

## About Fat, CLA & Omega 3

**Lower Fat:** Grass finished animals are substantially lower in fat than normal commercially raised grain fed animals. Studies have shown that grass finished beef contains up to 50% less saturated fat, and as much as six times less total fat than grain finished beef. This results in a healthier product for your consumption. Our beef is raised carefully to provide a natural finish rather than the "forced finish" from feedlot beef.

**CLA:** CLA (Conjugated Linoleic Acid) is a fatty acid that is found to be extremely beneficial to human health and may reduce the risk of cancer, and even have benefits in fighting growth of existing cancer. Studies have shown that the level of CLA is dramatically higher (up to 5 times) in grass finished beef than in traditional beef. In addition, studies indicate that the level of CLA drops dramatically when an animal receives any sort of grain supplement. This is a major reason our animals are carefully finished naturally, with no grain supplements, to assure you receive the greatest benefit from the product.

**Omega 3's:** Omega 3 is a fatty acid which is essential to for human growth and development, and has been shown to be much higher in grass finished meat than in grain finished meat. Omega 3 originates in the green leaves of growing plants, so it makes sense that grass finished beef would be higher. Similar to CLA, the Omega 3 level has been shown to drop dramatically when animals are finished in a normal, grain finished situation. Thus, once again, the health benefits of grass finished beef are clear.