

## ***How You Can Tell The Beef is Really Grass-fed?***

The least expensive way to obtain authentic grass fed beef would be to find a farmer who is growing the beef who you can trust and buy a half a side of beef from him. This way you save the shipping and also receive a reduced rate on the meat.

An inexpensive, yet effective way to determine if the meat is really from a grass fed animal is to purchase the ground beef. Slowly cook the beef till done and drain and collect all the fat. Grass fed beef is very high in omega-3 fats and will be relatively thin compared to traditionally prepared ground beef.

It will also be a liquid at room temperature as it has very few saturated fats which are mostly solid at room temperature.

However, most of us live in large urban areas and do not have the time for this process. Just as it would be ideal to have an organic garden and grow your own vegetables, most of us elect not to do that for time or space reasons.

I used to have an organic garden, but my schedule just would not allow me to have that luxury anymore. So, if you are convinced, like I am, that grass-fed beef is better for you, you can order from a farmer you can trust.

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