




Beef Cattle Facts not Myths


Beef Facts

- Approximately 80 breeds of cattle
 - 10 breeds are most important
 - 5 of those 10 contribute 60% of the genetics
- In a herd
 - 87 % of the genetic material is derived from the Bulls



Beef Cattle Facts

- Normal temperature ~ 102.4 °F
- 38-50 heart beats / minute
- 10-12 breaths / minute
- Reach puberty at about 12-16 months of age
- Gestation period 272 days
 - Average birth weight range for a calf 75-85lbs
 - Born as a simple stomached animal
 - By 6 wks of age becoming ruminants
 - By 3-4 months of age need added nutrition other than from nursing the dam
- Often wean calves around 205 days
 - Can be weaned a lot younger if desired (100 days_)



Beef Facts

- They are a herd animal
- They are a prey animal
- Have cloven hooves
- Have no upper incisors on their dental pad
- Calving interval 365 days
 - Ideal and tough to do, but that should be the producers goal.



Beef Cattle

- Are not color blind
- Are ruminants
 - One stomach 4 compartments
 - Bacterial degradation of feed stuffs,
 - Absorb the broke down products of digestion
 - Or the microbial built products of digestion
 - Utilize a wide variety of food sources from grass to candy to waste citrus products, grains etc
- Are able to utilize food resources that are not available for use by people
 - Grass etc.



Beef Cattle

- Majority of calves are born in the late winter or early spring
 - A few producers will calve in the fall
 - A very few have year round calving



Estrogen and health

- Cattle are implanted while on feed with a estrogen containing implant to improve ADG and Feed efficiency, producing more lean tissue and less fat.
- Some consumers believe eating beef from cattle receiving implants is harmful to their health.



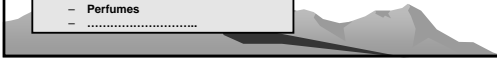
Estrogen and health

• The facts	
- Human / food (nanograms)	1 billionth of a gram
- <u>Daily human estrogen production</u>	in nanograms
• Child before puberty	50,000
• Adult male	135,000
• Adult female	460,000
• Pregnant female	20,000,000
- Estrogen in one serving	
• Steak from implanted steer	1.9
• Steak from non implanted steer	1.2
• Coleslaw	2,724
• Split pea soup	908
• Chocolate Ice cream	1,387



Beef Cattle By-products

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| <ul style="list-style-type: none"> • Hides • Camel hair brushes • Gelatin for food <ul style="list-style-type: none"> - Marshmallows - Yogurt - Ice cream - Mayonnaise - Gelatin deserts • Artificial skin for burn victims • Variety meats (38 lbs per animal) • Margarine • Chewing gum • Antifreeze • Stearic acid <ul style="list-style-type: none"> - Tires - Cosmetics - Candles - Detergents - Insecticides - Paints - Plastics - Deodorants - Perfumes - | <ul style="list-style-type: none"> • Pharmaceuticals <ul style="list-style-type: none"> Epinephrine Thrombin Liver extract Glucagon Trypsin Vasopressin Thyroid extract Heparin Insulin ACTH Hyaluronidase |
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Beef Nutrition

- Key nutrients found in beef
 - Zinc immune function
 - Iron oxygen carrier
 - Protein building block for muscle development
 - B vitamins energy metabolism, skin health, aids digestion, nerve function



Fears over red meat consumption

- Red meat consumption and cancer
 - No scientific evidence
 - Actually contains conjugated linoleic acid which protects against cancer
- Levels of cholesterol
 - Less than 1/2 fat in beef is saturated
 - Not all saturated fats are bad
 - Stearic acid
 - 1/3 saturated fatty acids in beef
 - Has a neutral to a lowering effect on blood cholesterol
 - Other half of fat in beef in unsaturated
 - Contains Oleic acid the fatty acid found in olive oil.



One final comment

- Lots of bad press regarding agriculture and animal production
- Recent quote from a higher end cooking magazine.
 - Nearly 75 percent of U.S. beef comes from cattle fattened on grain (usually corn) for three to six months in feedlots. Since corn is not a natural part of a cow's diet, cattle fed on it may experience stress and other ailments, so they are routinely treated with antibiotics.



Food and our planet

- With the current rate of growth in the human population it has been estimated that in 100 years we will need 7 earths to feed the world's population.