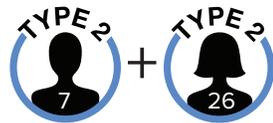




# CHOOSING BEEF: NEW DIABETES AND HEART HEALTH RESEARCH

A new randomized, controlled trial, the gold-standard in nutrition evidence, shows that individuals have more choice in how much of their healthy diet can be from lean, unprocessed beef without increasing risk factors for heart disease or diabetes. It adds to the growing body of scientific evidence demonstrating that lean beef can be part of a diabetic friendly diet that supports metabolic and cardiovascular health.

## WHAT DID THE RESEARCHERS DO?



The 33 study participants (26 women and 7 men) were at risk for type 2 diabetes. Cardiometabolic risk factors were measured at the end of each feeding phase and compared within the same individual throughout the trial.

About half of participants started the USDA Healthy eating pattern with up to 1.2 ounces of red meat per day. (USDA-CON)



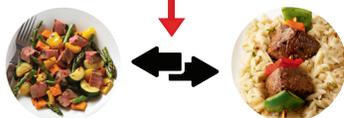
About half of participants started a similar pattern that contained an additional 5.3 ounces of lean, unprocessed beef per day in place of refined starches. (USDA-LB)



Measured cardiometabolic risk factors after 28 days



Participants were allowed to eat freely for 14 days or more as a "washout"



Fed the opposite diet for 28 days



Measured cardiometabolic risk factors after 28 days



Person A, Diet 1 vs. Person A, Diet 2  
The same individual's risk factors were compared between the two diets

## STUDY TAKEAWAY

Individuals have flexibility to include up to about 6 ounces of lean, unprocessed beef in daily healthy diets without increasing risk factors for heart disease or diabetes.

## RESULTS

Most indicators of cardiometabolic health, such as insulin sensitivity and LDL cholesterol, did not differ between the two diets.

The only significant difference observed was a shift toward a greater percentage of cholesterol carried in larger, more buoyant LDL particles during the higher beef diet. More buoyant LDL particles are considered a favorable finding as they may be less likely to promote atherosclerosis.

To learn more about this research and how beef can play a role in healthy eating, visit [BeefItsWhatsForDinner.com](https://www.beefitswhatsfordinner.com).

Maki et al. Substituting Lean Beef for Carbohydrate in a Healthy Dietary Pattern Does Not Adversely Affect the Cardiometabolic Risk Factor Profile in Men and Women at Risk for Type 2 Diabetes. J Nutr 2020; nxaa116, <https://doi.org/10.1093/jn/nxaa116>.



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