

Is Wagyu Beef a Healthy Choice?

Wagyu is arguably the finest tasting, healthiest beef in the world, and Joseph Decuis is the only restaurant in the United States raising our own Wagyu with traditional Japanese husbandry practices. We toured the working farm and saw the heritage farm in action. Joseph Decuis Farm acquired the genetics perfected in Japan over six decades and strictly employ the essential husbandry farm practices. Their Wagyu cattle are raised in an all-natural, drug-free, stress-free humane environment with a special Japanese diet.

What Makes Wagyu Beef Healthier Than Other Breeds?

It outperforms all others because it's unique in their balance of fats, a high level of marbling in combination with highly desirable monounsaturated fatty acids, primarily oleic acid. That sets Wagyu apart. Nutritionists and medical professionals are stressing the importance of fat in the diet, its role in heart health, and as "brain food" in childhood development.

In addition, Wagyu beef also provides a higher amount of omega-3 fatty acid, and it's important to note that beef is also an excellent source of protein, vitamins, and minerals like B vitamins, iron and zinc.

Considering the health benefits, oleic acid has been established as heart healthy and associated with reducing "bad cholesterol in humans, fighting infection, and reducing the inflammatory effects of those starches and carbohydrates in cardiovascular disease.

For More Detailed Information See: Prof Dale Woerner Presentation - 2020

<https://worldwagyuCouncil.com/about/health-benefits-of-wagyu/>

Full Slide Presentation by Prof Dale Woerner – 2020

https://www.facebook.com/watch/?v=170902031684583&extid=NS-UNK-UNK-UNK-IO5_GK0T-GK1C&ref=sharing

Jimmy L. Horner, Ph.D. – President Protocol Technologies

Letter of verification:

Wagyu is a healthy choice consumed in moderation. "I can assure that it is indeed the healthiest beef available worldwide based on its fatty acid profiles."

100% Wagyu beef can come from anywhere, so long as it's from one of the four breeds of native Japanese cattle. It produces meat with a high level of marbling.

Is Crossbreed American Wagyu Healthy?

American Wagyu beef almost always comes from Wagyu cattle crossbred with other beef cattle, such as Angus so it is not 100% Wagyu. It has some of the healthy qualities and the popular beef flavor from Angus beef.