# Article information:

Producing high-oleic acid beef and the impact of ground beef consumption on risk factors for cardiovascular disease: A review - ScienceDirect
<https://www.sciencedirect.com/science/article/pii/S0309174019302256>

# Article summary:

1. High-oleic acid oils and ground beef have been shown to increase plasma high-density lipoprotein cholesterol and do not increase risk factors for cardiovascular disease.

2. Beef from cattle fed a corn-based finishing diet, Japanese genetics, or the brisket can produce high-oleic acid beef.

3. Studies have cast doubts on the negative effects of red meat on risk factors for cardiovascular disease and other causes of mortality.

# 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 comprehensive overview of 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 article also summarizes studies designed to increase the amount of oleic acid in beef.

One potential bias in this article is that it focuses solely on the effects of high-oleic acid oil and ground beef interventions on CVD risk factors, without considering other potential health risks associated with consuming red meat. Additionally, the article does not explore counterarguments or alternative viewpoints regarding the health benefits or risks of consuming red meat.

The article presents some unsupported claims, such as stating that "beef from grass-fed cattle contains more n-3 fatty acids than beef from conventionally-fed cattle." While this may be true, it is important to note that grass-fed beef also contains higher levels of saturated fat, which can contribute to CVD risk.

The article also includes promotional content for high-oleic acid ground beef, without fully exploring potential risks or drawbacks associated with consuming this type of meat. For example, while high-oleic acid ground beef may increase HDL-C concentration, it is unclear whether this translates to a significant reduction in overall CVD risk.

Overall, while this article provides valuable information about the effects of dietary interventions on CVD risk factors, it is important to approach its claims with a critical eye and consider alternative viewpoints and potential biases.

# Topics for further research:

* Health risks associated with consuming red meat
* Alternative viewpoints on the health benefits and risks of red meat
* Saturated fat content in grass-fed beef
* Potential risks or drawbacks of consuming high-oleic acid ground beef
* Overall reduction in CVD risk with high-oleic acid ground beef consumption
* Comparison of different types of beef and their impact on CVD risk factors.

# Report location:

<https://www.fullpicture.app/item/839b39c032079e32a9f9d41460e7d4dd>