



American Belgian Blue Breeders, Inc.

The Beef Solution™ Newsletter

ABBB in the USA

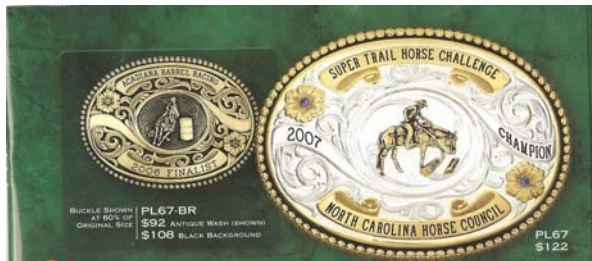
www.belgianblue.org

April/May 2012

ABBB Buckles by Gist

Buckles are now available to order. Buckles will be available in the antique bronze or the silver and gold. Buckles are designed and produced by Gist Silversmiths.

The design of the breed buckle is below but will have blue stones. The silver and gold buckle sells for \$122 and the Antique Wash Bronze (not shown by the company) is \$92 and the Bronze with the black background show is \$108. Each buckle will be shipped to you and with insurance for \$10 in the continental U.S. with shipping anywhere outside the U.S. will be rated. Once we have a complete order the production time will be approximately 6 weeks. Please send your orders to the office. Please send your payment to the office or pay online using Paypal. Please send in any orders by May 1, 2012



2012 BELGIAN BLUE SALE SPRINGDALE, ARKANSAS REGRETFULLY CANCELLED

The ABBB regretfully canceled the sale for 2012. Other sale options are being explored for the breeders. The good news is that breeders are selling well off their farms and ranches. Thank you for your support! Classified ads on the ABBB website are free to members for selling your cattle. Please contact the office with your ads.

Online ABBB Store

Our online ABBB store is now available is now available. Enjoy shopping by clicking on the button "ABBB Store" on the ABBB site www.belgianblue.org or www.americanbelgian.qbstores.com. This is a full service Estore.

New Research Demonstrates Lean Beef is Good for Heart Health

AS PART OF A HEART-HEALTHY DIET, EATING LEAN BEEF DAILY CAN HELP LOWER CHOLESTEROL

Centennial, CO (Dec. 15, 2011) A new study published in the January 2012 edition of *American Journal of Clinical Nutrition* shows that beef can play a role in a cholesterol-lowering diet, despite commonly held beliefs. The study found that diets including lean beef every day are as effective in lowering total and LDL "bad" cholesterol as the "gold standard" of heart-healthy diets (DASH, Dietary Approaches to Stop Hypertension).

The Beef in an Optimal Lean Diet (BOLD) clinical study (Effects on Lipids, Lipoproteins and Apolipoproteins),¹ conducted by The Pennsylvania State University (PSU) researchers, evaluated adults with moderately elevated cholesterol levels, measuring the impact of diets including varying amounts of lean beef on total and LDL cholesterol levels. Study participants experienced a 10 percent decrease in LDL cholesterol from the start of the study, while

consuming diets containing 4.0 and 5.4 oz. of lean beef daily.

"This research sheds new light on evidence supporting lean beef's role in a heart-healthy diet. Study participants ate lean beef every day and still met targets for saturated fat intake," says Penny Kris-Etherton, PhD, RD, distinguished professor of nutrition at PSU and the study's principal investigator. "This study shows that nutrient-rich lean beef can be included as part of a heart-healthy diet that improves risk factors for cardiovascular disease."

The Research

The study used a rigorously designed Randomized Controlled Clinical Intervention Study to investigate the effects of cholesterol-lowering diets with varying amounts of lean beef. Thirty-six participants (adults ages 30-65 with moderately elevated cholesterol) were randomly assigned to a treatment order and consumed a total of four diets for five weeks each. The cross-over design allowed each participant to serve as his or her own control, reducing any errors associated with biological variation.

