

# BEEF FOR EVERYONE

The health advantages of pasture to plate beef - your own or your friendly farmer's. - By Gene Kantack

Our imports of lowline angus cattle in the late 1990s had one important mission: to make pasture to plate beef everyone's nutritional choice for complete protein, essential minerals and omega 3s. Lowlines were perfect for the changes needed to please and win over everyone. They have the ability to be grade choice while free ranging on pasture only, (aka, nature's salad bar).

There is no question that red meat is getting a bad reputation in many media sources. Many celebrities, cooks, anchor-men and women, are touting their reduced meat diets. The lesson is to make sure the information you as the consumer are receiving is based upon factual information and not simply popular opinion.

These days it is far too easy to fall into the prepared food trap which can be less than ideally nutritious. With 64% of women working outside the home, and doing a really good job of it, there is less time to get to the basics of ideal meal planning on a consistent basis. Way too many often pick up something for supper on the way home. It's also easier to select prepared foods than to cook.

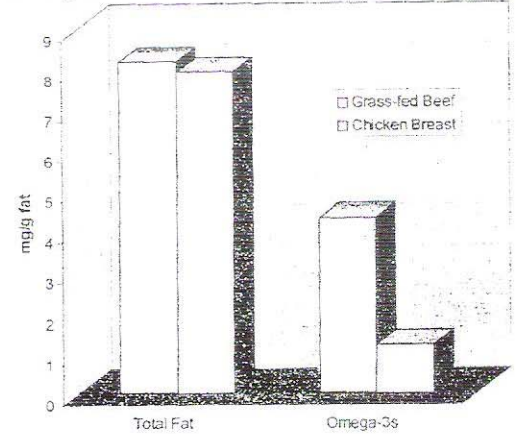
Remember, it is not the color of the meat that is the problem, rather what the animals are fed and the changes that occur from their home to your plate. Most will go through seven handlers by the time the meat reaches you. Confined feeding requires hormones and antibiotics to maintain good gains and health

when animals from several sources are closely mixed. Proper selection is important. Natural or organic may be a start, but there is a lot more to consider. Thankfully the FDA assures us that processed foods, meaning anything not farm direct, are safe. When others control your food selection and preparation, several variables need to be considered. What is the source? How was it grown? What is the quality? What has been added? What has been changed?

Man is an omnivore by his anatomy. Obesity is not the fault of the machine, however, but rather the balance, quality, and quantity we feed it. You can actually lose weight by selecting meats from animals with the right diet. Pasture to plate lowlines have far less fat, healthier portion sizes, and are free of unwanted and unneeded additives.

When did you see select or choice labeled steak on the menu? Prime is the word that sells and it should. The extra fat and salt in that high dollar steak tastes good. It looks good because of the color and preservatives that are added. A choice 6oz. grass-fed lowline fillet without the extra 2 oz. of fat and minimum condiments would taste as good and be far better for you. Put the money you save in an energy stock yielding 6% and you will really be ahead. Grass-fed beef has less overall fat and calories, more Omega 3s, and a better balance of Omega 3s to Omega 6s, more CLA, Vitamin E, and more Beta-Carotene.

What the heck is CLA? Conjugated Linoleic Acid is a

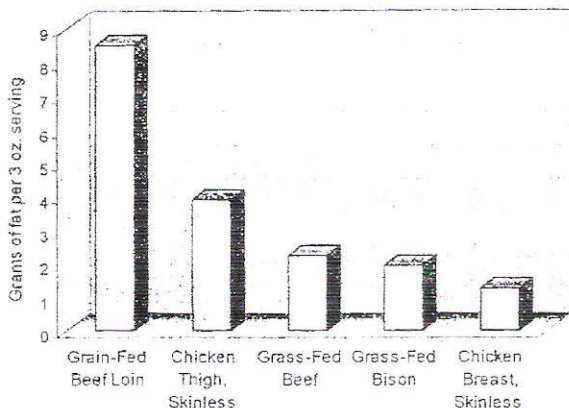


Grass-fed beef has the same amount of fat as a chicken breast but more omega-3s  
*J Animal Science (2002). 8(5):1202-11.*

great Omega 3 with important abilities to counter cardio-vascular and heart disease and fight cancerous cells, (especially breast cancer cells). Grass fed beef has 4 times as much as chicken. Vitamin E and Beta-Carotene are powerful antioxidants; grass-fed beef again has 4 times as much as it's rivals. Alternatives to grass-fed beef are not the same nutritionally.

Full blood lowlines or lowlines crossed with good beef animals make good grass-fed prospects. We have also found that the Jersey x Lowline crosses offer the best of all worlds: perfect beef, high market value females, and great milk for you and for their calves. The small, gentle, curious, and fun loving babies will win your heart. Semen from good, small, lowline bulls is easy and cheap.

For questions and more information, feel free contact us at [Minicowswest.com](http://Minicowswest.com) or email [Easy4s@msn.com](mailto:Easy4s@msn.com).



Meat from grass-fed animals is much lower in total fat than grain-fed animals, and even lower than skinless chicken thighs.

*J Animal Science (2002). 80(5):1202-11.*

Calves bred by Richard and Sheryl Davis using our Lt Brutus semen.

