

# Human Nutrition Research

Checkoff Program Roadmap through FY 2020



**Goal: Establish beef as a foundational food for health**

## Research Pillars

### Healthy Dietary Patterns with Beef

*Beef enhances a variety of healthy dietary patterns.*

- Unique Needs Across the Lifecycle, Special Populations
- Evidence in Perspective
  - Patterns vs. Specific Foods
  - Beef Consumption
  - Beef Lipids

### Physical Performance

*Beef is energizing, for strength of body and mind.*

- Mental Energy & Cognitive Performance
- Everyday Physical Performance/ Ability
- Diet Quality and Nourishment
- Body Composition

### Satisfaction

*Beef can play a significant role in helping manage weight, improving adherence to and enjoyment of a healthy diet.*

- Appetite/Healthy Weight
- Healthy Diet Compliance
- Enjoyment and Pleasure

# Research Scope

## Healthy Dietary Patterns with Beef

*Beef enhances a variety of healthy dietary patterns.*

- Heart-Healthy Diets (Beef in DASH, Mediterranean Diet patterns)
- “Western Diet” Revisited (Beef in healthy American diet/ Western Diet in perspective)
- Unique Needs Across the Lifecycle, Special Populations
- Evidence in Perspective (patterns vs. specific foods)

## Physical Performance

*Beef is energizing, for strength of body and mind.*

- Everyday Physical Performance/Ability
- Diet Quality and Nourishment
- Body Composition
- Mental Energy

## Satisfaction

*Beef can play a significant role in helping manage weight, improving adherence to and enjoyment of a healthy diet.*

- Appetite/Healthy Weight
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