

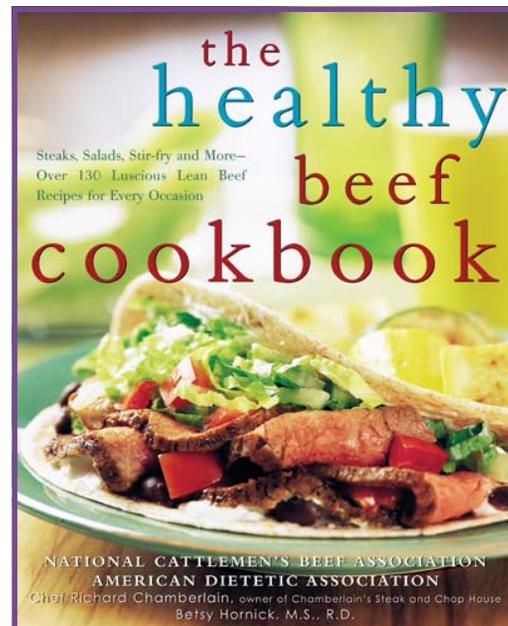
Getting a BOLD Start



A new study called BOLD (Beef in an Optimal Lean Diet) shows that **adding lean beef to the most recommended heart-healthy diet can lower heart disease risk** by reducing levels of total and LDL “bad” cholesterol. Get started with sample menus for an 1,800 calorie or 2,100 calorie diet and delicious lean beef recipes. Consult with a Registered Dietitian or visit ChooseMyPlate.gov to determine how many calories you need in a day.

It's easy to follow a heart-healthy meal plan like the one followed in the BOLD study when you choose nutrient-rich lean beef.

You can follow the same heart-healthy diet as the participants of the BOLD study by using recipes from *The Healthy Beef Cookbook*, a collection of delicious, nutrient-rich recipes for America's favorite protein, beef.



Popular Beef Cuts are Leaner Than You Thought

Popular lean beef cuts chosen in the meat case:

- Top sirloin
- Top round steak
- Top loin (strip or New York steak)

Popular lean beef cuts chosen in restaurants:

- Tenderloin (filet mignon or medallions)
- Top loin (strip or New York steak)
- Top sirloin



Lean: less than 10g of total fat, 4.5g or less of saturated fat, and less than 95mg of cholesterol per serving and per 100 grams.

BOLD DIET MENU DAY 1

2100 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> ◇ Oatmeal (1/3 cup dry) ◇ Blueberries, frozen (1/2 cup) ◇ Orange juice (6 oz.) ◇ Skim milk (6 oz.) ◇ Whole wheat mini bagel (2) ◇ Margarine (2 tsp.) 	<ul style="list-style-type: none"> ◇ Basic Meatballs (3 oz.) <i>(Full recipe in The Healthy Beef Cookbook, page 151)</i> ◇ Marinara sauce (1/4 cup) ◇ Hamburger roll (1) ◇ Lettuce ◇ Broccoli (at least 1/2 cup) ◇ Baby carrots (1/2 to 1 cup) ◇ Ranch salad dressing (2 Tbsp.) ◇ Pretzels, low-sodium (1 oz.) 	<ul style="list-style-type: none"> ◇ Southwest Fajita Seasoning mix (2 cups) <i>(Full recipe in The Healthy Beef Cookbook, page 115)</i> ◇ Beef Top Round steak, cooked (3 oz.) ◇ Flour tortilla, 6-inch (3) ◇ Low-fat cheddar cheese, shredded (1/4 cup) ◇ Lettuce (to top fajitas) ◇ Red bell pepper, chopped (1/2 cup) 	<ul style="list-style-type: none"> ◇ Peanut butter (2 Tbsp.) ◇ Apple (1 medium) ◇ Celery sticks (unlimited)
Calories: 2105	475	579	765	286
Protein: 103 g	16	26	53	8
Carb: 271 g	82	62	95	32
Fat: 70 g	11	25	18	16
SFA: 16 g	2	6	5	3
Chol: 113 mg	3	48	62	0
Sodium: 3369 mg	415	1168	1621	165
Fiber: 34 g	6	7	14	7

To increase the total percent of calories from protein, try the following tips:

- 1) Substitute egg beaters, egg whites or cottage cheese for the bagel at breakfast or add 1 Tbsp. of chopped nuts to your oatmeal.
- 2) Add an extra meatball and reduce Ranch dressing to 1 Tbsp. at lunch.
- 3) Replace flour tortillas with a low-carbohydrate version and increase beef from 3 oz. to 4 oz. at dinner.

