




Beef Nutrition





DID YOU KNOW?


 **Ruminant:** Mammals that have a complex digestive system with four chambers in the stomach.

 **Concentrates:** Feeds that are high in energy and low in fiber.

 **Forage:** A high-fiber feed with relatively low nutrients for livestock.

 **Nutrition:** Fueling the body with the food necessary for health and growth.

 **Ration:** The feed an animal eats in a 24-hour period, that provides the animal nutrients.

 **TMR:** Total mixed ration is the practice of blending all feedstuffs into a complete ration.

FEED RATION

Feeding a balanced ration and formulating a diet are key to a successful in beef operation. A proper ration formulated for animals allows nutritionists to predict how long beef cattle must be fed to achieve targeted body weight. To develop the rate of gain predictions; you need to know the animal type, gender, weight, available feed ingredients, and housing type.

There are six classes of nutrients that are essential for cattle growth and development. These include water, carbohydrates, protein, fat, vitamins, and minerals.



TOTAL MIXED RATION (TMR)

A TMR combines feeds formulated, from a specific nutrient-dense recipe into a feed mix for cattle. Feed rations contain the following feeds: forages, grains, protein feeds, minerals, vitamins, and feed additives. There are many advantages of feeding a TMR are:

- Cows eat the fixed amount of forage and concentrates needed for good production and health.
- It lowers the risk of digestive upset and stabilized rumen pH.
- It provides more control and accuracy over the amount of feed given.



HUMAN NUTRITION

Beef can be a very healthy part of our diet, but like everything, it should be eaten in moderation. Beef is a good source of protein and other essential nutrients. Beef is an excellent source of iron. Iron aids in producing hemoglobin which helps your body carry oxygen to the rest of your body. One serving of beef also gives you 12% of the recommended daily dose of iron. Beef is also a good source of zinc which your body uses to heal damaged tissue while supporting a healthy immune system. Beef is a great source of protein which is needed for muscle health. A single serving of beef supplies one person's recommended daily amount of protein.

FUN BEEF FACTS

- One portion of beef is just four ounces, the equivalent of one quarter-pound burger.
- The healthiest beef is lean beef.
- Common beef products are hamburgers, steak, and hot dogs.
- Beef cattle have a four-compartment stomach which allows them to eat grass and hay.



JOKE OF THE DAY

What do you call a cow that has two legs shorter on one side than the other?

Lean Beef!

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