

## THE SAFEST BEEF FOR YOUR ARTERIES AND HEART

If you want to go whole-hog on steak without making a pig of yourself, try Belgian Blue beef. Ounce for ounce, it contains less fat and cholesterol than skinless chicken breast. According to the Missouri Belgian Blue Association Inc., its naturally docile cows originated in Belgium, and in the 1950s were selectively bred to enhance their lean beefiness.

Belgian Blues were brought to the U.S. in 1987 for the purpose of being mated with other commercial animals to produce leaner cuts of meat. If you see them on the range, Belgian Blue cattle call to mind competitive bodybuilders, as they are endowed with what is termed "double muscling." As a result of their natural size and bulk, they are high in protein and remarkably low in fat.

Typical cuts of beef will have 25 percent to 35 percent fat. Belgian Blues average 3 percent or less (skinless chicken breast has about 4 percent fat); a seven-ounce double portion carries just six grams of fat. Cholesterol counts are rock-bottom too. Regular beef contains around 80

milligrams per serving, while fish has 50 or more. Belgian Blue beef has only about 20 mg of cholesterol per 3½-ounce serving. The cattle are also raised hormone- and antibiotic-free.

Best of all, the flavor and tenderness are lauded as world-class. Just one warning: Because



**Bulging with high-quality protein, Belgian Blues are as densely muscled as Mr. Olympia himself.**



Belgian Blue cuts are so low in fat, they cook in one-third the time of ordinary meat.

Additionally, the finely fibered beef has a high moisture content, so it's best prepared in a skillet or over a charcoal grill. Serve it rare or medium-

rare for optimum flavor. As for cost, expect to pay about what you would in a good butcher shop. Belgian Blue isn't your only low-fat alternative, however. Kansas City Steak Company has introduced an extra-lean sirloin steak and an extra-lean hamburger patty.