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What If It Has All Been a Big “Fat” Lie?

The purpose of the research project was to determine the fatty acid profiles of select beef cuts from organic, grass, and grain fed cattle. The researcher also determined the Omega-3 fatty acid to the Omega-6 fatty acid ratio. In order to conduct this experiment, the researcher homogenized 6 strip steaks from grass, organic, and traditionally fed cattle. Through Folching and Methylation processes, the researcher extracted the fatty acids from the beef. The researcher classified the fatty acids identified by a gas chromatographer to obtain his results. The researcher concluded that traditionally-fed beef contained the highest amount of heart-healthy fatty acid, followed by grass-fed beef and then organically-fed beef. This conclusion was constructed after detailed data analysis and comparison. Data showed that the omega-3 to omega-6 fatty acid ratio in traditionally-fed beef was 1.27 :1. This ratio proved that traditionally-fed beef was the most heart-healthy when compared to grass-fed beef (1.19:1) and organically-fed beef (1.14:1). In all three types of beef, over 51.06% of the fat was heart-healthy and heart-neutral. Approximately 29.66% of the fat was heart-negative. The remaining fats contained too low of an individual percentage to make a difference. The researcher’s results and conclusion therefore dispel the myth that beef is a negative in the American diet, and proves it has all been a big “fat” lie.