

More than 97 percent of U.S. beef cattle farms and ranches are family owned. Our responsibility to our cattle is providing ample food, water and care.



Produced by the
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HOUSEHOLD PRODUCTS

It is amazing what comes from cattle besides beef. You may have several of the following products in your home that are partially made from cattle by-products:

Crayons	Insulation
Creams and lotions	Linoleum
Deodorants	Musical instrument strings
Detergents	Paper
Dog Food	Shaving cream
Gelatin	Soaps
Glue	

PHARMACEUTICALS

Cattle provide medical products that enhance the quality of life for humans.

- Chymotrypsin (promotes healing of burns and wounds)
- Collagen (used in plastic surgery and to make non-stick bandages)
- Cortisol (anti-inflammatory)
- Thrombin (coagulant which helps blood clot)
- Pantcreatin (aids in the digestion of foods)
- Heparin (used to treat blood clots)

TRAVEL



To help us get where we are going, whether by land, air or sea, we get products from cattle.

- Antifreeze contains a binding agent derived from fat.
- Biodiesel and biofuel can be refined from fat and used in place of petroleum products.
- Fats and proteins are used to make auto and jet lubricants, outboard engine oil, high performance greases and brake fluid.
- Glue from beef protein is used in manufacturing automobile bodies.
- Tires have stearic acid from beef fat which helps rubber hold its shape.



LEATHER

Cowhide provides us with leather, which is used to make clothing, shoes, boots, belts, purses, wallets, gloves, sports equipment, automobile and furniture upholstery.

WOW that



COW

Cattle Provide Us With NUTRITIOUS BEEF



USDA's food guidance system, MyPlate, encourages everyone to go lean with protein. There are 29 cuts of beef that meet government guidelines for lean. Three ounces (about the size of a deck of cards) is about one serving.

For beef recipes, go to
www.beefitswhatsfordinner.org
For healthy eating information and
recommendations, go to
www.choosemyplate.gov

Beef provides ZIP & B'S

Beef is famous for providing ZIP: zinc, iron and protein; all of which help your body have more energy.

- 📖 **Zinc** helps heal your injuries, build muscle, strengthen your body to fight infections and it helps you think, remember and pay attention. It is also important to your sense of smell and taste.
- 📖 **Iron** carries oxygen to body tissues where it helps make energy, fight infection, and is important to young children's brain development. Iron from beef is much more easily absorbed than iron from vegetable sources. If someone is iron deficient, they might feel tired, score lower on problem solving tests or run out of energy sooner on the playing field.
- 📖 **Protein** is a source of energy for your body. It also builds and repairs body tissues like muscles and organs, helps fight colds, and helps move vitamins, minerals and other nutrients throughout the body. The protein in beef is a "complete protein" which means it has all the essential amino acids (building blocks) the body needs to build and repair tissue.
- 📖 Beef also is one of the best sources of **B vitamins** in the diet. B vitamins are important in metabolic activity - this means that they help make energy and set it free when your body needs it. Vitamin B₁₂ is needed for normal functioning of body cells and of the nervous system; it is only found naturally in food from animals.



Cows are Sustainable GREEN



Farm and ranch families know, "If you take care of the land—it will take care of you."

- 📖 More than two-thirds of grass land used for cattle (grazing) in the United States can't be used for anything else because it is too steep or hilly for building houses, or too rocky or dry for growing crops.
- 📖 Humans can't digest grass, but when cattle eat it, they produce nutritious meat and milk products.
- 📖 Most farmers and ranchers move cattle around on their land to avoid damaging the pasture. This is called rotational grazing and it helps the grass grow back faster and keeps the soil from washing away in heavy rain.
- 📖 Cattle actually help control wildfires because grazing reduces the height and density of the grass.
- 📖 Cattle grazing helps natural grass grow using manure as fertilizer and by pressing seed into the soil.

Cows and the ENVIRONMENT

- 📖 **Cows Are Recyclers**
In addition to eating grass, cattle eat leftovers of all types of food production, such as fruit pits, potato peels, almond hulls and sugar beet pulp. This reduces landfill waste while making high quality protein.
- 📖 **Clean Water Is Important**
Farmers and Ranchers respect their water. Whether it's drinking water for their families, water for the crops, cattle, or wildlife on the land, clean water is essential to keep the farm productive year after year.
- 📖 **Air Quality Is A Priority**
It is important to U.S. beef farmers and ranchers' livelihood to preserve a healthy, safe and clean environment for food production. For example, keeping dust to a minimum has been a priority for generations.

