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# RED MEAT

RED MEAT IS A GREAT SOURCE OF PROTEIN AND ESSENTIAL NUTRIENTS INCLUDING IRON AND ZINC, HOWEVER, IT IS ALSO HIGH IN SATURATED FAT, **THEREFORE MODERATION MATTERS.**



KNOW  
YOUR  
FOOD



**TRYING TO CUT DOWN THE AMOUNT OF RED MEAT YOU EAT EVERY DAY WILL HELP TO REDUCE HEALTH RISKS LIKE HIGH CHOLESTEROL AND HEART DISEASE.**

Government guidelines advise eating no more than 70g of red meat per day, or 300g per week.

### **WHAT DOES 70g OF RED MEAT LOOK LIKE?**

- 2 rashers of bacon
- 3oz. rump steak
- 1 medium portion of shepherd's pie
- 1 lamb chop
- 2 thin slices of roast beef, lamb or pork

**Always trim off the fat.**

### **We don't need red meat to get the balance of nutrients our bodies need**

- Poultry and fish are both great sources of protein – and lower in saturated fat
- You'll also get protein and iron from beans, lentils and Quorn
- Wholegrain bread, pasta and rice are rich in B vitamins and iron
- Couscous is high in iron and carbohydrate
- Leafy green vegetables are also a good source of iron