BOLD DIET MENU DAY 2

2100 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> ◇ Whole grain oat cereal (1¼ cup) ◇ Banana (1 small to med) ◇ Milk (1 cup) ◇ Orange juice (6 oz.) 	<ul style="list-style-type: none"> ◇ Thai Beef Noodle Salad (1 cup) <i>(Full recipe in The Healthy Beef Cookbook, page 41) with Marinade (2 Tbsp.)</i> ◇ Spaghetti, cooked (1 cup) ◇ Top Round, select, cooked (3 oz.) ◇ Peanuts (for salad topping), dry roasted (1 Tbsp.) ◇ Roll ◇ Butter (2 tsp.) 	<ul style="list-style-type: none"> ◇ Szechuan Beef Stir-Fry (1 cup) <i>(Full recipe included or in The Healthy Beef Cookbook, page 100)</i> ◇ Beef Top Round steak, cooked (3 oz.) ◇ Brown rice, cooked (¾ cup) ◇ Spinach leaves (at least 1 cup) ◇ Cherry tomatoes (½ cup) ◇ Flax Tahini Salad Dressing (2 Tbsp.) 	<ul style="list-style-type: none"> ◇ Yogurt, 99% fat-free (6 oz.) ◇ Lowfat granola cereal (¼ cup) ◇ Orange (1 small to medium)
Calories: 2085	409	695	664	317
Protein: 100 g	14	42	36	8
Carb: 285 g	86	71	62	66
Fat: 62 g	3	26	30	3
SFA: 16 g	1	8	6	1
Chol: 165 mg	5	78	72	10
Sodium: 1745 mg	371	518	720	136
Fiber: 26 g	7	6	9	4

To increase the total percent of calories from protein, try the following tips:

- 1) Reduce the portion of spaghetti at lunch to ½ or ¾ cup and add in ¼ to ½ cup steamed edamame to the noodle salad.
- 2) Reduce the portion of brown rice at dinner to ½ cup and increase the beef to 4 oz.
- 3) Replace yogurt and granola at snack with 1 cup of low-fat cottage cheese and 2 Tbsp. almonds.

BOLD DIET MENU DAY 3

2100 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> ◇ Pancakes, frozen, 4-inch (3) ◇ Light syrup (2 Tbsp.) ◇ Margarine (2 tsp.) ◇ Blueberries, frozen (1/2 cup) ◇ Skim milk (1 cup) ◇ Orange juice (6 oz.) 	<ul style="list-style-type: none"> ◇ Spring mixed greens (2 cups) ◇ Cherry tomatoes (1/2 cup) ◇ Chicken breast, cooked, diced (3 oz.) ◇ Mandarin oranges, drained (1/4 cup) ◇ California salad dressing (2 Tbsp.) ◇ Roll, 2-inch (1) ◇ Margarine (2 tsp.) ◇ Apple (1) ◇ Mozzarella cheese stick (1) 	<ul style="list-style-type: none"> ◇ Ratatouille Meatball Pasta (1 cup) <i>(Full recipe in The Healthy Beef Cookbook, page 152)</i> ◇ Meatballs (3-4 meatballs, about 4 oz. cooked) ◇ Spaghetti, cooked (2/3 cup) ◇ Romaine lettuce (1 1/2 cups) ◇ Carrots, grated (1/4 cup) ◇ Red bell pepper, chopped (1/4 cup) ◇ Flax tahini salad dressing (2 Tbsp.) 	<ul style="list-style-type: none"> ◇ Yogurt, 99% fat-free (6 oz.) ◇ Orange (1) ◇ Trail mix (1/4 cup)
Calories: 2102	535	520	642	405
Protein: 103 g	17	40	35	11
Carb: 288 g	90	53	80	65
Fat: 65 g	12	19	21	13
SFA: 16 g	3	6	4	3
Chol: 163 mg	11	89	53	10
Sodium: 2243 mg	817	594	666	166
Fiber: 29 g	4	7	14	4

To increase the total percent of calories from protein, try the following tips:

- 1) Reduce number of pancakes from 3 to 2 and replace regular yogurt with 1 cup of non-fat Greek yogurt.
- 2) Add 1 or 2 chopped egg whites to your salad.
- 3) Reduce pasta at dinner to 1/2 cup and increase portion of meatballs at dinner to 5 oz.

