

Two Healthy Diets Equally Good for Your Heart

By Rob
HealthD



Two eating plans -- a [vegetarian diet](#) that includes [eggs](#) and dairy, and the [Mediterranean diet](#) -- protect your [heart](#) equally, a new study shows.

The research included 107 healthy but [overweight](#) people, aged 18 to 75, who ate either a low-calorie [vegetarian diet](#) that included dairy and eggs, or a low-calorie Mediterranean diet, for three months.

The Mediterranean diet included poultry, [fish](#) and some red meat, as well as fruits, vegetables, beans and [whole grains](#). After three months, the participants switched diets. Most participants were able to stay on both [diets](#).

What Is the Glycemic Index (GI)?

The glycemic index (GI) rates foods on how they raise your blood glucose level. Here's how to use it.

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Why You Can't Skip Magnesium If You're Taking Vitamin D

By Rachael Rettner, Senior Writer



If you find yourself wondering, "Am I getting enough vitamin D?" you should also ask yourself another question: "Am I getting enough magnesium?"

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SLIDESHOW

Managing and Living With Diabetes

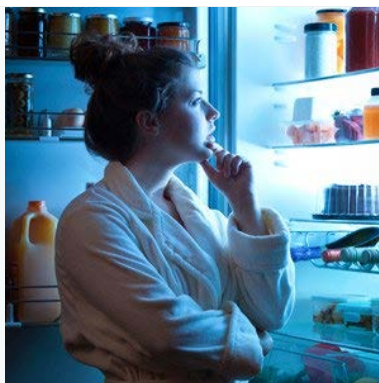
Losing weight can help you manage type 2 diabetes. But doing so can be frustrating.

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Special: So Hungry!



Why Am I Always Hungry?

Think it's your empty stomach that causes hunger? That's not the whole story. Hunger is a complicated process that all animals experience in order to maintain the energy necessary to stay alive.

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From Your Digest

How do I marinate my steaks overnight to make them soft like butter? They are way too tough right now.

Martin Bayer, Chef (1994-present)

Updated Wed

The only way to turn a tough piece of meat into something buttery soft is going to be through brute force or a chemical tenderizer. I recommend neither. Marinades will tenderize meat, to a degree, but if you want to eat tender steak you should start with a tender cut of meat. As I stated above, you can pound on a steak with a tenderizing mallet, or apply a meat tenderizing agent, but you might not be impressed with the results.

Beating your meat with a mallet changes the texture to something closer to ground beef than steak. Tenderized beef is fine for smothered steaks or chicken fried steak, where a soft texture is desired. If I was planning on grilling though, I wouldn't select a cut of meat that I needed to hit with a hammer.

Meat tenderizing agents contain enzymes like papain, which is extracted from papaya. The enzymes break down the muscle fibers in the meat. You can achieve similar results with pineapple juice, but you have to want your steak to taste like pineapple. Tenderizers will get you closer to your desired results than marinating alone. You could incorporate a tenderizer into the marinade even. I find meats that have been treated with a tenderizing enzyme to be mushy and unappealing though.

My advice is to celebrate the less than tender cuts that you have. Marinate them with the intent of adding maximum flavor, don't overcook them, and slice them thinly across the grain.