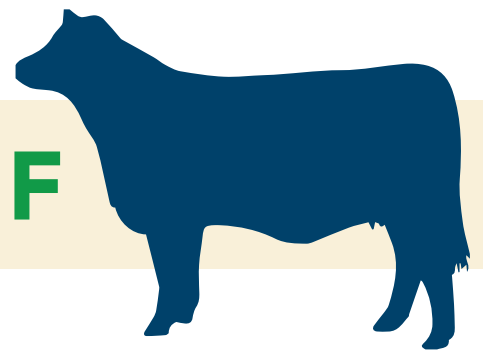


# 6 REASONS GRASS FED BEEF IS BETTER



## LEANER & CLEANER

The way cows are fed have a major effect on the nutrient density of their beef. Grass fed cows consume only grasses & forage their entire lives, never anything else. This results in beef that contains less fat than conventional beef & offers more health benefits when consumed.



## LOCAL

Our grass-fed beef is raised at Whippoorwill Farm in Salisbury, CT. They have been raising cattle for over 40 years. Their beef is 100% grass fed, dry aged and has a deep, rich beef flavor.



## NUTRIENT PACKED

Grass-fed beef has more brain-boosting Omega-3 Fatty Acids. It's also richer in Vitamin E & other antioxidants. Grass-fed beef also has 8x more beta-carotene that your body converts to Vitamin A for your skin & eyes.



## SUSTAINABLE

Because grasses trap atmospheric CO2, the grass-fed system can help fight climate change. Grass-fed cows also help grow land and sequester carbon.



## TASTIER

Grass-fed beef is less fatty but just as juicy & has a meatier, earthier flavor than grain-fed, thanks to the cows' super healthy diets.



## HAPPIER COWS

Cows are meant to eat grass, not grains, which are basically junk food & can make them sick. Grass is great for their digestion & overall health, plus they graze freely versus clustering around a crowded feed bin.



**TORY HILL**  
REAL FOOD FOR REAL PEOPLE