

Red Meat & Iron

The role of red meat in a balanced diet



INSIDE
Great Tasty Recipe



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Cwmni Amadwyddol Ewrop ar yfyr!
Datblygu Gwledig Ewrop yn
Bwrddodi mewn Awdaloddi Gwledig

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Did you know?

Welsh Lamb and Welsh beef has been awarded a coveted status of Protected geographical Indication (PGI) by the European Union (EU). This means you can be assured that only sheep and cattle born and reared in Wales – which are fully traceable and have been slaughtered and processed in approved abattoirs – can be sold as Welsh. With inspections at every stage of the supply chain, Welsh lamb and Welsh beef's quality standards, food safety and traceability are first class – producing some of the best and tastiest lamb and beef money can buy.



Eat well be well

Food, nutrition and exercise are crucial to our general health and well-being.

Making the right choices of foods and drinks and taking regular exercise can change your life – you'll find it easier to achieve the weight you should be, it will help you fight off illness more effectively, your general well being will improve and most satisfyingly you'll feel great!



**Food nutrition
EXERCISE**

Did you know?

Lean red meat (beef, lamb and pork) can play an important role as part of a balanced diet.

- **red meat** is one of the **best sources of iron**, needed for healthy blood and to **prevent anaemia**.
- **red meat** contains protein-**needed for growth** and repair and to keep our bodies in tip top condition.
- **red meat** is a good source of **zinc** - which helps keep our **immune system healthy**.
- fresh **red meat** is naturally **low in salt**.
- lean **red meat** contains much **less fat** than many of us think.

On average fully trimmed lean raw beef contains only 5% fat, fully trimmed lean raw pork only 4% fat and fully trimmed lean raw lamb only 8% fat.

- **red meat** also contains many **vital vitamins**. **B vitamins** which helps release energy from the food we eat and **Vitamin D** which works with calcium to keep **bones strong**.



What is a healthy balanced diet?

No single food contains all the nutrients we need for health, so try to eat a wide variety of different foods each day to maintain good health.



Aim to eat

- * plenty of fruit and vegetables.
- * plenty of starchy foods like pasta, bread and potatoes.
- * some meat, fish, eggs and lentils.
- * some milk and dairy foods like cheese and yogurts.
- * a small amount of foods that contain fat and sugar.

Guidelines are recommended for adults and children over 5 years of age.

Facts about IRON



Iron helps the body in many important processes, for example, it is a vital mineral for blood formation, transport of oxygen, maintenance of the immune system and production of energy.

Body tissues and cells depend on oxygen to function properly; if they receive less oxygen they won't work so well.

If iron levels are low, the amount of haemoglobin in our blood, as well as the number of red blood cells is reduced. This is called iron deficiency and can lead to anaemia.

If you are constantly tired and feeling exhausted even after a good night's sleep you might have iron - deficiency anaemia, a condition that's caused by a lack of iron in the diet.¹

- We obtain nutrients from a variety of foods and no one food can provide all the iron we need.
- Currently over a third of women aged 19-34 in the UK have iron intakes below the minimum amount to stay healthy. Vulnerable groups at risk of iron deficiency include toddlers, girls and women of reproductive age and adults over 65.
- Teenage girls needs for iron are increased during puberty, especially after the onset of menstruation and due to growth spurts.
- Toddlers also undergo rapid growth and development so need extra nutrients.

1. If you think you may have iron-deficiency anaemia you should consult your GP

Red meat and IRON



2.3mg of iron

A 90g serving of lean roast beef (*approx 2 thick slices*) contains 2.3 mg of iron, serve with green vegetables to increase the iron content. A portion of our chilli con carne recipe (on page 5) contains 7.06mg of iron per serving.

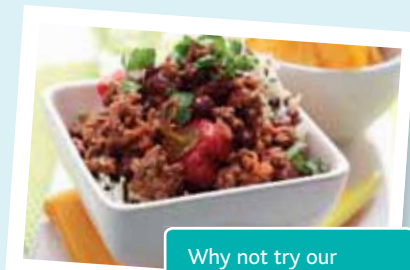
Source of iron

red meat is one of the best food sources of iron in the diet.

Did you know?

- **red meat** is one of the **best** food sources of iron in the diet.
- **the iron in meat** and fish is **more easily absorbed** by the body than the iron in fruit, vegetables, fortified cereals, eggs, and pulses such as lentils and nuts.
- **meat** will also **help** the **absorption of iron** from vegetables and cereals when eaten at the same meal. Food and drinks containing Vitamin C such as orange juice will also help increase absorption from these foods, also avoid drinking tea and coffee with your meal as it can affect the absorption of iron.
- on average, **adult men** need 8.7mg of iron a day, for **women** the figure is 14.8mg. Teenage girls need 15mg of iron a day and teenage boys 11mg.
- the **protein** in meat and fish can help **release iron from fibre foods** – by eating Chilli con carne with brown rice you will increase the iron absorption from both the kidney beans and the brown rice.

- **Liver** is another rich source of iron, and is also high in Vitamin A. (*Due to it's high vitamin A content pregnant women or women thinking of becoming pregnant should avoid eating liver*).
- In general the **darker the meat the higher the iron content**. This means beef contains more iron than pork which contains more than salmon or chicken.



Why not try our delicious recipe for Chilli Con Carne, on **page 5**

Chilli Con Carne

Cooking Time: Approximately 25-30 minutes



Serves 3-4



Nutritional
analysis per
portion *

Energy	Fat	Saturates	Iron
1467kJ/ 348kcal	8.0g	2.7g	7.06mg

Contains **three** of the recommended '5-a-day' portions of veg.

* based on recipe serving 3 people.

Ingredients:

- 450g (1lb) lean mince beef
- 1 red onion, cut into chunks
- 1 Onion, peeled, chopped into small pieces
- 2 cloves garlic, crushed
- 1 red chilli, seeded and finely chopped (optional)
- 1 red pepper, deseeded and cut into chunks
- 10ml (2tsp) chilli powder
- 400g (approx.) can chopped tomatoes
- 400g (approx.) can kidney beans, drained
- 30ml (2tbsp) tomato ketchup

Method:

In a non-stick pan, dry fry mince, onion and garlic until browned. Add all the remaining ingredients, bring to the boil and simmer with a lid for 15-20 minutes. Serve with rice (*brown rice contains more fibre than white rice*).

For more great recipes, information and competitions visit EatWelshLamb.com EatWelshBeef.com