

and, thus, could cause gall bladder attacks. Dr. Keown adds that he has had no digestive problems after eating Beefalo. He has also seen a considerable reduction in his cholesterol count.

"A while back I went on a low-cholesterol, fat-free diet," he says. "This was before I started eating Beefalo. At the time, my cholesterol count was 210. I lost 20 pounds on the diet, but there was no significant drop in my cholesterol. After eating Beefalo for about 6 months, my cholesterol dropped to 170."

Asked which he considers more important to watch, fat or cholesterol, Dr. Keown replies, "I'm not sure you can separate them. I think it is equally important to watch both; but, frankly, I prefer to tell my patients to watch fat, because if you watch your fat intake, you lose weight and save on cholesterol."

Reminded that test results show Beefalo to be just a little higher in fat content than fish and chicken, Dr. Keown replies with a chuckle, "Your statistics are very fair. You've got to remember that you're comparing SKINLESS chicken against Beefalo, and, of course, that accounts for some of the difference. How many people do you know who actually remove the skin from chicken?"