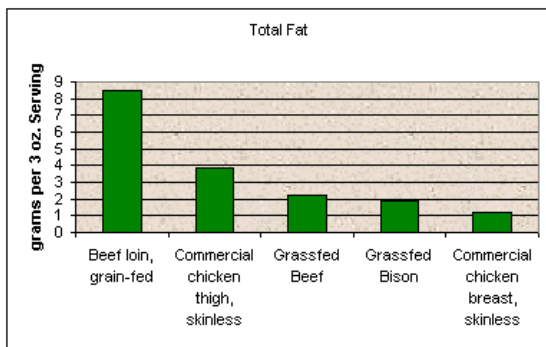


Benefits of Grassfed Beef

Excerpted from "The Health Benefits of Pastured Animal Products" by Jo Robinson
Accessed on her homepage <http://eatwild.com>, February 26, 2002

Grassfed beef is a very different product from the beef normally sold in American grocery stores. In the latter stages of life, most cattle are penned in large feedlots where they are fed grains and treated with hormones and antibiotics, all to promote fast weight gain and to combat the onset of disease prevalent in this unnatural environment. Grassfed beeves are finished on natural pastures – the diet designed to promote healthy animals. Cattle are ruminants, animals with multiple stomachs. They are nature's most efficient means of converting cellulose (grass) to protein (beef). When cattle are fed on grain, it changes the chemistry within the animals and negatively affects the characteristics of the meat. There are significant health advantages to grassfed beef. Here are brief explanations excerpted from an article available on <http://www.eatwild.com>, by Jo Robinson, best-selling author of *The Omega Diet*, *Why Grassfed is Best!* and *When Your Body Gets the Blues*.

1. Grassfed Beef Has Much Less Total Fat

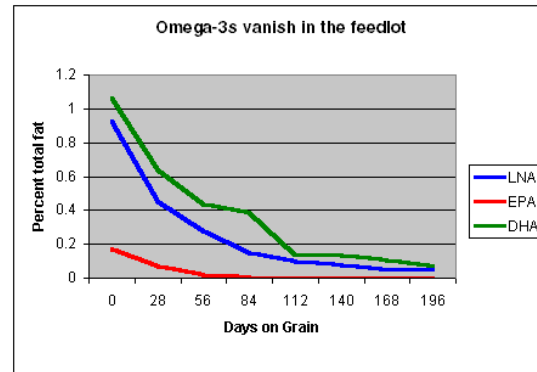


Because grassfed meat is so lean, it is also lower in calories. (Fat has 9 calories per gram, compared with only 4 calories for protein and carbohydrates. The greater the fat content, the greater the number of calories.) A 6-ounce steak from a grass-finished steer has almost 100 fewer calories than a 6-ounce steak from a grainfed steer. When meat is this lean, it actually lowers your LDL cholesterol levels.¹

2. Grassfed Beef Is Higher in Beneficial Fats

“Although grassfed meat is low in “bad” fat (including saturated fat), it gives you from two to six times more of a type of “good” fat called “omega-3 fatty acids.”

¹ Davidson, M. H., D. Hunninghake, et al. (1999). "Comparison of the effects of lean red meat vs lean white meat on serum lipid levels among free-living persons with hypercholesterolemia: a long-term, randomized clinical trial." *Arch Intern Med* 159(12): 1331-8.



Omega-3 fatty acids play a vital role in every cell and system in your body. For example of all the fats, they are the most “heart friendly.” People who have ample amounts of omega-3s in their diet are less likely to have high blood pressure or an irregular heartbeat. Remarkably, they are 50 percent less likely to have a serious heart attack.”² Each day that an animal spends in the feedlot, its supply of omega-3s is diminished.³

The meat and milk from grassfed ruminants are the richest known source of another type of “good” fat called “conjugated linoleic acid” or CLA. CLA may be one of our most potent defenses against cancer.

3. Grassfed Beef Has Higher Levels of Vitamin E

Meat from grassfed animals is higher in vitamin E. The meat from the pastured cattle is four times higher in vitamin E than the meat from the feedlot cattle and, interestingly, almost twice as high as the meat from the feedlot cattle given vitamin E supplements.⁴ In humans, 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.

Grassfed beef is healthier for the animal, healthier for the environment, and healthier for the consumer!

² Siscovick, D. S., T. E. Raghunathan, et al. (1995). "Dietary Intake and Cell Membrane Levels of Long-Chain n-3 Polyunsaturated Fatty Acids and the Risk of Primary Cardiac Arrest." *JAMA* 274(17): 1363-1367.

³ Simopolous, A. P. and Jo Robinson (1999). *The Omega Diet*. New York, HarperCollins.

⁴ Smith, G.C. "Dietary supplementation of vitamin E to cattle to improve shelf life and case life of beef for domestic and international markets." Colorado State University, Fort Collins, Colorado 80523-1171.

— West Wind Farm — Mountain Pastured Beef —

<http://www.holdridge.org/wwf>

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