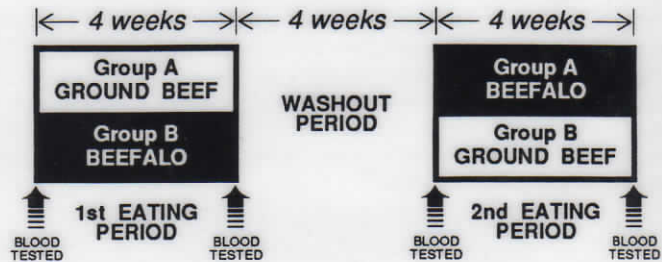


Summary of the Central Washington University Beefalo Study

✓ Study was published in the *Journal of the American Dietetic Association*

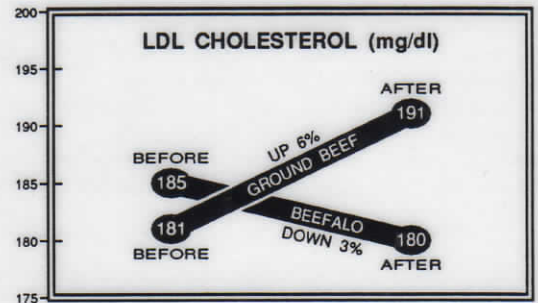
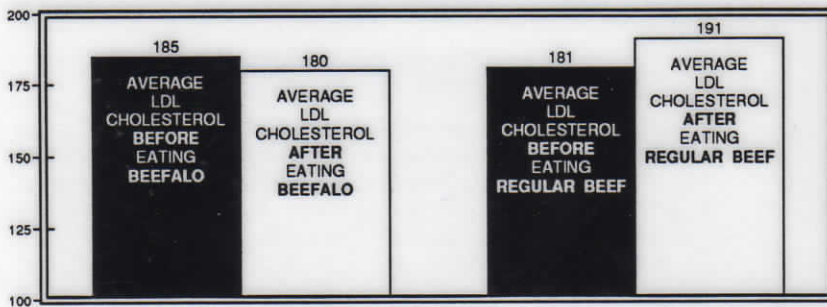
✓ 12 volunteers with higher-than-average cholesterol levels
 —Participants were randomly divided into two groups (A and B)
 —Blood samples were taken from each participant every 4 weeks

✓ Study lasted 12 weeks
 —Weeks 1 through 4 ... Eating period #1
 Group A ate **LOW-FAT GROUND BEEF**
 Group B ate **GROUND BEEFALO**
 —Weeks 5 through 8 ... Washout period
 All participants returned to their "normal" diets
 —Weeks 9 through 12 ... Eating period #2
 Group A switched to **GROUND BEEFALO**
 Group B switched to **LOW-FAT GROUND BEEF**



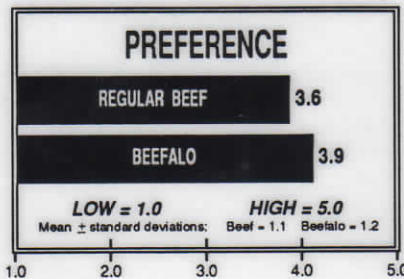
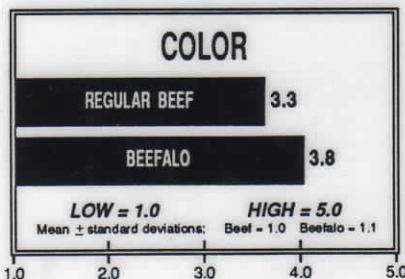
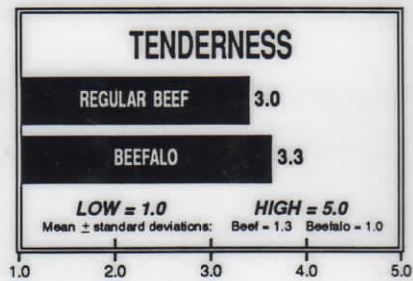
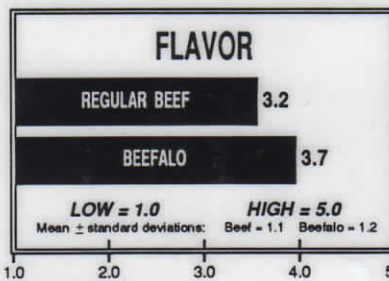
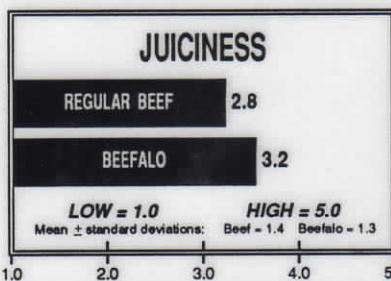
✓ Each participant ate 8 ounces of meat per day, 5 days per week
 —Participants did not know which meat they were eating during either of the 4-week eating periods

✓ Meat was purposely prepared with similar fat content
 —Regular ground beef used in the study had 12% fat (this is less fat than normally found in ground beef)
 —Beefalo meat used in the study had 13% fat (this is more fat than normally found in beefalo meat)



✓ Study found a significant difference in participants' LDL Cholesterol levels after eating the two meats
 —LDL levels rose an average of 6% after participants ate the regular ground beef for 4 weeks
 —LDL levels dropped an average of 3% after participants ate the ground beefalo for 4 weeks

✓ Participants were asked to rank the meats on the basis of juiciness, flavor, tenderness, color, and preference
 —Beefalo was ranked superior to or equal to the regular ground beef in all five categories



"The ground bison hybrid was said to be moist, less greasy, leaner, good, and more like hamburger. Ten subjects said they liked both meats about the same, four liked the bison hybrid better, and one preferred the beef."
 [Study @ p. 60]