

LEAN BEEF IN A MEDITERRANEAN DIET:

A Flavorful Path to Heart Health



Enjoy the Nutritional Benefits of Lean Beef While Embracing a Mediterranean Lifestyle!

A heart-healthy eating pattern that is full of fruits, vegetables, whole grains, nuts, seeds, olive oil and lean protein. This balanced approach supports long-term health by reducing risk factors for the development of cardiovascular disease like cholesterol and blood pressure.^{1,2}

WHAT IS THE MEDITERRANEAN DIET?

5 Tips for Incorporating Lean Beef in Your Mediterranean Diet

2. FLAVOR WITHOUT SALT

Beef's savory taste shines with Mediterranean spices: garlic, herbs, citrus, and vinegar.

Fun Fact: *Beef is naturally low in sodium —perfect for heart healthy eating!*

1. GO LEAN

Look for lean beef cuts. Specifically beef cuts with "loin" or "round" in the name are easy-to-spot choices - sirloin, tenderloin, top round. Did you know? ~65% of beef cuts in the meat case are lean!

Fun Fact: *93% lean and leaner ground beef are Lean. They are a perfect, versatile fit for heart-healthy eating.*

3. KEEP PORTION SIZE IN MIND

A 3oz portion of cooked lean beef (about the size of a deck of cards) provides over 10% of the daily value for 10 essential nutrients, including 25g of protein, all for about 175 calories. This makes it a small but nutrient-dense addition to your meals.³



4. BUILD A BALANCED PLATE

Beef is a flavorful, satisfying complement to colorful fruits, vegetables, low-fat dairy, and whole grains – all part of a heart-healthy diet.⁴

5. EMBRACE GOOD FATS

At the heart of the Mediterranean diet pattern is its focus on heart-healthy monounsaturated fats like those commonly known to be found in olive oil, nuts, and seeds.

Fun Fact: *Beef is a rich source of heart-healthy monounsaturated fats—just like olive oil! Over 50% of the fat in lean beef is monounsaturated fat, which can help support heart health.³*

WHY BEEF?

Beef adds essential nutrients like iron, zinc, and B vitamins, vital for muscle growth, energy, metabolism, and brain health. Including lean beef in a Mediterranean-style diet can support heart health by improving cholesterol levels and blood pressure.^{1,2}



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BEEF

Funded by Beef Farmers and Ranchers

Mediterranean Beef Meatball Kabob

Lean ground beef, fresh parsley and cumin are formed into meatballs and served in flatbreads. Customize with your choice of chopped veggies and tzatziki sauce.



4
SERVINGS



360
CAL



33 G
PROTEIN
(60% DV*)

4G SAT FAT | 5.2MG IRON (30% DV) | 6.8MG ZINC (60% DV)

* PERCENT DAILY VALUES ARE BASED ON A 2,000-CALORIE DIET



SCAN FOR MORE MEDITERRANEAN
DIET-INSPIRED BEEF RECIPES!

INGREDIENTS:

- 1 pound Ground Beef (93% lean or leaner)
- 2 teaspoons minced garlic
- 2 tablespoons water
- 1/4 cup dry breadcrumbs
- 1 teaspoon ground cumin
- 4 flatbreads (such as naan, lavash or pita bread)
- 2 egg whites or 1 whole egg
- 1/2 teaspoon salt
- Toppings:
 - Chopped tomatoes, chopped cucumber, chopped red onion, chopped fresh parsley, Tzatziki sauce
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon pepper

COOKING:

1. Heat oven to 400°F. Combine Ground Beef, breadcrumbs, egg whites, parsley, water, garlic, cumin, salt and pepper in large bowl, mixing lightly but thoroughly. Shape into 12, 2-inch meatballs.
2. Thread meatballs onto four 10-inch skewers. Place on rack in broiler pan that has been sprayed with cooking spray. Bake in 400°F oven 24 to 27 minutes.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

3. Remove meatballs from skewers. Serve in flatbreads. Garnish with Toppings, as desired.

Alternative Cooking Method:

1. Recipe can be made in a 8-quart Air Fryer. Heat Air Fryer to 350°F. Place un-threaded meatballs into Air Fryer basket sprayed with cooking spray. Bake at 350°F for 24 to 27 minutes or until instant-read thermometer inserted into center registers 160°F.

NUTRITION INFORMATION PER SERVING: 360 CALORIES; 117 CALORIES FROM FAT; 13G TOTAL FAT (4 G SATURATED FAT; 7 G MONOUNSATURATED FAT); 76 MG CHOLESTEROL; 763 MG SODIUM; 26 G TOTAL CARBOHYDRATE; 1.6 G DIETARY FIBER; 33 G PROTEIN; 5.2 MG IRON; 9.2 MG NE NIACIN; 0.5 MG VITAMIN B6; 2.3 MCG VITAMIN B12; 6.8 MG ZINC; 32.3 MCG SELENIUM. THIS RECIPE IS AN EXCELLENT SOURCE OF PROTEIN, IRON, NIACIN, VITAMIN B6, VITAMIN B12, ZINC, AND SELENIUM.