

Carne Asada

Try this delicious power-packed recipe and stay strong and satisfied. Pair it with half a plate of vegetables and a whole grain for an overall heart-healthy meal.

INGREDIENTS

- ¼ cup fresh lime juice, about 2 limes
- ½ cup fresh orange juice, about 2 oranges
- ½ cup olive oil
- 2 Tbsp. red wine vinegar
- 2 tsp. salt
- 1 tsp. freshly ground black pepper
- 1 tsp. ground cumin
- 1 tsp. oregano
- 4 garlic cloves, minced
- 2 pounds flank steak, trimmed

PREPARATION

- ① In a medium-sized bowl, whisk together lime juice, orange juice, olive oil, vinegar, salt, pepper, cumin, oregano and garlic. Pour into a 9x12 inch baking dish.
- ② Add flank steak. Turn to coat both sides in marinade. Cover with plastic wrap and place in fridge to marinate for up to 4 hours.
- ③ Preheat your grill.
- ④ Grill flank steak 8-10 minutes on each side, turning once. Discard marinade.
- ⑤ Place grilled flank steak on cutting board, tent with foil and allow to rest for 10 minutes. Thinly slice cross grain at a slanted angle. Enjoy.

NUTRITION ANALYSIS

4 oz serving size: 183 calories; 10g fat (3g saturated fat; 0g trans fat); 64mg cholesterol; 182mg sodium; 1g carbohydrate; 0g fiber; 0g sugar; 21g protein; 9% DV iron; 24% DV zinc; 34% DV selenium; 31% DV B₃ niacin; 29% DV B₆; 18% DV B₁₂

Small Steps for Big Results to Lower Your Cholesterol

Aim for a Healthy Weight

Protein plays an important role in weight management by increasing satiety (staying full longer), helping support strong, lean bodies and reducing the risk of chronic disease.¹

Go Lean with 25-30 grams of Protein at Meals

Evidence shows that it's important to evenly distribute protein throughout the day. Doing this at breakfast, lunch, and dinner helps to improve satiety and preserve muscle mass.²

Make Half Your Plate Fruits and Vegetables

Fruits and vegetables provide the fiber and nutrients required for managing your cholesterol while helping to keep you full for calorie control.

A Little Movement Goes a Long Way

Aim for between 30–60 minutes of moderate intensity exercise most days. Start slowly and make it fun.



For more information about beef in a heart-healthy diet or recipes, visit:

BeefLovingTexans.com



Have High Cholesterol?



Enjoy a Heart-Healthy Diet with Lean Beef

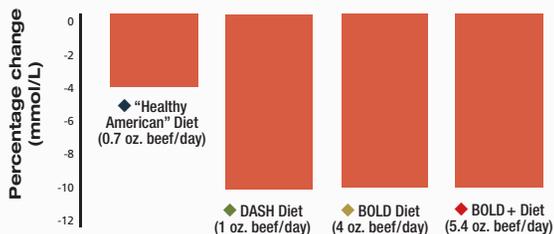
Enjoy Lean Beef While Improving Your Cholesterol

- ◆ Heart disease is the number one cause of death in the United States (AHA).
- ◆ Nearly 1 in every 3 Americans has high levels of “bad” LDL-cholesterol.
- ◆ If you are one of those people it is important to follow a heart-healthy dietary pattern. The good news is you can do this while eating your favorite foods, like beef.

Lean Beef can be good for heart health.

Recent research called BOLD (Beef in an Optimal Lean Diet), shows that eating lean beef as part of a heart healthy diet is as effective as traditional heart-healthy diets, such as DASH (Dietary Approaches to Stop Hypertension).¹ Participants experienced a 10% decrease in LDL cholesterol. Not only is beef satisfying and great tasting, research shows that it can be part of a solution to improve your cholesterol.

Mean Percentage Decrease in LDL Cholesterol



◆ **Healthy American Diet (HAD):** Control diet, included more refined grains, full-fat dairy products, oil and butter to reflect current American dietary habits.

◆ **Dietary Approaches to Stop Hypertension (DASH):** Considered the “gold standard” heart-healthy diet, this eating plan featured vegetables, fruits and low-fat dairy and limited red meat and sweets.

◆ **Beef in an Optimal Lean Diet (BOLD):** Similar to DASH diet (rich in vegetables, fruits, whole grains, nuts and beans) and protein amount, but used lean beef (4 oz./day) as the primary protein source, whereas the DASH diet used primarily white meat and plant protein sources.

◆ **Beef in an Optimal Lean Diet Plus (BOLD-PLUS):** Similar to the BOLD diet, but with higher protein and lean beef intake (5.4 oz./day).

- ◆ Be **BOLD** and go lean and heart healthy with your favorite beef cuts.
- ◆ There are many cuts to choose from – all with less fat than a skinless chicken thigh.
- ◆ More than ¾ of the meat case at your local grocery store is lean.

