



**KNOW
YOUR FOOD**



BEEF



BY THE NUMBERS – 2022

17,000

Albertan beef producers

40%

of Canadian cattle live in Alberta

70%

of Canadian beef is processed in Alberta

50% of processed Canadian beef is exported internationally

FUN FACTS

1 serving = 15%

of lean ground beef

of your recommended daily value of iron



DID YOU KNOW?

Beef plays an important role in a balanced and healthy diet, providing a natural source of protein and essential nutrients such as iron, zinc and B12.



ENVIRONMENT

Beef producers support grasslands and safeguard homes for wildlife, birds, pollinators and fish, including more than 60 species at risk. Cattle can upcycle by-products and graze off land unsuitable for crop production.

Land used for beef cattle production in Canada stores about 1.5 billion tonnes of carbon.



MEET A PRODUCER

Jerry Baerg, Ribbon Creek Ranch

Jerry Baerg and his family raise cattle on land that his grandfather purchased in 1972. Initially, the farm was 1,500 acres of mostly cultivated land that served primarily to grow grain and hay, with a small backgrounding operation. Jerry got involved in the early 2000s and brought with him a renewed focus on building a viable and sustainable family business. He transitioned the backgrounding operation into a progressive commercial cattle operation, sourcing genetics and seedstock from producers who were prioritizing environmental stewardship within their own farms and ranches.



The further a cut of beef is from the hoof or horn, the more tender it is likely to be.



Visit the Know Your Food website at knowyourfoodab.ca

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Ag for Life