

## FREQUENTLY ASKED QUESTIONS...

### How much beef and lamb should I eat?

New Zealanders eat beef and lamb in amounts well within New Zealand's food and nutrition guidelines. Kiwis should continue to enjoy lean beef and lamb three to four times a week, with plenty of vegetables, and an overall healthy lifestyle.

### Can I eat red meat if I have high cholesterol?

Yes, lean beef and lamb are low in fat, but also contain some of the important oils found in olive oil and fish oils. Many cuts of lean beef and lamb are eligible for the Heart Foundation Tick. The Heart Foundation also states women can include 100-150g lean meat a day, and men 150-200g lean meat in their daily diet.

### Is there a link between meat and cancer?

There is no evidence to show eating lean red meat causes cancer. Eating well, being active, not smoking and maintaining a healthy body weight protect you more from cancer than avoiding specific foods.

### Does eating lean beef and lamb help me lose weight?

Protein-rich lean beef and lamb reduce hunger and help you feel full for longer, so are great if you're watching your weight. Beef and lamb also provide iron, zinc and B vitamins without too much fat or too many calories.

## FROM SPECIAL OCCASIONS TO EVERYDAY MEALS

Lean beef and lamb team up perfectly with grains and potatoes and plenty of vegetables to produce a healthy balanced meal. Both meats can be cooked in many different ways and are available year round, making them versatile and convenient. The following recipe is just one example.

For more recipe ideas, go to  
[www.recipes.co.nz](http://www.recipes.co.nz)

## BEEF or LAMB VEGETABLE STIR-FRY

### Ingredients - serves 4-5

- 400g finely sliced lean beef or lamb for stir-frying
- 1 each red and yellow pepper, cut into strips
- 200g mushrooms sliced or 1 small long thin aubergine, finely sliced lengthwise\*
- 1 bunch broccoli separated into florets\*
- 200g green beans or asparagus, trimmed\*
- 300g can baby corn, well drained
- 2 tsp each minced garlic and ginger
- 1-2 tsp minced chilli or 2 Tbsp sweet chilli sauce (optional)
- ½ cup black bean sauce
- 1-2 Tbsp sweet soy sauce
- ½ cup beef stock
- 1-2 tsp cornflour
- \*or your favourite seasonal vegetables



### Method

Heat a dash of oil in a wok and stir-fry all the vegetables until they are tender but still crisp. Stir in the garlic, ginger and chilli, and cook for 30 seconds to one minute or until just fragrant. Set aside. Add the lamb or beef to the pan and cook quickly over a high heat until it browns. This is best done in two batches to avoid stewing the meat. Return the vegetables to the pan with the black bean sauce, sweet soy sauce and stock mixed with the cornflour. Cook until the sauce just thickens. Serve quickly over boiled rice garnished with cashews if wished.

For more information about nutrition and health, and/or recipes, please contact:  
Beef + Lamb New Zealand,  
PO Box 33-648, Takapuna,  
Auckland 0740.  
Freephone 0800 733 466,  
or visit [www.beeflambnz.co.nz](http://www.beeflambnz.co.nz)



Health problems may result from an inadequate diet. They may also have a medical basis unrelated to diet. The information on this sheet is only general and is not to be taken as a substitute for medical advice in relation to specific symptoms or health concerns.

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# YOU'LL GET THERE EATING BEEF + LAMB



HERE'S WHY...

