

# BEEF

## Virginia Ag Facts



Cash receipts (cattle and calves) . . . . . \$373.2 million  
 Number of beef cows . . . . . 675,000  
 —National Agricultural Statistics Service (Most recent figures, 2011)

### Virginia national beef cattle ranking

16th in number of cattle and calves  
 —NASS (Most recent figures, 2011)

### Top 10 cattle counties (ranked by total number of beef cattle)

County	Cattle
Augusta . . . . .	35,500
Rockingham . . . . .	28,000
Washington . . . . .	26,500
Bedford . . . . .	26,000
Wythe . . . . .	22,500
Pittsylvania . . . . .	21,000
Fauquier . . . . .	18,500
Russell . . . . .	18,300
Rockbridge . . . . .	17,000
Carroll . . . . .	16,900
Shenandoah . . . . .	16,600

—NASS (Most recent figures, 2011)

### Health benefits of beef

Half the fatty acids in beef are monounsaturated, the same heart-healthy kind found in olive oil.

Thirty-two percent of the saturated fat in beef is stearic acid, which studies have shown has a neutral effect on blood cholesterol levels.

There are at least 29 cuts of beef classified as lean or extra lean according to USDA labeling guidelines. On average, these cuts have 6.2 grams of total fat and 2.3 grams of saturated fatty acids per 3-ounce serving.

Beef is the No. 1 food source for protein, vitamin B12 and zinc.

—National Cattlemen's Beef Association

### Beef up your knowledge

Nearly nine out of 10 U.S. households, about 88 percent, will eat beef at home in the next two weeks.

Steak, eaten plain, is the single most popular beef dish, eaten more than once a month by the average person. Burgers continue to outpace chicken nuggets served in restaurants by more than 2 to 1.

The U.S. beef industry is made up of more than 1 million businesses, farmers and ranches, operating in all 50 states. In 2007, beef production reached 26.42 billion pounds and the beef industry was worth \$74 billion.

While the United States has less than 10 percent of the world's cattle inventory, it produces nearly 25 percent of the world's beef supply.

The average U.S. household purchases ground beef about once a month. Seventy-eight to 84 percent lean is the most popular type of ground beef purchased.

U.S. beef producers spend an average of \$2 million on food safety research and technology every year.

—National Cattlemen's Beef Association

### Don't have a cow

A calf weighs about 80 pounds at birth.

Although a cow has no upper front teeth, it grazes up to eight hours a day, taking in about 100 pounds of feed or grass.

One 1,000-pound steer can yield almost 1,000 quarter-pound burgers, just from the normal cuts of meat used for ground beef.

Many medicines, including insulin and estrogen, are made from the glands of cattle.

—The Missouri Beef Industry Council



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