

NOW AVAILABLE

Grass Root Dairies



Pasture



to Market

BC LOCAL GRASS FED BEEF

100% Natural- 100% Canadian

Healthy Choice

Sustainable Produced Humanely Raised

Score Ten for Grass-Fed Beef

Lower in total fat

Higher in beta-carotene

Higher in vitamin E (alpha-tocopherol)

Higher in the B-vitamins thiamin and riboflavin

Higher in the minerals calcium, magnesium, and potassium

Higher in total omega-3s

A healthier ratio of omega-6 to omega-3 fatty acids (1.65 vs 4.84)

Higher in CLA (cis-9 trans-11), a potential cancer fighter

Higher in vaccenic acid (which can be transformed into CLA)

Lower in the saturated fats linked with heart disease



www.eatwild.com/healthbenefits.htm

GORTS GOUDA CHEESE FARM 1470 50th Street SW Salmon Arm, BC 250-832-4274