

USDA adds warning label on beef

By Lydia Zuraw, Kaiser Health News

A new label on some of the steaks in your grocery store highlights a production process you may have never heard of: mechanical tenderizing.

This means the beef has been punctured with blades or needles to break down the muscle fibers and make it easier to chew. But it also means the meat has a greater chance of being contaminated and making you sick.

The labels are a requirement from the U.S. Department of Agriculture that went into effect this week.

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