Pros & cons of beef

If you feel confused about whether it's OK to eat burgers and steak, you are not alone. While there is no one right answer for everyone, there are helpful guidelines that can aid you in deciding whether eating beef is right for you.

Some people choose to give up beef completely, and that's perfectly fine and healthy.

However, if beef is a food you enjoy, you don't necessarily have to cut it out of your diet. There is a middle path that can help you prevent some of the drawbacks of eating beef and still enjoy this nutritious protein source.

PROS OF EATING BEEF

- Concentrated source of protein
- Provides essential nutrients such as vitamin B12 and iron
- Grass-fed beef can provide healthy omega 3 fats
- Cattle raised using regenerative agriculture techniques can provide environmental benefits

CONS OF EATING BEEF

- High intake of red meat is linked to increased risk of heart disease, cancer, and diabetes.
- Cattle raised on feedlots may have a negative environmental impact
- Conditions in some feedlots may be concerning
- Processed red meats contain chemicals that can be cancer-causing

IF YOU EAT MEAT

Limit your overall intake: Moderation is key, not only in portion size but also frequency. The recommended portion size of beef is about 3-4 ounces. Limit red meat consumption to two or three times a week.

Choose lean red meat: Avoid processed, smoked, or cured meats such as hot dogs, cold cuts, and jerky. Instead, opt for lean cuts of beef such as:
- 90% or more lean ground beef
- Sirloin cuts
- Round cuts

Choose grass-fed beef: Grass-fed beef is lower in total and saturated fat. It also contains more healthy fats, such as omega 3's while still providing vitamin B12 and iron.