

What does red meat bring to a meal nutritionally?

Popular with children and adults alike, lean beef mince is a go-to family favourite.

The Ministry of Health include eating up to 500g of cooked red meat (fat removed) each week, that's about 3 servings of red meat per adult. Mince marked as Quality Mark or Premium has a lower fat content.

- ✓ Fights fatigue & tiredness
- ✓ Supports immunity
- ✓ Healthy hair & skin
- ✓ Muscle strength
- ✓ Strong nails and bones
- ✓ Supports fertility
- ✓ Helps healing
- ✓ Brain function
- ✓ Growth & development (for kids)

