

# Some interesting facts about beef

Caller: I have a complaint about my car insurance.

Response: I am sorry sir, you have reached the Beef Information Centre.

Caller: Right! And I have a beef about my car insurance.

This dialogue is a classic from the thousands of calls Beef Information Centre receives each year. With offices across the country, staff serve as a national information resource to health and food service professionals, retailers and related industries, educators and consumers.

Questions span the spectrum from the bizarre to the most sophisticated. Here is a collection of some more memorable calls.

*Will an athlete test steroid positive if he eats beef?*

Absolutely not. Hormones are produced naturally by all animals, including humans and by plants. A 3 ounce (100 g) serving of beef from a treated steer has 1.9 nanograms (1 billionth of a gram) of estrogen. Compare this to the estrogen content of 1 egg with 1750 nanograms, a 100 gram serving of cabbage with 2400 nanograms, and a pint of beer with 1900 nanograms. Each day the human body produces much larger amounts of estrogen. An adult man produces 130,000 nanograms; a non-pregnant woman 480,000 and a pregnant woman 20,000,000.

*I read that your body absorbs more iron from a 3 1/2 ounce serving of beef than from an 8 ounce bag of spinach. According to my nutrient tables. Spinach has twice as much iron as beef.*

Not all iron is created equal. Your body more readily absorbs heme iron from animal products than non-heme iron from vegetables, fruits and cereals. Heme

iron absorption rates can be as high as 25% whereas non-heme rates range between 3 and 10%. The presence of heme iron in the diet improves the absorption of non-heme iron. So while the nutrient tables indicate the iron content of spinach is higher than beef, most goes unabsorbed.

*Where can I get 24 cattle horns for my cub pack to make musical instruments?*

Very difficult request. Most animals are dehorned at a very young age, before the horns have formed. Some breeds have no horns, and other breeds have genetically developed strains without horns.

*Is natural beef better? Should I spend the extra money?*

All beef in the fresh meat counter could be labelled "natural" according to the guidelines of Consumer and Corporate Affairs, since fresh beef does not contain preservatives, additives or dyes and is not further processed. Canadian beef is a safe, wholesome product. Both regular and "natural" beef must pass the same meat inspection standards, and if a chemical analysis was conducted on regular and natural beef, the results would be the same.

*Do all cuts of beef have the same amount of nutrients? I'm on a fixed income and concerned about good nutrition.*

Nutrient values of protein, iron and B vitamins vary little from one cut to another. A 3 1/2 ounce serving of beef provides 49% of man's recommended protein intake, and 35% of his recommended iron intake. Organ meats, such as kidney and liver, have a higher iron content.

*The side of beef in my freezer was bought from a local abattoir. The fat is very yellow, tastes peculiar and the condition seems to be getting worse.*

The yellow fat indicates a high proportion of unsaturated fat which turns rancid more quickly than saturated fat. Storage times must be reduced as the oxidation rancidity process continues in the freezer. Buying graded beef ensures a high quality product. Firm white fat is a requirement of Canada Grade A beef.

*Why are stores allowed to package fresh ground beef around old stuff? The meat in the centre of the package is always dark.*

When beef is freshly cut it is dark red. Beef then "blooms", changing to a bright red when exposed to oxygen. Freshly ground beef falling directly from the grinder to a meat tray has too brief an exposure to oxygen to "bloom" before it is covered with more meat and wrapped. Oxygen passes through the wrap and oxygenates the outer layer of meat but the centre remains dark.

*Is beef cut from the side the steer sleeps on less tender than meat from the other side?*

Tenderness is unaffected by an animal's sleeping habits. The major factor influencing tenderness is the cut itself. Tender cuts, from the rib loin or sirloin come from muscles that get very little exercise, while medium tender and less tender cuts, like the blade, come from muscles that are used regularly, building more connective tissue. By understanding the inherent tenderness of each cut and choosing the best cooking method, all cuts can be made tender.

# Ministry warns of high water

The Ministry of Natural Resources is urging Ontario residents to play it safe and avoid rivers and streams while flood potential is high across the province.

