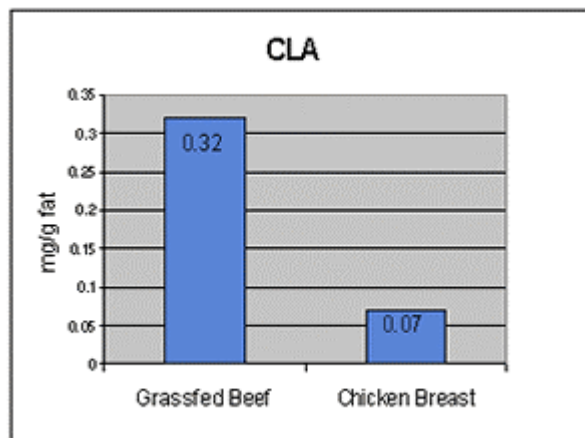
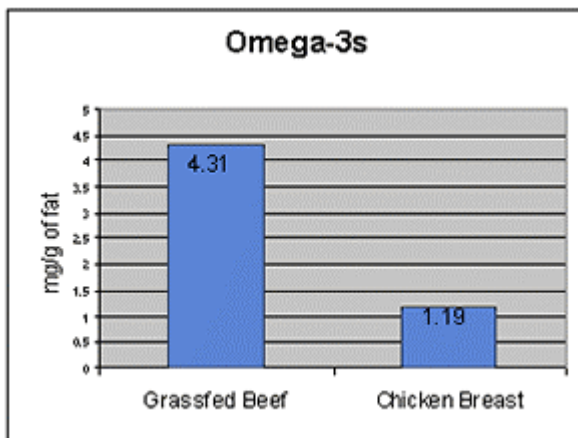
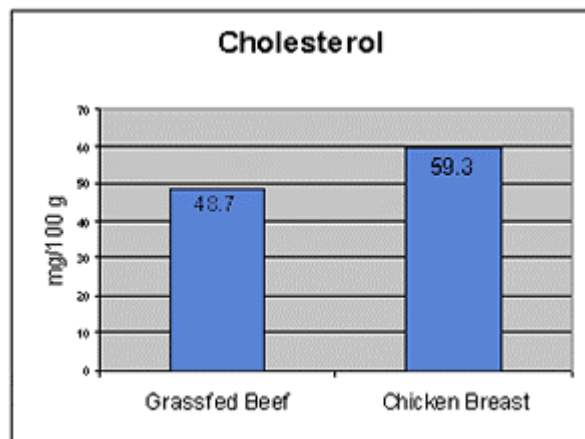
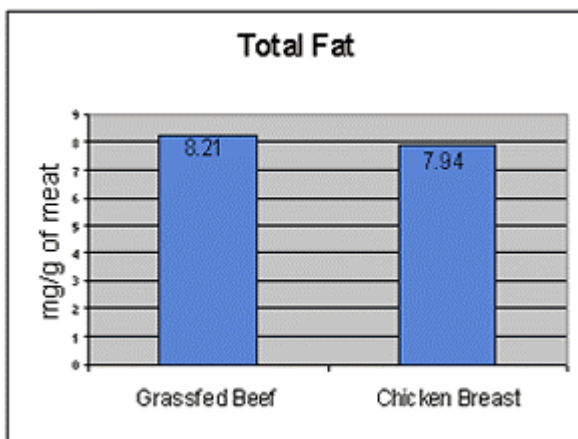


Move over chicken. Grassfed beef is best!



What is the healthiest meat you can eat? A nice, lean chicken breast from your supermarket? Think again. Meat from a pasture-fed cow has about the same amount of total fat as the chicken breast, but more omega-3 fatty acids and CLA and less cholesterol. It's a healthier package overall.

These findings come from a comprehensive study published just this year in the *Journal of Animal Science*.



(D.C. Rule et al, "Comparison of muscle fatty acid profiles and cholesterol concentrations of bison, beef cattle, elk and chicken." *J Anim Sci* 2002. 80:1202-11) Compliments of www.eatwild.com