

# Brookshire Farm

Farming so traditional it's innovative!

Anne and Ben Blanchet, Owners

Bob Blanchet CEO

8916 Brookshire Road, Abbeville, Louisiana 70510

Cat Blanchet Ellison, Consultant

## Summary of Important Health Benefits of **Grassfed** Meats, Eggs and Dairy

### Lower in Fat and Calories.

**Extra Omega-3s.** Meat from grass-fed animals has two to four times more omega-3 fatty acids than meat from grain-fed animals.

**The CLA Bonus.** Meat and dairy products from grass-fed ruminants are the richest known source of another type of good fat called "conjugated linoleic acid" or CLA.

**Vitamin E.** In addition to being higher in omega-3s and CLA, meat from grassfed animals is also higher in vitamin E.

### **"Omega-6 is like a fat producing bomb..."**

So said French researcher Gerard Ailhaud, commenting on the results of a 2010 study showing that mice fed the amount of omega-6 fatty acids present in the modern western diet grow fatter and fatter with each succeeding generation. In the picture shown, the mouse on the left was raised on the high levels of omega-6 fatty acids and low levels of omega-3 fatty acids typical of the American diet. In addition to being grossly overweight, it has the warning signs of diabetes. The healthy mouse on the right was raised on standard mouse chow. The two mice got equal amounts of exercise. The mice are the fourth generation to be raised on the two types of diet.



Omega-6 fatty acids are essential for health, but the amount consumed by most Americans increases the risk of obesity, diabetes, inflammatory diseases, and cancer. Omega-6s are most abundant in vegetable oils such as corn oil, safflower oil, and cottonseed oils. (Olive oil is low in omega-6 fatty acids.) Few people realize that grain-fed animals are also a major source of omega-6s. Meat and dairy products from animals fed a high-grain diet, which is the typical feedlot diet, have up to ten times more omega-6s than products from animals raised on their natural diet of pasture.

**This study suggests that if we switch to food with a healthy balance of omega-6 and omega-3 fatty acids, we will be leaner and healthier, and so will our children, grandchildren, and great grandchildren.**

Massiera, F; Barbry, P; Guesnet, P; Joly, A; Luquet, S; Brest, CM; Mohsen-Kanson, T; Amri, E and G. Ailhaud. *A Western-like fat diet is sufficient to induce a gradual enhancement in fat mass over generations. Journal of Lipid Research.* August 2010. Volume 51, pages 2352-2361.  
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The Old Farmer's Advice: Better to keep your mouth shut and seem a fool than to open it and remove all doubt.

