

Comparison of Nutrient Composition of Protein Foods

Sources of haem iron:

Haem iron is found only in animal products. It is easily absorbed and used by the body. About 15 to 35% of haem iron is absorbed, depending on iron stores. The body will absorb more haem iron if iron stores are low. **In general, the redder the meat, the higher the iron content.**

Per 100 grams	Energy (kJ)	Energy (kcal)	Protein (g)	Total Fat (g)	Iron (mg)	Zinc (mg)	Vit B ₁₂ (ug)
BEEF							
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	3.6	4.6	2.10
LAMB							
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	3.4	4.5	3.20
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
CHICKEN							
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
PORK							
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
FISH AND SHELLFISH							
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:

Non-haem iron is found in both animal and plant products. It is poorly absorbed by the body (1-7 % absorption), and is not easily used. Consumption of animal proteins (meat, fish or poultry), and vitamin C can boost the absorption of non-haem iron. Tannins in tea and coffee, phytates in wholegrain cereals, oxalates in some vegetables (eg spinach) and some types of fibre can inhibit the absorption of non-haem iron.

Per 100 grams	Energy (kJ)	Energy (kcal)	Protein (g)	Total Fat (g)	Iron (mg)	Zinc (mg)	Vit B ₁₂ (ug)
Eggs, boiled, 2 eggs	626	150	12.8	10.8	2.2	1.4	2.00
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	1770	422	24.9	35.2	0.3	3.4	1.20
Apricot, dried	911	220	4.3	0.2	3.1	0.8	0
Baked beans, canned	351	85	4.2	0.4	1.0	0.4	0
Lentils, red, cooked	370	89	4.9	3.1	1.7	0.6	0

Reference: The Crop & Food Research Concise New Zealand Food Composition Tables, 7th Edition (2006).