



NEWS RELEASE

STUDIES SHOW WAGYU BEEF IS HEALTHY RED MEAT OPTION

GOLDEN, NM --- Wagyu beef is famous for its amazing flavor and tenderness, thanks to abundant marbling. And now, scientific studies have shown that the marbling in Wagyu beef creates a very healthy choice for consumers.

Traditional thinking has held that large amounts of marbling in beef meant the beef would be bad for you; that leaner meat is better and healthier. But research is proving just the opposite when it comes to Wagyu beef.

Studies conducted by the American Journal of Clinical Nutrition¹ (AJCN) have shown significant health benefits from the consumption of Wagyu. These findings confirm that Wagyu boosts an individual's immune system and provides essential amino acids.

In addition to the AJCN study, nutritionists from Texas A&M² have found that Wagyu cattle have more monounsaturated fats than any other breed of cattle, and that the conjugated linoleic acid (CLA) content in the fat is strikingly high. Studies have shown there is an abundance of Omega-3 fatty acids in Wagyu beef. The conclusion is that, in moderation, a Wagyu steak can be as healthy for the human body as salmon steak.

"The National Cattlemen's Beef Association's 2006 Beef Quality Audit found that the biggest challenge facing cattle producers was lack of marbling," Robert Estrin, the owner of Lone Mountain Cattle Company, said. "That was followed closely by tenderness and taste. Wagyu can fulfill all of these consumer needs. Wagyu stands out as a superior breed to meet this growing challenge to our industry."

The Wagyu breed is gaining popularity among cattlemen who are using superior Wagyu genetics to improve marketing capabilities through the grid system. Wagyu cows offer calving ease and the breed has excellent fertility rankings. And though it takes Wagyu longer to mature and the breed is not as heavily muscled as other breeds, the cattle more than offset that with superior marbling characteristics and steaks that have excellent flavor and are healthy for consumers. Wagyu beef, also known as Kobe-style beef, is rapidly gaining popularity in the culinary industry as one of the finest cuts of meat to grace a white tablecloth.

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“The message we want consumers and producers to understand is that Wagyu beef goes beyond prime in grading capabilities and is recognized as the marbling breed of the industry,” Estrin said. “Wagyu, when compared to other proteins, has less cholesterol than chicken, contains a higher amount of Omega-3 and Omega-6 fatty acids, and has more mono-unsaturated fat than any other beef.”

The Lone Mountain Cattle Company is a Full Blood Wagyu breeding operation located in New Mexico on the Lone Mountain Ranch. The company’s goal is to create the best possible genetics of Full Blood Wagyu and to be the leading Wagyu producer in the United States. The long-range goal is to focus on genetics to establish a Full Blood Wagyu herd of 150 to 300 breeding cows. Superior genetics is the key in taking Lone Mountain’s herd, and others Beyond Prime.

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Sited Sources:

¹ Conjugated linoleic acid-enriched beef production 1, 2, 3, 4

Priya S Mir, Timothy A McAllister, Shannon Scott, Jennifer Aalhus, Vern Baron, Duane McCartney, Edward Charmley, Laki Goonewardene, John Basarab, Erasmus Okine, Randall J Weselake and Zahir Mir

American Journal of Clinical Nutrition, Vol. 79, No. 6, 1207S-1211S, June 2004

² 2nd Korea-United States-Japan International Joint Symposium on Producing Higher Quality Beef for the Asian and Domestic Markets, 2007. Stephen B. Smith, Department of Animal Science, Texas A&M University presented “ A Comparison of Beef Cattle Production in the U.S., Korea, and Japan

<http://animalscience.tamu.edu/symposium/index.html>