

Add Some Flavor To Your Heart-Healthy Diet

(NAPSA)—Heart disease is the leading cause of death affecting 70.1 million men and women in the United States, according to the American Heart Association (AHA). We all know it's important to follow a balanced diet and exercise regularly to keep our hearts and bodies in shape—but can a heart-healthy diet taste good and include foods we love?

Now there's a new cookbooklet that features unique lean beef recipes that meet AHA guidelines for heart-healthy diets. Filled with 14 simple recipes, *Fast & Flavorful Beef: Heart-Healthy Recipes* entertains your taste buds, while also adding some nutritional power to your diet.

Love Your Heart With Lean Beef

"Lean beef can be a smart choice for a heart-healthy, balanced diet," says Connie Guttersen, Ph.D., R.D., member of the Council for Women's Nutrition Solutions (CWNS) and nutrition instructor, Culinary Institute of America. "Today's beef is leaner than ever before, so you can easily be good to your heart and still enjoy your favorite beef recipes."

Did You Know?

- There are 19 cuts of beef that qualify as "lean," according to gov-



ernment guidelines. Each cut has less than 10 grams of total fat and 4.5 grams or less of saturated fat per 3-ounce serving. (A 3-ounce serving is about the size of an adult's fist or a computer mouse.) For example, a 3-ounce top round steak contains 4.6 grams of total fat. For a Lean List wallet card, visit www.beefitswhatsfordinner.com.

- Half the fatty acids in beef are monounsaturated fatty acids—the same heart-healthy kind found in olive oil.

- Short- and long-term research studies show lean beef can be included as part of a lowfat diet plan to lower cholesterol levels.

Cooking With Lean Beef

Making heart-healthy meals with lean beef can be easy. Gut-

tersen advises:

- When you're selecting a lean beef cut, look for the words "round" or "loin" in the name, such as sirloin or round tip.
- Trim visible fat away from beef prior to cooking.
- Look for lean ground beef, which is labeled as 91 percent lean or leaner. This ground beef can have as few as 5 grams of total fat per 3-ounce serving.
- Rinse cooked ground beef crumbles to reduce fat.
- Use lowfat cooking methods, such as grilling, broiling, roasting, pan-broiling, stir-frying (using a minimal amount of oil) and braising. Less tender cuts of lean beef should be marinated in a tenderizing sauce, such as Italian dressing or salsa, before grilling or broiling.
- Cook with fresh ingredients that add flavor without extra fat, such as lemon juice, hot and sweet peppers, onion, garlic, tomatoes and ginger.

To get a copy of *Fast & Flavorful Beef: Heart-Healthy Recipes*, simply send a check in the amount of \$1.00 made payable to National Cattlemen's Beef Association with your mailing address to: NCBA, Dept. AHA, P.O. Box 670, Bloomingdale, IL 60108.