Performance/ Ability
  - Diet Quality and Nourishment
  - Body Composition

Satisfaction

*Beef can play a significant role in helping manage weight, improving adherence to and enjoyment of a healthy diet.*
  - Appetite/Healthy Weight
  - Healthy Diet Compliance
  - Enjoyment and Pleasure
Research Scope

*Beef enhances a variety of healthy dietary patterns.*

- Heart-Healthy Diets (Beef in DASH, Mediterranean Diet patterns)
- "Western Diet" Revisited (Beef in healthy American diet/ Western Diet in perspective)
- Unique Needs Across the Lifecycle, Special Populations
- Evidence in Perspective (patterns vs. specific foods)

**Healthy Dietary Patterns with Beef**

- **Physical Performance**
  - Beef is energizing, for strength of body and mind.
  - Everyday Physical Performance/Ability
  - Diet Quality and Nourishment
  - Body Composition
  - Mental Energy

- **Satisfaction**
  - Beef can play a significant role in helping manage weight, improving adherence to and enjoyment of a healthy diet.
  - Appetite/Healthy Weight
  - Healthy Diet Compliance
  - Enjoyment and Pleasure