

# Nutritional Comparison

## Forks Farm Pasture Foods vs. the Grocery Store

	Protein (g/100g)	Calories (cal/100g)	Cholesterol (mg/100g)	Saturated Fat (g/100g)	Total Fat (g/100g)	Vit A (IU)	Omega-3 (g/100g)	Omega-6 (g/100g)	Omega-6: Omega-3 ratio
<b>BEEF - top round Forks Farm Grass-fed beef</b>	<b>23.2</b>	<b>103</b>	<b>54</b>	<b>0.4</b>	<b>0.9</b>	<b>na</b>	<b>na</b>	<b>na</b>	<b>1.64<sup>a</sup></b>
Standard beef	21.4	172	60	3.6	8.8	na	na	na	3.12 – 3.90 <sup>a</sup>
% difference	+8%	-40%	-10%	-89%	-90%	na	na	na	
<b>CHICKEN - whole Forks Farm pastured chicken</b>	<b>17.8</b>	<b>178</b>	<b>68</b>	<b>3.04</b>	<b>11.81</b>	<b>210</b>	<b>.36</b>	<b>3.4</b>	<b>9:1</b>
Standard chicken	18.6	215	75	4.31	15.06	140	.18	2.96	16:1
% difference	-4%	-17%	-9%	-29%	-22%	+50%	+100%	+15%	
<b>EGG – 100 grams Forks Farm pastured egg</b>	<b>12</b>	<b>134</b>	<b>280</b>	<b>2.7</b>	<b>8.9</b>	<b>1,100</b>	<b>0.27</b>	<b>1.96</b>	<b>7:1</b>
Standard egg	12	149	425	3.1	10	635	0.07	1.29	18:1
% difference	none	-10%	-34%	-13%	-12%	+73%	+286%	+52%	

<sup>a</sup> From rib eye. All other beef data from top round.

### SOURCES OF DATA

Forks Farm chicken and egg analyses provided by American Westech, Inc., Harrisburg, PA. Comparisons based on values reported in the USDA Nutrient Database for Standard Reference. This study was funded in part by a grant from the USDA Sustainable Agriculture Research and Education (SARE) Program.

Forks farm grass-fed beef (top round) analysis provided by Lancaster Laboratories, Lancaster PA. Forks Farm grass-fed beef (rib eye) analysis provided by West Virginia University Beef Research Project. Comparisons based on values reported in Nutrient Values of Muscle Foods, National Livestock and Meat Board, Ed. One, 1988 & USDA Nutrient Database for Standard Reference.

To learn more about the health benefits of grass-fed visit [eatwild.com](http://eatwild.com)