

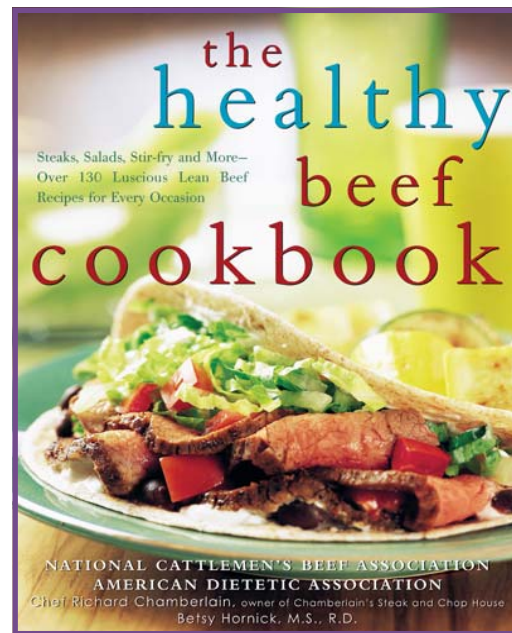
Getting a BOLD Start



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

1800 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> ◇ Oatmeal (1/3 cup dry) ◇ Blueberries, frozen (1/4 cup) ◇ Orange juice (5 oz.) ◇ Skim milk (6 oz.) ◇ Whole wheat mini bagel (2) ◇ Margarine (2 tsp.) 	<ul style="list-style-type: none"> ◇ Basic Meatballs (2.5 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 (1 Tbsp.) ◇ Pretzels, low-sodium (1 oz.) 	<ul style="list-style-type: none"> ◇ Southwest Fajita Seasoning mix (1 1/2 cups) <i>(Full recipe in The Healthy Beef Cookbook, page 115)</i> ◇ Beef Top Round steak, cooked (2.5 oz.) ◇ Flour tortilla, 6-inch (2 1/2) ◇ 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 (1 1/2 Tbsp.) ◇ Apple (1 medium) ◇ Celery sticks (unlimited)
Calories: 1798	444	484	631	239
Protein: 90 g	16	23	44	7
Carb: 242 g	75	60	77	30
Fat: 54 g	10	17	15	12
SFA: 13 g	2	4	4	3
Chol: 93 mg	3	37	53	0
Sodium: 2814 mg	412	977	1297	128
Fiber: 29 g	5	7	11	6

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 (for a total of 3.5 oz. beef) and reduce Ranch dressing to 1 Tbsp. at lunch.
- 3) Replace flour tortillas with a low-carbohydrate version and increase beef from 2.5 oz. to 4 oz. at dinner.
- 4) Reduce peanut butter to 1 Tbsp. at snack.

BOLD DIET MENU DAY 2

1800 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) 	<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 (½ cup) ◇ Top Round, select, cooked (3 oz.) ◇ Peanuts (for salad topping), dry roasted (1 Tbsp.) ◇ Roll (1 small) ◇ Butter (1 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 (2.5 oz.) ◇ Brown rice, cooked (2/3 cup) ◇ Spinach leaves (at least 1 cup) ◇ Cherry tomatoes (½ cup) ◇ Flax Tahini Salad Dressing (1 Tbsp.) 	<ul style="list-style-type: none"> ◇ Yogurt, 99% fat-free (6 oz.) ◇ Low-fat granola cereal (¼ cup) ◇ Orange (1 small to medium)
Calories: 1805	326	546	617	316
Protein: 91 g	14	38	31	8
Carb: 241 g	67	49	59	66
Fat: 55 g	3	21	28	3
SFA: 13 g	1	6	5	1
Chol: 142 mg	5	67	60	10
Sodium: 1672 mg	354	472	710	136
Fiber: 25 g	7	5	8	5

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

- 1) Remove roll and butter at lunch and add 1/4 cup steamed edamame to the noodle salad; increase beef to 5 oz. at lunch.
- 2) Replace yogurt and granola at snack with 3/4 cup of low-fat cottage cheese for snack.

BOLD DIET MENU DAY 3

1800 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> ◇ Pancakes, frozen, 4-inch (3) ◇ Light syrup (1 Tbsp.) ◇ Margarine (1 tsp.) ◇ Blueberries, frozen (1/2 cup) ◇ Skim milk (1 cup) 	<ul style="list-style-type: none"> ◇ Spring mixed greens (2 cups) ◇ Cherry tomatoes (1/2 cup) ◇ Chicken breast, cooked, diced (2.5 oz.) ◇ Mandarin oranges, drained (1/4 cup) ◇ California salad dressing (2 Tbsp.) ◇ Roll, 2-inch (1 small) ◇ Margarine (1 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 meatballs, about 3 oz. cooked) ◇ Spaghetti, cooked (3/4 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: 1796	391	463	537	405
Protein: 90 g	15	36	28	11
Carb: 249 g	64	53	67	65
Fat: 54 g	8	15	18	13
SFA: 14 g	2	5	4	3
Chol: 137 mg	11	76	40	10
Sodium: 2006 mg	724	553	563	166
Fiber: 27 g	4	7	12	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 1/4 cup steamed edamame as a side or on top of your salad or add 1 or 2 chopped egg whites to your salad.

