HOW RED MEAT FITS IN A WEEK OF MEALS

BRIDGING THE RECOMMENDATIONS TO THE PLATE

New Zealand grass-fed beef and lamb provide a sustainable and valuable source of nutrients, in particular protein, iron, zinc and vitamin B12. The Ministry of Health[1] recommends eating from a variety of animal and plant proteins every day, which includes lean red meat.

The global recommendation[2] is to enjoy three portions of lean red meat per week within a total range of 350-500g cooked weight (700-750g raw weight). In other words, a portion the size of about a deck of cards every second day.

100g raw / 80g cooked meat per serve

125g raw / 100g cooked meat per serve

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125g raw / 100g cooked meat per serve

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SEASONAL SAMPLE MENU

RED MEAT PORTIONS

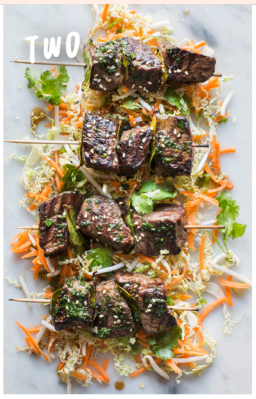
SAMPLE WEEK 1 - SPRING

ONE Spring Lamb Bowl = 150g raw per serve (120g cooked)

TWO Beef Skewers with Asian Slaw = 125g raw per serve (100g cooked)

THREE On Top of Spaghetti = 125g raw per serve (100g cooked)

TOTAL = 320G



SAMPLE WEEK 2 - SUMMER

ONE Sticky Hoisin Ribs with Asian Slaw = 175 raw per serve (140g cooked)

TWO Lamb Parmigiana = 125g raw per serve (100g cooked)

THREE Vietnamese Beef Salad = 175 raw per serve (140g cooked)

TOTAL = 380G

SAMPLE WEEK 3 - AUTUMN

ONE Beef Quesadillas = 125g raw per serve (100g cooked)

TWO Lamb Quinoa Salad = 150g raw per serve (120g cooked)

THREE Lunch leftovers Quinoa Salad = as above

FOUR Slow-Cooked Shoulder of Lamb with Late Summer Vegetables = 200g raw per serve (160g cooked)

TOTAL = 500G

SAMPLE WEEK 4 - WINTER

ONE Marinated Beef Brisket = 162.5 raw per serve (130g cooked)

TWO Lunch leftovers Marinated Beef Brisket = as above

THREE Lamb & Chickpea Stew = 200g raw per serve (160g cooked)

TOTAL = 420G

References

1. Ministry of Health. (2020). Eating and Activity Guidelines for New Zealand Adults: Updated 2020. Wellington: Ministry of Health.
2. World Cancer Research Fund/American Institute for Cancer Research. *Diet, Nutrition, Physical Activity and Cancer: a Global Perspective. 2018.*

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