"Water levels in rivers and streams throughout Ontario are high," Natural Resources Minister Vincent Kerrio said.

"These waters are fast-running and extremely cold. I urge all Ontario residents -- especially children -- to avoid all bodies of water while the potential for flooding remains high."

The ministry continues to closely monitor weather conditions and water levels throughout the province. The two main concerns are heavy rainfall on saturated ground and high temperatures combined with heavy rains in snow-covered areas.

In Southern Ontario, melting snow and moderate to heavy rains have fully saturated the ground in many areas. More heavy rains during the next two weeks could create flooding conditions.

In Northern Ontario, the ministry will be watching snow and ice conditions over the next six to eight weeks until spring breakup is complete. Heavy rains and rapid temperature increases could cause flooding.

"I would hope that boaters and canoeists use extreme caution or stay off the water due to the dangerous conditions on rivers and streams," Kerrio said.

Heavy rains and thunder storms have led to flooding in the Northeastern United States over the past few weeks. But so far, these conditions have largely bypassed Ontario.

## SCHREIBER-TERRACE BAY COMMUNITY FUTURES ORGANIZATION

### ANNUAL GENERAL MEETING

Thursday, April 20, 1989  
7:00 p.m.

Conference Room,  
Terrace Bay Recreation Centre

#### Agenda will include:

- President's Annual Report
- Committee Report
- Financial Report
- Proposed By-Laws
- Appointment of Auditor for the coming year

This meeting is open to all residents of the area between the Steel River on the east, the Dublin River on the west, and 30 miles north and south of Highway 17.  
Refreshments available.

## Northwestern symposium on school drug programs

"We want everyone who has anything to do with Alcohol and Drug Programs in the school systems to become aware of what a comprehensive Model School Policy looks like and how it can be put in place."

That was the comment of Thunder Bay Centre Director Ken Moffatt as he announced the Addiction Research Foundation is sponsoring a one-day Symposium for Northwestern Ontario on April 28th at the Landmark Inn having the theme "School Based Alcohol and Drug Programs".

In making the announcement about the symposium, Moffatt pointed out that there are some high calibre resource people that will be on hand.

The day will begin with a presentation by Ken Black, MPP for Muskoka-Georgian Bay, on "The Need for Alcohol and Drug Policy Development in Ontario Schools".

In his 1988 Task Force Report on Illegal Drug Use in Ontario, Black recommended to the Minister of Education that schools should be required by 1991 to have comprehensive programs in place. (The Minister of Education has already responded positively to this recommendation.)

In addition, Professor Robert Solomon of the University of

Western Ontario will address the "Legal Considerations" related to alcohol and drug issues and the school systems. Solomon is always a colorful presenter and he will be available for small group sessions in the afternoon.

Other resource people are from the Addiction Research Foundation. Among these will be Glen Murray, the Northern Region Director; Paula Stanghetta, Community Consultant from Kitchener; Gloria Silverman, Program Manager, Prevention and Health Promotion Programs Division; Ann Pollard, Community Consultant, Sault Ste. Marie; and Doug Graham, Centre Director, North Bay.

Moffatt explained that the Kenora office of the Foundation under the direction of Tom Jurivec, is joining with the local office in inviting people from all across Northwestern Ontario to the April 28th symposium at the Landmark Inn.

Up to 85 people can be accommodated at the event which runs from 8:30 a.m. to 4:30 p.m. The twenty-five dollar registration fee covers costs of materials and the noon luncheon. For further information, people may contact either of the Northwestern Ontario ARF offices - Kenora (468-6372) or Thunder Bay (622-0607).



The Lake Superior Board of Education  
Lake Superior High School



## PARENT TEACHER INTERVIEWS

will be held on both Campuses  
on Wednesday, April 19, 1989  
from 1:00 p.m. - 3:00 p.m.  
and 7:00 p.m. - 8:30 p.m.

Students will receive their report cards  
and a list of teacher locations  
prior to this date.

If further information is required  
contact the school at 824-2550 or 825-3271

Chairperson  
P. Richardson

Director  
I. McQuarrie