



Highland Beef

As Nature Intended

A photograph of Highland Cattle in a stream. On the left, a dark brown Highland cow with long, shaggy fur and curved horns stands in the water. In the center, another dark brown cow is partially visible behind a mossy rock. On the right, a lighter brown Highland cow with long, shaggy fur is also in the water. The background is a lush green forest with trees and foliage. The entire image is overlaid with a semi-transparent orange banner on the right side, which contains text.

Naturally Reared

Highland Cattle are generally naturally reared, thriving in the hills and uplands of our country without the need for intensive farming practices.

Conservation and Landscape

The breed has helped to form the landscapes we cherish and is continuing to play a huge conservation role throughout the UK.

Farming

Reduces the need for intensive farming practice.

Traceability

The Highland Cattle Society has fully computerised records, and able to authenticate the complete traceability of this unique product.

The Beef

It is the breed and the grazing habits of the cattle that help to produce tender, tasty beef.



Studies have shown that compared to most breeds the beef is:



- Low in total fat, low in cholesterol and high in protein.
- Has higher levels of 'good fats' such as omega 3 and lower 'bad fats' omega 6 and in good ratios. (People who have ample amounts of omega-3 fatty acids in their diet are less likely to have high blood pressure or irregular heartbeat).
- Has Higher Levels of Conjugated Linoleic Acid (CLA) which exhibits potent antioxidant activity. When ruminants are raised on fresh pasture alone, their meat and milk contains from three to five times more CLA, than similar products from animals fed a conventional grain-based diet. Research indicates that it may be one of the most potent defences against heart disease, diabetes, and cancer. Beef is one of the best dietary sources of CLA and naturally reared Highland beef has even greater levels than your average breed.
- Higher vitamin levels, particularly vitamins A (β -carotene) and E(α -tocopherol). These are all anti-oxidants. The yellower the fat colour normally means higher levels of anti-oxidants, and can be a good indicator of how nutrient-rich the meat is. Slow cook the beef to avoid destroying these valuable vitamins.
- Higher mineral levels such as Iron in a form that is in a form that is absorbed efficiently by the body.





Also beef contains

Vitamin B12. Red meat is one of the few dietary sources of vitamin B12, an essential nutrient that is important for blood formation and your brain and nervous system.

Zinc. Beef is very rich in zinc, a mineral that is important for body growth and maintenance.

Selenium. Meat is generally a rich source of selenium, an essential trace element that serves a variety of functions in your body

Niacin. One of the B vitamins, niacin (vitamin B3) has various important functions in your body. Low vitamin B3 is associated with an increased risk of heart disease

Vitamin B6. Vitamin B6 is important for blood formation and energy metabolism.

Phosphorus which is essential for body growth and maintenance.

How to find Highland Beef

There are many small scale producers, farm shops and some specialist butchers who source Highland Beef. So, ask at your butchers and see if they can get hold of some.

You can also search

www.highlandcattlesociety.com/where-to-buy-it

Help to preserve these special genetics and enjoy beef from Highland cattle.





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www.highlandcattlesociety.com

