

## *“Make Mine Medium Rare” – The Healthy Side of Steak*

### *Scare Tactics*

There’s something so enticing about the aroma of grilling steak wafting through your neighborhood on a summer’s evening. After taking a deep sniff, many of us start to itemize all the reasons we’ve been given for not eating it.

There was the cancer scare a few years ago. We were told not to grill beef or we’d likely end up at the oncologist’s office. Then there’s all the stress over cholesterol and “bad fat.”

The jury is out on the validity of these studies, and that’s a topic for another day. But, taking a position of “all things in moderation”, there are a number of benefits to eating steak, grilled or otherwise.

### *The Big Three*

There are three important nutrients that are waiting for you in a great piece of steak. They are Vitamins B<sub>12</sub> and D and Iron. There are other goodies in beef, too, but these three are the ones Americans are most likely to be deficient in.

- B<sub>12</sub> is a complex vitamin that only occurs naturally in animal products, including red meat. B<sub>12</sub> assists in making red blood cells and in regulating cell function. Without enough B<sub>12</sub> you’ll begin to feel lethargic, have memory issues and lean towards anemia.

-Vitamin D aids in the absorption of iron and helps keep bones and teeth healthy. Without Vitamin D, your body is unable to properly absorb calcium. Insufficient Vitamin D can lead to clotting problems and ill effects on the heart and nervous system.

-Iron’s job is to transport oxygen to your cells and is critical to muscle function. It also helps sustain healthy thyroid and central nervous system function.

If you are iron deficient, you’ll likely know it. The resulting fatigue, respiratory, skin and digestive problems can be debilitating.

Iron from meat is more readily processed by the body than plant-based iron. A six ounce serving of steak has 26% of your daily iron requirement.

### *But wait, there’s more*

Steak provides a number of other important nutrients as well, including a host of additional B vitamins, zinc, magnesium and potassium. All of which are important to good health.

### *What About Cholesterol?*

For every study slamming red meat as a cholesterol-hiking villain, there’s one that questions or refutes it. There are so many cuts of lean steak available now that most feel that eating it in—here’s that word again—moderation will not adversely affect your cholesterol.

Further, protein consumption helps us feel fuller which can cut down on snacking and unhealthy food choices choices.

In conclusion, a good steak can be good for you. So, go fire up the grill!