

Spend 4-6 months at a feedyard eating a balanced diet of grains, local feed ingredients, like potato hulls or sugar beets, and hay or forage



Spend the majority of their lives eating grass or forage



Most beef is raised this way and likely doesn't have a specific label claim.



May or may not be given FDA-approved antibiotics to treat, prevent or control disease and/or growth-promoting hormones



Grain feeding can result in beef with increased levels of monounsaturated fat



Spend their whole lives eating grass or forage



May also eat grass, forage, hay or silage at a feedyard



May or may not be given FDA-approved antibiotics to treat, prevent or control disease and/or growth-promoting hormones



Beef cuts tend to be marginally lower in fat than those from grain-finished beef, mostly at the expense of monounsaturated fats, the heart healthy fats found in olive oil.