BOLD DIET MENU DAY 4

1800 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) ◇ Mini whole wheat bagel (1) ◇ Margarine (1 1/2 tsp.) 	<ul style="list-style-type: none"> ◇ Slow Good BBQ Beef Sandwich (2.5 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 (1/2 cup) ◇ Mixed greens (at least 1 cup) ◇ Cherry tomatoes (1/4 cup) ◇ Carrots, shredded (1/4 cup) ◇ Ranch salad dressing (2 Tbsp.) 	<ul style="list-style-type: none"> ◇ Almonds, dry roasted, unsalted (2 Tbsp.) ◇ Orange (1 small to medium) ◇ Yogurt, 99% fat-free (6 oz.)
Calories: 1807	407	573	493	334
Protein: 83 g	14	26	33	10
Carb: 254 g	75	86	41	52
Fat: 56 g	7	16	22	11
SFA: 11 g	1	3	5	2
Chol: 106 mg	5	34	57	10
Sodium: 2621 mg	522	822	1197	80
Fiber: 25 g	4	10	6	5

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 5 oz. and skip the pretzels.
- 3) At dinner, increase spinach skillet to 1 cup and beef to 5 oz. and reduce Ranch dressing to 1 Tbsp. or lower fat version.

BOLD DIET MENU DAY 5

1800 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> ◇ Raisin bran cereal ($\frac{2}{3}$ cup) ◇ Skim milk (1 cup) ◇ 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 (2 oz., cooked) ◇ Olive oil for browning beef (2 tsp.) ◇ Low-fat cheddar cheese, shredded ($\frac{1}{4}$ cup) ◇ Whole wheat crackers (1 oz.) ◇ Peaches, canned in own juice, drained ($\frac{1}{2}$ cup) 	<ul style="list-style-type: none"> ◇ Top Round, select, cooked (2.5 oz.) ◇ Mashed potatoes ($\frac{1}{2}$ cup) ◇ Beef gravy ($\frac{1}{4}$ cup) ◇ Broccoli, frozen, steamed (1 cup) ◇ Romaine lettuce (at least 1 cup) with cherry tomatoes ($\frac{1}{4}$ cup) ◇ Flax tahini salad dressing (2 Tbsp.) ◇ Dinner roll (1 small) with margarine ($1\frac{1}{2}$ tsp.) 	<ul style="list-style-type: none"> ◇ Chocolate chip cookies (2 small) ◇ Grapes (1 cup)
Calories: 1803	377	664	551	211
Protein: 91 g	16	36	36	3
Carb: 247 g	63	88	55	41
Fat: 56 g	9	19	22	6
SFA: 12 g	2	4	4	2
Chol: 110 mg	5	56	49	0
Sodium: 2298 mg	591	925	709	73
Fiber: 28 g	6	11	9	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 3 oz. and beef at dinner to 4 oz. Cut out margarine and roll.
- 3) Replace cookies at snack with $\frac{1}{4}$ cup trail mix.

BOLD DIET MENU DAY 6

1800 KCAL

	BREAKFAST	LUNCH	DINNER	SNACKS
	<ul style="list-style-type: none"> ◇ Low-fat granola cereal (1/3 cup) ◇ Yogurt, 99% fat-free (6 oz.) ◇ Banana (1 small to medium) ◇ Milk (1 cup) 	<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 (2 oz.) ◇ Grapes (1/2 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 (1/2 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: 1804	475	482	578	269
Protein: 87 g	17	27	34	9
Carb: 234 g	97	65	45	27
Fat: 62 g	3	14	29	16
SFA: 14 g	2	3	6	3
Chol: 117 mg	15	37	65	0
Sodium: 1699 mg	259	536	738	166
Fiber: 23 g	5	8	6	4

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

- 1) Increase portion of beef at lunch to 4 oz.
- 2) Increase portion of beef at dinner to 5 oz. and reduce the salad dressing to 1 Tbsp. or choose low-fat variety.
- 3) Reduce peanut butter at snack to 1 Tbsp.

BOLD DIET MENU DAY 7

1800 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.) 	<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, cooked (2 oz.) ◇ 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, cooked (3 oz.) ◇ 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 (1 1/2 Tbsp.)
Calories: 1802	427	450	587	338
Protein: 89 g	23	25	32	9
Carb: 248 g	49	63	77	59
Fat: 55 g	16	13	19	7
SFA: 14 g	4	3	5	2
Chol: 326 mg	217	37	62	10
Sodium: 1677 mg	734	203	585	155
Fiber: 31 g	8	8	12	3

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 additional egg and reduce margarine to 1 tsp.
- 2) Increase portion of beef at lunch to 3 oz. each.
- 3) Increase portion of beef at dinner to 5 oz. and cut out dinner roll and margarine.
- 4) At snack, replace the regular yogurt and granola with Greek style yogurt.