

4 Steps To Heart Healthy Eating

Consumer Fact Sheet

How lean beef fits in.

Here are 4 of the most important steps you can take toward heart healthy eating.

1 Follow Canada's Food Guide to Healthy Eating.

Enjoy a variety of foods from each food group. Strike a heart healthy balance with the recommended number of servings from each of the four food groups.

Food Group	Servings/Day	Choose More Often
Grain Products	5-12	Whole grain and enriched products.
Vegetables & Fruit	5-10	Dark green and orange vegetables and orange fruit.
Milk Products	2-4	Lower-fat milk products.
Meat & Alternatives	2-3	Leaner meats, poultry and fish, as well as dried peas, beans and lentils.

Visit *Canada's Food Guide to Health Eating* at: www.hc-sc.gc.ca/hppb/nutrition

2 Manage your fat intake with nutritious choices.

Focus on nutritious foods from the four food groups. Use higher-fat "Other Foods" that are not part of the four food groups in moderation. Examples of higher-fat "Other Foods" are: chips, chocolate, pastries, cakes, pies, butter, margarine, mayonnaise, oil-based dressings and cooking oils used to fry foods.

On average, Canadians eat more fat from "Other Foods" than from any one of the four food groups.

Learn to lower your fat intake by ordering *A Matter of Fat* at: www.beefinfo.org.

3 Try these lower-fat cooking & preparation tips.

- ▶ Use added fats and oils, rich sauces and gravy in moderation.
- ▶ Choose lower-fat skimmed and partially skimmed milk products.
- ▶ Trim visible fat from meat and remove the skin from poultry.
- ▶ Use lower-fat cooking methods – broil, barbecue, steam, poach, roast or microwave on a rack or stir-fry in a non-stick pan.

For more heart healthy tips, including how to be more active, manage your stress and stop smoking, visit: www.heartandstroke.ca

To learn more about healthy eating or to find a dietitian visit: www.dietitians.ca

4 Look for Health Check™ Health Check™...tells you it's a healthy choice.



Looking for a simple way to select healthy foods? Check out Health Check™ - a food information program developed by the Heart and Stroke Foundation of Canada to help Canadians make healthy food choices. For more information on the Health Check™ program visit: www.healthcheck.org

Heart Healthy Eating with Lean Beef

If you're wondering how you can enjoy lean red meat, like beef, as part of a heart healthy eating plan, here are some answers to questions you may have.

Q *I'm concerned about my heart health, should I cut out red meat?*

A: Lean red meats, like beef, can be enjoyed as part of heart healthy eating. In fact, research shows that lean beef can be as effective as chicken or fish as part of a lower-fat eating plan to reduce blood cholesterol. Plus, lean red meats like beef are especially rich in essential nutrients like iron, zinc and B-vitamins.

Canada's Food Guide to Healthy Eating recommends 2 to 3 servings of Meat and Alternatives each day, including lean red meats like beef. A 100 g serving of meat, poultry or fish is about the size of a deck of cards or the palm of your hand.

You can combine or divide your 2 to 3 servings of meat and alternatives as you wish at meals throughout the day. For example, the meat in a sandwich at lunch may represent less than one serving, and a larger steak at dinner may represent more than one serving. Together they should add up to 2 to 3 servings.

Q *I'm trying to lower my saturated fat intake, what about the fat in beef?*

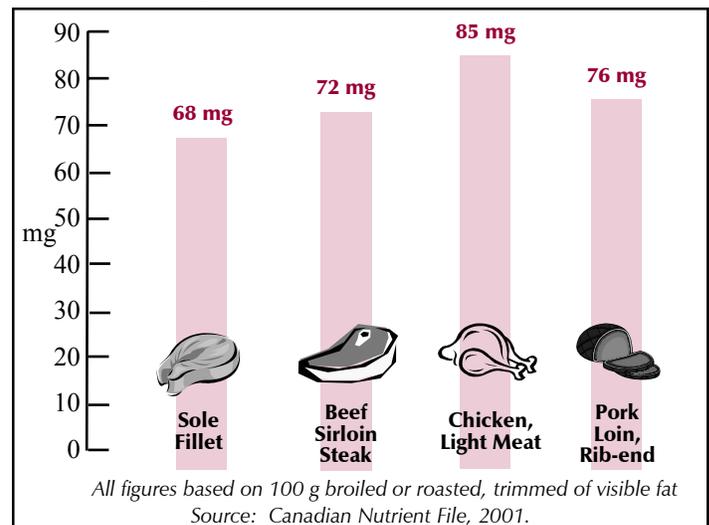
A: Half of the fat in lean beef is monounsaturated, like that found in olive oil – which is beneficial for lowering blood cholesterol. A little less than half of the fat in beef is saturated and much of that is stearic acid – a saturated fat that helps raise “good” (HDL) cholesterol and has little effect on “bad” (LDL) cholesterol.

Did you know? Trans fats from hydrogenated vegetable oils raise blood cholesterol more than saturated fats. To lower your trans fat intake, limit commercially prepared foods made with hydrogenated vegetable oils like chips, cookies, doughnuts, many kinds of crackers and hydrogenated margarine. To identify foods with trans fats, look for hydrogenated oils in the ingredient list.

Q *How does the cholesterol content of red meat compare to chicken or fish?*

A: The amount of cholesterol in lean red meat, chicken and fish is very similar. Keep in mind that the cholesterol from foods has a much smaller effect on blood cholesterol than trans and saturated fat intake.

Compare the Cholesterol Content



Q *I'd like to select lean cuts of beef, which cuts should I choose?*

A: All cuts of beef, TRIMMED of visible fat, except short ribs, qualify for Health Check™. To qualify, meats must be lean with no more than 10% fat. When selecting meat, choosing leaner cuts more often is part of healthy eating.

Lean and extra lean ground beef, also meet the Health Check™ criteria for ground meats, with no more than 17% and 10% fat respectively.

Nutrition Information:

Fresh Beef Cuts: On average, per 100 grams TRIMMED serving (raw):
Energy 620kJ/147 calories, Protein 22 grams, Fat 5.9 grams, Carbohydrate 0 grams

Ground Beef: On average, per 100 grams ground beef (raw):

Extra Lean: Energy 650 kJ/155 Calories, Protein 21 grams, Fat 7.3 grams, Carbohydrate 0 grams

Lean: Energy 910 kJ/216 Calories, Protein 19 grams, Fat 15 grams, Carbohydrate 0 grams

The Beef Information Centre financially supports the Health Check™ education program of the Heart and Stroke Foundation. This is not an endorsement. For more information, see www.healthcheck.org



This nutrition resource is brought to you by the registered dietitians at the Beef Information Centre. Questions about beef? Visit www.beefinfo.org or call 1-888-248-BEEF or contact your local Beef Information Centre in Vancouver, Calgary, Regina, Winnipeg, Mississauga, St. Laurent or Bedford. May be reproduced without permission provided no changes are made and credit is given. Printed in Canada. June 2002 (1).