

Human Nutrition Research

Goal: Understand beef's role in a healthy diet to nourish and optimize Americans' health at every life stage.

Original Scientific Research

Evaluate beef's role in optimal human health and well-being and the prevention of chronic disease through population-based or clinical research.

Existing Research Assessment

Evaluate and interpret the total body of evidence on beef and health through comprehensive scientific reviews.

Scientific Community Education

Utilize science to drive understanding and acceptance of beef relevant research within the research community.

Science Communications

Disseminate science-based nutrition research results to key stakeholders and thought leaders.
Monitor ongoing nutrition research, trends, information gaps and research needs.



Funded by the Beef Checkoff

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Focus Areas:

- Growth and development
- Metabolic health (heart disease, diabetes, cancer, weight management)
- Muscle health (quality, strength) and role in overall health
- Meat/beef matrix (whole foods)

Existing Research Assessment

Evaluate and interpret the total body of evidence on beef and health through comprehensive scientific reviews.

Focus Areas:

- Healthy dietary patterns
- Inflammation and immune function
- Contribution of beef to healthy, sustainable diets
- Discovery/emerging hot topics

Scientific Community Education

Utilize science to drive understanding and acceptance of beef relevant research within the research community.

Key Topics:

- Amounts of beef consumed for optimal health
- Improving scientific methods
- Partnerships with leading scientific organizations and other credible food and health thought leaders.

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