**WOW THAT COW!**  
  
  
How cattle-beef and dairy enrich our daily lives and improve the planet earth.  
Almost everyone knows that cattle provides us a very nutritious food, beef (burgers, steaks and roast) and dairy (milk, cheese and ice cream). However few people realize that cattle make other important contributions to our daily lives and planet earth.  
It's amazing just how many different daily items originate from cattle. Cattle give us some 200 plus items we use during our daily living.   
Nutrition:  
USDA's food guidance system, "My Plate" stresses the importance of choosing foods that give the most nutrients for calories consumed or more bang for your buck, maybe today's expression. These foods are called "power foods"! Lean beef is a power food and naturally fits within My Plate. Lean beef not only provides a great taste that all America loves, its also leaner than ever. A 3-Ounce serving of lean beef contributes less than 10 percent of the calories in a 2000 calorie diet. There are 29 cuts of beef that meet guidelines for lean beef: less than 10 grams of total fat; 4.5 grams or less saturated fat and less than 95 milligrams cholesterol.   
Zinc: helps heal injuries, builds muscle for growth, maintain the body's immune system, fight infections, important for sense of  smell and taste; also aids in function of the  brain.  
Iron: helps red blood cells carry oxygen to body cells and tissues, fights infectiions, important for brain development and provides energy. Iron from beef is more easily absorbed by the body than iron from vegetable sources.  
Protein: provides energy, builds and repairs muscles and other body tissues; bones, blood and organs. Beef protein is a complete protein, it has all the essential amino acids the body requires for building and repairing tissues.  
B vitamins: important for digestion, metabolism, body functions, a healthy skin and nervous system. B12 is only found naturally in food from animals. Beef is a good source of niacin and riboflavin.  
Environment:   
The United States has a total land area of nearly 2.3 billion acres. About 26% or some 587 million acres are used for grassland pasture and range land.  
Much of this grassland pasture and range land is covered with grass.   Humans can't digest this grass but cattle eat it,  they produce nutritious meat and milk.  
Cattle graze on lands that can't be utilized for growing food crops because it is too steep, rocky, dry or hilly for building houses.  
Most farmers/ranchers move cattle around on their land to avoid damage to their pasture. This rotational grazing which encourage the grasses to grow back more quickly. These grasses keep the soil  from washing away during heavy rains; thus, aiding in controlling erosion.  
Cattle grazing helps the natural grass grow using manure as natural fertilizer.  
Cattle aerate the soil with the action of their hooves which loosen the soil as they walk. The action allows more oxygen to enter the soil thus helping grasses to grow better. Also, as cattle walk  they press "grass seed" into the soil. Grass seeds need to be surrounded  by soil in order to begin to grow.  
Fire Fighters:   
When cattle graze they reduce the amount of grass on the land. The grazing is helpful in controlling wildfires, since there is less materials on the ground to burn.  
Parts of cattle blood is used to make fire retardants for fire extinguishers.  
Recyclers:  
 Cattle eat many non-edible by products from food production. This reduces the amount of waste going into landfills. The cattle or cow has a 4 compartment stomach which enables it to digest and convert these types of feed prroducts into a high quality protein, for humans. Examples: almond hulls, fruit pits, cotton seed, grass, cotton seed hulls, peanut hulls, candies, potato chips, corn stalks, potato peels, corn cobs, sugar beet pulp, corn gluten, soybean hulls, distillers grains and straw.  
Household Products:  
Items manufactured from inedible beef by products surround us in our daily environment. Its amazing just what comes from cattle besides beef. Band aids, mouthwash, ceramics, paper, crayons, photo film, creams and lotion, paint, cosmetics, paint brushes, candles, perfumes, cellophane, plastics, combs, piano keys, detergents, phonograph records, dog foods and cat, soap, deodorants, shaving cream, emery boards, sponges, floor wax, shoe polish, gelatin, sheet rock, glue, synthetic rubber, insulation, rubber bands, insecticides, toothpaste, linoleum and wall paper.   
Sports Equipment:  
 baseballs, athletic shoes, softballs, ball gloves, basketballs, soccer balls, and footballs.   
Textiles and Clothing:  
 boots and shoes, luggage, belts, leather cloths, bridles, pocket books, car upholstery, saddles, furniture, saddle  bags, and tractor seats. No matter where you live, you likely have several of these items and more in your home, made from cattle by products.  
Foods:   
These are many "edible" products that are not so obvious that are made from parts of a cow. Jell-o, butter, jellies, cheese, milk, candies, mayonnaise, chewing gum, marshmellows, cake mixes, oleo margarine, deep fry batter, oleo shortening, desserts, pastas, flavorings, soups, frozen dinners, sausage castings, ice creams and yogurt.  
Travel:   
Cattle by products are used in all types of mechanical items to help get us to where we are going by land, air and sea, Many manufactures use many fatty  acids, beef fats and proteins for all types of lubricants and fluids. Antifreeze contains glyceral from fats. Tires have stearic acid to help hold their shape. Glue from colloidal protein. Asphalt uses a binding agent from fats. Bio-diesel and bio-fuels refined from fats. Brake fluid, grease, car wax, runway foams, car polish, steel ball bearings and engine oils.  
Pharmacy: The medical world relies on many  by-products for pharmaceuticals it produces and uses. Cattle provide many medical products to enhance our daily lives. Blood plasma- treating hemophilla, killing viruses and making anti-rejection drugs. Blood Allumin-RH factor types. Thrombin-a blood coagulaant. Iron-for anemia. Chymmotrypsin- promotes healing of wounds and burns. Collagen- nonstick bandages and plastic surgery. Cortisol- anti inflammatory. Glucagon- treats low blood sugar and hypoglycemia. Heparin-treats blood clots. Insulin- treats diabetes and high blood sugar. Pancreatic- aids  in digestion. Vasopressin- aids in control of intestinal functions. Vitamin B12- prevention of B  complex deeficiencies. Trypsin- treats burns. Bone marrow, medical sutures, Prolactin- promotes lactation. Presser- blood pressure. ACTH- arthritis and allergies. 97% of America's beef farmers/ranchers are family owned. These farmers/ranchers are responsible to provide ample feed, water and care for cattle intrusted to the family.  
98% of the beef animal is used to make daily use items and products for our use. The by products used for manufacturing these daily use items are remaining after the muscle is used for food items.  
So, when is a Cow More than a Cow? When its a renewable resource that we use to improve our daily lives.