The four diets tested in the study were: Healthy American Diet (HAD) as control; Dietary Approaches to Stop Hypertension (DASH); Beef in Optimal Lean Diet (BOLD); and Beef in Optimal Lean Diet Plus (BOLD-PLUS). Although BOLD and DASH diets were both rich in fruits, vegetables, whole grains and low-fat dairy products, the diets differed in their primary protein source. The BOLD and BOLD-PLUS diet's primary protein source came from lean beef while DASH and HAD included white meat and plant protein. The BOLD diet included an average of 4.0 oz/day of lean beef and the BOLD-PLUS diet included 5.4 oz/day of lean beef, while the HAD and DASH diets included 0.7 and 1.0 oz/day of lean beef, respectively. Many of the BOLD and BOLD-PLUS diet menu plans incorporated recipes from The Healthy Beef Cookbook.

Details on each of the dietary interventions are as follows:

HAD

2,097 calories, 17% of calories from protein, 50% of calories from carbohydrate, 33% of calories from fat, 12% of calories from

saturated fat, 0.7 oz/day lean beef (weight before cooking)

DASH

2,106 calories, 18% of calories from protein, 55% of calories from carbohydrate, 27% of calories from fat, 6% of calories from saturated fat, 1.0 oz/day lean beef (weight before cooking)

BOLD

2,100 calories, 19% of calories from protein, 54% of calories from carbohydrate, 28% of calories from fat, 6% of calories from saturated fat, 4.0 oz/day lean beef (weight before cooking)

BOLD-PLUS

2,104 calories, 27% of calories from protein, 45% of calories from carbohydrate, 28% of calories from fat, 6% of calories from saturated fat, 5.4 oz/day lean beef (weight before cooking)

Research Findings

After five weeks, total cholesterol and LDL cholesterol in the participants were significantly reduced in the BOLD, BOLD-PLUS and DASH diets compared to the HAD diet.

Overall, participants following the BOLD and BOLD-PLUS diets experienced a 10 percent decrease in LDL cholesterol from the start of the study. The improvements in heart health risk factors seen from the BOLD diets were as effective as those from the DASH and other heart-healthy diets, many of which emphasize plant proteins.

This study adds to the body of evidence regarding lean beef in a heart-healthy diet, including a recent review of 20 epidemiological studies encompassing more than one million subjects concluding that red meat intake does not increase risk of heart disease.²

"This research adds to the body of evidence concluding that you can include beef in your diet every day and get heart-health benefits," says Shalene McNeill, PhD, RD, executive director, human nutrition research for the National Cattlemen's Beef Association, which contracts to manage programs for the beef checkoff. "Americans now have more

scientific evidence for including lean beef in a heart-healthy diet."

Many of the most popular beef cuts, such as Top Sirloin steak, Tenderloin, T-Bone steak and 95% lean Ground Beef meet government guidelines for lean. In fact, sixty-five percent of all beef muscle cuts available in grocery stores are lean.^{3,4} On average, a 3 oz. serving of lean beef is about 150 calories, an excellent source of six nutrients (protein, zinc, vitamin B12, vitamin B6, niacin and selenium) and a good source of four nutrients (phosphorous, choline, iron and riboflavin).⁴

Contact: Julie Sodano
jsodano@beef.org
303-850-3376
National Cattlemen's Beef Association

Stephen McCauley
Stephen.Mccauley@porternovelli.com
202-973-3615
Porter Novelli

Registration of Cattle

Registrations presented by the ABBB for the breeders of the association are a vital way for breeders to have a certified record for their breeding programs.

As the needs of the breed arise, the Board of Directors is authorized by the "Rules and Regulations" to make changes as needed.

Currently the following are the status for registration of cattle.

Fullblood Bulls are those that are 96-100 % Belgian Blue.

Fullblood Females are those that are 93-100% Belgian Blue.

Purebred Bulls are those that are 15/16 or 93.75% up to 96%.

Purebred Females are those that are 7/8 or 87.5% up to 93%.

All fullblood and purebred cattle must be DNA tested. If the fullbloods are parent verified by DNA they will have an Elite status. Those cattle that are bred up to fullblood status all previous generations of Belgian Blue must be verified and have a Parent Verified" status. All purebred cattle with parent and previous generations of Belgian

Blue testing will have the status of "Parent Verified".