# Nature's Power Pack

## Major source of IRON

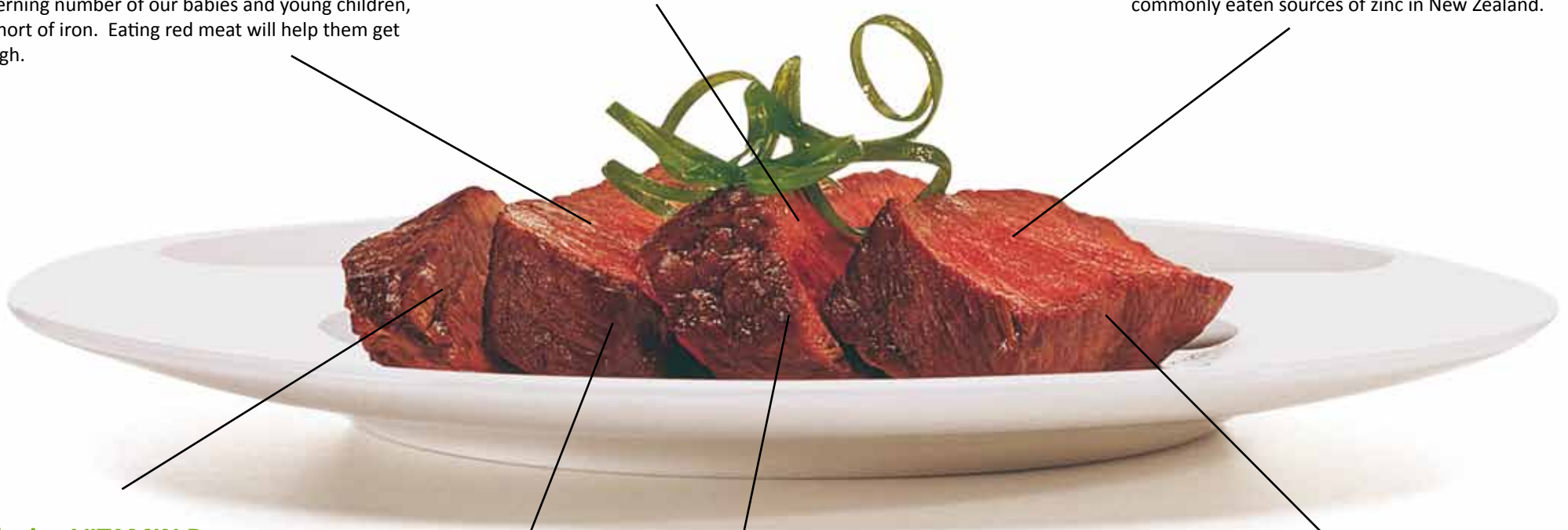
More of the iron found in beef and lamb is used by the body than the iron in vegetables and cereals. Iron is needed for healthy blood, giving us energy, and for brain development in babies. Many women, and a concerning number of our babies and young children, are short of iron. Eating red meat will help them get enough.

## Quality PROTEIN

The protein in red meat is the best quality, containing a complete range of amino acids – the building blocks for growth. New Zealanders obtain the greatest amount of protein from beef and lamb.

## Healing ZINC

Zinc is needed to fight infection and to heal wounds, as well as numerous other body functions. Like iron, the zinc in red meat is used more easily by the body than zinc in other foods. Beef and lamb are the most commonly eaten sources of zinc in New Zealand.



## Exclusive VITAMIN B<sub>12</sub>

Vitamin B<sub>12</sub> is only found naturally in animal foods, with beef and lamb the most common sources eaten by New Zealanders. Vitamin B<sub>12</sub> is important to every cell in the body because it contributes to our genetic material, DNA.

## A little EXTRA

As well as all these other important nutrients, beef and lamb also contain selenium, B vitamins and vitamin D. Red meat is a very nutritious package, containing 'a lot in a little'.

## Meaty OMEGA 3s

New Zealand beef and lamb contain the healthy omega 3s found in some fish and fish oil supplements, providing a good alternative for those who don't eat oily fish, such as canned salmon or sardines. Omega 3s are needed by those with heart problems, and are important for eye and brain development in babies.

## Not much FAT

Lean red meat contains about a fifth of the fat in foods such as cheddar cheese. Less than 10% of the fat in our national diet comes from lean beef and lamb, which is also true of saturated fat – the type from which we make cholesterol. In fact, one tablespoon of the much-acclaimed olive oil contains more saturated fat than two slices of roast beef. Because lean beef and lamb is low in fat, a significant amount qualifies for the Heart Foundation's Tick. Remember to trim the fat though – the good nutrition is found in the lean part.