

GRASS-FED BEEF

vs.

GRAIN-FED/
GRASS-FINISHED BEEF

What's the Difference?



- > Leaner and juicier, thanks to higher moisture content
- > Rich in omega-3 fatty acids, vitamin B6 & beta-carotene
- > As little as 140 calories per serving
- > Lower cholesterol



- > Greasy, not juicy
- > "Fattened up" on a variety of grain or corn by-products
- > Regular consumption not recommended as part of a healthy diet
- > Higher cholesterol

Source: American Grassfed Association

CHISHOLM TRAIL
GRASS-FED BEEF