In 12/2015 we sent a rib steak from one of our fall harvested Pasture Grazed beef to Midwest Laboratories, Omaha NE, for fatty acid analysis. The steak was prepared & analyzed as a ribeye cut. When the report was final we searched out two “typical” beef samples from the Canada and USA Government nutrient databases with similar total fat content to compare our “pasture grazed beef” to “typical beef”. The following results were reported and further explained in multiple blog posts (links provided at bottom of page).

Our “Pasture Grazed”, 100% grassfed beef reported a higher percentage of saturated fatty acids, lower monounsaturated fatty acids and lower trans fats. All three samples were the same for polyunsaturated fatty acids at 4%.

Looking specifically at the breakdown of Saturated fats (remember our sample was highest for SFA, Chart 1), our grassfed beef displays a higher percentage of Palmitic acid and lower percentage of Stearic acid when compared to both “typical” beef samples.

When looking at the Polyunsaturated fats, our sample expresses the expected Grassfed makeup of these desirable fats. Our beef Omega 6:3 ratio meets the dietary recommendation of around 2:1. Both “typical” samples from the Government databases express higher Omega 6:3 ratios that are “typical” for “grain fed” beef. Remember that PUFAs only made up 4% of the fats for all samples, see Chart 1.