WHY GRASS-FED BEEF?

-Grass –fed beef is higher in: heart and brain-healthy omega-3 fatty acids, beta-carotene, and vitamins A and E. Also, it has higher levels of CLAs, that are thought to reduce heart disease and cancer risks.

-Grass-fed beef is lower in total fat than grain-fed beef.

-By not eating grain, grass-fed animals maintain a digestive system less susceptible to E. coli.

-Grass-fed beef is also called pasture-raised beef or pasture-grown beef. It is how cattle have always been meant to be raised.