

Meat : your guide to healthy eating / Tesco Stores Ltd.

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TESCO

MEAT



YOUR

GUIDE TO

HEALTHY

EATING

YOUR GUIDE TO HEALTHY EATING WITH MEAT

More and more people are concerned about following a healthy lifestyle, which includes eating a balanced diet. Recent medical reports (COMA 1991) reinforce the message that we should eat less fat – especially saturated fat, whilst at the same time making sure that we eat enough fruit and vegetables, bread, potatoes, rice and pasta, etc. Eating healthily can help reduce the risk of some diseases, such as coronary heart disease and being overweight.



Enjoying your food is an important message on the road to healthy eating. This shouldn't mean that you have to give up all the foods you like. It's important to eat a variety of different foods, as no single food can provide all the nutrients required by the body.

This leaflet gives you lots of information about meat and practical advice on preparing and cooking it. The message is simple, balance your meat by serving it with plenty of vegetables and rice, pasta or potatoes, for a convenient and healthy meal, which doesn't mean sacrificing taste.

FACTS ABOUT FAT

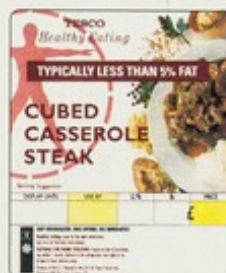
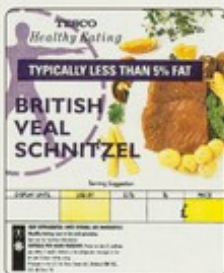
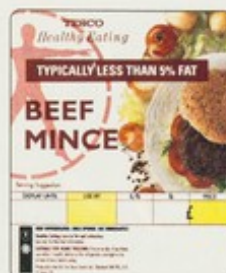
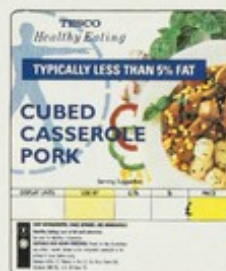
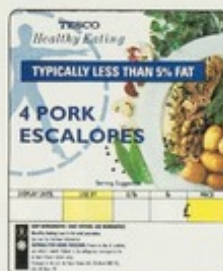
Most of the fat in meat is where you can see it, that is in a band of fat round the edge or running through it. When the meat is trimmed of visible fat, the meat looks lean and it is leaner.

THIS CHART SHOWS THE TYPICAL COMPOSITION PER 100g (3½ oz) OF LEAN MEAT *




| MEAT | ENERGY | | FAT % | SATURATED FAT % |
|------|--------|------|-------|-----------------|
| | kJ | kcal | | |
| BEEF | 517 | 123 | 4.6 | 1.9 |
| PORK | 491 | 116 | 3.7 | 1.5 |
| LAMB | 679 | 162 | 8.8 | 4.2 |

* RAW VALUES





At Tesco, throughout the meat department you'll find packs labelled with the Healthy Eating Man. All this meat has been specially selected and trimmed to contain less than 5% total fat.



TIPS: SIMPLE WAYS TO REDUCE FAT:

-  Choose lean cuts of beef, pork or lamb. Look for Tesco Extra Lean and Healthy Eating meat such as Lamb Leg Steaks. Remember, lean meat is good value for money, there is no fat to discard which means no waste.
-  Trim the meat of any visible fat, ideally before cooking. Skim off any fat that forms at the top of casseroles or stews.
-  Preferably choose cooking methods that don't require additional fat, such as grilling or dry roasting. Try extra lean cubed meat to make kebabs.



-  Make sure that any extra fat used whilst cooking is largely unsaturated, e.g. sunflower or corn oil. You may like to try more strongly flavoured oils, e.g. olive or walnut.
-  Use only small quantities of oil, simply brush the pan with a little oil before cooking or use a non-stick pan.
-  Choose low fat or reduced fat meat products – try Healthy Eating Sausages and Beefburgers.
-  Avoid eating meat with rich sauces, fried or buttered vegetables.

Balance small portions of lean meat with generous portions of vegetables or salads and potatoes, rice or pasta. These foods provide some nutrients not found in meat such as dietary fibre and vitamin C.

Look out for the Healthy Eating recipe cards in store for more delicious and healthy ways of cooking with meat.

NUTRITION GUIDE

Meat is an excellent source of protein and it also contains many vitamins and minerals, most importantly:

B VITAMINS (including niacin, thiamin, riboflavin and B12). These help release energy from the foods we eat. Vitamin B12 is vital for the blood and nervous system and is not generally found in vegetables.

IRON – necessary for red blood cell growth and also for prevention of anaemia.

The chart below shows how much of your daily requirement of these vitamins and minerals, one portion of beef, pork or lamb provides.

VITAMINS & MINERALS

Contribution of Pork, Lamb and Beef (100g/3½ oz portion) to the nutrient requirement of an average adult.

Pork, Lamb & Beef

