

A Literature Review of the Value-Added Nutrients found in Grass-fed Beef Products

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Grass-fed beef, or beef produced from cattle finished on forage only diets, has been touted as a more nutritious beef product. There are a number of reports that show grass-fed beef products contain elevated concentrations of β -carotene and α -tocopherol, increased levels of omega-3 fatty acids, a more desirable omega-3:omega-6 ratio, and increased levels of conjugated linoleic acid (CLA), all substances reported to have favorable biological effects on human health. The purpose of this article is to summarize information currently available to support the enhanced nutrient claim for grass-fed products as well as review the effects these specific nutrients have on human health.

To read the complete paper, click on the link below:

<http://www.csuchico.edu/agr/grassfedbeef/health-benefits/index.html>