

Cattle provide us with a very nutritious food – beef. In addition, cattle make other significant contributions to our lives.

Produced by the
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HOUSEHOLD PRODUCTS

It is amazing at what comes from cattle besides beef. You may have several of the following products in your home that are partially made from fats or proteins:

- | | |
|--------------------|------------------|
| Ceramics | Insulation |
| Crayons | Linoleum |
| Creams and lotions | Paper |
| Deodorants | Shaving cream |
| Detergents | Sports equipment |
| Dog Food | Soaps |
| Gelatin | Textiles |
| Glue | |

PHARMACEUTICALS

Cattle provide medical products that enhance the quality of life for humans.

- N Blood factors (for treating hemophilia, killing viruses and making anti-rejection drugs)
- N Chymotrypsin (promotes healing of burns and wounds)
- N Collagen (used in plastic surgery and to make non-stick bandages)
- N Cortisol (anti-inflammatory)
- N Glucagon (treats hypoglycemia or low blood sugar)
- N Heparin (anticoagulant used to treat blood clots)
- N Pancreatin (aids in digestion of food)
- N Thrombin (coagulant which helps blood clot)
- N Vitamin B₁₂ (prevention of B-complex deficiencies)

TRAVEL



To help us get where we are going, whether by land, air or sea, products from cattle include:

- N Antifreeze contains glycerol derived from fat.
- N Asphalt contains a binding agent from beef fat.
- N Biodiesel and biofuel can be refined from fat and used in place of petroleum products.
- N Fats and Proteins are used to make auto and jet lubricants, outboard engine oil, high performance greases and brake fluid.
- N Glue from beef protein is used in manufacturing automobile bodies.
- N Tires have stearic acid from beef fat which makes rubber hold its shape.

TEXTILES CLOTHING



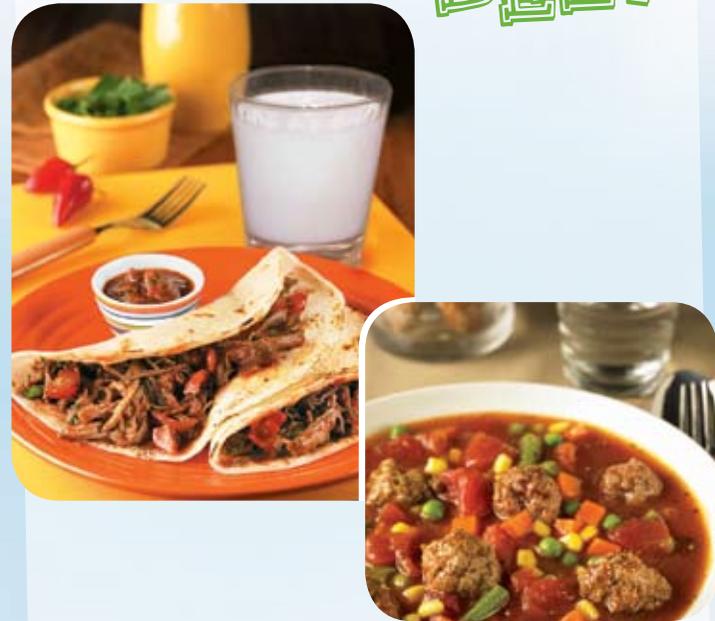
Cowhide provides us with the leather, which is used to make clothing, shoes, boots, belts, purses, wallets, gloves, sports equipment, automobile and furniture upholstery.

WOW that



COW

Cattle Provide Us With NUTRITIOUS BEEF



USDA's food guidance system, *MyPyramid*, stresses the importance of choosing foods that give the most nutrients for the calories consumed. These foods are called "power" foods! Lean beef is a "power" food and naturally fits within *MyPyramid*.

Lean beef not only provides the great taste that Americans love, it's also leaner than ever. A 3-ounce serving (about the size of a deck of cards) contributes less than 10 percent of the calories in a 2,000-calorie daily diet.

Beef provides ZIP & B'S

Beef is famous for providing ZIP: zinc, iron and protein; all of which help your body have more energy.

- N **Zinc** helps heal your injuries, build muscle, strengthens your body to fight infections and helps you think, remember and pay attention. It is important to your sense of smell and taste.
- N **Iron** helps red blood cells carry oxygen throughout the body. Iron from beef is much more easily absorbed than iron from vegetable sources. If someone is iron deficient, they might feel tired, score lower on problem solving tests or run out of energy sooner on the playing field.
- N **Protein** is a source of energy for your body. Protein builds and repairs your body's muscles, bone, blood and organs. The protein in beef is a "complete protein" which means it has all the essential amino acids (building blocks) the body needs to build and repair tissue.
- N Beef also is one of the best sources of **B vitamins** in the diet. B vitamins are important in metabolic activity - this means that they help make energy and set it free when your body needs it. Vitamin B₁₂ is needed for normal functioning of body cells and of the nervous system; it is only found naturally in food from animals. Vitamin B₆ is important for a healthy nervous system, and it helps the body fight infection and build protein needed for growth. Beef is also a good source of niacin and riboflavin.

Cattle Enhance the ENVIRONMENT



- N Most cattle graze on land that can't be used for anything else because the terrain is too steep or hilly for building houses, or too rocky or dry for growing food crops.
- N The United States has a total land area of nearly 2.3 billion acres. About 26 percent or 587 million acres, is used for grassland pasture and range land.
- N Much of this range land is covered with grass which contains cellulose, indigestible by humans. However, cattle can digest this grass, converting it into beef and dairy products.

Cattle are RECYCLERS

- N In addition to grazing on grass, cattle eat by-products of food production, such as fruit pits, potato peels, almond hulls and sugar beet pulp. This greatly reduces the amount of waste that goes into our nation's landfills.

Cattle Improve Grass & REDUCE EROSION

- N Most producers move cattle on their land from one area to another to avoid overgrazing in one particular area. Called rotational grazing, this system makes it possible for grasses to grow back more quickly which prevents soil erosion. This practice also ensures that no plant life is lost.
- N Cattle aerate the soil with their hooves, which means they loosen the soil when they walk on it. This allows more oxygen to enter the soil, helping grasses and plants grow better. If soil isn't aerated, it often develops a hard crust, which decreases the amount of water and nutrients it can absorb.
- N Grazing helps the natural grass grow by pressing seed into the soil and provides natural fertilizer in the form of manure for nutrients.

Cattle are FIRE FIGHTERS



- N When cattle graze they reduce the length of the grass, just as a human does when he or she mows the lawn. This is very helpful in reducing the spread of wildfires since there is less material to burn.
- N Cattle fight fires in another way – components from their blood are utilized to manufacture fire retardants used in fire extinguishers.