

Beefalo Beef in Beneficial Diet

Dr. Joe Davis (Gothenburg, NE), member of the ABA Board of Directors and ABA Research Committee reports two significant items on Beefalo beef:

1. **Medical World News** (1/24/83 issue) reports Beefalo as a low-fat selection included in a diet study in Colorado. The University of Colorado Human Performance Laboratory in Boulder tested overweight dieters in a 26 day Pritikin-like program. The Colorado study varied from the original Pirtikin diet by offering meat and fish daily rather than 2 times per week. On both diets men lost an average of 12 lbs. and women lost 8 lbs. The higher protein (more meat) diet reported a greater drop in the mean serum cholesterol level plus more favorable changes in HDL than Pritikin diet. (Copies of the article are available from the ABA office.)