



Do you know  
YOUR CUT OF  
**BEEF?**

# Beef Facts

Illinois raises more than **1 million** cattle, ranking it 27th in the U.S. Beef has **10 essential nutrients** including protein, iron and zinc.

## WHEN SELECTING BEEF, CHOOSE:

- Marbling – the little white in beef is key to flavor.
- A bright cherry-red color. Beef in a sealed bag typically has a darker purplish-red color. When exposed to the air, it will turn a bright red.
- Beef that is firm to the touch.
- A package that is cold with no holes or tears and without excessive liquid. Prime tops the grading scale, followed by Choice and Select grades.

## MARKETING MYTHS

**Antibiotic free:** All beef in your grocery store is antibiotic free.

**Gluten free:** There is no gluten (a grain product) in beef.

**GMO-free:** There is no GMO beef.

## CONSUMER CHOICES

**GRAIN-FINISHED CATTLE:** Spend most of their lives eating grass and forage in pastures. They are free to eat grain, local feed ingredients, hay or forage at the feed yard.

**GRASS-FINISHED CATTLE:** Spend their entire lives grazing and eating from pastures.

**HORMONE-FREE:** ALL animals have hormones. However, the USDA allows the label “raised without hormones” to indicate that no extra hormones were given to the animal.

For recipes and more info: [beefitswhatsfordinner.com](http://beefitswhatsfordinner.com); [factsaboutbeef.com](http://factsaboutbeef.com); [illinoisbeef.com](http://illinoisbeef.com); [watchusgrow.org](http://watchusgrow.org)