

The **NUTRITIONAL DIFFERENCE** in Beef from Pastured Cattle

The primary nutritional difference in grass-fed beef, as opposed to corn-fed beef, is in the fat. Not only is the percentage of fat in grass-fed beef lower, it is also good for you. Numerous studies have been conducted and found that the Omega 6 to Omega 3 fatty acid ratio in grass-fed beef is about 1.5:1, a desirable range for humans. Feed lot beef is around 7.5:1, a ratio that contributes to inflammation in humans. Grass-fed beef is also higher in other substances like CLA (conjugated linoleic acid), known to decrease the risk of heart disease and cancer.

Our beef cattle take advantage of the wide range of plant species available to them on the farm. In the morning, they often browse the fence rows, pulling off leaves of wild blackberries and other brambles. The rest of the day is spent grazing long established diverse pastures. They are fit and healthy without wormers, antibiotics or other medications. Healthy animals produce healthy food for people.

Although the web is full of information on grass-fed beef, it can be difficult to sort through genuine research from advertising. Below is a link to a research article published in Nutrition Magazine. Thank you for considering certified organic, 100% grass-fed beef from Prairie Bluff Farm.

<http://www.nutritionj.com/content/9/1/10>