BOLD DIET MENU DAY 4

2100 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> ◇ Rice crisp cereal (1 cup) ◇ Banana (1 small to med) ◇ Skim milk (1 cup) ◇ Orange juice (6 oz.) ◇ Mini whole wheat bagel (1) ◇ Margarine (2 tsp.) 	<ul style="list-style-type: none"> ◇ Slow Good BBQ Beef Sandwich (3 oz.) (<i>Full recipe in The Healthy Beef Cookbook, page 66</i>) ◇ Hamburger roll (1 roll) ◇ Spinach leaves (1 cup) ◇ Cherry tomatoes (1/2 cup) ◇ Flax tahini salad dressing (2 Tbsp.) ◇ Pear (1 small to medium) ◇ Pretzels, low-sodium (1 oz.) 	<ul style="list-style-type: none"> ◇ Spinach and Beef Skillet (1/2 cup) (<i>Full recipe in The Healthy Beef Cookbook, page 135</i>) ◇ Beef Top Sirloin steak, cut 3/4-inch thick, cooked (3 oz.) ◇ Brown rice, cooked (2/3 cup) ◇ Mixed greens (at least 1 cup) ◇ Cherry tomatoes (1/2 cup) ◇ Carrots, shredded (1/4 cup) ◇ Ranch salad dressing (2 Tbsp.) 	<ul style="list-style-type: none"> ◇ Almonds, dry roasted, unsalted (1/4 cup) ◇ Orange (1 small to medium) ◇ Yogurt, 99% fat-free (6 oz.)
Calories: 2100	533	597	533	437
Protein: 91 g	15	29	33	14
Carb: 291 g	100	87	49	55
Fat: 69 g	9	17	23	20
SFA: 13 g	2	4	5	2
Chol: 120 mg	5	41	64	10
Sodium: 2765 mg	615	872	1198	80
Fiber: 28 g	4	10	7	7

To increase the total percent of calories from protein, try the following tips:

- 1) Replace the cereal and margarine at breakfast with 1 Tbsp. peanut butter or 1 boiled egg to top your bagel.
- 2) Increase portion of BBQ beef at lunch to 6 oz., skip the pretzels and increase spinach to 1 cup.
- 3) Increase beef portion at dinner from 3 oz. to 5 oz.
- 4) Replace regular yogurt with Greek yogurt, low-fat cottage cheese or two reduced fat mozzarella cheese sticks.

BOLD DIET MENU DAY 5

2100 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> ◇ Raisin bran cereal (³/₄ cup) ◇ Skim milk (1 cup) ◇ Orange juice (4 oz.) ◇ Mini whole wheat bagel (2) ◇ Margarine (2 tsp.) 	<ul style="list-style-type: none"> ◇ Easy Beef Chili (1 cup) (<i>Full recipe in The Healthy Beef Cookbook, page 160</i>) with 95% lean Ground Beef (3 oz., cooked) ◇ Olive oil for browning beef (2 tsp.) ◇ Low-fat cheddar cheese, shredded (¹/₄ cup) ◇ Whole wheat crackers (1 oz.) ◇ Peaches, canned in own juice, drained (¹/₂ cup) 	<ul style="list-style-type: none"> ◇ Top Round, select, cooked (3 oz.) ◇ Mashed potatoes (³/₄ cup) ◇ Beef gravy (¹/₄ cup) ◇ Broccoli, frozen, steamed (1 cup) ◇ Romaine lettuce (at least 1 cup) with cherry tomatoes (¹/₄ cup) ◇ Flax tahini salad dressing (2 Tbsp.) ◇ Dinner roll (1) with margarine (2 tsp.) 	<ul style="list-style-type: none"> ◇ Chocolate chip cookies (3 small) ◇ Grapes (1 cup)
Calories: 2090	481	719	626	264
Protein: 107 g	18	45	41	3
Carb: 285 g	87	88	62	48
Fat: 64 g	9	22	25	8
SFA: 15 g	2	5	5	3
Chol: 145 mg	5	82	58	0
Sodium: 2518 mg	697	949	764	108
Fiber: 30 g	7	11	10	2

To increase the total percent of calories from protein, try the following tips:

- 1) Replace the cereal at breakfast with Greek yogurt or cottage cheese. Replace juice with 1 boiled egg or 1 Tbsp. of peanut butter on top of bagel.
- 2) Increase Ground Beef at lunch to 5 oz. and beef at dinner to 4 oz. Cut out margarine and roll.
- 3) Replace cookies at snack with ¹/₄ cup trail mix.

