

Beef Cattle



Beef Cattle, were brought to Hawaii in 1793 by Captain George Vancouver who gave six cows and a bull to King Kamehameha. It didn't take long for cattle populations to flourish and expand on the islands, because they were uniquely suited to graze lands with rugged terrain that were not suited for crop production. Hawaii's cattle producers combine recent advances in technology with traditional management practices to produce healthy beef and improve natural resources.

Scientific name: *Bos taurus*, *Bos indicus* (L.)

Gestation length: 283-285 days (9 months)

Nursing phase: Birth – Weaning (7-10 months). Newborn calves nurse on their mother's milk, and eventually adjust to a pasture based diet, becoming more dependent on forages for nutrition.

Stockering or Growing phase: Post-weaning (3-5 months). These calves consume forages and grass for economical gains as their bodies grow, and become ready for a finishing ration.

Finishing phase: Two options

Feedlot. Most beef cattle spend approximately four to six months in a feedlot where they are fed a grain-based diet and allowed to socialize and exercise.

Grass Finished. Most beef cattle spend approximately seven to twelve months on pasture in a rotationally grazing system which allows for good nutrition, efficient gains and sustainable land use.

Harvest and Processing

- Once cattle reach market weight (typically 1,100-1,300 pounds and 18-24 months of age), they are sent to a processing facility to be harvested.
- U.S. Department of Agriculture (USDA) inspectors are stationed in all federally inspected packing plants to oversee and ensure food safety, product quality and animal welfare standards are implemented.

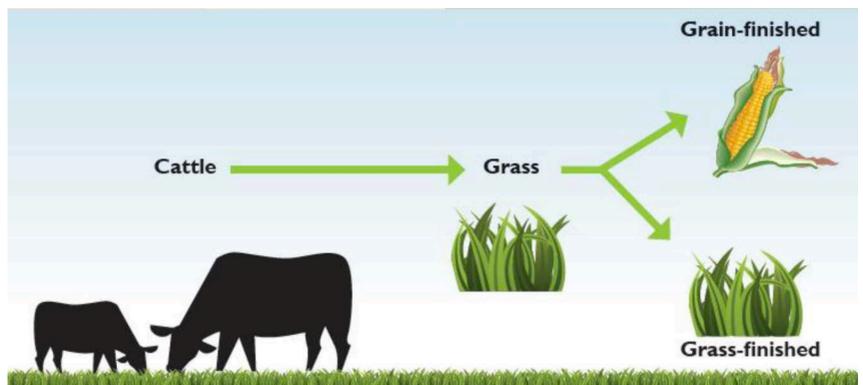
Nutrition and Preparation

- Heart Healthy: Twenty-nine cuts of beef meet government guidelines for lean!
- Match style of cookery (grill, roast, braise, fry, broil, stew, etc.) to individual cuts for an optimum eating experience.



Other Names:

Pipi (Hawaiian), povi (Samoan), baka (Filipino), kannukāli (Malayalam), gachug (Korean), ushi (Japanese)



Twenty-nine Ways to Love Lean Beef

Skinless Chicken Breast	0.9 g sat. fat	3.0 g total fat
Eye Round Roast and Steak*	1.4 g sat. fat	4.0 g total fat
Sirloin Tip Side Steak	1.6 g sat. fat	4.1 g total fat
Top Round Roast and Steak*	1.6 g sat. fat	4.6 g total fat
Bottom Round Roast and Steak*	1.7 g sat. fat	4.9 g total fat
Top Sirloin Steak	1.9 g sat. fat	4.9 g total fat
Brisket, Flat Half	1.9 g sat. fat	5.1 g total fat
95% Lean Ground Beef	2.3 g sat. fat	5.1 g total fat
Round Tip Roast and Steak*	1.9 g sat. fat	5.3 g total fat
Round Steak	1.9 g sat. fat	5.3 g total fat
Shank Cross Cuts	1.9 g sat. fat	5.4 g total fat
Chuck Shoulder Pot Roast	1.8 g sat. fat	5.7 g total fat
Sirloin Tip Center Roast and Steak*	2.1 g sat. fat	5.8 g total fat
Chuck Shoulder Steak	1.9 g sat. fat	6.0 g total fat
Bottom Round (Western Griller) Steak	2.2 g sat. fat	6.0 g total fat
Top Loin (Strip) Steak	2.3 g sat. fat	6.0 g total fat
Shoulder Petite Tender and Medallions*	2.4 g sat. fat	6.1 g total fat
Flank Steak	2.6 g sat. fat	6.3 g total fat
Shoulder Center (Ranch) Steak	2.4 g sat. fat	6.5 g total fat
Tri-Tip Roast and Steak*	2.6 g sat. fat	7.1 g total fat
Tenderloin Roast and Steak*	2.7 g sat. fat	7.1 g total fat
T-Bone Steak	3.0 g sat. fat	8.2 g total fat
Skinless Chicken Thigh	2.6 g sat. fat	9.2 g total fat

There are 29 cuts of lean beef with a total fat content that falls between a skinless chicken breast and skinless chicken thigh when comparing cooked 3-ounce servings.

*Cuts combined for illustration purposes.

Lean: less than 10g of total fat, 4.5g or less of saturated fat and less than 95mg of cholesterol per serving and per 100 grams. Source: U.S. Department of Agriculture, Agricultural Research Service, 2007. USDA Nutrient Database for Standard Reference, Release 20. Based on cooked servings, visible fat trimmed.



COOPERATIVE EXTENSION

UNIVERSITY OF HAWAII AT MĀNOA
COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES