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## ***Future Dietitians Learn About the Health Benefits of Beef***

ENGLEWOOD, CO (March 30, 2022) – The Colorado Beef Council (CBC) recently hosted 25 dietetic interns from Metropolitan State University, Tri-County Health Department, and The Denver Children’s Hospital to learn how beef can be part of a healthy lifestyle. The interns came together for a collaborative training featuring topics such as beef sustainability, beef as a foundational food for health, and how to communicate beef’s nutritional message.

“This was an exceptional opportunity to bring three Denver Metro dietetic intern programs together for a morning of learning,” said Kate Schulz, consulting dietitian for CBC. “Being a dietitian myself, I realize the importance of engaging with interns and providing positive experiences around beef – realizing most of them have never visited a farm or ranch.” Schulz added, “Most misperceptions about the industry can be corrected by sharing accurate information.”

Dietetic interns are required to complete approximately 1000 practice hours in the areas of clinical, foodservice, and community nutrition before sitting for a national examination to become a registered dietitian (RD). RDs work in a variety of areas with the overall goal of improving the health and physical conditions of patients by offering evidence-based recommendations and creating sustainable nutrition plans. Experiences like the one offered by CBC provide information about the nutritional benefits of beef that the future dietitians can share with their clients.

Participants completed pre and post surveys about their knowledge of beef production practices, beef nutrition, and beef’s contribution to healthy resources and landscapes, among other topics. At the end of the training, 88 percent of attendees reported a positive shift of their perspectives about beef’s role in a healthy eating pattern.

According to one intern in attendance, “My big takeaway was the fact that as dietitians we have a lot of work to do in order to debunk the myths that are out there about beef. I always appreciate these events that broaden our knowledge and teach us more about relevant topics in nutrition.”

The Colorado Beef Council works to network and collaborate with medical professionals including registered dietitians, nurse practitioners, and physicians to educate how beef fits into a healthy and sustainable eating pattern that all can enjoy. For more information, visit [www.cobeef.com](http://www.cobeef.com).

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The Colorado Beef Council (CBC) manages demand and consumer confidence building programs for Colorado’s \$3.4 Billion beef industry. CBC operates under the guidance of its Board of Directors who are appointed by the Governor of the state of Colorado and represent the producer, feeder, dairy, beef distributor, beef marketer, and processor segments of the industry.

Funded by the \$1 per head beef checkoff assessment on all cattle sold in the state, CBC retains half of each dollar collected for state level programs and forwards the other half to the Cattlemen’s Beef Board (CBB) for national level programs. USDA-Ag Marketing Service provides oversight for all CBB and CBC programs, services, and business activities.