You Are Invited to Join Us for a Dinner Seminar

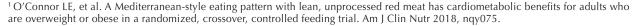


Can A Mediterranean Diet with Lean Meats Reduce Cardiovascular Risk? Presented by Michael Davidson, MD, FACC, FACP, FNLA, Cardiologist, Professor of Medicine and Director of the Lipid Clinic at the University of Chicago



The Mediterranean diet is one of the most popular eating patterns and its popularity continues to rise. Recent research shows that a Mediterranean-style eating pattern that includes lean red meat can improve cardiometabolic risk. Join cardiologist Michael Davidson, MD as he reviews the evidence and offers insights on the healthy eating pattern. After the presentation, enjoy a beef tenderloin dinner.

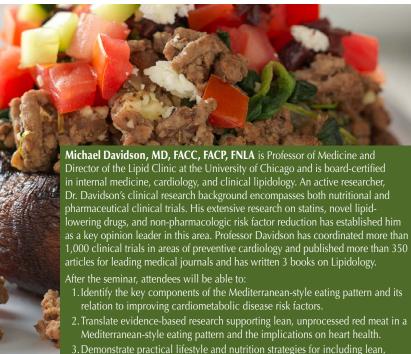
Spaces are limited for this invitation-only experience. Please RSVP by **October 10th** to Cindy Chan Phillips, RD at *cphillips@nybeef.org* or 315-834-2333. A **confirmation is required for attendance.**





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Can A Mediterranean Diet with Lean Meats Reduce Cardiovascular Risk?



unprocessed beef into a heart-healthy Mediterranean-style eating pattern.



Funded by Beef Farmers & Ranchers

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