TODAY'S BEEF CHOICES  
5/8/17  
  
American farmers/ranchers have choices on raising cattle for beef ( food ), just as american families have choices when it comes to beef they select for family meals. Beef is a powerful protein and is a powerhouse of ten essential nutrients. Farmers/ranchers raise their cattle responsibly and their beef is safe, wholesome and nutritious. However, american families often observe various statements on beef packages indicating different production and management practices as they visit local grocery stores and on restaurant menus. The U.S.D.A. Agriculture Marketing Service must approve these label statements for beef based on specific specifications.  
  
GRAIN FINISHED: Most beef cattle are raised this way but most likely do not have a specific label claim. This beef comes from cattle that:  
1- Spend the majority of their life ( 24 to 30 months) eating grass and other plant forages:  
2- Spend four to six months in a feedyard eating a balanced ration ( diet ) of grains, grasses and other locally grown feed ingredients:  
3- May or may not have been given a U.S. Food and Drug Administration ( FDA ) approved antibiotic to treat, prevent or control a disease or infection;  
4- May or may not have received an FDA approved added growth promoting hormone.  
  
GRASS FINISHED: This beef comes from cattle that:  
1- Spend a majority of their lives eating grass on pastures;  
2- May also eat grass, forage, hay or silage in a feedyard;  
3- May or may not have been given a U.S. FDA approved antibiotic to treat, prevent or control a disease or infection;  
4- May or may not have received an U.S. FDA approved added growth promoting hormone.  
  
CERTIFIED ORGANIC: This beef comes from cattle that:  
1- Never received any antibiotics or added growth promoting hormones;  
2- May be either grain or grass finished, as long as the U.S.D.A. Agricultural Marketing Service certifies the feed ingredients are 100% organically grown/raised;  
3- May spend time in a feedyard;  
4- Always look for the U.S.D.A. Organic official label.  
  
NATURALLY RAISED: These cattle are often referred to as "never-ever." This beef comes from cattle that:  
1- Never received any antibiotics, added growth promoting hormones and/or preservatives;  
2- May be either grain or grass finished;  
3- May spend time in a feedyard;  
4- Must be certified by U.S.D.A.'s Agriculture Marketing Service;  
5- Observe the label for details.  
  
There are a variety of beef choices as you can see. So, no matter what the american family desires, there is a great beef choice available.  
  
FOR YOUR INFORMATION: 95% of U.S.A. cattle farms and 80% of feedyards are family owned And operated; All cattle eat grass for the majority of their lives; 100% of beef ( food ) processed in federally inspected harvest facilities is inspected by U.S.D.A. trained veterinarians; All cattle are routinely fed vitamin and mineral supplements as a part of a balanced diet; Agricultural Marketing Service must approve and verify all beef labeling claims.  
  
Reference: Confident Cooking With Beef  
  
Related articles of interest  
1-[My Cows And Their Grass](http://weebly-file/1/8/9/9/18991133/my_cows_and_their_grass.docx)  
2- [Minerals](http://weebly-file/1/8/9/9/18991133/minerals.docx)  
3- [Food Safety](http://weebly-file/1/8/9/9/18991133/food_safety.docx)  
4- [What's The Meat Label Say and Why](http://weebly-file/1/8/9/9/18991133/what_meat_label_2-9-15_want_to_know.doc)  
5- [Livestock Stewardship](http://weebly-file/1/8/9/9/18991133/livestock_stewardship.docx)  
6-[We Raised Beef Cattle](http://weebly-file/1/8/9/9/18991133/we_raised_beef_cattle.docx)  
7- [The Power of Ten](http://weebly-file/1/8/9/9/18991133/the_power_of_ten_129_thoughts.doc)