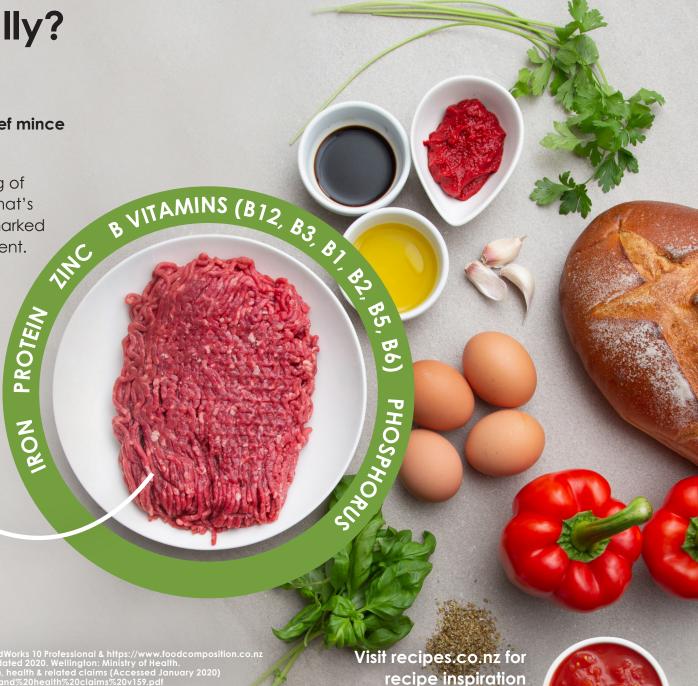
What does red meat bring to a meal nutritionally?

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)



References: www.nrv.gov.au (Accessed 20 January 2020) | Nutrient data from: FoodWorks 10 Professional & https://www.toodcomposition.co. Ministry of Health. 2020. Eating and Activity Guidelines for New Zealand Adults: Updated 2020. Wellington: Ministry of Health. Food Standards Australia New Zealand. Food Standards Code. Schedule 4: Nutrition, health & related claims (Accessed January 2020) https://www.foodstandards.gov.au/code/Documents/Sched%204%20Nutrition%20and%20health%20claims%20v159.pdf