There are nearly one million beef farmers and ranchers throughout the United States. They often use the diverse local resources available to produce nutritious, safe and delicious beef. That means there are a variety of beef choices including grain-finished and grass-finished. No matter the choice, there is a delicious and nutritious beef option for you.

**REFERENCES**

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**DID YOU KNOW?**
- **Monounsaturated fat**, the type of fat found in avocado and olive oil, make up about half of all fat found in beef.
- Not all grass-finished beef is organic. In order to be organic, the beef product must meet the U.S. Department of Agriculture’s National Organic Program regulations, including the requirement that the animal grazes exclusively on certified organic pastures.
- Grain-finished beef actually has a lower carbon footprint than grass-finished beef. Cattle fed grain produce less methane and reach market weight more quickly, thus using fewer natural resources.
- A grain-finished ration may include a variety of local feedstuffs, for example other industries’ by-products like distillers grains and orange peels.

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**NUTRIENTS**

Per 100g of beef, approximately 3.5oz

**Protein**
A powerful nutrient that helps strengthen and sustain the body

**Zinc**
An important nutrient that helps maintain a healthy immune system

**Iron**
An essential nutrient that helps your body transport and use oxygen to power through the day

**Total Fat**

<table>
<thead>
<tr>
<th>Saturated Fat</th>
<th>Stearic Acid (Minus Stearic Acid)</th>
<th>Monounsaturated Fat</th>
<th>Polyunsaturated Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Grain-finished</strong></td>
<td>1.3g</td>
<td>0.6g</td>
<td>0.2g</td>
</tr>
<tr>
<td><strong>Grass-finished</strong></td>
<td>0.7g</td>
<td>0.4g</td>
<td>0.1g</td>
</tr>
</tbody>
</table>

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**WHAT DOES IT MEAN?**

Choose from today’s variety of nutritious and delicious beef options based on your own personal preferences.

Beef contributes 10% or less of saturated fat and total fat to the American diet.

Lean beef—whether it’s grass-finished or grain-finished—can be part of a heart-healthy diet.

All beef options are a natural source of more than 10 essential nutrients including protein, zinc and iron.