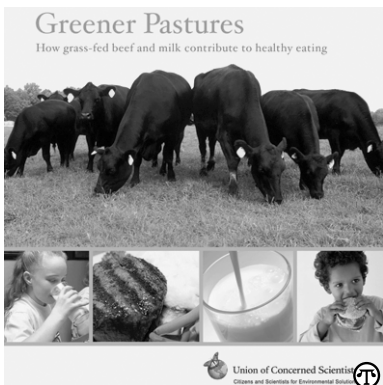




Beef With Benefits

(NAPSA)—The grass may indeed be greener for those who prefer that their beef and dairy products come from pasture-fed cows.

That's because a new study confirms that beef and milk from animals raised entirely on pasture have higher levels of some beneficial fats that may reduce the risk of heart disease and strengthen the immune system.



Scientists are finding that pasture-raised beef and dairy products may have nutrition benefits—and be better for the environment.

The Greener Pastures study, conducted by the Union of Concerned Scientists, also shows that grass-fed meat tends to be leaner.

Meanwhile, producing on pasture can reduce water pollution and the risk of antibiotic-resistant diseases.

Pasture-based meat production is a fledgling industry, but milk products can often be found at co-ops, larger natural food stores and in some supermarkets; and grass-fed beef products can be found at farmers' markets, via the Internet and from local producers.

To learn more, visit the Web site at www.ucsusa.org.