

Red Meat & Nutrients

The role of red meat in a balanced diet



INSIDE
Great Tasty Recipe



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Get the facts

Other meaty facts booklets in the series; red meat and fat, red meat and protein and red meat and iron



Cwmni Amaethyddol Ewrop a chyfrif
Datblygu Gwledig Ewrop yn
Bwrddoddi mewn Awdaloddi Gwledig

The European Agricultural Fund
for Rural Development, Europe
Investing in Rural Areas



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



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.

This publication has received funding through the Rural Development Plan for Wales 2007-2013

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.

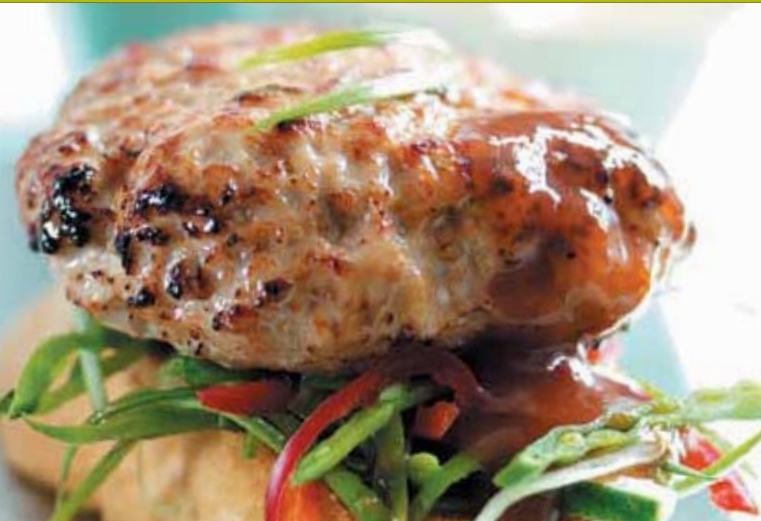
Facts about NUTRIENTS



Food provides a range of different nutrients. Some nutrients are essential for growth and maintenance of the body and some nutrients provide energy.

- **Carbohydrates, Protein and Fat** provide our bodies with energy and are also building blocks for growth and maintenance of a healthy body.
- **Vitamins and Minerals** are needed in smaller amounts but are essential to keep us healthy.
- **Most people should be able to get all the nutrients their body needs by eating a healthy balanced diet. Remember no single food contains all the nutrients we need – so eating a variety and more of some types than others is essential.** (see What is a healthy balanced diet on page 2)

Red meat and NUTRIENTS



Source of protein

Red meat is a major source of protein, essential for growth and repair of the body.

B Vitamins

Red meat is a significant source of a number of B Vitamins: thiamine, riboflavin, niacin, B6 and B12

Vitamin D

Red meat also contains Vit D which works with calcium and phosphorus to build strong bones and teeth.

Did you know?

- **Red meat** is an important source of iron, needed for healthy blood and to prevent anaemia. The type of iron found in red meat is more easily absorbed and used in the body than the iron in plant foods such as **pulses, nuts, seeds and leafy green vegetables**.¹
- **Red meat** is a good source of readily absorbable **Zinc** which is important for the healthy functioning of the immune system, growth, wound healing and fertility. We get about **30%** of our dietary intake of Zinc from red meat and meat products.
- **Red meat** also provides other minerals such as **Selenium** and **potassium**. Selenium is an important antioxidant which has been linked to reducing the **risk of heart disease** and certain cancers.
- **Vitamin B12** only occurs naturally in foods of animal origin and is important for healthy red blood cells, growth and the production of energy.
- The **fat** content of red meat is now lower than ever. Typically lean beef contains only **5% fat**, lean lamb only **8% fat** and lean pork only **4% fat**. About half the fat found in lean red meat is in the **unsaturated** form that is believed to be healthier.
- **Red meat** contains small amounts of **Omega-3 fats**, which help to keep the heart healthy. Especially important for people who eat little or no oily fish.¹

Why not try our delicious recipe for Tandoori Welsh Lamb Kebabs on **page 5**

1. Other booklets available in this series – red meat and protein, red meat and fat and red meat and iron.

Tandoori Welsh Lamb Kebabs

Cooking Time: Approx 15-20 mins, plus marinating time



Serves 2



Nutritional
analysis per
portion *

Energy	Fat	Saturates
1041kJ/ 248kcal	11.7g	4.3g
Iron	Zinc	
3.06mg	4.15mg	

* based on recipe serving 2 people.

Ingredients:

225g (8oz) Lean Welsh lamb leg steaks, trimmed and cut into 2.5cm (1") cubes

For the Marinade:

15ml (1tbsp) Tandoori paste
15ml (1tbsp) Spicy mango chutney
45ml (3tbsp) Low-fat natural yogurt
15ml (1tbsp) Fresh mint, chopped

Method:

In a bowl mix together all the marinade ingredients. Add the lamb, mix thoroughly cover and refrigerate. Marinate for approximately 30 minutes to 4 hours. (The longer you leave the meat marinating, the more intense the flavour will be.) Remove cubes. Thread the meat onto skewers. Cook under a preheated grill or BBQ for approximately 15 minutes turning occasionally.

Serve with spicy potato salad (new potatoes, yellow tomatoes, cucumber, spinach, coriander and mayonnaise, mixed with spicy mango chutney, and a side order of poppadoms.

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