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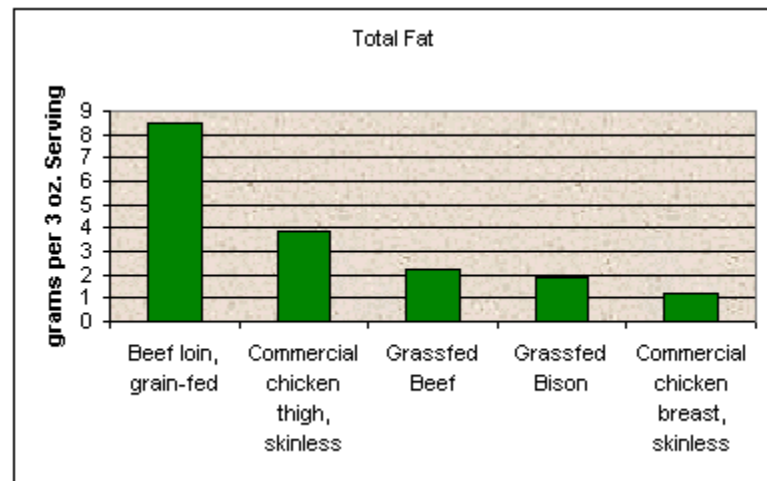
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Nutritional Benefits of Grassfarming

As you will see, products from pastured animals are ideal for human health. Very sin game, they contain the amounts and kinds of nutrients that our bodies "expect" to b research suggests that switching to grassfed products may reduce the risk of a num diseases, including diabetes, obesity, cardiovascular disease, and cancer.

The meat from pastured ruminants is better for your health than conventional meat in a nur important ways. First of all, it is lower in total fat. For example, a sirloin steak from a grassfed about one half to one third as much fat as a similar cut from a grainfed steer. In fact, grassfed about the same fat content as skinless chicken or wild deer or elk.[1] When meat is this lea lowers your LDLcholesterol levels.[2]



Because grassfed meat is so lean, it is also lower in calories. (Fat has 9 calories per gram, with only 4 calories for protein and carbohydrates. The greater the fat content, the greater t of calories.) A 6-ounce steak from a grass-finished steer has almost 100 fewer calories tha steak from a grainfed steer. If you eat a typical amount of beef (66.5 pounds a year), switch grassfed beef will save you 17,733 calories a year—without requiring any willpower or char habits. If everything else in your diet remains constant, you'll lose about six pounds a year. Americans switched to grassfed meat, our national epidemic of obesity might begin to dimi

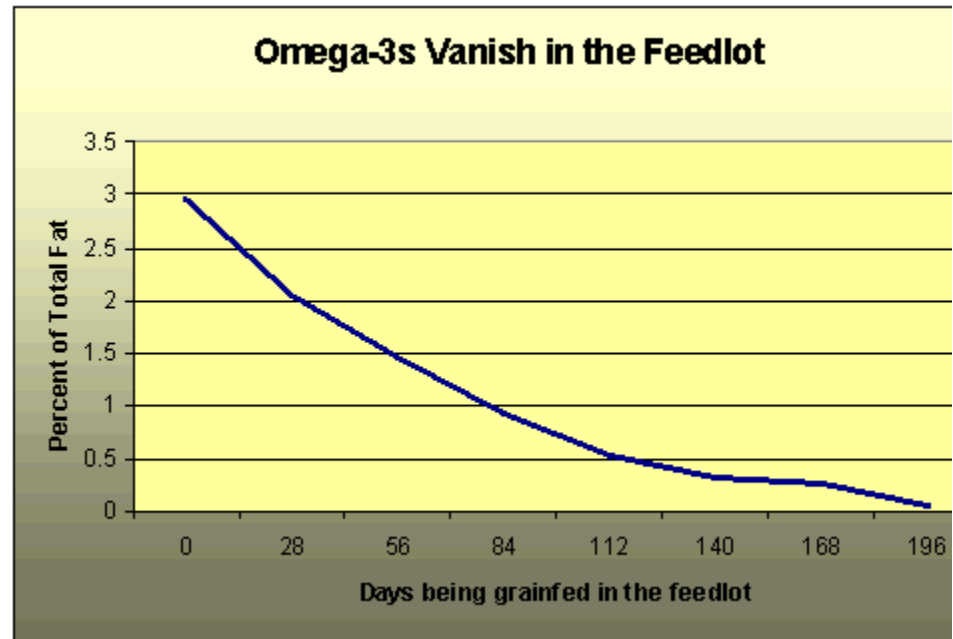
Extra Omega-3s

Although grassfed meat is low in total fat and "bad" fat (including saturated fat), it has two t more omega-3 fatty acids. Omega-3s play a vital role in every cell and system in your body example, of all the fats, they are the most heart friendly. People who have ample amounts in their diet are less likely to have high blood pressure or an irregular heartbeat. Remarkab 50 percent less likely to suffer a heart attack.[3]

