

# 100% Grass-Fed Beef Versus Grain-Fed Beef

## More Vitamin A

**10x**  
Vitamin A

Beta-Carotene is converted to vitamin A (retinol) by the human body, and grass-fed beef contains 10 times the Beta-Carotene of grain-fed beef. Vitamin A is important for normal vision, bone growth, reproduction, cell division, and cell differentiation. Additionally, vitamin A creates a barrier to bacterial and viral infection, and supports the production and function of white blood cells.

## More Vitamin E

**3x**  
Vitamin E

Grass-fed beef typically has 3 times the amount of vitamin E found in conventional grain-fed beef. Vitamin E is a powerful antioxidant that may help prevent or delay coronary heart disease, block the formation of carcinogens formed in the stomach, and protect against cancer development. Vitamin E may also improve eye lens clarity and reduce or prevent the development of cataracts.

## The Right Balance Of Omega-3 and Omega-6 Fatty Acids



The ratio of Omega-3 fatty acids to Omega-6 fatty acids in our diet plays an important role in the prevention and treatment of coronary heart disease, hypertension, type 2 diabetes, autoimmune diseases, cancer, and arthritis and other inflammatory diseases. The American Medical Association and the World Health Organization recommend a ratio of roughly one to four parts Omega-6 to one part Omega-3. However, the cereal grains typically fed to cattle have very low levels of Omega-3 and much higher levels of Omega-6, while feeding grass to cattle increases the Omega-3 content of the meat by 60% and produces a much more favorable Omega-6 to Omega-3 ratio.

## More CLA

**2-3x**  
CLA

Conjugated linoleic acid (CLA) has demonstrated significant health benefits in the human body, including the reduction of carcinogenesis, atherosclerosis, and the onset of diabetes. Beef from grass-fed cattle contains 2 to 3 times more CLA than beef from grain-fed cattle.

## More Dietary Protein

**1.5x**  
Dietary Protein

Grass-fed beef is leaner and higher in protein than grain-fed beef. In fact, grass-fed beef averages 1.5 times more protein than typical USDA Choice + grain-fed beef. Research indicates that eating lean beef can help lower total, LDL and VLDL cholesterol, and triglycerides, while increasing beneficial HDL cholesterol. It can also help lower blood pressure, aid in weight loss, and improve insulin sensitivity and glycemic control.