BOLD DIET MENU DAY 6

2100 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> ◇ Low-fat granola cereal (1/2 cup) ◇ Yogurt, 99% fat-free (6 oz.) ◇ Banana (1 small to medium) ◇ Milk (1 cup) ◇ Orange juice (4 oz.) 	<ul style="list-style-type: none"> ◇ Farmer's Market Vegetable, Beef and Brown Rice Salad (1 1/2 cup) (Full recipe included or in <i>The Healthy Beef Cookbook</i>, page 46) with Marinade (1 Tbsp.) ◇ Beef Top Round, steak, lean, broiled (3 oz.) ◇ Grapes (1 cup) 	<ul style="list-style-type: none"> ◇ Thai Noodles with Beef and Broccoli (1/2 cup) (Full recipe in <i>The Healthy Beef Cookbook</i>, page 112) ◇ Beef Shoulder Center steak, cut 3/4-inch thick, cooked (3 oz.) ◇ Spaghetti, cooked (3/4 cup) ◇ Spinach leaves (at least 1 cup) ◇ Cherry tomatoes (at least 1/4 cup) ◇ Asian sesame dressing (2 Tbsp.) 	<ul style="list-style-type: none"> ◇ Peanut butter (2 Tbsp.) ◇ Apple (1 small to medium) ◇ Celery sticks (1/2 cup)
Calories: 2100	588	587	656	269
Protein: 101 g	18	37	37	9
Carb: 285 g	122	78	57	28
Fat: 66 g	4	15	31	16
SFA: 15 g	2	3	7	3
Chol: 136 mg	15	56	65	0
Sodium: 1806 mg	308	549	783	166
Fiber: 25 g	6	9	6	4

To increase the total percent of calories from protein, try the following tips:

- 1) Increase the portion of beef at lunch and dinner to 5 oz. each.
- 2) Reduce salad dressing to 1 Tbsp. or choose a lower fat version; reduce pasta to 1/2 cup.

BOLD DIET MENU DAY 7

2100 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> ◇ 1 egg, whole, scrambled ◇ Red pepper, diced (1 Tbsp.) ◇ Onion, chopped (1 Tbsp.) ◇ Low-fat cheddar (1/4 cup) ◇ Whole wheat bagel (1) ◇ Margarine, for scrambling egg and top of bagel (1 Tbsp.) ◇ Orange juice (6 oz.) 	<ul style="list-style-type: none"> ◇ Sirloin with Sugar Snap Pea and Pasta Salad Gremolata dressing (2 Tbsp.) (Full recipe included and in <i>The Healthy Beef Cookbook</i>, page 51) ◇ Sugar snap peas, steamed (1/2 cup) ◇ Cherry tomatoes (1/4 cup) ◇ Gemelli pasta, cooked (3/4 cup) ◇ Beef Top Sirloin steak (3 oz., cooked) ◇ Apple, fresh (1 medium) 	<ul style="list-style-type: none"> ◇ Beef, Mango and Barley Salad (1 1/2 cup) (Full recipe included or in <i>The Healthy Beef Cookbook</i>, page 56) ◇ Beef Tri-Tip roast (3 oz., cooked) ◇ Dinner roll (1 small) ◇ Margarine (2 tsp.) 	<ul style="list-style-type: none"> ◇ Yogurt, 99% fat-free (6 oz.) ◇ Low-fat granola (1/4 cup) ◇ Almonds, dry roasted, unsalted (2 Tbsp.)
Calories: 2098	537	521	680	360
Protein: 103 g	24	34	34	11
Carb: 285 g	67	66	97	55
Fat: 66 g	20	15	19	12
SFA: 16 g	5	4	5	2
Chol: 345 mg	217	56	62	10
Sodium: 1822 mg	780	221	685	136
Fiber: 36 g	9	8	15	4

To increase the total percent of calories from protein, try the following tips:

- 1) Replace bagel at breakfast with 2-6" low-carb whole wheat tortillas; add an additional egg and reduce margarine to 1 tsp.
- 2) Increase portion of beef at lunch to 4 oz.
- 3) Increase portion of beef at dinner to 4 oz. and cut out dinner roll and margarine.
- 4) At snack, replace the yogurt and granola with Greek style yogurt, cottage cheese or two reduced fat mozzarella sticks.