

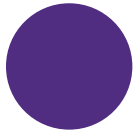


Funded by the Beef Checkoff

Human Nutrition

BEEF
RESEARCH

Goal: To advance the scientific understanding of beef's unique nutrient-rich, whole food matrix in human health and wellbeing, across the lifespan.



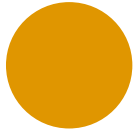
Mapping Beef's Nutrient Density and Bioactive Landscape

Identify, characterize, and/or evaluate the bioavailability of beef's nutritive and non-nutritive bioactive compounds to understand their potential as biomarkers for clinically meaningful health outcomes.



Beef-forward Diets' Impact on Metabolic Health

Evaluate beef-forward dietary patterns, including beef's lipid matrix, influence on cardiovascular-kidney-metabolic health and chronic disease prevention to inform evidence-based national-level dietary guidance.



Beef's Impact on Physical and Cognitive Wellbeing

Assess beef's unique whole food matrix on physical and/or cognitive outcomes, with emphasis on growth and development and age-related cognitive health and muscle loss, including sarcopenia and frailty.



Precision Nutrition: Defining Ranges of Beef Intakes for Health

Determine the type, frequency, and amount of beef associated with health across diverse populations.