

BELTIE BEEF

"SIMPLY BETTER BEEF"



Whether grain or grass finished, heritage Belted Galloways or "**BELTIES**" produce a tender, flavorful beef that is simply better than the rest.



NUTRITIONAL FACTS

- Belties are an ancient breed of Galloway - cattle that are rugged, efficient, and able to convert a wide range of forages into delicious meat. Galloway breeds date back over 1,000 years and are the **ORIGINAL GOURMET BEEF.**



Nutritional studies done in 2009 (chart below), show how the Belted Galloway breed surpasses the USDA standards for both grain finished and grass fed. Lower in saturated fat, and higher in beneficial CLAs, Beltie beef is a healthy, delicious choice.

Per 100g Sample	Grassfed Beltie	Grain-Finished Beltie	USDA
Total Calories	119	177	274
Fat Calories	27	102	234
Total Fat (g)	3	11	22
Saturated Fat (g)	1	5	9
Cholesterol (m)	11	47	68
Protein (g)	23	19	18
Calcium (mg)	18	16	10
Total Fatty Acids	8	18	20
CLA	0.07	0.11	.01

These nutritional findings represent the opinion of their authors and have not been peer reviewed. They represent only an estimate of what farmers and consumers may find and are not to be used as absolute nutritional information. Reports from both studies can be found at www.beltie.org.

CONTACT THE BELTED GALLOWAY SOCIETY TODAY TO FIND YOUR LOCAL PURVEYOR OF BELTIE BEEF!

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