



FACT SHEET

Do Diabetics Have a Beef with Red Meat? Laura's Lean Beef Offers an Answer

Many diabetics worry about whether it's okay to eat beef. Beef has developed a reputation for high total fat, saturated fat and cholesterol. The diabetic's body responds to excess fat by creating an undesirable rise in blood sugar. Too much saturated fat may also put people at higher risk for heart disease. Diabetics' concerns – as they relate to high-fat beef products – are certainly legitimate.

But not all beef is created equal.

Laura's Lean Beef was founded in the 1980s to address the needs of health and diet-conscious consumers who want to eat beef that is low in total fat, saturated fat and cholesterol. The company's naturally leaner products are especially attuned to the diabetic diet.

Laura's Lean Beef products:

- Are derived from gourmet cattle breeds that are naturally lower in fat
- Were the first to be certified by the American Heart Association (AHA) for meeting its healthy criteria for fat, saturated fat, cholesterol and sodium
- Meet or exceed the government's definition for "lean" or "extra lean"
 - "Lean" means less than 10g of fat, 4.5g (or less) of saturated fat and less than 95mg of cholesterol per serving
 - "Extra lean" means less than 5g of fat, less than 2g of saturated fat and less than 95mg of cholesterol per serving
- Allow diabetics to enjoy beef as part of a balanced healthy diet

For more information about Laura's commitment to healthy lifestyles and low-fat eating, visit us at www.laurasleanbeef.com.