HEART-HEALTHY DIET PATTERNS

The Mediterranean Diet is one of the most popular eating patterns and is rich in fruits, vegetables, whole grains, nuts/seeds, olive oil and lean meats. Though it’s often suggested that adherents to the Mediterranean diet limit red meat consumption, it’s been shown intake of red meat in many Mediterranean countries is similar to that of the United States, and in some countries, even more.¹

Recent research shows that a Mediterranean-style eating pattern that includes lean, unprocessed red meat can support heart health. The study demonstrates that following a Mediterranean-style eating pattern that includes up to 18 ounces of cooked, fresh lean beef and pork per week — along with poultry and fish — is just as effective as improving certain heart disease risk factors (e.g., blood pressure, total and LDL cholesterol) as the same pattern limiting red meat.²

The DASH (Dietary Approaches to Stop Hypertension) Diet is currently the gold standard heart-healthy diet recognized and recommended by health professionals to lower blood pressure and cholesterol. It is rich in fruits, vegetables, fiber and low-fat dairy. Research was recently conducted to assess the effect of including 4-5.5 ounces of lean beef, even daily, as part of a DASH-like diet and active lifestyle on heart health. Contrary to conventional wisdom, the results showed significant reductions in total and LDL “bad” cholesterol. The overall findings demonstrated improvements in heart-health risk factors are as effective as those from the DASH and other highly referenced heart-healthy diets.³

Enjoy these cuts of extra lean beef in a heart-healthy eating pattern:¹

**EXTRA LEAN GROUND BEEF**
96% lean, 4% fat

**BOTTOM ROUND STEAK**

**BOTTOM ROUND ROAST**

**TOP SIRLOIN PETITE ROAST**

**TOP SIRLOIN STRIPS**

**TOP SIRLOIN FILET**

**TOP SIRLOIN KABOB**

**TOP SIRLOIN STEAK, CENTER CUT**

*USDA Select grade

HEART-CHECK CERTIFIED BEEF RECIPES BY THE AMERICAN HEART ASSOCIATION®

Enjoying lean beef in a heart-healthy lifestyle is easier than you think with these recipes featuring lean beef, fresh fruit and vegetables, and whole grains.¹

Go lean when adding nutrient-rich beef to heart-healthy diets.

Look for closely trimmed cuts of beef and cuts with “loin” or “round” in the name.

Consider variety and portion size when balancing lean protein on a heart-healthy plate.

Keep in mind that a sensible and satisfying 3-ounce portion of lean beef is about the size of a deck of cards.

CITRUS-RUBBED BEEF TOP SIRLOIN & FRUIT KABOBS

INGREDIENTS
- 1 pound beef Top Sirloin Steak Boneless, cut 1 inch thick (1 beef skewer, 1 fruit skewer)
- 2½ cups fresh green beans (2-inch pieces)
- 1 tablespoon plus 1½ teaspoons dried Greek seasoning, divided
- 1 cup plain, low-fat Greek yogurt
- ¼ cup chopped fresh cilantro leaves
- 1 tablespoon smoked paprika
- 1 teaspoon ground red pepper
- 1 teaspoon olive oil, divided
- ¹/₂ cup shaved Parmesan cheese

INSTRUCTIONS
1. Cut beef steak lengthwise in half, then crosswise into 1 to ¼ inch thick strips. Combine 2 tablespoons dressing and beef in medium bowl, toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.

2. Heat large nonstick skillet over medium-high heat until hot. Add green beans and 1 teaspoon oil; stir-fry 5 minutes. Add tomatoes, olives, cilantro mixture in food-safe plastic bag; close bags securely. Marinate in refrigerator 30 minutes to 2 hours.

3. Heat vegetable juice, brown sugar and Worcestershire sauce; bring to a boil. Reduce heat; simmer uncovered, 7 to 9 minutes or until most of the liquid has evaporated and thickens slightly, stirring occasionally.

4. Stir in vegetable juice, brown sugar and Worcestershire sauce; bring to a boil. Reduce heat; simmer uncovered, 7 to 9 minutes or until most of the liquid has evaporated and thickens slightly, stirring occasionally.

5. Evenly place beef mixture on bottom half of each bun; close sandwiches.

Cook’s Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

BEEFY SWEET & SOUR TOFU SLIDERS

INGREDIENTS
- 1 cup diced cucumber
- 1 cup chopped green onions
- 1 cup chopped red bell pepper
- 2 cups fresh green beans
- 1 cup chopped yellow, green or red bell pepper
- 1 tablespoon reduced-fat balsamic vinaigrette, divided
- ¼ cup chopped fresh parsley

INSTRUCTIONS
1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 10 minutes, breaking up beef into ¼-inch crumbs and stirring occasionally.

2. Stir in vegetable juice, brown sugar and Worcestershire sauce; bring to a boil. Reduce heat; simmer uncovered, 7 to 9 minutes or until most of the liquid has evaporated and thickens slightly, stirring occasionally.

3. Evenly place beef mixture on bottom half of each bun; close sandwiches.

Cook’s Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

ATHENIAN BEEF MEATLOAF WITH CUCUMBER-YOGURT SAUCE

INGREDIENTS
- 2 pounds Ground Beef (96% lean)
- 1 large egg
- ¾ cup finely chopped onion
- 1 cup soft bread crumbs (1 beef skewer, 1 fruit skewer)
- 1 teaspoon smoked paprika
- ½ teaspoon ground red pepper
- 11/2 teaspoons dried Greek seasoning
- 1 cup plain, low-fat Greek yogurt
- ½ cup diced cucumber

INSTRUCTIONS
1. Preheat oven to 350°F. Combine Ground Beef, bread crumbs, onion, milk, egg, 1 tablespoonful Greek Seasoning in medium bowl. Season with salt, as desired. Set aside.

2. Let meatloaf stand 10 minutes; cut into 8 slices. Serve with cucumber-yogurt sauce.

Cook’s Tip: To make soft bread crumbs, place torn bread in food processor or blender container. Pulse on and off to form fine crumbs. One and one-half slices make about 1 cup crumbs.

Cook’s Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

**Heart-Check certification does not apply to Cook’s Tips unless otherwise noted.**