



Benefits of Monounsaturated Fatty Acids in Human Health

Akaushi cattle, one of the main two beef breeds in Japan are known for their ability to accumulate tissue with significantly higher ratios of Monounsaturated (MUFA) to saturated (SFA) fatty acids than does beef from domestic sources. Consumption of higher levels of MUFA, in conjunction with reduced levels of saturated fatty acids lowers levels of undesirable LDL blood cholesterol without decreasing HDL cholesterol levels (good Cholesterol) and, in the case of Oleic acid, to reduce Cardiovascular Disease.

In addition, many other benefits for the human body can be attributed to a rich diet of Monounsaturated fatty acids such as:

- **Coronary Heart Disease:** Numerous clinical studies show that there is epidemiological evidence that dietary intake of Monounsaturated fatty acids have a beneficial effect on the risk of Coronary Heart Disease.
- **Prevention of High Blood Pressure:** Consumption of monounsaturated fatty acids is associated with lowered systolic Blood pressure, (SBP) and significantly reduced diastolic Blood pressure, (DBP).
- **Breast Cancer:** Clinical research shows a protective association between Oleic acid (the most abundant fatty acid within MUFAs) and breast cancer.
- **Anti-Diabetic Effects:** Clinical studies have shown that consumption of a high-MUFA diet can be used instead of a high carbohydrate diet in patients with non-insulin-dependent diabetes mellitus.

Sources: Washington State University; Texas A&M University; Penn State University; Lethbridge Research Centre, Canada; Journal of the American Heart Association; Journal of Scientific Neurology; Journal of Clinical Nutrition.

HeartBrand Beef / Nutritional Analysis

Product	Calories	Total Fat (g)	SFA (g)	PUFA (g)	MUFA (g)	MUFA:SFA (ratio)	Oleic Acid (g)	Protein (g)
HeartBrand® Ground Beef 80% lean, 20% fat, raw	134	9.74	3.66	0.35	5.30	1.45	4.30	10.62
Ground Beef 95% lean, 5% fat, raw	77	2.80	1.26	0.14	1.21	0.96	n/a	11.99
Turkey, all classes meat only, raw	67	1.60	0.53	0.47	0.34	0.64	n/a	12.19
Turkey, dark meat only, raw	70	2.45	0.82	0.73	0.55	0.67	n/a	11.24
Chicken, broilers Breast, meat only	62	0.69	0.19	0.16	0.17	0.89	n/a	12.93
Fish Tilapia, raw	54	0.95	0.32	0.22	0.27	0.84	n/a	11.24
Buffalo Ground, raw	125	8.92	3.81	0.42	3.48	0.91	n/a	10.46
Rabbit Domesticated, raw	76	3.11	0.93	0.61	0.84	0.90	n/a	11.23
Deer Ground, raw	88	3.99	1.88	0.22	0.75	0.40	n/a	12.20

Nutrition Information: USDA, Agricultural Research Service, 2006. USDA Nutrient Database for Standard Reference, Release 18. Nutrient Data Nutrient Data Laboratory Home Page: www.nal.usda/fnic/foodcomp. Portion sizes are 2 ounces of raw meat. n/a = no report.