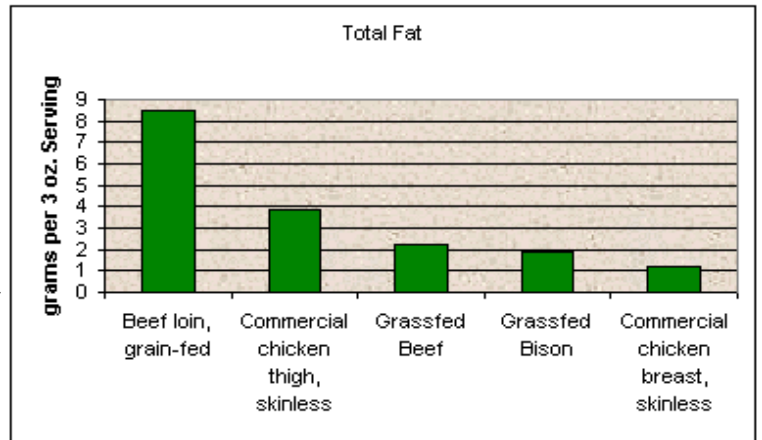


BEEF

HEALTH BENEFITS

FAT: Grass-fed beef has four to six times less total fat than grain-fed beef, as well as half the amount of the saturated fats associated with heart disease. Research shows that lean beef actually lowers LDL cholesterol levels. A 6oz. steak from a grass-fed steer contains 100 fewer calories than that from a grain-fed steer. (Davidson, M.H., et al; 1999 *Archive Internal Medicine* 159(12):1331-8)



Graphic data from *Journal of Animal Science* 80(5):1202-11

OMEGA 3's: Meat from grass-fed cows has two to four times more omega-3 fatty acids than their grain-fed counterparts. People who have ample amounts of omega-3's in their diet are 50% less likely to suffer a heart attack, and are less likely to have high blood pressure, depression, schizophrenia, ADD, or Alzheimer's disease. (Simopoulos, A.P. and Jo Robinson; 1999 *The Omega Diet*. New York, Harper Collins)

CLA: Conjugated linoleic acid is a champion cancer fighter. The richest known sources of CLA are meat and dairy products from grass-fed ruminants. A very small percentage of CLA (0.1% of total calories) was proven to greatly reduce tumor growth in laboratory animals. (Ip, C.J.A. Scimeca, et al; 1994 *Cancer* 74(3Suppl):1050-4)

VITAMIN E: Grass-fed cattle produce beef that is four times higher in vitamin E than its grain-fed counterparts'. Vitamin E is a powerful antioxidant and is associated with a lower risk of heart disease, cancer, and Alzheimer's disease.

BETA CAROTENE: Grass-fed beef delivers twice the beta-carotene of grain-fed beef. Beta-carotene helps lower the risk of cardiovascular disease and cancer.

ENVIRONMENTAL BENEFITS

- ✓ Moderate-intensity grazing encourages plant biodiversity.
- ✓ Ranging manure deposition contributes to soil fertility and encourages plant growth.
- ✓ Pasturing cattle offsets the animals' contribution to climate change by storing carbon in the underground roots of grasses.
- ✓ As compared to row crops, pasture reduces soil loss by as much as 93%.
- ✓ Due to the large amounts of fossil fuel required to cultivate and fertilize corn and other grains, it is ten to twenty times more energy efficient to raise food animals entirely on grass than to raise these row crops for human consumption.
- ✓ Buying locally raised meats dramatically reduces oil consumption and pollution generated from trucks transporting food from distant farms.

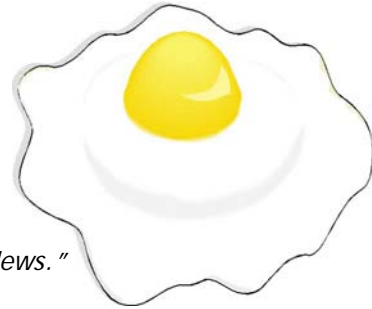
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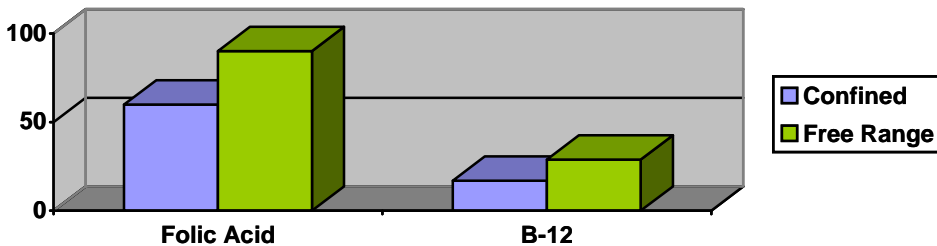
EGGS

FREE RANGE EGGS ARE NUTRITIONALLY SUPERIOR

- 1/3 Less Cholesterol than Commercial Eggs
- 1/4 Less Saturated Fat
- 2/3 More Vitamin A
- 2 Times More Omega-3 Fatty Acids
- 7 Times More Beta Carotene



Data above was taken from the October/November issue of "Mother Earth News."



A. Tolan et al, "Studies on the Composition of Food, The chemical composition of eggs produced under battery, deep litter, and free-range conditions" *Br. J. Nutrition*, (1974) 31: 185.

✓ Eggs from free range hens contain more folic acid and B-12 than their confined counterparts.

✓ Scientists have found that people who eat between 5 and 6 eggs per week have a lower risk of heart disease than those who eat less than one egg per week.

PORK

- ✓ Meat from pigs raised on pasture is vitamin enriched.
- ✓ Pastured pigs have 300% more vitamin E and 74% more Selenium in their milk than confinement-raised pigs.

(Mutetikka, D.B, and D.C. Mahan, 1993. *Animal Science* 71:3211)

RAW MILK

- ✓ Raw milk has been used for centuries in traditional cultures.
- ✓ Twenty-two amino acids, including 8 essentials, can be found in raw milk.
- ✓ All fat-soluble and water-soluble vitamins are 100% available in raw milk.
- ✓ Vitamins B-6 and B-12 are virtually destroyed in pasteurized milk, whereas vitamin C loss usually exceeds 50%.
- ✓ Pasteurization laws favor large, industrialized dairy operations and squeeze out small farmers.
- ✓ Homogenization is a process that breaks down butterfat globules so they do not rise to the top. Homogenized milk has been linked to heart disease.
- ✓ Ultra-pasteurization is a violent process that takes milk from a chilled temperature to above the boiling point in less than two seconds.

For more information on raw milk and traditional diets, please visit the Weston A. Price Foundation at: www.westonaprice.org.



Most of the information contained within this fact sheet was borrowed and modified from the Eat Wild website and can be researched further by visiting: www.eatwild.com/healthbenefits.htm.