Top Ten Reasons to Eat Grassfed Beef

According to a 2009 study that was a joint effort between the USDA and researchers at Clemson University in South Carolina, grassfed beef is better for human health than grainfed beef in these top ten ways:

1. Lower in total fat

2. Higher in beta-carotene

3. Higher in vitamin E (alpha-tocopherol)

4. Higher in the B-vitamins thiamin and riboflavin

5. Higher in the mineral's calcium, magnesium, and potassium

6. Higher in total omega-3s

7. Better ratio of omega-6 to 3 fatty acids (1.65 vs 4.84)

8. Higher in CLA (cis-9 trans-11), a potential cancer fighter

9. Higher in vaccenic acid (which can be transformed into CLA)

10. Lower in the saturated fats linked with heart disease