

Red Meat & Fat

The role of red meat in a balanced diet



INSIDE
Great Tasty Recipe



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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 FAT



To stay healthy we all need some fat in our diets. What is important is the amount of fat and the kind of fat we are eating.

Different people need different amounts of fat – your age, sex, health and activity levels all determine how much fat you should eat. Only a third of your calorie intake should come from fat.

There are two types of fat – **saturated** and **unsaturated**.

Saturated – Having too much saturated fat can increase the amount of cholesterol in the blood which increases the chance of developing heart disease. Saturated fat generally comes from animal products such as cream, butter, cheese, meat with visible white fat, the fat underneath poultry skin, cakes, biscuits and pastry products.

Many of these products contain valuable nutrients therefore they should still be included in a balanced diet.

Unsaturated (monounsaturated and polyunsaturated) – These are the healthier type of fats and can help lower cholesterol, they are found in products such as olive oil, vegetable and seed oils, oily fish, the lean part of red meat and nuts.

In general women should eat no more than 70g of fat per day with saturated fat making up no more than 20g of this. Men should eat no more than 95g of fat per day with saturated fat making up no more than 30g of this.

Red meat and FAT



Lower fat content

The fat content of red meat is now lower than ever and lower than most people think.

Red meat and fat

About half the fat found in lean red meat is in the unsaturated form that is believed to be healthier for the heart.

Average fat content

The average fat content of lean beef is 5% fat, lean pork 4% fat and lean lamb 8% fat.

Did you know?

- Choosing **lean cuts of meat** and trimming off any visible white fat helps to **reduce the saturated fat** content further. 100g of roast lean topside of beef contains 5.1g of fat of which 2.1 g is saturated fat.
- Many of the **important nutrients** in meat are found in the lean part so it is possible to **reduce the fat without reducing the nutritional benefits**.

Top fat tips

- * Aim to eat a varied diet that is low in fat, especially saturated fat.
- * Buy the leanest meat you can afford and cut off the white fat.
- * Choose a healthier method of cooking e.g grilling, baking, stir-frying and dry-frying - this is ideal for mince, don't add any extra fat to your pan when frying.

- Red meat also contains small amounts of **Omega 3 fats**, which help to keep the heart healthy. With the exception of oil-rich fish, few foods contain good amounts of Omega-3's. This makes the small amounts in red meat an **important source**, especially for people who eat little or no oily fish.

Why not try our delicious recipe for Welsh Beef Waldorf Salad on [page 5](#)

- * Check food labels for hidden fat as many products can contain more than you think. As a general rule 20g of fat per 100g of food is high, 3g of fat per 100g of food is low.
- * Skim gravies and sauces to remove any excess fat.
- * Add pulses such as peas, beans and lentils to casseroles, stews and mince dishes.

Welsh Beef Waldorf Salad with Orange and Ginger Dressing

Cooking Time: Approximately 10 minutes



Serves 2



Nutritional
analysis per
portion *

Energy	Fat	Saturates	Iron
1361kJ/ 324kcal	13.5g	2.9g	3.22mg

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

* based on recipe serving 2 people.

Ingredients:

- 225g (8ozs) lean Welsh Beef rump steak
- 2 apples, cored and sliced
- 2 sticks celery, thinly sliced
- 25g (1oz) walnuts, roughly chopped
- 1 orange, rind and juice
- 1.25cm root ginger, peeled and grated
- 30ml (2tbsp) maple syrup

Method:

Season beef steak liberally with black pepper. Cook on a preheated griddle plate or grill for 3 minutes each side for medium cook. Meanwhile place the apples, celery, walnuts and rind from orange into a bowl and toss together. Mix together grated root ginger, juice and rind of other half of orange, and maple syrup. Add to fruit and toss together. (For creamy dressing, mix this with 60ml (4tbsp) plain yoghurt.)

Cut the steak into thick wedges and place on top of the fruity mixture and toss together. Add a large handful of rocket leaves and serve with crusty bread.

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