

# How lean Welsh red meat can be central to a healthy and balanced diet

No single food contains all the nutrients we need for good health, so it is important to eat a wide variety of different foods each day. However, due to it being packed with essential vitamins and minerals, a balanced diet with lean red meat at its core can help keep people of all ages healthy and happy.

## Raw, fully trimmed and lean red meat contains less fat than you think



Contrary to popular belief, lean red meat can play a positive role in weight loss and weight maintenance programmes, with its higher energy density helping you feel fuller and reducing the need for snacking.

Studies show that red meat provides us with essential nutrients that help boost our health and wellbeing...

 Eye and skin health <b>VIT A</b>	 Energy release and prevention of fatigue <b>VIT B</b>	 Bone health and immune function <b>VIT D</b>	 Oxygen transport, immune and cognitive function <b>IRON</b>
 Muscle and nervous function <b>MAGNESIUM</b>	 Nail, hair and reproductive health <b>ZINC</b>	 Powerful antioxidant <b>SELENIUM</b>	 Blood pressure control <b>POTASSIUM</b>

Based on the average UK diet

# 30%

of our protein intake comes from red meat...

...which is vital for our body's growth, maintenance and muscle recovery!

Leading scientists recommend we eat up to



How much is enough?  
Around 70-100g per portion

TO ESTIMATE USE your hand OR a deck of cards

**KEEP IT LEAN**

**LOOK FOR LOWER FAT & SATURATED FAT CONTENT**

**GRILL RATHER THAN FRY**

**TRIM THE FAT**

**GET RID OF EXTRA MELTED FAT**

**AVOID EXTRA OIL**

**When choosing ingredients and cooking red meat**

Lean red meat helps keep people of all ages healthy, with studies showing shortages in...

**Infants and pre-school children**

Low in VitA, VitD, iron and zinc.

**Preadolescence**

Low in VitA, magnesium iron and zinc. Boys have a better intake of iron and thiamine than girls.

**Teenagers**

Low in VitA, VitD, magnesium, iron, zinc, selenium and potassium.

**19 to 50 years old**

Female diets fall short in magnesium, iron and zinc.

**Pregnant women**

Low in calcium, magnesium and iron.

**50 to 74 years old**

Low in magnesium, zinc and potassium.

**75 and beyond**

Intake of magnesium, zinc and potassium are below recommended nutrient intake.



porc.wales



eatwelshlambandwelshbeef.com