

BEEF BOASTS

6 REASONS WHY

ranchers aren't afraid to toot their own horn



Beef Sustainability

- 1** About 90% of what cattle eat can't be digested by humans, making them invaluable to a sustainable food system. Cattle consume those inedible plants and through their unique digestive system, transform these plants into a high-quality protein edible for human consumption.

90%

of a cow's diet can't be digested by humans



10 to 50 TIMES LOWER

gas emissions

- 2** U.S. beef has one of the lowest carbon footprints in the world, 10 to 50 times lower than some nations. Greenhouse gas (GHG) emissions from cattle only account for 3% of all U.S. GHG emissions.

Animal Care



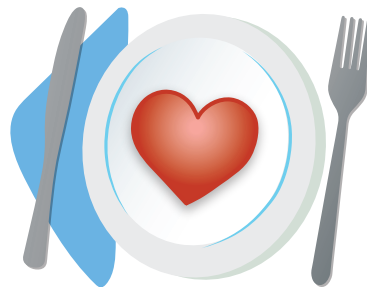
- 3** A rancher's top priority is making sure their cattle receive the best care possible. If animals are not properly cared for, they will not produce high quality beef. More than 85% of ranchers have completed a national training program on best practices for animal care.

- 4** Ranchers are committed to keeping their cattle healthy. Antibiotics are used under the supervision of a veterinarian, primarily to treat illness in animals. No traces of antibiotics are allowed when beef reaches the market. The FDA is very thorough in ensuring all animal products are safe for consumption.

Nutrition

- 5** Beef is an excellent source of protein. Many sources of plant protein do not contain all the amino acids your body needs. Beef supplies more protein and nutrients in significantly fewer calories than plant proteins.

- 6** Eating lean beef, even daily, as part of a heart healthy diet can help maintain normal cholesterol levels. High cholesterol is one of the major controllable risk factors for heart disease, heart attack, and stroke.



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Check out our sources and additional resources about beef.

