


Comment on FR Doc # 2019-12806

This is a Comment on the **Food and Nutrition Service (FNS) Notice: Meetings: 2020 Dietary Guidelines Advisory Committee**

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Comment

Attached please find the oral comments presented by the National Cattlemen's Beef Association, a contractor to the Beef Checkoff at the July 11, 2019 Dietary Guidelines Advisory Committee meeting.

Thank you.

Attachments (1)

[BeefCheckoffDGACOralComments\(#070519-01\)](#)

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**ORAL COMMENTS FOR DGAC PUBLIC MEETING #2
JULY 11, 2019, WASHINGTON DC**

Hello, I'm Dr. Clara Lau, director of human nutrition research for National Cattlemen's Association, a contractor to the Beef Checkoff, which oversees the research funded by beef farmers, ranchers, and importers, to understand beef's role in healthy lifestyles.

BEEF is a **foundational food** that nourishes and optimizes health at EVERY LIFE STAGE (1). Beef is a nutrient-rich, high-quality protein food Americans enjoy eating as part of a healthy diet (2).

- While the RDA for protein was developed to prevent deficiency, evidence suggests that protein intake HIGHER THAN THE RDA, but WITHIN the AMDR, may help achieve and maintain a healthy weight, muscle mass and reduce the risk of sarcopenia (3-7).
- During pregnancy and the early years of life, beef delivers necessary protein, zinc, choline, B vitamins and iron (8-11). Leading health organizations such as American Academy of Pediatrics and the American Medical Association recognize beef's nutrients for supporting physical growth and neurocognitive development in infants and children (8, 10-12).
- Americans EAT BEEF WITHIN CURRENT DIETARY GUIDELINES (13, 14). In fact, Americans eat, on average, **1.7 OUNCES** of beef per day (15) and today's beef is leaner than ever before (16).

As more Americans are overweight and obese, **we need every calorie to count**. Americans are getting fewer calories and less fat from beef (16-21), which contributes:

- 5 percent of total calories (15),
- and 15 percent of the protein in Americans' diets (15).

No other protein food delivers the same package of **10 essential nutrients at 10% or higher than their respective daily values** per 3-ounce serving (2).

Beef can be a principal protein food in heart-healthy diets such as DASH and the Mediterranean-style pattern (22-24). Over 20 gold standard studies have shown that beef in healthy dietary patterns contributes favorably to heart health risk factors and other positive health outcomes (25).

There is a need to systematically review the totality of the evidence available, using best practice that are thorough, transparent, and relevant (26-31). Reliance on dietary patterns are limiting of the ability to discern individual food recommendations; and in

2015 resulted in the exclusion of randomized controlled trials or RCTs of beef in heart healthy diets (32-34). On the other hand, data from well-designed RCTs, where beef is included in HEALTHY diets, can balance this challenge (32, 34-36).

People follow dietary guidance that recognizes personal preferences, habits, and cultural beliefs (37, 38). Americans have enjoyed beef for CENTURIES (39) and it's PART OF MOST AMERICANS' DIETS, traditions and celebrations (39-41).

To close:

- Beef is a foundational food that nourishes Americans' health AT EVERY LIFE STAGE .
- Calorie for calorie, NO OTHER PROTEIN FOOD delivers the same package of ESSENTIAL NUTRIENTS .
- Beef is THE TOP PROTEIN choice for most Americans (42, 43) -- YET they are not over-consuming beef (13, 14, 42, 43) but rather eating beef within current guidelines (13, 14)

High-quality evidence shows there's an opportunity to help Americans enjoy more beef in healthy dietary patterns (22-24)

Thank you!

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