

## MEAT'S CALORIE ADVANTAGE

# WHAT DOES 25 GRAMS OF PROTEIN LOOK LIKE?



**85g**  
rump steak - lean, fast fried  
**160 calories**



**210g (1.4 cups)**  
edamame beans (blanched)  
**294 calories**



**350g (2.1 cups)**  
red kidney beans (cooked)  
**297 calories**



**575g (4 cups)**  
quinoa (cooked)  
**642 calories**



**110g (6 Tbsp)**  
peanut butter (no added  
salt or sugar)  
**686 calories**



Beef and lamb can be described as nature's power pack – providing a healthy dose of nutrients including protein, iron, zinc, vitamin B12 and a little omega 3 and selenium contributing to your health and well-being. Team it up with plenty of veges for a balanced, plant-based meal. Meals with red meat every second day helps you reach your nutrient needs.

\*A calorie is a measure of energy /  
1 calorie = 4.2 kilojoules