Omega-3s are essential for your brain as well. People with a diet rich in omega-3s are less suffer from depression, schizophrenia, attention deficit disorder (hyperactivity), or Alzheim [4]

Another benefit of omega-3s is that they may reduce your risk of cancer. In animal studies, essential fats have slowed the growth of a wide array of cancers and also kept them from spreading. Although the human research is in its infancy, researchers have shown that omega-3s can even reverse the extreme weight loss that accompanies advanced cancer and also hasten recovery from surgery.[6,7]

Omega-3s are most abundant in seafood and certain nuts and seeds such as flaxseeds and walnuts but they are also found in animals raised on pasture. The reason is simple. Omega-3s are stored 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 grain, they begin losing their store of this beneficial fat. Each day that an animal spends in the feedlot, the amount of omega-3s in its fat is diminished.[8] The graph below illustrates this rapid decline.



(Data from Duckett, S. K., D. G. Wagner, L. D. Yates, H. G. Dolezal, and S. G. May. "Effects of Time on Fat Nutrient Composition." *J Anim Sci* 71, no. 8 (1993): 2079-88.)

When chickens are housed indoors and deprived of greens, their meat and eggs also become artificially low in omega-3s. Eggs from pastured hens can contain as much as 20 times more omega-3s than eggs from factory hens.[9]

Switching our livestock from grass to grain is one of the reasons our modern diet is deficient in essential fats. It has been estimated that only 40 percent of Americans consume a sufficient amount of these nutrients. Twenty percent have levels so low that they cannot be detected.[10] Switching to grassfed animal products is one way to restore this vital nutrient to your diet.

The CLA Bonus

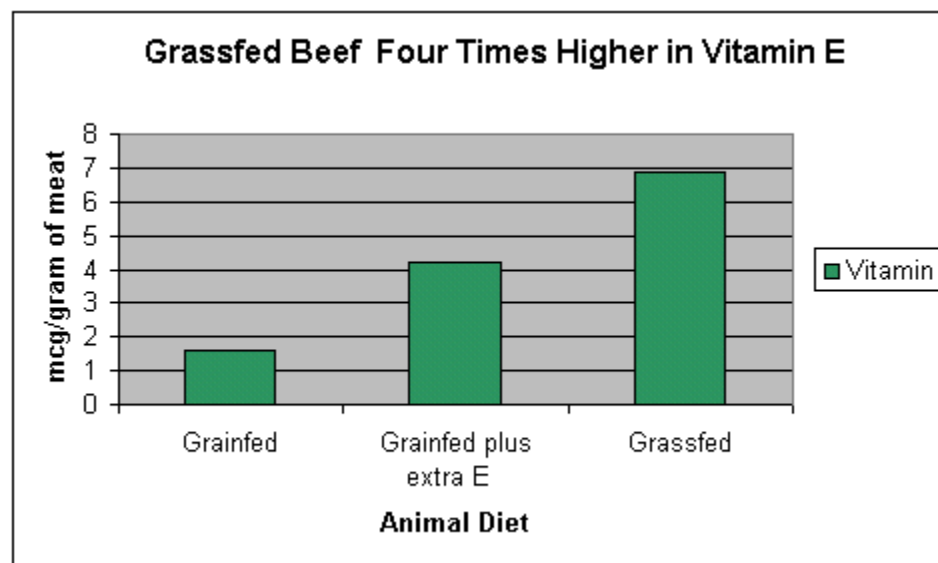
Meat and dairy products from grassfed ruminants are the richest known source of another important fat called "**conjugated linoleic acid**" or CLA. When ruminants are raised on fresh pasture, their products contain from three to five times more CLA than products from animals fed conventional grain.[11]

CLA may be one of our most potent defenses against cancer. In laboratory animals, a very small percentage of CLA --- a mere 0.1 percent of total calories --- greatly reduced tumor growth.

is new evidence that CLA may also reduce cancer risk in humans. In a Finnish study, women with the highest levels of CLA in their diet, had a 60 percent lower risk of breast cancer than the lowest levels. Switching from grainfed to grassfed meat and dairy products places women in a lower risk category.¹³ Researcher Tilak Dhiman from Utah State University estimates that you may be able to lower your risk of cancer simply by eating the following grassfed products each day: one whole milk, one ounce of cheese, and one serving of meat. You would have to eat five times the amount of grainfed meat and dairy products to get the same level of protection.

Vitamin E

In addition to being higher in omega-3s and CLA, meat from grassfed animals is also higher in Vitamin E. The graph below shows Vitamin E levels in meat from: 1) feedlot cattle, 2) feedlot cattle with doses of synthetic Vitamin E (1,000 IU per day), and 3) cattle raised on fresh pasture with no supplements. 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 with Vitamin E supplements.¹⁴ In humans, Vitamin E is linked with a lower risk of heart disease. This potent antioxidant may also have anti-aging properties. Most Americans are deficient in



Read about additional health benefits of grassfed animal products at [Grassfarming and Human Health](#).

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