

# BEEF + LAMB

## NEW ZEALAND

### COMPARISON OF PROTEIN FOODS

The table below compares the nutrient content of major protein foods within the New Zealand diet. New Zealanders obtain the greatest amount of protein from beef and lamb, but less than 10% fat. Beef and lamb are also the most commonly eaten sources of zinc and vitamin B12 and contribute a significant amount of more easily used haem iron.

#### SOURCES OF HAEM IRON

Per 100g	Energy(kJ)	Energy(kcal)	Protein(g)	Total Fat(g)	Iron(mg)	Zinc(mg)	Vit B12(ug)
<b>BEEF</b>							
Average all cuts,lean, cooked	757	181	30.4	6.6	3.8	6.3	2.60
Fillet steak, lean, grilled	745	178	27.9	7.4	4.3	4.2	2.40
Kidney, stewed	718	172	25.6	7.7	8.0	3.0	31.00
Mince, lean, stewed	625	150	23.9	6.0	2.7	4.7	1.63
Sirloin steak, lean, grilled	763	183	28.1	7.8	3.8	5.8	2.40
Topside, lean, roasted	766	183	33.9	5.3	3.8	6.2	2.31
<b>LAMB</b>							
Average all cuts,lean, cooked	855	205	27.5	10.5	2.5	4.7	2.40
Kidney, fried	648	155	24.6	6.3	12.0	4.1	79.00
Leg steak, lean, grilled	728	174	26	7.8	2.4	4.7	2.28
Liver, in flour, fried	968	232	22.9	14.0	10.0	4.4	81.00
Mid-loin chop, lean, grilled	869	208	31.4	9.2	3.1	3.9	2.30
Short-cut leg, lean, roasted	675	161	24.6	7.0	2.2	4.5	2.60
<b>CHICKEN</b>							
Breast, flesh, roasted	673	161	24.6	7.0	0.7	1.2	0.25
Drumstick, flesh, grilled	697	167	26.4	6.8	1.9	2.7	1.80
Leg, flesh, grilled	823	197	24.2	11.1	2.6	2.5	1.31
<b>PORK</b>							
Shoulder, lean, roasted	955	228	29.2	12.4	2.0	4.5	0.50
Loin chops, grilled	736	176	29.4	6.5	1.7	3.5	0.51
<b>FISH AND SHELLFISH</b>							
Tarakihi, flesh, baked	461	111	24.4	1.3	0.5	0.4	0.63
Tuna,canned in brine, drained	560	134	26.1	3.2	0.6	0.6	0.70
Mussels, Green, steamed	498	120	18.8	3.1	10.9	1.6	20.00

#### SOURCES OF NON-HAEM IRON:

Per 100g	Energy(kJ)	Energy(kcal)	Protein(g)	Total Fat(g)	Iron(mg)	Zinc(mg)	Vit B12(ug)
Eggs, boiled	566	135	12.2	9.5	1.8	1.1	2.55
Nuts, mixed	2520	603	22.6	52.5	1.2	2.2	0
Tofu	340	81	8.1	4.8	5.4	1.1	0
Cheese, cheddar, mild	1786	427	24.2	36.6	0.1	3.2	0.72
Apricot, dried	911	220	4.3	0.2	3.1	0.8	0
Baked beans, canned	363	87	5.0	0.6	1.2	0.5	0
Lentils, red, cooked	370	89	4.9	3.1	1.7	0.6	0