# Article information:

Producing high-oleic acid beef and the impact of ground beef consumption on risk factors for cardiovascular disease: A review - PubMed  
<https://pubmed.ncbi.nlm.nih.gov/32066000/>

# Article summary:

1. High-oleic acid oils and ground beef interventions have been shown to increase plasma high-density lipoprotein cholesterol, without increasing risk factors for cardiovascular disease.

2. High-oleic acid beef can be obtained from cattle fed a corn-based finishing diet to USDA Grade of USDA Choice or greater, from beef from cattle with Japanese genetics, and from the brisket.

3. Beef from grass-fed cattle contains more n-3 fatty acids than conventionally-fed cattle, but also contains greater amounts of saturated and trans-fatty acids.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "Producing high-oleic acid beef and the impact of ground beef consumption on risk factors for cardiovascular disease: A review" provides a summary of studies conducted to investigate the effects of high-oleic acid oil and high-oleic acid ground beef interventions on risk factors for cardiovascular disease (CVD) in human trials. The authors also summarize studies designed to increase the amount of oleic acid (18:1n-9) in beef.

The article reports that in three human trials, high-oleic acid oils and high-oleic acid ground beef increased plasma high-density lipoprotein cholesterol over baseline values or over high-carbohydrate diets. However, neither low-oleic acid nor high-oleic acid ground beef increased risk factors for CVD, confirming earlier studies that used high-oleic acid oils. The authors suggest that high-oleic acid beef can be obtained from cattle fed a corn-based finishing diet to USDA Grade of USDA Choice or greater; from beef from cattle with Japanese genetics; and from the brisket.

While the article provides useful information about the potential benefits of consuming high-oleic acid ground beef, it is important to note that it may have some biases. For example, the authors do not discuss any potential risks associated with consuming large amounts of red meat, which has been linked to an increased risk of certain types of cancer. Additionally, while the article notes that grass-fed cattle contain more n-3 fatty acids than conventionally-fed cattle, it does not mention any potential negative impacts on the environment or animal welfare associated with grass-fed farming practices.

Furthermore, the article appears to be somewhat promotional in nature, as it focuses primarily on highlighting the potential benefits of consuming high-oleic acid ground beef without providing a balanced discussion of other factors that should be considered when making dietary choices. Overall, while this article provides some useful information about the potential benefits of consuming high-oleic acid ground beef, readers should be aware of its potential biases and limitations.

# Topics for further research:

* Red meat consumption and cancer risk
* Environmental impact of grass-fed farming practices
* Animal welfare concerns in grass-fed farming
* Comparison of n-3 fatty acid content in grass-fed vs. conventionally-fed beef
* Health risks associated with high consumption of red meat
* Balanced diet recommendations for cardiovascular health

# Report location:

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