

U.S. Belted Galloway Society Inc.



- About the Breed
- About the Society
- Benefits of Beltie Beef
- BYG
- Society Links
- News & Discussion
- Locating Animals
- Events Calendar
- The Extras

About the Breed
 History & Attributes
 Guidelines for Selection
 Breed Data
 Beef Data

Important Information
 Membership Registration
 Forms & Charts
 Services Available

Check it out!

Check out the Benefits & Profitability of Beltie Beef

New Forms & Charts Section



Galloway Beef is Low in Fat, High in Flavor !

One of the purposes of raising cattle is production of meat for human consumption. Today's health conscious society wants a product low in fat yet tender, juicy and flavorful. These needs are being met in Belted Galloway beef.



Carcass comparisons made in 1994 by A.R.C. Butson, M.D., of Maple Brae Farms, Hamilton, Ontario, CAN between a half-dozen purebred Belties and an equal number of commercial cattle placed Belted Galloway beef low in saturated fat content as well as total fat average, and indicated high ratios of Omega 6 to Omega 3—the beneficial linoleic and linolenic acids.

CARCASS TEST COMPARISONS

Fat and Cholesterol Content expressed as gm/100gm raw meat, with exception of cholesterol Lipid Analytical Laboratories, U. of Guelph, CAN

	Belted Galloway	Random Commercial
Total fat average	2.71	3.24
Saturated fat	1.23	1.34
Palmitic acid (saturated)	.70	.81
Stearic acid (saturated)	.46	.45
All polyunsaturated	.28	.35
Omega 6 linoleic acid (polyunsaturated)	.12	.19
Omega 3 linolenic acid (polyunsaturated)	.037	.031
Omega 6:Omega 3 ratio	1.99	5.03
All monounsaturated	1.18	1.53
Eicosapentaenoic acid (EPA)	.022	.011
Docosahexaenoic acid (DHA)	.0041	.0026
	USDA average 1970	
Cholesterol, mg/100g (single sample)	49mg	70mg

Dr. Butson's conclusion based on results obtained from the blind study conducted at the University of Guelph was, "Belted Galloway meat is more beneficial than pork loin and about as good as roasting chicken."

"More recent studies funded by the Belted Galloway Foundation and conducted by an independent food laboratory support earlier studies that Belted Galloway beef (whether grass fed or grain finished) is a leaner and healthier beef product for today's consumers. Watch this space for more details in the coming months."

The USDA Meat Animal Research Center (MARC) at Clay Center, Nebraska conducted extensive testing of multiple beef animal traits during the period of 1986 to 1990. The results of the overall study indicated that no one breed

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excelled in all of the traits important to the beef industry; that each breed may contribute different and potentially valuable genetics to crossbreeding programs.

What the research did reveal was that the Galloway excelled in the beef quality trait areas of Flavor and Juiciness ... meaning that Galloway beef ranked first in taste. This outcome is of significant importance in itself.

In a **Consumer Satisfaction** research project professional sensory panelists found that, to the consumer, flavor is more closely related to the overall 'liking' of beef than tenderness. This research project, developed and coordinated by the **National Livestock and Meat Board** in cooperation with **Texas A&M University**, was completed and published in September, 1994.

Breed Group	Flavor	Juiciness
Galloway	4.89	5.14
Original H/A cross	4.87	5.12
Pinzgauer	4.88	5.10
Shorthorn	4.89	5.08
Piedmontese	4.78	5.05
Longhorn	4.84	5.04
Cur H/A cross	4.84	5.023
Charolais	4.86	4.93
Gelbvieh	4.75	4.93
Salers	4.83	4.93
Nellore	4.78	4.75

Throughout history the Galloway was noted for its fine-textured meat, its hardiness and foraging ability. In 1573 it was written, "In the Galloway section of Scotland are oxen of large size, whose flesh is tender, sweet and juicy."

Today we are finding that this ancient breed of cattle is coming forward to meet our modern criteria.

This article contains excerpts from Dr. A.R.C. Butson's 1994 report presented to the U.S. and Canadian Annual Galloway Meetings titled, "Beef Fat in Belted Galloways"; and from Patricia Pruitt's 1995 article in her industry quarterly, The Galloway Press. Clay Research Center's breed carcass test evaluations included solid-colored Galloways.

