

UNDERSTANDING BEEF: HEALTH & WELLNESS

With so many different sources of information and conflicting reports about diet and health, it's no wonder we are all left wondering about beef and other foods we eat.

Red meats, like beef, are nutritious and are an important part of a balanced diet.

Beef offers a variety of essential nutrients that support good health. Beef is one of the best sources of high quality protein, iron, zinc and B vitamins and Canada's Food Guide recommends beef and other red meats as part of a healthy diet.¹

WHAT RESEARCH TELLS US

The topic of beef and health has been extensively studied. Two large studies, one in Europe², and another in the United States³, found no association between eating fresh red meat and any cause of death, including heart disease or cancer.

In the US study³, investigators made a couple of other interesting observations – namely that adults who ate red meat more often: (1) tended to eat vegetables more often; and, (2) tended to have smaller waists and lower body weights.

RECOMMENDED AMOUNTS OF RED MEAT

Canada's Food Guide recommends a healthy variety of foods from all four food groups each day. This includes Vegetables & Fruit, Grain Products, Milk & Alternatives, and Meat & Alternatives.¹

Canada's Food Guide recommends that adults consume two to three servings from the Meat & Alternatives group each day. A Food Guide serving of cooked meat, fish or poultry is 75 grams, approximately the size of a deck of cards.

PROTEIN POWER

Beef is one of the best sources of high quality protein. Protein is vital at every age and stage. Protein is needed to support children's healthy growth and development as well as optimal bone and muscle strength as we age.⁴⁻⁷ Plus, research shows protein can help keep you feeling fuller for longer.⁸⁻⁹

RED MEAT AND YOUR CHOLESTEROL

Research shows there's no reason to avoid fresh red meat when following a heart healthy diet and watching your cholesterol.¹⁰⁻¹²

In one of the largest studies ever completed, researchers from Harvard concluded that eating 100 grams of fresh red meat per day is not linked to the development of heart disease.¹²

KNOW YOUR BEEF



RED MEAT AND CANCER

The topic of red meat and cancer is one that certainly gets its fair share of media attention. You may have seen or heard sensational headlines in the past and likely will again. What all health experts agree on is that no single food protects against or causes cancer and that red meat certainly plays an important role in the diet. What's most important is to choose fresh meat (limiting processed meat), consume your meat as part of a healthy diet and lifestyle¹, and eat it, like all foods, in moderation.



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IT COMES DOWN TO BALANCE

A healthy diet is one that contains mostly whole, fresh foods: lots of fruits and vegetables, high fibre grains and lean proteins. It's the quality of your food choices that counts. Beef offers up quality calories – a single ingredient food that satisfies the appetite and is loaded with vital nutrients, all for a moderate number of calories. Beef is a corner-stone to balanced meals usually served with vegetables, grains and other whole foods to round out the plate. These high quality foods are precisely the types of foods people need to eat most often for health and wellness.



REFERENCES

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Canada Beef strives to present the facts around nutrition, culinary and farming practices based on the most current scientific research and tests at hand. As research on these topics is ever changing, we monitor and update these topics as necessary. Recognizing that a healthy discussion is the best way for us all to grow knowledge and understanding, we welcome your comments and conversation.



THE CANADIAN BEEF
CENTRE OF EXCELLENCE

Located in Calgary, Alberta, The Canadian Beef Centre of Excellence is a showcase and focal point for all those working with Canadian beef and veal, providing education, leadership, training and idea generation.

The Centre demonstrates Canada's commitment to world class standards of quality and safety.

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