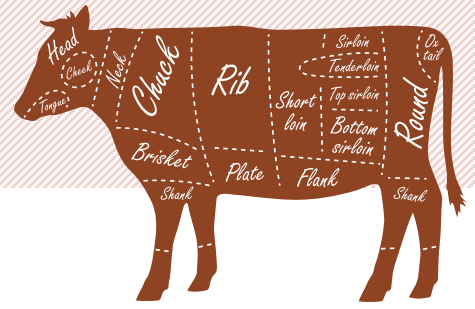




Beef



Nutrition

Protein in beef helps build strong muscles. Beef also has vitamins and minerals that keep us healthy.

How Beef is Raised



Cattle are raised in pastures and feedlots throughout their life cycle. They graze on the grass and are fed supplemental grain with vitamins and minerals as needed. Once the cattle are about 1200-1400 pounds, or around 18 to 22 months old, they are sent to a meat processing facility to be packaged for consumers.

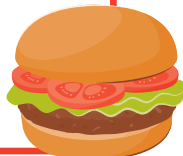
Did you know?



- Cattle are herbivores, meaning they eat only plant products. Cattle enjoy munching on grass, hay, and grains.
- Meat isn't the only thing cattle provide. Biproducts also are used to create other materials, such as cosmetics, plastic, leather, tires and soap (Via Kansas farm food connection).
- Beef is Kansas's top exported agricultural product. In 2021 beef made up about 18% of total U.S. beef production.

Harvest

Meat processing facilities are inspected by state or federal agencies who oversee the slaughter and processing to ensure the meat is safe for consumption.



Cuts

The muscles used for movement are typically tougher than muscle used to keep the animal stable. Tougher cuts include chuck, flank, brisket, and round. Loin and rib cuts tend to be more tender.

Preparation

- Use separate cooking utensils when using raw and ready to eat ingredients.
- Wash your hands between preparation of raw and ready to eat foods.

