

# Grass Fed Beef and Lamb Health Information

Our beef and lamb produces some of the juiciest cuts of meat you could eat! They are tender and very flavorful. Our animals are antibiotic and hormone free, grass fed and finished.

We have supplies of Grass fed Beef and Lamb available. All of our Grass fed Beef and Lamb has been USDA inspected and packaged. Our beef is for sale by the cut or by the animal.

Science has shown that Grass-fed and Grass-finished beef are higher in four (4) elements essential to a healthy human diet:

- (1) Lower in fat calories
- (2) More Omega-3 fatty acid (the good fat)
- (3) Conjugated Linoleic Acid
- (4) High in Vitamin E and CLA and fewer calories than conventional Grain-fed beef.

## **Lower in fat and Calories:**

Grass-fed Beef is lower in fat and calories than Grain-fed beef.

For example, a 6-ounce steak from a Grass-finished Steer has 1/2 to 1/3 the amount of fat and about 100 fewer calories than a 6-ounce steak from a Grain-fed Steer.

Assuming that you eat a typical amount of beef (66 pounds a year), switching to Grass-fed beef could save you approximately 18,000 calories a year and if everything else in your diet stayed the same, you'll lose about six pounds a year.

Grass-fed beef has about the same amount of fat as skinless Chicken, Wild Deer or Elk, and like these other lean meats, it actually lowers your LDL cholesterol levels.

## **Omega 3s:**

Grass-fed beef is also higher in omega-3 fatty acids. Omega-3s are "good" fats as they are the most heart-friendly of all fats. People who have ample amounts of Omega-3s in their diet are less likely to have high blood pressure or an irregular heartbeat and are about 50 percent less likely to suffer a heart attack. Omega-3s are essential for your brain as well. People with a diet rich in Omega-3s are less likely to suffer from depression, schizophrenia, attention deficit disorder (hyperactivity), or Alzheimer's disease.

Omega-3s also may reduce your risk of cancer. Studies show that these essential fats have slowed the growth of a wide array of cancers and also kept them from spreading.

Omega-3s are formed in the chloroplasts of green leaves and algae. Sixty percent of the fatty acids in grass are Omega-3s. When cattle are taken off Omega-3 rich grass and shipped to a feedlot to be fattened on Omega-3 poor grain, they begin losing their store of this beneficial fat.

It is estimated that only 40 percent of Americans consume an adequate supply of Omega-3 fatty acids. Switching to meat and dairy products from Grass-fed animals is one way to restore this vital nutrient to your diet.

## **Conjugated Linoleic Acid:**

Conjugated Linoleic Acid or CLA is another type of good fat. Grass-fed beef contains three to

five times more CLA than conventionally fed beef. CLA may be one of our most potent defenses against cancer. In studies, women who had the highest levels of CLA in their diet had 60 percent lower risk of breast cancer than those with the lowest levels. Switching from Grain-fed to Grass-fed meat and Dairy products places women in this lowest risk category.

**Vitamin E:**

Grass-fed beef is also higher in vitamin E. Vitamin E is linked with a lower risk of heart disease and cancer. This potent antioxidant may also have anti-aging properties. Most Americans are deficient in Vitamin E.

**Healthy Animals = Healthy people**