Any percentage animals registered, it is the option of the breeder to DNA test or to opt out of the testing. Only parent verified animals maybe used in a breeding up program to attain Parent Verified status.

All information on each animal will be entered in the ABBB Herd book and kept on file.

The fees for Registrations are below:

Registration Fees	
Registration of Fullbloods and Purebreds	\$25.00
DNA Kit	\$40.00
Registration of Percentage Grading-Up (50% To Purebred)	\$15.00
Certification of Percentage (Up To 50%)	\$15.00
Certification of Steers	\$15.00
Miscellaneous Fees	
Duplicate Corrected / Additional Certificates	\$10.00
Animal Transfer of Ownership	\$10.00
Embryo Transfer of Ownership	\$10.00
Listing of Foreign Registered Animal in ABBB Herd book	\$10.00
Entering Foreign Type At Lab	\$10.00

Your registration application will be processed and DNA kit will be mailed as soon as full payment is received. Prices subject to change without notice. DNA kits are valid for 30 days and should be mailed to U.C. Davis within the 30 days of mailing to the breeder.

2012 Journal

The 2012 Journal will be under way soon:

Journal ads will be due in the office by June 15th – this is a change from the previous calendar. Prices for the ads:

Inside Front Cover \$275
Back Cover \$325
Inside Back Cover \$275
Full page color \$225
Full page Black and White \$175
Half page Color \$125
Half page Black and White \$ 95

All cover pages are first to reserve. Please reserve yours today. Thank you for your support!

Membership Dues for 2012

A kind reminder that the membership dues for 2012 are currently due as of Jan. 1, 2012. Memberships may be paid online or sent to the office. Please make sure all your phone and cell numbers, address, website and email address is lists so we may update our records. Active Membership dues are \$60 and Junior Membership dues are \$35. Paypal is also available for memberships. We would like to continue sending you information.

Houston Livestock and Rodeo Display

ABBB displayed cattle and giving out information to interested cattle folks on Feb. 27 – March 9, 2012 during the International week of the Rodeo. The cattle were provided by Jones Cattle Company and Stanley Jones. Harold Brubaker, Ken and Sharon Burgin, Stanley Jones, Pam and Jimmy Lee, and Connie Brooks helped with the booth for the duration. Thanks to all who came by and help with the display.



2012 Tattoo letter is Z
2011 letter was X

Please help us keep our records up to date. Let us know of any changes on the cattle. It is very important in order to refer potential breeders. Also, it is very important to keep the office informed of animals listed on the classified ads that have been sold. Thanks!

Registrations and Transfers

Please send in your registrations and transfers to the office as needed. To keep our herd book up to date, please make sure

transfers are complete on animals sold. Transfers are especially helpful to new breeders. If you possibly have any pending transfers or registrations please contact the office. Thanks for your cooperation.

Show and Display Information

All show results are available on the ABBB website: www.belgianblue.org. Many folks are out there promoting for everyone. Thanks to everyone! If you know of a display or event please let us know.



Look for us on [Facebook](https://www.facebook.com/abbb)

We are sorry to closed the members blog on the website due to other means such as facebook. Thank you to all who did participate.

ABBB 2012 Calendar

Juniors

2012 Champion points due by
Dec. 15, 2012

Newsletters

January /May/ September

Journal

Journal ads in by June 1, 2012

This is a change due to the publisher

Journal Mailed August 1, 2012

Iowa State Fair

Show Entry Deadline –July 1 (late entry July 8)

August 14 - May start arriving at 2:00 p.m

August 15 – Must be in by 12 noon

August 16 – Show 8 a.m.

August 16 – Released after the show.

National Show Tulsa State Fair

Sept. 27-30

Annual Membership Meeting – TSF Grounds

Show –Friday Sept. 28

Awards Dinner and Benefit Auction - TBA

Sat. Sept. 29. Watch website for times and locations

NATIONAL HEADQUARTERS

American Belgian Blue Breeders, Inc.

P.O. Box 633404 Nacogdoches, TX 75963

Phone (936) 652.2550

Website: www.belgianblue.org

Email: info@belgianblue.org