Shop for These Lean Cuts

Look for cuts with the word **Round** or **Loin** in the name to meet USDA guidelines for lean (10 g total fat, 4.5 g saturated fat, 95 mg cholesterol).

Cut	Sat Fat	Total Fat
Skinless Chicken breast	0.9g	3.0 g
Beef Eye Round roast & steak*	1.4 g	4.0 g
Beef Top Round roast	1.5 g	4.3 g
Beef Top Round steak	1.6 g	4.6 g
Beef Bottom Round roast	1.7 g	4.9 g
Beef Top Sirloin steak	1.9 g	5.0 g
Beef Chuck Shoulder steak	2.1 g	5.0 g
Beef Round Tip roast & steak*	1.9 g	5.3 g
Beef Round steak/Cubed steak	1.9 g	5.3 g
Beef Shank Cross Cuts	1.9 g	5.4 g
Beef Bottom Round steak	2.2 g	6.0 g
Beef Top Loin (Strip) steak	2.3 g	6.0 g
Beef Flank steak	2.6 g	6.3 g
Beef Bottom Round steak	2.3 g	6.6 g
Beef Tenderloin roast & steak*	2.5 g	6.7 g
Beef Brisket, Flat Half	2.7 g	6.8 g
Beef Tri-Tip roast & steak*	2.6 g	7.1 g
Beef T-Bone steak	2.6 g	7.4 g
Beef Boneless Top Blade steak	3.2 g	7.9 g
93% Lean Ground Beef patty	2.9 g	6.8 g
Skinless Chicken thigh	2.6 g	9.2 g

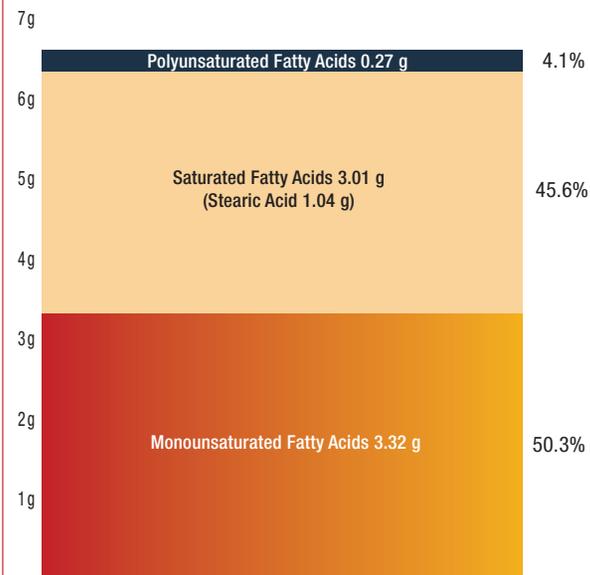
*Cuts combined for illustration purposes. Total fat and saturated fat are based on 3-ounce cooked servings, visible fat removed. U.S. Department of Agriculture, Agricultural Research Service, 2012.USDA Nutrient Database for Standard Reference, Release 25. Nutrient Data Laboratory homepage www.ars.usda.gov/ba/bhnr/ndl.

Today's Lean Beef

Today's lean beef is as similar in total and saturated fat as skinless chicken. About half of beef's fat is mono-unsaturated, the same heart-healthy fat found in olive oil.²

Fatty Acid Profile of Beef

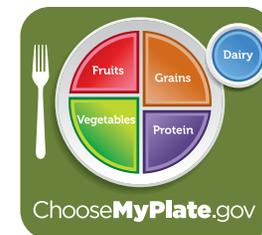
85 g (3 oz) Portion, Visible Fat Trimmed, Cooked
Total Fatty Acids - 6.0 g



Based on 3-ounce cooked serving, composite of trimmed retail cuts, all grades, 0" trim, separable lean only. U.S. Department of Agriculture, Agricultural Research Service, 2006. USDA Nutrient Database for Standard Reference, Release 19. Nutrient Data Laboratory homepage www.nal.usda.gov/fnic/foodcomp

One **3-oz serving of lean beef is only about 150 calories** on average and a naturally rich source of 10 essential nutrients – including protein, iron, zinc and B-vitamins.

Beef is a perfect partner on the plate. Lean beef easily pairs with vegetables, fruit, whole grains and low fat dairy to meet the MyPlate recommendations from the 2015 Dietary Guidelines for Americans.



¹ Roussel MA, Hill AM, Gaugler TL, West Sg, Vanden Heuvel JP, Alaupovic P, Gillies PJ, and Kris-Etherton PM, Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. AM J Clin Nutr 2012; 95 (1): 9-16.

² U.S. Department of Agriculture Agricultural Research Service, 2010. National Nutrient Database for Standard Reference. Release 23.