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Think Twice Before Beef's for Dinner

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We all know eating fewer animal products is good for the environment. But when you do eat meat, do a favor for both the planet and your health and try to choose protein from humane, sustainable farms. Besides, it's proven that compassionately-treated animals produce tastier, more tender beef.

It's true that the majority of the animals raised for food live miserable lives of confinement in dark, overcrowded facilities known as factory farms. The conditions at these places are horrifying. Antibiotics are administered

regularly to the animals in an attempt to ward off diseases bred by unnatural, unsanitary conditions. But, instead of doing their best to keep these animals healthy, farm managers are more concerned with keeping the animals just alive enough. It's more about *how sick can these animals be without dying* than it is about cultivating healthy livestock. And, to promote faster growth, the animals are fed hormones and even more antibiotics.

Along with [The River Cafe](#) and Jean-Georges' [Mercer Kitchen](#) in NYC, Niman Ranch also has quiet the extensive clientele on the West Coast: [Rustic Canyon](#), a hip wine bar and seasonal kitchen in Santa Monica, offers up the sustainable protein, as does [Forage](#), the new hipster joint in the Los Angeles neighborhood of Silver Lake. 

Even many of the gourmet food trucks are saying no to factory farms. [Patty Wagon](#) is roaming the streets of L.A., serving up sassy organic sliders made from Idaho-bred, grass-fed beef.

Do you think it's important for restaurant owners to take responsibility and only serve beef that comes from sustainable, humane farms? What are some of your favorite restaurants that serve sustainable meat?

For more great info about the benefits of grass-fed food, visit [EatWild.com](#).

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