

Weekly Radio Ag Report  
Della Smith, Lassen County CattleWomen  
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Good morning and Happy Valentine's Day! This is Della Smith from the Lassen County CattleWomen. Valentine's Day is the perfect occasion to enjoy "heart healthy" beef.

We all know that beef tastes great, but did you know it can support a heart-healthy lifestyle, too? A three ounce serving of lean beef is about the size of a deck of cards and provides 10 essential nutrients such as zinc, iron and B vitamins, plus about half your Daily Value for protein in about 150 calories! Eating lean beef can even help lower cholesterol as part of a healthy diet and lifestyle. The nutrients found in beef provide our bodies with the strength to thrive and grow throughout all stages of life.

You're probably already cooking lean cuts at home or choosing one when dining out. A sign that a cut is lean is if the word "Round" or "Loin" is in the name—that's quite a lot of cuts if you think about it! Some of the most popular lean cuts are Top Sirloin Steak, Strip Steak, Tenderloin, and 95% lean ground beef. Thanks to enhancements in cattle breeding and feeding as well as improved trimming practices, more than 60% of whole muscle beef cuts found in the supermarket are considered lean if cooked with the visible fat trimmed.

Eating for a healthy heart can be easy and delicious when you consider that nine extra-lean beef cuts have been certified by the American Heart Association's® Heart-Check program. Enjoy these cuts of extra-lean beef, which carry their certification for foods that fit in an overall heart-healthy dietary plan:

- Extra Lean Ground Beef (96% lean, 4% fat)
- Bottom Round Steak (USDA Select grade)
- Sirloin Steak (Solution Added)
- Sirloin Tip Steak (USDA Select grade)
- Boneless Top Sirloin Petite Roast (USDA Select grade)
- Top Sirloin Strips, Filets, and Kabobs (USDA Select grade)
- And Boneless, center cut Top Sirloin Steak (USDA Select grade)

You can find recipes and more information on the [beefitswhatsfordinner](http://beefitswhatsfordinner) website.

If you're looking for a unique Valentine's gift for that special someone, consider tickets to our annual fundraiser, "A Taste of Beef, A Sip of Wine," hosted by the Lassen County Cattlemen and CattleWomen. This marks our 30<sup>th</sup> year and the committee has some special surprises in store in addition to delicious beef appetizers and carving stations with beef hot off the grill, plus quality wines and even refreshing beer from our local breweries. Tickets are available at the Lassen County Chamber of Commerce and cost \$33. Tickets at the door will cost \$40, so now is a great time to buy them.

So, whether you're cooking at home or going out to eat, I encourage you to enjoy some heart healthy beef, not just on Valentine's Day, but every day!