

group and community to combat this,” Teicholz said to CattleWomen and other beef industry proponents in attendance. She challenged them to “Study and reclaim your history and study the science to help restore the health of America.”

She concluded, “Inform congressmen, engage journalists; [your] efforts are needed on many different levels.”

Learn more about Teicholz’s book at www.thebigfatsurprise.com/.

Continuing beef nutrition research update

Purdue University professor Wayne Campbell provided updates about ongoing research looking at protein’s role in the diet. Campbell shared his remarks with the beef checkoff’s Nutrition and Health Subcommittee meeting Feb. 6. Campbell, who works in the Department of Nutrition Science and serves as director of the Indiana Clinical Research Center, said the focus for most of the work conducted by his research team is on interactions among nutrition, exercise, physiology and aging.

“Our goal is nutrition and fitness research to help us be healthier as we get old,” he stated. Some of the research conducted by Campbell and his associates has been funded with beef checkoff dollars during the last 15 years.

He emphasized that research takes time. He has been a researcher for 25 years and has published 120 papers in research journals or other publications. About 40% of his work during the past two decades has focused on protein.

Campbell said one of the fundamental research questions they are interested in is: How much protein and what types of protein-rich foods should older adults consume? He added, “You’d really think we would have figured this out a long time ago.” The answer has still not been determined — and agreed upon — by the scientific community.

One study that Campbell’s team is involved with is currently focused on examining the effects of dietary protein quantity and different sources of protein on weight-loss-induced changes in body composition and health of middle-aged and older adults.

Campbell noted it is important to not lose muscle as you age, and said, “We need to continue to move toward protein recommendations based on function and health outcomes.”

He shared that some studies looking at protein intake indicate that individuals

Agriculture & food policy

The NCBA Agriculture & Food Policy Committee met Feb. 6. Attendees from across the nation heard reports from speakers addressing issues such as immigration and border security, human dietary guidelines and beef carcass grading.

Stephanie Gadbois, senior counsel for the U.S. House of Representatives Judiciary Committee, explained how that group’s chairman, Congressman Bob Goodlatte (R-VA), favors replacing the H-2A program applied to foreign agricultural workers seeking temporary or seasonal work in the United States. According to Gadbois, the Congressman has proposed an “H-2C” program, which would be administered by the Secretary of Agriculture instead of the Secretary of Labor. Gadbois said the new program would involve less red tape while easing access to a supply of labor. She emphasized that the proposed H-2C program is not a pathway to citizenship for guest workers, and Congressman Goodlatte favors the naturalization process for guest workers wanting to become U.S. citizens.

NCBA Washington, D.C., staffer Christina Butz explained how the advisory council responsible for making recommendations for USDA’s *Dietary Guidelines for Americans* caused concern in cattle country when lean meat was dropped from the list of foods recommended for inclusion in a healthful diet. Butz introduced Purdue University nutrition scientist Wayne Campbell, a member of said advisory committee. Campbell emphasized that the committee report does not constitute a finalized version of new dietary guidelines. He said the omission from the guidelines resulted from a lack of a definition differentiating lean meat from processed meat.

Stating that he spoke only for himself and not the advisory committee, Campbell said, “I’m an omnivore and my diet includes meat. Nothing I have found in my research, in over 20 years, suggests that the inclusion of meat will compromise a healthy diet. That’s my personal opinion.”

Lawrence Yates of the USDA Agricultural Marketing Service addressed the group, explaining how potential changes to the beef grading system are being studied. Yates said some proposed changes would be administrative, but it has also been suggested that the formula by which carcass yield grade is calculated is not sufficiently accurate. As a result, some loss of value might occur.

“Extensive industry input is needed since grading system changes could impact markets,” stated Yates. “If changes are adopted, they will be based on strong science and abundant data.”



— by Troy Smith, field editor

eating more than the recommended daily allowance for protein showed less change in fat-free mass (i.e., muscle), indicating that the increased protein consumption was beneficial.

Additionally, he shared that including red meats as part of a healthy diet may have several positive impacts. It increases satiety or fullness; it may help lower blood pressure; and initial studies suggest sleep quality is improved with protein, particularly red meat, consumption.

Campbell was one of the 14 people on the DGAC that had been meeting during the past 18 months to develop recommendations for the 2015 *Dietary Guidelines* to be announced later this year.

Because the committee’s report had not yet been released, Campbell would not speak publically about the committee process, but did say, “The Dietary Guidelines Advisory

Committee has no role in policymaking. We issue a report with recommendations, and the USDA and Department of Health and Human Services jointly set and publish the *Dietary Guidelines for Americans*.”

The DGAC issued its report as anticipated Feb. 19. The public is encouraged to submit written comments to the federal government on the Advisory Report. Public comments will be accepted through midnight EDT April 8, 2015. For information on how to comment, visit <http://www.health.gov/dietaryguidelines/dga2015/comments/>.



Editor’s Note: This article includes Angus Journal coverage of the 2015 Cattle Industry Convention & NCBA Trade Show. Comprehensive coverage of the event is available in the newsroom at www.4cattlemen.com.