

Understanding Nutritional Differences

GRASS-Finished vs Grain-Finished Beef Cattle

Beta Carotene	Grass-Fed Yellow-colored fat 5.5 times more than grain-fed 11 times more than cattle eating dried forages	Grain-Fed White-colored fat
Vitamin E	15 times more per day than concentrated diet Levels in meat=2-3 times higher	
Fat	Lean, fatty acid similar to wild game	
Saturated Fat	933 calories in 100 grams of uncooked meat	2028 calories
Mono-Saturated Fat	754 calories in 100 grams	2114 calories
Polyunsaturated Fat	191 calories	291 calories
FAT (grams)	2.4	5.0
Omega-6	139 (mule deer has 359)	275
Omega-3	52 (mule deer has 104)	16
Protein	21.8	21.7
Calories	112	136
CLA (Conjugated Linoleic Acid)–anti-carcinogenic	3x that of grain-fed beef	
CLA lowers LDL Cholesterol and triglyceride levels in the blood, and may combat allergies and asthma		
Omega-3 Fatty Acids //salmon	15% more than grain-fed	High Fatty-acid profile
Cooking Time	30% less time / Medium=144=150° F Tender without marinade Best cooked on a Grill, not pan-fried Will retain pink color at higher temperatures Remove 'dry roasts' when internal temperature=144 ° F Allow roasts 'rest' 15-20 minutes before carving Roasts are best if cooked at low temperatures for a long time	

Grass-Fed Beef...alderspring.com, Idaho