


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



Tuesday, October 30th
6:30 p.m. – 8:30 p.m.
Tournedos Steakhouse
The Inn on Broadway
26 Broadway
Rochester, NY 14607

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.¹ 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**.

¹ O'Connor LE, et al. A Mediterranean-style eating pattern with lean, unprocessed red meat has cardiometabolic benefits for adults who are overweight or obese in a randomized, crossover, controlled feeding trial. Am J Clin Nutr 2018, nqy075.



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Michael Davidson, MD, FACC, FACP, FNLA is Professor of Medicine and Director of the Lipid Clinic at the University of Chicago and is board-certified in internal medicine, cardiology, and clinical lipidology. An active researcher, Dr. Davidson's clinical research background encompasses both nutritional and pharmaceutical clinical trials. His extensive research on statins, novel lipid-lowering drugs, and non-pharmacologic risk factor reduction has established him as a key opinion leader in this area. Professor Davidson has coordinated more than 1,000 clinical trials in areas of preventive cardiology and published more than 350 articles for leading medical journals and has written 3 books on Lipidology.

After the seminar, attendees will be able to:

1. Identify the key components of the Mediterranean-style eating pattern and its relation to improving cardiometabolic disease risk factors.
2. Translate evidence-based research supporting lean, unprocessed red meat in a Mediterranean-style eating pattern and the implications on heart health.
3. Demonstrate practical lifestyle and nutrition strategies for including lean, unprocessed beef into a heart-healthy Mediterranean-style eating pattern.



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