



Ask the Dietitian

red meats

I was told to stop eating red meat, but is it ok to have steak or a hamburger every once in awhile?

Actually you can include a wide variety of meats in your diet while trying to lower blood cholesterol as part of a heart healthy diet. There is no need to avoid red meats entirely. Generally, meats are a very nutrient rich food source of protein. But some cuts of meat contain more fat than others depending on the animal, what the animal ate and what part of the body the meat came from. The fat from all animals is mainly saturated fat. This type of fat has the tendency to raise total cholesterol and the bad LDL-cholesterol. When choosing meats, try to choose leaner cuts of meat more often compared to more marbled fatty cuts of meat or processed meats that may contain added fat. The loin and round cuts of meats from all animals are some of the leaner choices. Try sirloin steak, tenderloin pork roast, round steak or roast, loin chops, eye of round roast or steak, top round roast or steak. Choose a leaner hamburger (90-95%) more often. How meats are prepared also determines the fat content. Try to grill (outdoor gas grill or an indoor electric grill), bake, broil, or stir-fry meats more often than deep frying or pan frying. The goal is to have the fat drip away from meat while cooking instead of cooking in its own fat. A slow cooker is another great way to prepare leaner cuts of meats.

For further information please call our office and ask to speak to one of our Registered Dietitians

Fort Collins, Estes Park and Sterling (970) 221-1000, Loveland (970) 624-1800, Fort Morgan (970) 867-7900

Toll free (800) 459-4241, or visit www.heartcenteroftherockies.com

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