

# Health Benefits of Grass-fed Beef



## Health Benefit

Grass-fed Beef Attribute

	Improved Cardiovascular Health	Cancer Fighting	Increases Brain function	Supports Immune system	Fights diabetes	Boosted Energy and focus	Supports Digestive health	Supports bone health
Increased Omega 3 Fatty acids	✓	✓	✓	✓				
Increased Vitamin A and E	✓	✓						
Increased total Conjugated Linoleic acid (CLA) isomers				✓	✓		✓	
Increased Vitamin K, B6, B12, Folate, & Niacin	✓			✓		✓		✓
Increased Iron				✓		✓	✓	
Increased Magnesium and Choline	✓		✓			✓	✓	✓
Increased antioxidant glutathione		✓						

\* NIH: National Library of Medicine: Is Grassfed Meat and Dairy Better for Human and Environmental Health. March 2019  
 \*\*Source: Nutrition Journal: A review of fatty acid profiles and antioxidant content in grass-fed and grain-fed beef 2010  
 \*\*\* Nutrition Journal: A review of fatty acid profiles and antioxidant content in grass-fed and grain-fed beef 2010  
 \*\*\*\* Nutrition Journal: A review of fatty acid profiles and antioxidant content in grass-fed and grain-fed beef 2010  
 \*\*\*\*\*Beef Nutrient Density Project Report, Dec 202. Research performed by Dr. Stephan Van Vliet, Department of Nutrition, Dietetics and Food Sciences, Utah State University, and the Bionutrient Food Association  
<https://pubmed.ncbi.nlm.nih.gov/30941351/>  
<https://nutritionj.biomedcentral.com/articles/10.1186/1475-2891-9-10>  
<https://understandingag.com/nutritional-comparisons-between-grass-fed-beef-and-conventional-grain-fed-beef/>