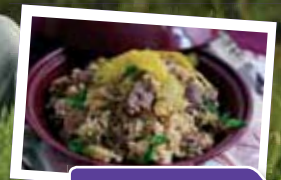


Red Meat & Protein

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 iron and red meat and nutrients



Cwmni Amaethyddol Ewrop a chyfrif
Datblygu Gwledig Ewrop yn
Bwrddodd 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 PROTEIN



Protein is an essential part of a balanced diet required for growth and repair of the body. Approximately 15% of the calories we eat each day come from protein.

Men need about 44-55g of protein each day and women need about 36-45g of protein each day.

Children also need **plenty of protein** to help them grow and how much will depend on what they weigh.

Generally:

Children aged 4-6 need about 15-20g per day.
Children aged 7-10 need about 23-28g per day.

If you and your family are eating a balanced diet you're probably getting enough protein each day.

Examples of food and how much protein they contain:

Meat – an average portion of lean beef bolognaise sauce contains 28g of protein.

Fish – an average portion of poached cod fillet contains 24g of protein.

Eggs – one average size boiled egg contains 6g of protein.

Milk – a 150ml glass of semi-skimmed milk contains 5g of protein.

Pulses – 3 tbsp of boiled red lentils contains about 9g of protein.

Bread – a slice of wholemeal bread contains about 3g of protein.

Red meat and PROTEIN



Muscle growth

Red meat is a major source of protein, needed for muscle growth and to keep our cells in tip-top condition.

Amino acids

Protein from animal sources contains the full range of essential amino acids in the correct proportion required by the body.

Servings

You should aim to eat 2 – 3 servings of protein each day from both plant and animal sources.

Did you know?

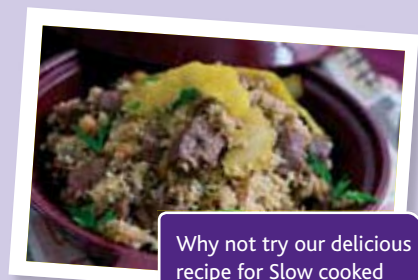
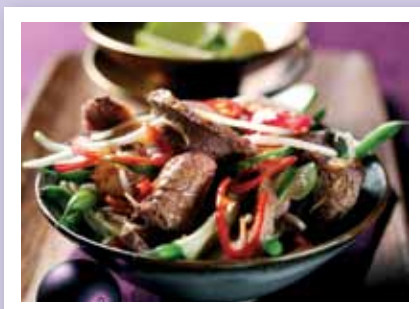
- You should aim to eat **2-3 servings of protein each day** from both plant and animal sources. Generally with meat **one serving is 80g of boneless meat – lean lamb, beef or pork.**
- High protein foods such as **lean meat can help us feel fuller** after a meal so can reduce the need for snacking later in the day which can help **reduce calorie intakes** (studies on this are currently being undertaken).

- Lean meat is principally composed of protein:

100g of lean raw beef contains **22.5g of protein.**

100g of lean raw lamb (leg) contains **20.2g of protein.**

100g of lean raw pork contains **21.8g of protein.**



Why not try our delicious recipe for Slow cooked Welsh Lamb, Lemon and Mint Tangine, on **page 5**

Slow cooked Welsh Lamb, Lemon and Mint Tagine

Cooking Time: *Approximately 90-120 minutes*



Serves 4



Nutritional analysis per portion *

Energy	Fat	Saturates
1689kJ/ 403kcal	12.1g	4.2g
Iron	Protein	
7.86mg	31.9g	

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

* based on recipe serving 4 people.

Ingredients:

- 450g (1lb) lean Welsh lamb cubes
- 1 onion, cut into wedges
- 15ml (1 tbsp) ground cumin
- 2.5ml (½ tsp) ground cinnamon
- 2.5ml (½ tsp) ground ginger
- 400g (approx) can chickpeas, drained
- 300ml (¼ pt) lamb stock
- 150ml (¼ pt) orange and mango juice
- 1 lemon, zest removed
- seasoning
- 30ml (2tbsp) fresh mint, roughly chopped
- 225g (8oz) couscous
- 1 lemon - zest and juice
- 30ml (2tbsp) fresh mint, roughly chopped

Method:

In Temperature: Gas Mark 3, 170°C, 325°F.

Place lean lamb cubes, onion, cumin, cinnamon, ginger, chick peas, stock, juice and zest into a large casserole dish. Cover and cook for 1-1½ hours until the meat is tender.

Remove lid and sprinkle on the couscous, lemon and seasoning.

Replace lid and return to oven for about 20 minutes until liquid has absorbed (add a little more stock if a little too dry).

Serve the tagine sprinkled with mint.

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